

SÄKRA BARN

TRYGGA FÖRÄLDRAR

SAFE CHILDREN HAPPY PARENTS



ENGELSKA

During the time you are expecting your child and after your baby has been born you are faced with many choices in buying and using products for your child. This brochure is to help you make the best possible choices as regards your child's safety.

Children explore their surroundings with great curiosity, unaware of all the risks that exist around them. For this reason, you as an adult need to keep a step ahead in order to prevent accidents. The best thing you can do is always to keep an eye on your child.

Marking with current standards

A large number of child products have been manufactured according to safety standards which are common across Europe. If a product fulfils a safety standard, it should be marked with the number of the standard. Standard marking is the manufacturer's own responsibility, showing that the product fulfils the current requirements in the standard, and does not mean that the safety of the product has been checked by an agency. One example of marking is EN 1888 which is a standard for pushchairs. Even if there is no standard for a product, it has to be safe to fulfil the safety requirements in the general product safety directive.

CE marking

Apart from standard marking certain products require CE marking. Those products which have to be CE marked within the area of child products are toys and personal safety equipment, for example helmets and reflectors for small children. By means of the CE mark the manufacturer certifies that the product is safe, but this does not mean that the product has been checked by any agency. All products must be safe, but not all products have to be CE marked.

Second-hand

From many points of view it is a good thing to reuse products, but there are things you should bear in mind when you buy second-hand. Be aware that the age of a product and its use may have affected various of its functions. Various materials age over time and can acquire completely different properties than they possessed originally. Older toys may contain chemicals which are prohibited today; examples of this are all plastic toys, which may contain phthalates which are a health hazard. Remember that our Nordic climate means that certain products are exposed to more severe conditions than in other countries.

If you use older products, it is a good thing to bear in mind that they may not fulfil current safety requirements.

Bouncing cradle (Sw. Babysitter)

Choose a bouncing cradle which is stable and leans well back so that your child can rest his back, and which does not tip sideways or forwards. Your child should be securely fastened into the cradle, but do not let him sit in it for too long – it is not good for his back. Stop using the cradle when your child has reached the maximum weight stated by the manufacturer for the product.



Remember – never place the cradle on a table or high up. There is a risk that your child will fall onto the floor. Nor should you place the cradle on a soft, unstable base such as a bed or sofa, as it can tip over. The standard for bouncing cradles (Sw.babysitters) is EN 12790

Pushchair (Buggy)

The type of pushchair you choose depends on how it is going to be used, how you live, and whether you will be taking the pushchair in a car or on a bus. Test out the pushchair's different safety functions, such as brakes and locking mechanisms for different parts of the chair and test that the chair is stable and does not tip easily. Remember that three-wheelers are often more stable than four-wheelers. If you choose a pushchair with a reversible handle – ensure that there are extra safety catches preventing it from tipping towards you if, for example, you pull it across a kerb. If you choose a pushchair with vertically adjustable handles, ensure that it has a safety device to prevent the handle from coming off completely at the adjustable links. Pushchairs for babies who cannot sit up

on their own should have a flat base for baby to lie on, as his back is not sufficiently well developed and strong. When your baby can sit up on his own, you can use a harness. The harness should be adjusted according to the size of the baby, so that he cannot get entangled and throttle himself. Make sure, too, that the pushchair has good reflectors, and choose one with substantial wheels and powerful brakes. The pushchair should work all year round in all weathers.

Read more about what you should bear in mind when buying a pushchair on www.konsumentverket.se.

The standard for pushchairs is EN 1888



Carry cot (Infant baby carrier)

Check that the straps are securely attached and cannot come loose when you carry baby in the carry cot. The carrying straps should not be inside the carry cot when your baby is lying in it, as baby risks being throttled if he gets entangled in the straps. If you buy a carry cot (infant baby carrier) that is also used as an infant car seat – see more under the heading Infant car seat.

The standard for carrycots is EN 1466

Soothers and soother holders

Pull on the dummy before you give it to baby, and change it regularly. Check that there are no bite marks in the teat. If you use a soother holder, the ribbon should be no longer than 22 cm; there must be no risk of baby getting the ribbon round his neck.

