

Caught in things, cuts, and other accidents

Injuries with toys/sharp objects, such as razors, box cutters, or scissors

Around ages 0 to 2

[Safety tips]

1. Razors in a bathroom or on a sink should be immediately put away after use and out of the reach of children.
2. Do the same with box cutters or scissors that adults and older children use with stationery and keep them in a safe place.



Putting small objects into the nose or ears

Around ages 0 to 3

[Safety tips]

1. Children may play with beads, plastic balls, small toy parts, or snacks by putting them in their nose or ears.
2. Do not place small objects within reach of children.



Injuries from bumping into tables or other furniture

Around ages 0 to 3

[Safety tips]

1. Children can sustain injuries from falling and hitting their faces or heads against the edges of tables or other furniture.
2. Choose round-edged furniture or attach cushion tape onto the edges of furniture to avoid injuries even if children bump into it.



Hands or fingers caught in doors or windows

Around ages 1 to 3

[Safety tips]

1. Make sure that there are no children around doors or windows when opening and closing them.
2. Put gap covers on the hinges of doors.
3. Beware of doors and windows because they may slam shut from the wind.



Injuries with a knife in the kitchen

Around ages 1 to 6

[Safety tips]

1. Put sharp objects, such as a knife on a cutting board, back in place immediately after use.
2. Think of ways to store sharp objects safely, such as putting child safety locks on cabinet doors and drawers.
3. There are many dangerous things in a kitchen, so keep children out by putting up baby gates or other measures.



Getting trapped under fallen furniture such as a chest of drawers

Around ages 1 to 6

[Safety tips]

1. Children may become trapped under furniture, such as a chest of drawers, after knocking them over when hanging from or climbing on them.
2. Secure furniture in place, and attach stoppers to the drawers and doors of furniture. Do not let children play with furniture.



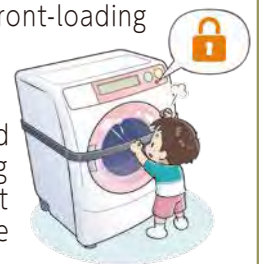
Accidents involving front-loading washing machines

Around ages 2 to 6

There have been accidents where children have suffocated after getting into front-loading washing machines.

[Safety tips]

1. Always be sure to lock the lid of a frontloading washing machine even when it is not in use, and be sure to use the child safety lock function.
2. If the washing machine does not have a child safety lock, take safety precautions, such as placing an elastic band around the lid.



Throat injuries caused by toothbrushes toothbrushes or other injuries when brushing the teeth

Around ages **1 to 6**

[Safety tips]

1. When children are brushing their teeth, adults should keep a close eye on them. Do not let them walk around with a toothbrush in their mouths or hands; have them sit on the floor while they brush their teeth.
2. Choose children's toothbrushes with safety devices, such as a ring to prevent the toothbrush going into their throats.
3. If children fall while brushing their teeth, it is very dangerous because the toothbrushes may pierce the back of their throats, which may cause brain injuries.
4. Also, do not let children walk or run around with everyday objects with a risk of piercing the throat, such as chopsticks and forks, in their mouths.



Accidents involving escalators and elevators

Around ages **0 to 6**

[Safety tips]

1. Avoid riding escalators when using a stroller because this can result in falls, which may hurt the child and the people around them.
2. When children get on an escalator, make sure that adults hold their hands, and that they stand on the inside of the yellow lines so that their shoes, sandals, and the hems of their clothes will not get caught in the escalator. Do not let children get close to an escalator alone because it is dangerous.
3. When using an elevator, be careful not to let children get caught in the door or put their hands in the doorframe.



Getting caught in mechanical multistory car parking spaces

Around ages **1 to 6**

There have been accidents in which children have been caught in the machines at mechanical multistory car parking spaces where adults operate the parking apparatuses.

[Safety tips]

1. While operating the parking apparatuses, do not go too far from the apparatuses, and make sure that children will not go near the machines.
2. Tell your children not to play in parking lots, not to touch parking apparatuses, and not to go inside the machines.

First Aid Methods in an Emergency

★ When a child is injured from bumping into things

■ When a child is bleeding

- If the wound is bleeding, apply pressure to the wound with gauze so as to close it, and then have the child rest in bed and keep an eye on the wound.
- If the child is unconscious, bleeding heavily, or vomiting repeatedly, call an ambulance or see a doctor immediately.
- If the child looks pale and does not have much energy, see a pediatrician or neurosurgeon. Even if the child is conscious and looks healthy, have them rest for a day or two and keep an eye on them.
- If the child receives only a bump, have them rest and cool the bump with a cold towel or something similar.

■ Injuries to the body

- If the child has been hit on the arms or legs, cool the bruised part with a cold towel or something similar.
- If the child has received a strong blow to the stomach, loosen the clothing, have them rest, and see a doctor.

