

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.



消費者庁

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.

Developmental milestones		Birth	3months	4months	5months	6months	7months	8months	9months	
			Can hold head up Kicks legs		Starts baby food	Can roll over		Can sit up Crawls		
Common Accidents	Choking and Accidental Ingestion	<p><Suffocation during Sleep></p> <ul style="list-style-type: none"> • Baby's face buried in soft bedding while sleeping on the stomach • Suffocation from comforters, clothes on a bed, stuffed toys, or baby bibs 						<ul style="list-style-type: none"> • Getting stuck in a gap between the bed and the wall • Choking on spit up milk 		
						<ul style="list-style-type: none"> • 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 			<ul style="list-style-type: none"> • Suffocation caused by cords on window blinds, curtains, etc. 	
	Water-related Accidents	<ul style="list-style-type: none"> • Drowning while bathing 								
	Burn-related Accidents	<ul style="list-style-type: none"> • Burns caused by tea, soup, instant noodles, and other hot liquids • Burns caused by heaters and humidifiers 								
Falls	<ul style="list-style-type: none"> • Falls from adult beds and couches • Falls while using baby carriers • Falls from strollers 				<ul style="list-style-type: none"> • Falls from cribs or changing tables 		<ul style="list-style-type: none"> • Falls from chairs or tables 			
Accidents Related to Cars and Bicycles	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 P.4							P.5	
• Accidental ingestion of tobacco or alcohol • Accidental ingestion of packing film and stickers P.5							P.5	
• Accidents involving washing machines, buckets, and washbowls P.6							P.6	
• Falls into a bathtub and drowning 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 P.7			• Burns caused by cooking devices or irons P.7					
• Burns caused by lighters, fireworks, and other ignition sources P.7								
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• 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			
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• 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								
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• Injuries from bumping into tables or other furniture P.12								
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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 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.



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.



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.



Water-related Accidents

Drowning while bathing

Around ages **0 to 5**

[Safety tips]

1. Take children out of the bathtub when you wash your hair.
2. Drowning accidents occur even among children using a swim ring. Never leave children unattended even if they use a swim ring.
3. When you get out of the bath, take your children out of the bathtub/bathroom first.



Falling into a bathtub and drowning

Around ages **0 to 2**

[Safety tips]

1. Children may wander into a bathroom, peek over the bathtub, fall in, and drown.
2. Drain the water from the bathtub after bathing, and lock the bathroom from the outside so that children cannot enter.



Accidents involving washing machines, buckets, and washbowls

Around ages **0 to 5**

[Safety tips]

1. Never fail to drain water from washing machines, washbowls, and buckets after use.
2. Lock the doors to washing machines to prevent your children from opening them.



Accidents in inflatable pools or swimming pools

Age **1** and over

[Safety tips]

1. Children can drown even in shallow water.
2. When children play in an inflatable or swimming pool, always remain in the area and watch them at all times.



Accidents in rivers or oceans

Age **2** and over

[Safety tips]

1. Be careful not to let children play by themselves in rivers and oceans.
2. Make sure your children wear life jackets and are accompanied by an adult when they play in rivers and the ocean.



Accidents in ponds, ditches, gutters, and septic tanks

Age **2** and over

[Safety tips]

1. If you find any place that poses a high risk of slipping and drowning, such as ponds, ditches, gutters, or septic tanks, request that the persons in charge of administrating them build fences around them.
2. Tell your children not to play in dangerous places on a routine basis.



Burn-related Accidents

Burns caused by tea, soup, instant noodles, and other hot liquids

Around ages **0 to 2**

[Safety tips]

1. Place hot drinks or soups in the center of a table and keep children away from them. Do not handle them while holding children.
2. Do not use tablecloths or tablemats because children can sometimes pull them and knock over any dishes or containers on top of them.



Burns caused by electric kettles, hot water dispensers, or rice cookers

Around ages **0 to 2**

[Safety tips]

1. Children may hold on to electric kettles to pull themselves up or pull the cords, knock them over, and sustain burns from boiling water.
2. Choose electric kettles and hot water dispensers that do not spill hot water even if they are knocked over. Keep them out of the reach of children, including the cords.
3. Be careful with rice cookers because children may touch the steam emitted from the rice cookers and sustain serious burns. Revise the layout of your kitchens and keep rice cookers out of the reach of children.



Burns caused by heaters and humidifiers

Around ages **0 to 2**

[Safety tips]

1. Put safety fences around floor-standing type heaters to keep them out of the reach of children.
2. Do not use hot water bottles or electric heating carpets for long periods of time because they may cause low temperature burns due to continuous exposure of the same part on the skin to heat sources for a long period of time.
3. Burns may occur from coming in contact with the steam from humidifiers or from knocking over humidifiers and coming into contact with the hot water. Choose humidifiers that do not spill hot water even if they tip over, and put up a safety gate when using humidifiers.