The standard for soothers is EN 1400. The standard for soother holders is EN 12586

Feeding bottles

Take care with your baby's feeding bottles. Avoid warming cereal and baby food in feeding bottles and plastic packaging. Chemical substances can leak from the plastic. Discard scratched feeding bottles and packaging, as they increase the risk of harmful substances leaking into the food.

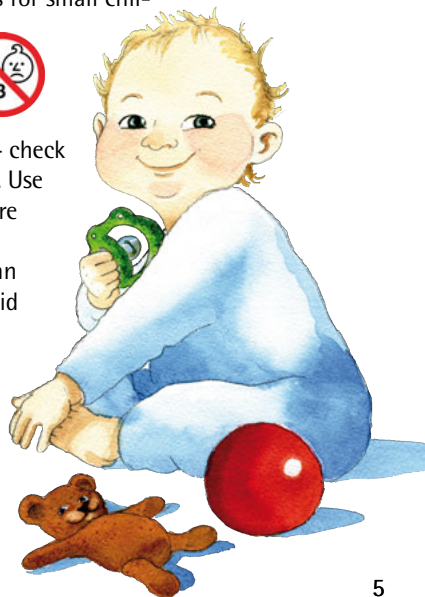
The standard for feeding bottles is EN 14350

Toys

Toys should carry the CE mark and be suitable for the age of the child. Remember that toys for older children are dangerous for small children, for example, stone and glass marbles, beads, building bricks, pieces of Lego. Avoid toys with the warning symbol for children under 3 years of age.

Before your child is allowed to play with a toy – check that there are no small parts that can get detached. Use a small-parts cylinder to see whether small pieces are so small that they can stick in a child's throat.

Ribbons must not be so long that your child can get them round his throat – maximum 22 cm. Avoid toys containing fragrances, as they might be a health hazard. Toys with a high sound level may also damage your child's hearing. Rattles should not have long narrow shafts, which a child can get into their throat. Remove baby toys that are



stretched across a pushchair or cots with bars as soon as baby can sit up on his own, as he can become entangled.

Do not allow baby to play with or suck anything which is not a toy, for example ornaments, mobile phones, leather accessories and pieces of jewellery. They may contain dangerous chemical substances. Nor should you let baby have access to small objects such as coins, peanuts or other objects which can get stuck in his throat.

The standard for toys is EN 71

Small-parts cylinder

A small-parts cylinder is a plastic sleeve which is 3.2 cm in diameter approximately the size of the throat of a three-year-old. The cylinder helps you check small parts. You should be careful with small parts which fit into the cylinder, as they can constitute a risk of choking if your child puts them in his mouth. Be careful of small balls even if they do not fit into the cylinder, as they can be difficult to remove from a child's throat because of their round shape.



You can order a free small parts cylinder from the municipal consumer adviser or child welfare centre in your municipality.

Baby carrier

Do not buy a baby carrier with leg holes that are too big. If the holes are too big, there is a risk that the baby will fall out of the carrier. Remember, too, that your baby needs proper support for his head before he can hold his head up on his own.

The standard for baby carriers is EN 13209-2

Changing table

The safest place to change your child is on the floor. But a changing table provides a better workplace for someone changing a baby.

Never leave baby alone on the changing table and always keep a hand on your baby so that he does not fall off. Your baby develops quickly and he may make suddenly movements that you are not prepared for.

When you buy a changing table – choose one with raised edges and with a proper surface. Be aware that the changing mat is not so high that baby cannot roll over the edge of the



changing table via the changing mat. The changing mat should also remain in place on the changing table and not slide across the edge.

If nevertheless you choose a narrow changing table with long sides, it is likely that the manufacturer recommends that the changing table should stand with one long side turned to the wall and that the person changing the baby could stand on the other long side. Read the instructions carefully. The standard for changing tables is EN 12221

Child's high chair

Choose a high chair which is stable and which your child cannot climb out of on his own. A common cause of accidents with high chairs is that the child puts his feet up against the edge of the table and pushes, so that the chair tips over. One way of avoiding accidents of this kind is to fix the chair to the table. There are special "anchors" for sale to fix high chairs. Always keep an eye on your child so that he does not stand up in his chair, lose his balance and fall out.