■ If the child may have sustained a fracture or dislocation of the arms or legs

- Secure the injured part with a splint to prevent moving that part and see a doctor.

★ When a child is bleeding

The important point in the treatment of wounds is to stop the bleeding. First, wash the wound with water. This can also help prevent infection. Check the depth and size of the wound, and then stop the bleeding by applying pressure with gauze. If this does not work and the wound is still bleeding heavily, continue to put pressure on the wound and see a doctor.

First Aid Methods in an Emergency

★ CPR (Cardiopulmonary Resuscitation)

In cases of sudden cardiac arrest due to illness, injury, or drowning, treatment needs to be administered as quickly as possible. This is because, once blood flow to brain cells stops for several minutes, leaving them without oxygen, those cells never recover their functions. As ambulances need at least several minutes to reach patients after receiving an emergency call, the first aid given during that time can save a life.

First of all, call someone. If there is no one around you, call 119. After calling 119, turn on the hands-free mode of the phone and start cardiopulmonary resuscitation as follows according to the instructions from emergency medical assistance. Perform the combination of chest compressions and artificial breathing at a ratio of 30:2, and continue resuscitation efforts until an ambulance team arrives and takes over treatment.

<Chest compressions (Cardiac massage)>

When a person is unconscious and breathing has stopped, begin CPR immediately by applying chest compressions. Irrespective of whether the victim is a young child or infant, press down on the chest with enough strength to sink by one-third of its depth at a speed of 100 to 120 times a minute.

- In the case of young children: Press down on the lower half of the breastbone with the heel of the hand.
- In the case of infants: Press down with two fingers just below the center of the chest between the nipples(Right figure).



<Artificial breathing>

Put the child flat on the back and open the airway by tilting the head back and lifting the chin.

- In the case of young children: Close the nostrils with a finger and the thumb, put your mouth over the mouth of the child, and blow into the mouth.
- In the case of infants: Cover the infant's nose and mouth with your mouth and blow into the mouth until the chest rises slightly.

★ AED (Automated External Defibrillator)

An AED is a machine that delivers electrical stimuli to the heart in order to restore a normal heartbeat. If there is an AED nearby, ask someone to get it, and then turn the power on. Following the voice-guided instructions, place the electrodes as displayed on the device and operate it according to the voice-guided instructions. If there is no effect, perform CPR by repeating the combination of 30 chest compressions followed by 2 rescue breaths, and then operate the AED every 2 minutes.

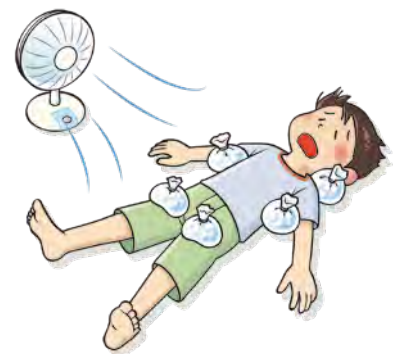


★ First aid for heatstroke

- Move the child to a cool place or a shady place, loosen the clothing, lay them down, and let them rest.
- Cool the body by turning on an air conditioner, fan using an electric fan, or wave a hand fan.
- Cool thick veins by placing cool packs or ice around the neck, at the armpits, and on the groin.
- Give the child fluids and supplemental salt frequently if they can swallow.

[Keys to prevent heatstroke]

- Check the room temperature!
- Frequently and control it to around 28°C using an air conditioner and an electrical fan.
- Do not force children to do physical exercise when they are not used to the heat of summer.
- Give fluids and supplemental salt frequently (oral rehydration solution, isotonic drinks, etc.) even if children are not thirsty.
- Let children go out with loose fitting and cool clothes, and take precautions for blocking sunlight.
- Do not put a strain on children and give them appropriate breaks.
- Never leave children in a car even for a short period of time.



★ When a child has swallowed a foreign object and it has become lodged in the throat

Have someone call 119 and try to purge the foreign object immediately using the following techniques.

For children aged 1 or older, use the technique of back blows (Figure 1) first, and if the foreign object is still lodged, perform the technique of abdominal thrusts (Figure 2).

For infants under the age of 1, perform chest thrusts (Figure 4) and back blows (Figure 3) several times alternately.

If the child is unconscious, start cardiopulmonary resuscitation.

<Back blows>

For young children, place one of your arms under their arm from behind to support the chest and lower jaw in a forward-leaning position, lifting the chin. Deliver sharp blows to the middle of the back between the shoulder blades with the heel of your hand (Figure 1). For infants, put them over one of your arms with the face down, supporting the head with one hand, and deliver blows to the middle of the back repeatedly with your open hand (Figure 3).

<Chest thrusts>

Support the body with one of your arms and the back of the head with your palm. Give sharp chest pushes in the same way as the chest compressions for CPR (Figure 4).

<Abdominal thrusts>

Place your arms under the child's arms and around the upper abdomen from behind. Clench one hand into a fist on the upper abdomen, and press upward into the abdomen (Figure 2).