Burns caused by cooking devices or irons

Around ages **0 to 2**

[Safety tips]

1. Cooking devices, such as frying pans and pots, remain hot even after cooking. Be sure to keep them out of the reach of children. Keep the handles of pans and pots turned towards the back so that they are not easy to reach. Use child safety gates before the kitchen to keep them out.
2. Keep children away from irons or hair irons when using them. After using them, put them away, including the cords, as soon as possible and keep them out of the reach of children.



Burns caused by lighters, fireworks, and other ignition sources

Around ages **2 to 6**

[Safety tips]

1. When you let children play with fireworks, choose a large, safe area with no flammable materials, and never leave children unattended. Read the instructions carefully and always follow all the precautions.
2. In order to prevent fires caused by disposable lighters, use lighters with the PSC mark (*please refer to the Topics on p. 11), which have a device that makes it difficult for children to operate (child-resistant lids or covers), and lock up out of the reach of children.



Falls

Falls from adult beds and couches

Around ages 0 to 1

[Safety tips]

1. Babies may roll over or move around in their sleep, which may lead to falling from the beds and suffering injuries, including head injuries. Do not place too soft cushions and the like around the bed even for the purpose of preventing falls because they may pose a choking hazard.
2. Though many parents lie down with their babies to put them to sleep, babies should sleep in cribs whenever possible until they reach the age of 2. Do not lay babies down on couches.



Falls from cribs or changing tables

Around ages 0 to 1

[Safety tips]

1. Be sure to raise the safety fence any time the crib is in use.
2. When you change a diaper anywhere above floor level, such as cribs, couches, or changing tables in facilities, have the necessary items ready before changing a diaper, and take the baby down from the changing area before cleaning up and putting rubbish in the trashcan. Use of a safety strap attached to a changing table does not always prevent falls.



Falls from chairs or tables

Around ages 0 to 1

[Safety tips]

1. Do not let babies stand on chairs or highchairs, and do not let them kick the tables while they are sitting in highchairs.
2. Be sure to use and tighten the safety belt of a highchair.
3. Do not let children play on chairs.



Falls from stairs or tripping on curbs or steps

Around ages 0 to 1

[Safety tips]

1. Falls from stairs can happen once babies begin to crawl. Put up child safety gates and do not forget to lock them so that babies cannot open them.
2. Be careful of falls at entryway steps and any other steps or curbs where babies can easily stumble.



Falls from balconies

Age 1 and over

[Safety tips]

1. Do not let children play on balconies, and be careful not to let children step out onto balconies by themselves.
2. Teach children not to lean forward from balconies because it poses the danger of falling.
3. Do not place flowerpots, chairs, or anything that can be used as steps on balconies. An air conditioner compressor unit should be placed 60 cm or more from the guard railings of balconies or hang the unit from the ceiling.
4. Avoid leaving children at home when you go out.

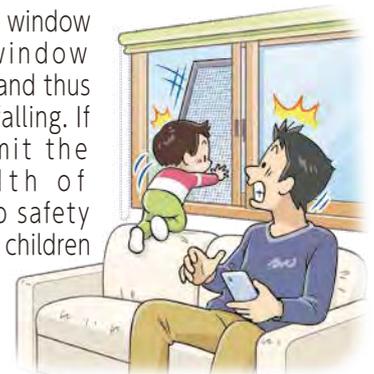


Falls from windows or bay windows

Age 1 and over

[Safety tips]

1. Install auxiliary locks or stoppers on windows or bay windows so that the windows will open only a little.
2. Do not place anything that can be used as steps, such as a bed or couch near windows.
3. If children lean on window screens, the window screens can tear and thus pose the risk of falling. If you cannot limit the opening width of windows, put up safety fences to prevent children from leaning on the window screens.



Falls while using baby carriers

Around ages **0 to 1**

[Safety tips]

1. When bending over while using a baby carrier to pick something up, be sure to support the baby with your hand.
2. When putting babies in baby carriers or taking them out, do so in a low position.
3. Read instructions carefully with regard to fasteners, buckles, the looseness of belts, and the position of a baby in order to use baby carriers properly.



Falls from strollers

Around ages **0 to 2**

[Safety tips]

1. Be sure to fasten the seatbelts correctly and tightly.
2. Be careful of falls caused by stumbling on steps or curbs, as well as by losing one's balance due to hanging heavy luggage.
3. Ensure the safety of your surroundings when you get on trains, buses, or other forms of public transportation with strollers.



Falls from shopping carts

Around ages **1 to 2**

[Safety tips]

1. Do not let children stand in or play with shopping carts.
2. Do not put children anywhere in shopping carts except for the child seats.
3. Read the warning labels carefully to ensure safe use.



Falls from playground equipment (e.g. slides, jungle gyms, and swings)

Age **2 and over**

[Safety tips]

1. Abide by the intended age range for playground facilities and equipment when letting children play with them.
2. Children ages 6 and younger must be supervised by adults, and adults must keep an eye on them.
3. Dress children in clothes with no strings or hoods when letting them play.
4. Do not let children take bags, water bottles, scarfs, or other items that may easily get caught on something when they play.
5. Make sure that children use each piece of equipment properly, and teach them not to shove other children when playing.