The standard for high chairs is EN 14988



Cot with bars

At the cot's lowest position the side of the cot should be at least 60 cm high from the base, and at its highest position the side of the cot should be at least 30 cm high. The distance between the bars should be 4.5 to 6.5 cm. The distance between the slats in the base of the cot should be a maximum of 2.5 cm so that your child does not get his hands or feet stuck. A bumper pad prevents his arms and legs from sticking out between the bars. Fix the pad at the base of the cot outside the mattress. The cot must have no parts which stick up which can catch your child's clothing with a risk of throttling him.

Use the mattress recommended by the manufacturer; this should stretch right out to the sides of the cot, with no gap where your child can put his face. Ventilate the newly purchased mattress before it is used, in order to remove any volatile chemicals. Lower the base of the cot to its lowest level before your child can sit up on his own. If your child begins to climb out of the cot, change to a cot without high sides. On certain models one side of the cot can be removed. The standard for cots including foldaway cots is EN 716

Travel cot

If you use a folding bed for your child – check carefully that the bed has been folded correctly! Follow the instructions. Press the folding mechanisms and the tops of the sides to make sure that the bed cannot fold up unintentionally and injure your child.

The standard for cots including foldaway cots is EN 716

Stair gate

Use stair gates both at the top and bottom of the stairs. If you have a gate at the top of the stairs, it is important that it is fixed properly so that it cannot come loose. Check regularly that the screws and other parts fit firmly and are tightened properly.

The standard for stair gates is EN 1930

Baby walker/entertainer

If you buy a baby walker – make sure it is stable and cannot tip in any direction. Baby walkers should have a stair stop, preventing them from going over the edge of the stairs. But in any case do not let children use a baby walker close to the top of stairs without a stair gate. Baby walkers can cause serious injury if a child goes down the stairs in one. Be aware that in a baby walker a child moves more rapidly and can reach higher than without a walker, which means that the risks increase. For this reason, never leave your child in a baby walker without supervision.

The standard for baby walkers is EN 1273

Infant car seat/child's car seat

When children travel by car they have to be strapped into an infant car seat or child car seat. For as long as possible, preferably up to the age of 4, children should travel facing backwards. They will have grown out of the seat when their head has insufficient support, or when they have reached the weight limit. Then you need to change to a larger backward-turned model. Children should never sit on a car seat with an airbag activated. Infant car seats (baby carriers) and child car seats must be European approved and carry the E mark.

Follow the instructions for use and ensure that the seat fits in the car.

Take regular breaks so that the child can move about and change position.





Infant helmet, child bike seat and bike trailer

The bike seat is intended for children weighing between 9 and 22 kg, so when your child is about 9 months and can sit up properly he can begin to go on cycle trips in a child bike seat. He should then also wear an infant helmet; this applies also when children travel in a bike trailer. The infant helmet is for children under seven years of age, and it is recognisable by the green chinstrap which is designed to prevent throttling accidents. The strap keeps the helmet on his head, but is released under a certain loading if he catches it on something. Put a helmet on your child also when he is sledging.

The standard for child bike seats is EN 14344. The standard for toddler helmets is EN 1080

Home

There are special regulations to prevent child accidents in the home and in other areas where children stay. There are rather a lot of rules about child safety. Here they are presented in brief under the headings Kitchen, Finger guards for doors, Balconies and windows. More on child safety can be found on the Swedish National Board of Housing, Building and Planning website, www.boverket.se

Kitchen

In the kitchen there are a great many things that can be dangerous to children. Make sure that you keep knives and sharp household utensils in a drawer with a catch. Your stove should have a tip-over protector, a hob guard protecting against spillages, and a door catch, and the outside of the oven door must not be hotter than 60°C. To avoid scalding, water should not be hotter than 60°C.