Figure 1 : Back blows
(Age 1 and over)



Figure 2 : Abdominal thrusts
(Age 1 and over)



Figure 3 : Back blows
(Under the age of 1)



Figure 4 : Chest thrusts
(Under the age of 1)

◆ You can receive life-saving training at the nearest fire station.

★ When a child sustains a burn

When a child sustains a burn, cool the area immediately for more than 10 minutes under running water. Use running water by storing it in a basin or the like or cool the burn without pouring running water or shower water over it directly in order to avoid irritation. If hot liquids, such as boiling water, spill on the clothing, cool the affected area without removing the clothing.

- If the burn covers an extensive area of the body or the face, call an ambulance immediately.
- If the burn is larger than one leg or one arm, call an ambulance or see a doctor immediately.
- If the burn is larger than the palm of a hand or becomes blistered, avoiding bursting the blisters and see a doctor.

Over-the-counter cooling sheets are not appropriate for use in the treatment of burns. Low-temperature burns caused by electric heating carpets can be more severe than they look. See a doctor if the symptoms worsen or the child continues to experience pain.



Quick Reference for Response to Accidental Ingestion

Depending on the swallowed objects, some cases will require urgent treatment or some cases where vomiting should not be induced.

Symptoms	Call an ambulance (119)	<ul style="list-style-type: none"> ■ Shortness of breath ■ Suffocation/Looking pale ■ Convulsions ■ Unconscious and seeming to be confused even if you are calling the child
	See a doctor immediately <small>(Or call an ambulance if you observe the following symptoms)</small>	<ul style="list-style-type: none"> ■ Beginning to cough suddenly ■ Breathy voice ■ Wheezing ■ Vomiting, diarrhea, or abdominal pain

Basically, see a doctor taking what the child swallowed with you, without forcing them to vomit.

If you do not know how to provide first aid or whether the child needs to see a doctor, consult medical institutions or use a telephone health service for children by calling #8000.

Swallowed substances	Call an ambulance	<ul style="list-style-type: none"> ◆ Kerosene oil, benzine, nail polish removers, agricultural chemicals, insect repellents, rat control agents
	See a doctor immediately <small>(even if no symptoms have developed)</small>	<ul style="list-style-type: none"> ◆ Button cell batteries ◆ Foreign objects with sharp ends (hairpins, needles, etc.) ◆ Magnets ◆ Detergents (toilet cleaning stamps, liquid detergents), water-absorbing resin, water-absorbing polymer beads, aromatic substances, air fresheners, insect repellents, bleach ◆ Tobacco (Force the child to vomit) ◆ Pharmaceutical products (Take the Prescription Record Book with you if any) ◆ Coins, toys, and other objects
	Keep an eye on the child at home <small>See a doctor during office hours</small>	<ul style="list-style-type: none"> ◆ A small amount of ink crayon, paint, clay, cosmetics (lipsticks, foundation), and soap (Consult a doctor by phone if you are worried.)

Japan Poison Information Center: Information Line for Poisoning

Please consult the Center if an accidental poisoning occurs related to chemical substances (tobacco, household products, etc.) pharmaceutical products, or animal or plant poisons and you are not sure what to do.

- ◆ **Osaka Information Line for Poisoning** (available 24 hours) ☎ **072-727-2499**
- ◆ **Tsukuba Information Line for Poisoning** (available from 9:00 to 21:00) ☎ **029-852-9999**

Children's Health Consultation Service by Telephone "#8000" (Ministry of Health, Labour and Welfare)



When you are not sure what to do in an emergency involving children's health at night or on weekends, including whether or not you should see a doctor, you can seek advice from pediatricians or nurses via the phone.

*The time when this service is available differs depending on the prefecture where you live.

Nationwide Emergency Consulting App Q-suke (Fire and Disaster Management Agency, Ministry of Internal Affairs and Communications)



When you choose the applicable symptoms on the screens of smartphones or personal computers, the degree of seriousness of the sickness/injury, as well as necessary responses, is displayed, namely, "Call an ambulance immediately," "See a doctor as soon as possible," "See a doctor though it is not urgent," or "Keep an eye on the person."

<https://www.fdma.go.jp/mission/enrichment/appropriate/appropriate003.html>



Portal for Accident Prevention to Protect Children from Accidents



Please take a look at this portal site and use it to your advantage.

https://www.caa.go.jp/policies/policy/consumer_safety/child/



Consumer Affairs Agency Protecting Children from Accidents! Official Twitter (@caa_kodomo)



We post safety tips and knowledge on our official Twitter account as needed in order to prevent unforeseen accidents particularly in infants and young children aged 0 to 6. We also provide an e-mail delivery service for children's safety from the Consumer Affairs Agency.



Consumer Affairs Agency Recall Information Site

We provide information regarding product recalls, free-of-charge repairs, and more.

<https://www.recall.caa.go.jp/>

