

# Winter Safety Tips for Families

## Stay Healthy at Home

### Keep Medicines Out of Reach

- Store tablets on high shelves.
- Don't leave medicines within children's reach.



### Cough Sweets are a Choking Hazard

- Avoid cough drops for under 6s.
- They can block a child's airway.



## Children in Wheelchairs Near Radiators

Some children can't regulate their body temperature, putting them at risk of overheating.

Delicate skin and limited movement can also increase the chance of burns.

- If you use a portable heater, point it away from your child.



## Hazardous Substances

### Keep Antifreeze Out of Reach

- Antifreeze is highly poisonous.



### Teach children not to go on ice

Frozen lakes, ponds, canals and reservoirs can be beautiful to visit during the winter months.

But they can also be treacherous.

In the UK, ice is unlikely to freeze to a suitable depth to safely walk on.



## Staying Safe & Warm

### Electric Blankets

- Unplug before bed.
- Never use with a hot water bottle.
- Avoid second-hand blankets.



### Electric Heaters

- Keep heaters away from anything flammable.
- Never leave on overnight or when you're out.



### Keep hot drinks out of reach.

- Move kettles to the back of the worktop.
- Use back rings on the hob and turn pan handles in.
- Never pass hot drinks or food over children.



## Quick Winter Safety Reminders

- ✓ Supervise children closely.
- ✓ Be seen when walking.
- ✓ Store chemicals safely.
- ✓ Plan extra travel time.

