

SEND Children’s Occupational Therapy Safety within and around the Home



Below are suggestions to help create a safer home environment for children, young people, and families.



The information is not exhaustive and is meant as a guide to assist you in making an informed parental and carer decision about safety items you choose to access/purchase.



It would be expected that appropriate commercially available solutions will have been explored before seeking specialist assessment.




IMPORTANT:

- Whilst strategies can be used to create a safer environment, a child or young person may still require a high level of parental or carer supervision within the home and garden despite safety measures being put in place.


| Hazard Area | Potential Risks | Risk Reducing Strategies to Consider |
|-------------------------|--|--|
| Lights | Pulling down light fixtures & fittings | <ul style="list-style-type: none"> • Replacing dangling lights with flush light fittings as much as possible. • Ensuring use of energy saving bulbs which do not produce as much heat, to reduce risk of burns if doing this. |
| Electric Sockets | Poking items into plug sockets | <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Plug socket covers</p> </div> <div style="text-align: center;">  <p>Key Operated Plug</p> </div> </div> |

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| Cables | Disturbing/damaging cables | <ul style="list-style-type: none"> • Hide/cover cables with cable tubes. • Provide distraction safe alternatives. |
| Windows | Absconding and falls | <ul style="list-style-type: none"> • Keep lockable windows locked even when ajar with a window restrictor. • Ensure area directly beneath and to the side of the window is clear from furniture items that could be used as an aid to climb on. • Window restrictors designed to fit the windows within your home e.g. cable style, concealed key locking metal style, swivel/stud style, folding style. <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Cable Restrictor style</p> </div> <div style="text-align: center;">  <p>Concealed Lock Style</p> </div> </div> <ul style="list-style-type: none"> • Most modern windows are fitted with shatter proof glass. If yours are not, consider safety film across the pane of glass to hold the broken glass together if it is smashed. |

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|-----------------------------------|--|--|
| <p>Kitchen and Utility</p> | <p>Burning hands/limbs on cooker and hob</p> <p>Turning on sink taps</p> <p>Opening cupboard and appliance doors/drawers e.g. sharp objects and cleaning chemicals/washing powders/alcohol/medication etc.</p> | <ul style="list-style-type: none"> • Consider an induction hob – pan gets hot but hob surface does not. • Flood prevention plug (fits inside sink and prevents overflow risk). • Fit a stopcock to sinks/baths/toilet pipework to ‘turn off’ the water supply at the flick of a switch. <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Magiplug</p> </div> <div style="text-align: center;">  <p>Quick Use Stopcock</p> </div> </div> <ul style="list-style-type: none"> • Consider a lock box to store sharp items and store out of reach. • Keep cleaning products and harmful chemicals out of reach of children and young people at risk. |

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|-----------------------------------|--|---|
| <p>Stairs</p> | <p>Climbing over stairgates already in situ</p> | <ul style="list-style-type: none"> It is safer to fit gates at the bottom of the stairs and if required upstairs, consider fitting on room access; Remove when able to climb over them. Taller stair gates are available but may be considered as restrictive for older children – need and risk should thoroughly be considered with clarity around why a stair gate is the least restrictive and safest option. |
| <p>Bathroom and Toilet</p> | <p>Playing with water- running taps whilst unattended.</p> <p>Burns/Scolds</p> <p>Blocking/Flooding the sinks, plugs, toilets.</p> | <ul style="list-style-type: none"> Appropriate levels of parental/carer supervision, supporting young children whilst they are in the bathroom & monitor how long your child is in the bathroom. e.g. check in with them after a minute or two, depending on how long you expect them to be in the bathroom. Turn down the thermostat on your boiler to regulate maximum water temperature. Install tap guard on hot tap. Use a ‘flood prevention’ plug/system which fits inside sink and prevent overflow risk. <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>Tap Guards</p> </div> <div style="text-align: center;">  <p>Magiplug</p> </div> <div style="text-align: center;">  <p>Novaflo</p> </div> </div> |

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|-----------------------------|--|---|
| <p>Outdoor Space</p> | <p>Absconding</p> | <ul style="list-style-type: none"> • Any gate locks should be positioned out of reach of child or young person. • Avoid positioning items and furniture directly under/by garden gates and fences – these could be used to climb on, up and then over. • Consider fitting a roller barrier to the top of the fence (www.insight-security.com/roller-barrier). |
| | <p>Ponds / Paddling Pools</p> | <div data-bbox="972 603 1375 911" data-label="Image"> </div> <p>Coverings over and fences around a pond can reduce the risk of accidents.</p> <p>If a pond or paddling pool is not in use, drain the water out fully.</p> <p>ALWAYS provide appropriate levels of parental and carer supervision.</p> |
| | <p>Accessing shed or garage</p> | <ul style="list-style-type: none"> • Padlocks on the shed and keys kept hidden / out of child’s reach. • Garage should be kept locked. • Hazardous chemicals should be stored out of a child or young person’s reach, and with appropriate lid locking safety mechanisms in place. |
| | <p>Slips, trips & cuts when using play equipment</p> | <ul style="list-style-type: none"> • Remove or quickly repair broken or damaged play equipment. • Consider installing a net around trampolines to reduce risk of falls. |

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|---|----------------------------|--|
| <p>Road Safety & Awareness</p> | <p>Front garden safety</p> | <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Encourage play in a space which is not adjacent to a road.</p> <p>If not possible, consider fitting a driveway net across the as a visual prompt and to prevent balls rolling into the road.</p> </div> </div> |

Installation

Please ensure that you follow manufacturer guidance when fitting/installing any safety equipment.

If you live in privately rented, Council or Housing Association property, always ensure that you have gained the landlord/property owners permission prior to making alterations e.g. window restrictors, stair gates, gas isolations tap, door locks.

How can SEND Children’s Occupational Therapy Help?

If you have any questions or feel a further conversation would be helpful, please contact SEND Children’s Occupational Therapy via Families First Children’s Services on 01752 668000; Or email the OT Duty Desk – OTDutyDesk@plymouth.gov.uk

Useful Resources, Safety Advice, Guidance and Tips:

- [Local Family Hubs](#)
- [Play Safety Advice and Information \(ROSPA\)](#)
- [Home Safety Advice and Information \(ROSPA\)](#)
- [Leisure Safety Advice and Information \(ROSPA\)](#)
- [Baby and Toddler Safety \(NHS\)](#)
- [Safer Sleep for Babies \(NHS Start for Life\)](#)
- [Devon and Somerset Fire and Rescue Service](#)
- [Safetots](#)
- [Mothercare](#)
- [B&Q](#)
- [Argos](#)
- [Amazon](#)
- [Locking Cooker Valve](#)
- [Tough Furniture](#)