Finger guards for doors

A small child's fingers are easily caught in doors. If the door does not have a built-in finger guard, you can fit one later. If you do not have a finger guard, you can hang a folded hand towel over the door to prevent it closing completely.

Balconies and windows

If you have a balcony, it must be safe for your children. It should not be possible to climb up onto the balcony rail. Nor must it have openings wider than 10 cm. There is a risk that your child will get his head stuck or fall out. The balcony door should have a safety device and a catch. Windows on upper floors should have either a safety device or a catch. Fix loose venetian blind cords high up so that your child cannot get them round his neck.



Armchair, sofa, bed

The most frequent type of injury your child may suffer is a fall from a low height. Many of these injuries (25%) occur when a child falls from furniture or, for example, his parents' bed. Be alert, therefore, so that he cannot fall.



Newly renovated

If your home has recently been renovated, the walls repainted or new carpets laid – ventilate the rooms properly before your child spends time in them. During renovation electrical plugs and switches are often exposed and children should not be in areas of that kind. You should also ventilate newly purchased furniture and carpets before they are used in order to remove volatile chemicals.

Chemical products

Store chemical products in such a way that your child cannot get hold of them. Take special care with medicines, petroleum products such as lighter fuel and corrosive products such as dishwasher powder. They can cause serious poisoning and burn injuries. Do not trust in so-called childproof lids; sometimes they do not work as they should. Pesticides to deal, for example, with ants and insects should be stored so that a child cannot come into contact with them.

If you suspect that your child has swallowed something poisonous – ring 112 and ask for the Poisons Information Centre (Giftinformationscentralen).

More information on chemicals can be found on the National Chemicals Inspectorate (Kemikalie-inspektionen) website, www.kemi.se



Clothes

Wash new children's clothes and bedclothes to be used next to the skin before your child uses them. They may contain residues of chemicals from their manufacture. Choose non-perfumed washing powder.

Check that children's clothes do not have any small pieces such as, for example, decorations and buttons, that might come loose and which your child can get in his throat, or long braids or chords which he can get round his neck.

Electrical safety

Electrical products can be dangerous if misused. Children do not realise this, so avoid buying electrical products that resemble toys. Electric sockets should have socket covers so that your child does not have access to them. If they are not protected from the outset, there are covers that you can buy to block the socket. Remember that children can push their fingers into table lamps which have no bulb, and that they themselves can unscrew bulbs. Children can also entangle themselves in, and in extreme cases throttle themselves on, long cables that are left out. Frayed cables that can give electric shocks should be removed.

Electronic equipment

When you have unpacked electronic equipment – ventilate the room before your child spends time in it. You should also ventilate the room if low-energy lamps or lighting tubes have broken. Take great care with the broken pieces, as they contain mercury. For this reason, do not vacuum up broken lamps. Instead put them in a glass jar and hand them in as environmentally hazardous waste at a recycling centre.

Water

Children must always have a life jacket suited to their weight on the jetty or in the boat.

Ponds, swimming pools and swimming baths are exciting but can also be dangerous. Small children can be protected by erecting a fence with a lockable gate or installing a childproof pool cover for when the swimming pool is not in use. Never leave a child alone near water, a swimming pool or bathtub! Using a bathing chair does not increase safety.



Bear in mind that a child can drown in very shallow water and that drowning often happens silently.

Soap, shampoo and skin cream

Your child's skin is sensitive. For this reason, do not use soap, skin creams or wet wipes unnecessarily. Avoid products that have a fragrance and those that are treated with antibacterial agents.

Protection against the sun and mosquitoes

Clothes are the best protection for your child. Mosquito repellents contain powerful chemicals and should not be used on children under 3 years of age.



Play areas

A play area should be designed in such a way that a child cannot get stuck or harm himself. It is important that the surface beneath the play equipment is made from cushioning materials, for example sand, bark or rubber matting. If you see anything at a play area that may be dangerous, then approach the landlord or the municipality's local housing committee.

Frames for swings erected at home must be anchored securely according to the manufacturer's directions. Ensure that the swings are suspended carefully. If you construct a sandpit or any other wooden construction for your child – do not use old railway sleepers or telephone poles, as they contain the carcinogenic substance creosote.



