

Protecting
Children
from
Accidents!

Accident Prevention Handbook



The Consumer Hotline 188
image character iyayan

This handbook provides information about the most common unforeseen accidents among children aged 0 to 6 (preschool children), the prevention of those accidents, and tips for dealing with the situation in case of an accident. Some accidents can be prevented if the adults around children pay attention to the children's surroundings and take appropriate precautions by selecting safe products and using them properly.

We hope this handbook helps you to have correct information to protect children from accidents, so that you can enjoy childrearing and day-to-day life.














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Consumer Affairs Agency, Government of Japan

Child Development and Common Accidents

As their motor skills develop, children will be able to do a variety of new things. At the same time, this opens up the possibility of a range of accidents. Each arrow indicates the period in which the accident most commonly occurs.

		Birth	3months	4months	5months	6months	7months	8months	9months	
Developmental milestones			Can hold head up Kicks legs		Starts baby food	Can roll over		Can sit up	Crawls	
Common Accidents	Choking and Accidental Ingestion	<Suffocation during Sleep> •Baby's face buried in soft bedding while sleeping on the stomach •Suffocation from comforters, clothes on a bed, stuffed toys, or baby bibs						•Getting stuck in a gap between the bed and the wall •Choking on spit up milk		
					•Choking on food while eating •Choking on toys and other small objects •Accidental ingestion of button cell batteries, water-absorbing balls, magnets, and other objects •Accidental ingestion of medicines, detergents, and cosmetics •Suffocation caused by cords on window blinds, curtains, etc.					
	Water-related Accidents	•Drowning while bathing								
										
	Burn-related Accidents				•Burns caused by tea, soup, instant noodles, and other hot liquids •Burns caused by heaters and humidifiers					
	Falls	•Falls from adult beds and couches •Falls while using baby carriers •Falls from strollers				•Falls from cribs or changing tables				
						•Falls from chairs or tables				
	Accidents Related to Cars and Bicycles	•Accidents caused by not using a child safety seat •Heatstroke in cars				•Caught between car doors or electric windows •Bicycle falls with a child on board				
										
Caught in things, cuts, and other accidents	•Accidents involving escalators and elevators									
										






Also starting on p. 4, the ages at which children are the most prone to each accident are indicated by a mark on the right.



Around ages **0 to 3**



Starting on p. 4, we will introduce tips for preventing common accidents. Please take a look at it to prevent accidents.

10months	11months	1year	2years	3years	4years	5years	6years	
Can stand with holding onto something		Can walk without support	Can walk up and down stairs Can jump in place with both feet					
Can hold things with fingers		Can run	Can climb to high places					
•Getting squashed by part of a family member's body								
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							P.5	
•Accidental ingestion of tobacco or alcohol			•Accidental ingestion of packing film and stickers		P.5			
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•Falling into a bathtub and drowning							P.6	
•Accidents involving washing machines, buckets, and washbowls							P.6	
			•Accidents in inflatable pools or swimming pools					P.6
			•Accidents in rivers or oceans •Accidents in ponds, ditches, gutters, and septic tanks					P.6
•Burns caused by electric kettles, hot water dispensers, or rice cookers			•Burns caused by cooking devices or irons		P.7			
					P.7			
			•Burns caused by lighters, fireworks, and other ignition sources					P.7
			P.8					
			P.9					
				P.9				
			P.8					
•Falls from stairs or tripping on curbs or steps			P.8					
			•Falls from balconies •Falls from windows or bay windows					P.8
			•Falls from shopping carts					P.9
			•Falls from playground equipment (e.g. slides, jungle gyms, and swings)					P.9
			•Falls from balance bicycles, kick scooters, and other equipment					
							P.10	
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							P.10	
•Bicycle spoke injuries that occur when a child sits behind the parent on a bicycle and a foot gets caught in the back wheel							P.10	
			•Accidents on roads					P.11
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•Injuries from bumping into tables or other furniture					P.12			
•Injuries with toys/sharp objects, such as razors, box cutters, or scissors			P.12					
•Putting small objects into the nose or ears			P.12					
			•Injuries with a knife in the kitchen					P.12
			•Hands or fingers caught in doors or windows					P.12
			•Getting trapped under fallen furniture such as a chest of drawers					P.12
			•Accidents involving front-loading washing machines					P.12
			•Throat injuries caused by toothbrushes or other injuries when brushing the teeth					P.13
			•Getting caught in mechanical multistory car parking spaces					P.13

Choking and Accidental Ingestion

Suffocation during Sleep

Around ages **0 to 1**

Use of a crib whenever possible may be able to prevent more accidents.

