

## Check List

### Falling

- ☐ Child safety gates should be installed at the top and bottom of stairs.
- ☐ When putting your child in or out of the baby carrier/sling, always do so sitting on a chair /floor.

### Falling / Tumbling

- ☐ Do not hang heavy objects such as shopping bags on the handles of your stroller.
- ☐ When using a blanket, make sure that the blanket is kept short so it does not get caught in the stroller's wheels.

### Vehicle / Bicycle

- ☐ Use a car seat that fits the age and size of your child.
- ☐ Put the car seat on the rear seats where there is no air bag.
- ☐ Do not ride a bicycle while carrying a child in the front or on your back.

### Accidental ingestion

- ☐ Anything that your child may put in his/her mouth and choke on must be put away from their sight or reach.

### Suffocation

- ☐ It is dangerous to feed dried beans to young children because they can suffocate on fragments, or choke on it.
- ☐ Do not use bedding accessories too soft in which your child's face may sink into, and keep soft toys, pillows, and blankets away from the nursery bed.
- ☐ Do not hang anything on the crib fence such as bath towels.
- ☐ Put toys away in nets or containers with air holes to prevent suffocation.

### Burn injury

- ☐ Use electric kettles that have the function of boiling water overflow prevention structure.
- ☐ Use rice cookers or pots that will not emit steam, or keep them out of your child's reach.
- ☐ Do not put any table cloth or fabric on your table as objects can fall on your child when pulled.



Please take a moment to fill out the survey. You can also find information on prevention.



## In Case of an Emergency

### Atsugi Health Help Line

0120-31-4156

This service is limited to people living in Atsugi. They provide advice related to health, and information on medical services. The line is open 24 hours throughout the year, and is free of charge.

### Kanagawa Paediatric Emergency Help Line

#8000

(For those using push-button line other than area code 042, or mobile phone)

This line offers advice when your child suddenly gets sick. The line is available from 6pm till midnight every day of the week.

## Safe Community Atsugi

Safe Community believes that accidents and injuries are preventable, and under such principle, local residents and the governing organizations work together to create a local community where everyone can live in health and safety.



Atsugi City  
Certified Safe  
Community

### Sectoral Countermeasures Committee

### Injury Surveillance Committee

### Safe Community Steering Committee

Community Groups,  
Police, Fire Department,  
Schools, and  
Medical Associations



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**KIDS**  
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JAPAN

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# PROTECTING YOUR CHILD FROM PREVENTABLE INJURIES

Safe Community Atsugi



 Atsugi City

## Travel safety for your child

Newborn babies to 2-year-old



- Use car seats that have E-Mark, which is a certification given to products that have been approved by the Ministry of Land, Infrastructure, Transport and Tourism.
- Please choose a car seat that fits your child, and place it in the rear seat where there is no air bag.
- While the vehicle is in motion, do not carry your child in your arms even when he/she cries.
- If your child is wearing a coat or a jacket with padding or thick materials, please take them off when putting your child in the car seat, and lay the coat over them.
- Do not leave your child alone in a car, even for a short period of time.

### Examples of injuries in Atsugi City

- When two vehicles collided, a child was in her car seat. As a result, she just had minor injuries. (1-year-old)

## Preventing your child from putting dangerous objects in their mouths

4 months to 3-year-old



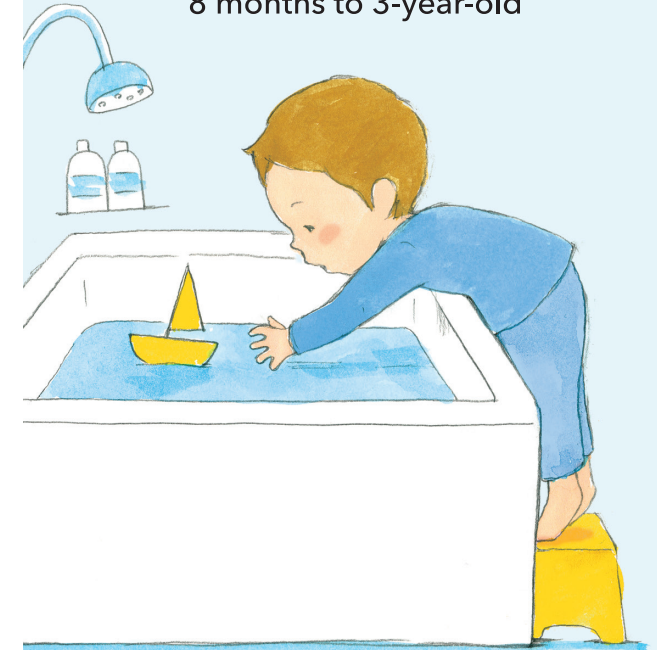
- Put tapes around remote controls, clocks and toys that have batteries inside to prevent your child from taking the batteries out and putting it in their mouths.
- When your child swallows a button cell or battery, immediately call for an ambulance, or take them to the E.R.
- Keep any objects, which are small enough to go through a saranwrap's core, away from your child's view and reach.
- Objects like cigarettes, medicine, washing powder, makeup, and strong magnets are especially dangerous; never have them near your child.

### Examples of injuries in Atsugi City

- A baby swallowed half of an e-cigarette. (Under 1-year-old)
- A child swallowed a magnet that was attached to the toy (3-year-old).

## Preventing your child from drowning in baths

8 months to 3-year-old



- Drowning occurs in homes too, even in the shallow water, if your child's nose and mouth is submerged. So please be careful and keep your child away from bathrooms, toilet, buckets, and anything that contains water. Make sure that the locks on the bathroom and toilet doors are high up, so that it is out of your child's reach.
- Please do not use any floating device during baths.

### Examples of injuries in Atsugi City

- A baby's float flipped when the mother was not looking and the baby went under water (Under 1-year-old).
- A baby fell from the stairs and was injured because there were no baby gates on the stairs (Under 1-year-old).