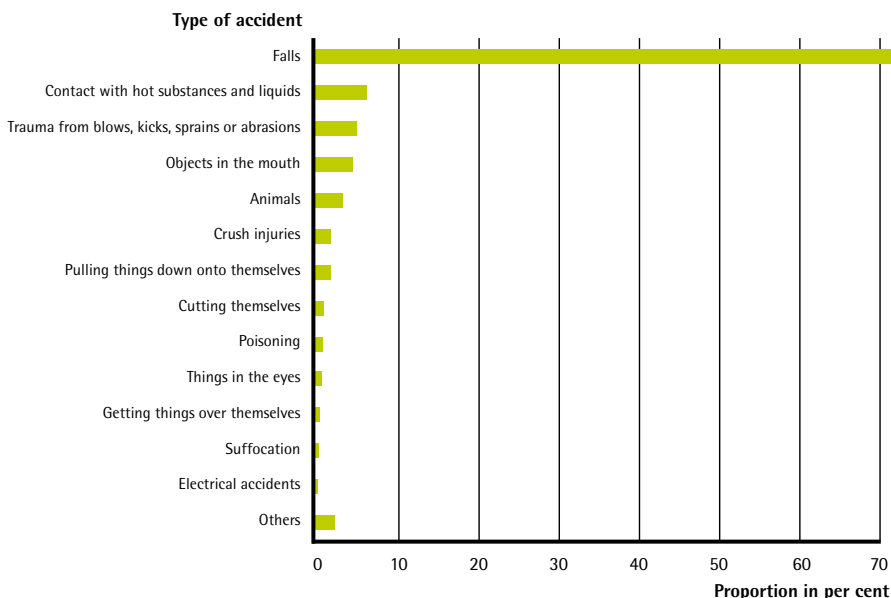
How do infants sustain injuries in and around the home?

The injury statistics are presented here from a review of information from the IDB database (Injury Data Base). The database compiles information on injuries from a number of hospitals with accident and emergency units in Sweden. The statistics apply to the years 2000 – 2007 for children less than 12 months old who have sustained an injury in the home. In all 1,750 injuries have been studied, and these have then been recalculated to correspond to the total population of Sweden.

Every year almost 4,000 children under 12 months old are injured in or near the home so seriously that the child needs to visit A & E. There are somewhat more boys (54 %) than girls who sustain these injuries. Most (93%) of the accidents occur indoors and most of these occur in ordinary habitable rooms such as bedrooms, living rooms, dining rooms etc. See also the figure below.

A good two out of three of these accidents are falls and most common are falls from a low height (less than 1 metre) followed by falls on stairs. Among other types of accident one should note: contact with hot objects or liquids, trauma from blows, kicks, sprains and abrasions, children putting things in their mouths and being bitten or stung by animals or insects.

See more in the figure below.