Baby's face buried in soft bedding while sleeping on the stomach

[Safety tips]

1. Have your babies sleep in cribs whenever possible, not in adult beds, and use futons, mattresses, and other kinds of bedding that are firmer.
2. Lay your babies down on their backs until the age of 1.



Suffocation from comforters, clothes on a bed, stuffed toys, or baby bibs

[Safety tips]

1. Use a light comforter that babies can easily take off themselves and keep it away from their faces.
2. Do not put anything near sleeping babies' faces that could cover their mouths or noses or wrap around their necks.



Getting stuck in a gap between the bed and the wall

[Safety tips]

1. Have your babies sleep in cribs whenever possible so that their heads or faces will not become stuck in any gaps between the adult beds and the walls or the detachable guard rails when they move around in their sleep.
2. Never use bed guards for young children, which are attachable to adult beds, for babies and infants under the age of 18 months.



Getting squashed by part of a family member's body

[Safety tips]

- When you lie down with your babies to put them to sleep or share beds with your babies, be careful not to accidentally fall asleep and press down on your babies with part of your bodies. Have your babies sleep in cribs whenever possible to avoid such an accident.



Choking on spit up milk

[Safety tips]

- After feeding, burp your babies before laying them down.

Suffocation caused by cords on window blinds, curtains, etc.

Around ages **0 to 6**

[Safety tips]

1. Tie up cords and keep them out of the reach of children so that they will not become entangled around the children's necks.
2. Do not place anything that can be used as a stepstool, such as a couch, near cords.
3. Choose safer products, such as those with no cord.



TOPICS

Sudden Infant Death Syndrome (SIDS)

Sudden Infant Death Syndrome (SIDS) is a sudden, unexpected death, during sleep, of an apparently healthy and active baby, which is different from accidental suffocation. The cause of the death is not known and preventive measures have not yet been established. However, the Ministry of Health, Labour and Welfare says that keeping the following three points in mind may help reduce the risk of SIDS.

- ① Always place your babies on their backs to sleep until they reach the age of 1
- ② Breastfeed your babies as much as possible
- ③ Quit smoking

Accidental ingestion of packing film and stickers Around ages 0 to 3

[Safety tips]

1. If children put the packaging film for sweets and plastic bottles into their mouths or bite it, they may accidentally swallow or ingest the pieces and choke. Stickers with which older children play and those on packaging may pose a choking hazard as well.
2. Do not let children play with goods and containers with packaging film or stickers.



Accidental ingestion of medicines, detergents, and cosmetics Around ages 0 to 3

[Safety tips]

1. Accidentally ingesting medicines or detergents may result in a serious medical emergency.
2. Store medicines and detergents, cosmetics, or bath agents that look similar to food in places where children cannot see or reach them.



Accidental ingestion of button cell batteries, water-absorbing balls, magnets, and other objects Around ages 0 to 5

[Safety tips]

1. Accidental ingestion of button cell batteries will lead to serious injury should they become stuck in the esophagus or remain in the stomach. Make sure that products containing button cell batteries have screw-on battery covers so that batteries cannot be easily removed.
2. Accidentally ingesting water-absorbing polymer balls may cause intestinal obstructions and other harm.
3. Accidentally ingesting multiple magnets may cause intestinal obstructions and other harm when the magnets attract each other through the intestinal walls.

Keep those objects locked away and out of the reach of children.



Accidental ingestion of tobacco or alcohol Around ages 0 to 3

[Safety tips]

1. Accidentally ingesting tobacco or alcohol may cause serious poisoning.
2. Store tobacco and alcohol in places where children cannot see or reach them.



Choking on food while eating Around ages 0 to 6

[Safety tips]

1. Cut foods, such as bread, castella sponge cake, konnyaku, mushrooms, seaweed, boiled eggs, and meat into pieces 1 cm long so that children can easily eat and chew the foods well.
2. Round foods (grape tomatoes, fruits like grapes, candies, cheese, quail eggs, etc.) may, if children swallow them, cause choking. Quarter such foods lengthwise and strip the skin, if any, such as grapes, before giving them to children.
3. Foods that are chewy and hard to bite should not be given to children aged 0 and 1. And beans and nuts should not be given to children aged 5 and under because they can easily get into children's tracheae and bronchi.
4. Do not let children play, talk, or lie down with food in their mouths. Also, do not comfort crying children by giving them something to eat.



Choking on toys and other small objects Around ages 0 to 6

[Safety tips]

1. Toys for older children sometimes contain small parts. Keep such toys out of the reach of younger children until they become the intended ages for the toys.
2. When you buy toys for your children, always follow the intended age range.