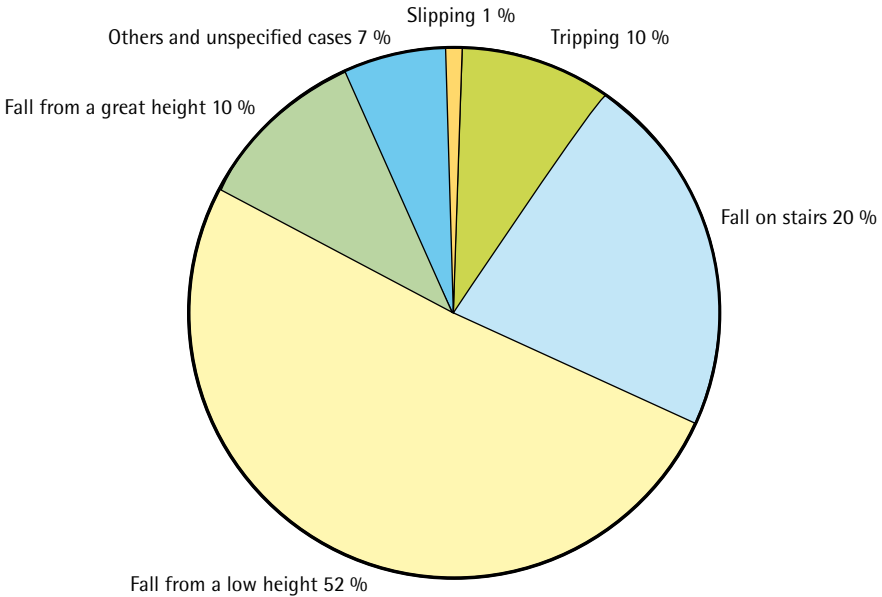


Accidental falls

Every year almost 3,000 children less than 12 months old meet with falls in or around the home. Half of the falls are from a low height (less than 1 metre). Beds, commonly the parents' beds, sofas and armchairs are involved in 25% of the falls, and changing tables in 20%. Baby walkers are responsible for a good 10% of the falls and often contribute to children falling down stairs. About 10% of the falls result from children being dropped by parents or siblings, frequently on stairs. High chairs and pushchairs turning over are each responsible for 5% of falls. Bouncing cradles, carry cots and infant car seats are together involved in approx. 5% of falls.

The head is that part of the body that is most often injured in falls (75%), followed by injuries to arms and legs. The dominant injury is bruising (55%) followed by concussions (14%) and fractures (5%).

More than 20% of all falls result in the child being admitted to hospital for continuing care.



Accidents with hot liquids and objects.

Accidents with hot liquids and objects often lead to serious injuries involving long periods of medical care. Between 200 and 300 such accidents occur every year, and they seem to be increasing. The most common occurrence is for the child to get hot coffee or tea over them. Then comes hot water and the child burning himself on a hot oven door or heating stove. It is also common for children to burn themselves on hot food. Here, too, baby walkers are involved in such a way that a child can move and reach to pull down coffee cups and cooking pots and to reach oven doors and heating stoves etc. Those parts of the body injured most often are hands and fingers and to a lesser extent legs. Most of these accidents occur in the kitchen. Not quite 10% of these accidents result in the child being admitted to hospital for continuing care, often with long periods of medical treatment.

Objects in the mouth

It is not unusual for small children to put things into their mouths. Sometimes children swallow things, cut themselves on things and sometimes there is also a risk of suffocation or poisoning. Everything from broken Christmas tree baubles to plastic and glass pieces and picture hooks may be put into the mouth. In not quite 10% of cases the children are admitted to hospital for continuing medical care.

Crush injuries

The great majority of crush injuries result from doors, doors shut carelessly by parents or siblings or doors that blow shut.

Children pull things down

It is common for children to pull down tablecloths with ornaments. Sometimes they pull down heavier things, injuring themselves. Plant pots, lamps, irons and loudspeakers are examples of things children pull down, injuring themselves. Baby walkers are also involved in this type of accident.

Poisoning

It is not particularly common for children of less than 12 months to be poisoned or suffer burns. On average there are 30 to 40 incidents a year. These are most common in association with chemicals (detergents), lamp oil, medicines or parts of plants. That these injuries are serious is evident from the fact that almost half of the children involved are admitted to hospital for continuing care.

If you wish to know more, you can go onto the following websites for further information.

www.konsumentverket.se

Oversight of many consumer products including toys, baby goods and children's furniture.

www.boverket.se

Regulations for the design of buildings and requirements for child safety in the home.

www.elsakerhetsverket.se

Oversight of electrical safety in products and buildings where children stay.

www.giftinformationscentralen.se

In cases of suspected poisoning, ring 112 and ask for the Poisons Information Centre for help 24 hours a day. In less acute cases ring 08-331 231.

www.kemi.se

The National Chemicals Inspectorate has oversight of chemical products and publishes information and advice on chemical substances in products, for example on chemicals found around children every day.

www.msbmyndigheten.se

The Swedish Civil Contingencies Agency (MSB) is the coordinating body in issues of child safety.

www.transportstyrelsen.se

Oversight of, for example, infant carriers and infant car seats.