Falls from balance bicycles, kick scooters, and other equipment

Age **2 and over**

[Safety tips]

1. Balance bicycles and kick scooters, which children move by kicking, are not allowed on the high-traffic roads according to the Road Traffic Act.
2. Always let children wear a helmet and protectors for knees and elbows, and teach them proper riding techniques on the equipment, such as limiting speed to be able to stop as needed.
3. It is very dangerous to ride on slopes or in places where there is a risk of falling and places that are wet and slippery, so never allow children to do so.



Accidents Related to Cars and Bicycles

Accidents caused by not using a child safety seat

Around ages **0 to 6**

[Safety tips]

1. It is dangerous to hold a child, even if a seatbelt is worn, while riding in a car.
2. Be sure to use a baby safety seat (*including a child safety seat) even if it is a short drive.
3. Be sure to use a child safety seat until they reach the age of 6. If a child cannot wear a seatbelt properly even after reaching the age of 6, use a child safety seat as well.
4. Read the instruction manual for the child safety seat carefully to install it securely and use it correctly.



Caught between car doors or electric windows

Around ages **0 to 3**

[Safety tips]

1. When you close the doors or electric windows of a car, closely check to make sure that children's faces and hands are not sticking out to ensure safety.
2. Use the child safety lock function so that children cannot open the doors or windows by themselves.



Heatstroke in cars

Around ages **0 to 6**

[Safety tips]

1. It is very dangerous to leave children alone in a car. The temperature in a car can unexpectedly rise, and it may lead to heatstroke, which can result in death.
2. Children may suffer heatstroke in a short period of time. Keep in mind that children's sensitivity to heat is different from that of adults.



Bicycle falls with a child on board

Around ages **0 to 6**

[Safety tips]

1. According to the Rules of the Prefectural Public Safety Commission, putting a child on an adult bicycle is allowed only when a child is under the age of 6 or preschool, and a child seat is installed. (*The rule is different depending on the prefecture.)
2. When you put a child in the child seat of a bicycle, have them wear a helmet and fasten the seatbelt properly.
3. Do not leave a bicycle with a child put on it.
4. If you put two children on a bicycle, follow the procedures - "the rear child seat first and then the front child seat when putting two children on a bicycle" and "the front child seat first and then the rear child seat when getting two children off a bicycle."
5. Riding a bicycle with a child in a baby carrier on the front is a violation of the Road Traffic Law. Also, avoid riding a bicycle with a child in a baby carrier on your back whenever possible because fatal accidents can still occur in such a condition.
6. Check bicycles and child seats on a regular basis for any defects.



Bicycle spoke injuries that occur when a child sits behind the parent on a bicycle and a foot gets caught in the back wheel

Around ages **0 to 5**

[Safety tips]

1. According to the Rules of the Prefectural Public Safety Commission, putting a child on an adult bicycle is allowed only when the child is under the age of 6 or preschool, and a child seat is installed. (*The rule is different depending on the prefecture.)
2. Use a child seat, have them wear a helmet, and fasten the seatbelt properly.
3. Check whether the child seat is recalled. Installation of dress guards, which can prevent skirts and other clothing from getting caught in the rear wheels, is effective in keeping the feet from getting stuck in the spokes.



Accidents on roads

Age 1 and over

[Safety tips]

1. When you walk with children, hold their hands, and walk inside the white lines. When you walk on sidewalks, adults should walk on the roadway side of the sidewalks.



2. Teach children about the danger of traffic accidents and road safety rules, such as never running out into the road.



3. Do not call or talk to children on the other side of a road because children can automatically run into the road.



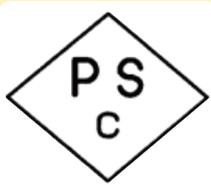
4. Parking areas are very dangerous places. Pay particular attention when getting in and out of a car. Because of the many blind spots in parking areas from which children may emerge, always hold their hands.



TOPICS

Choose safe products and read the instruction manuals carefully before use.

Products for children should be chosen according to the intended ages for the products. Read the instruction manuals and warnings carefully and use them properly. Moreover, because there are various marks that indicate safety-conscious products, choose proper products by knowing the meaning of the marks.



The **PSC mark** stands for "Product Safety of Consumer Products" and is affixed to products that meet the safety standards set by the Japanese government. There are two kinds of certified products, namely, "Specified Products" that require obligatory self-verification by the manufacturers or importers to determine that the products conform to the safety standards of Japan, and "Special Specified Products" that require additional third-party inspections. Baby cribs and lighters are among products designated as Special Specified Products.



The **SG mark** stands for "Safe Goods" and indicates that the product meets the safety standards set by the Consumer Product Safety Association. This certification also has a system to compensate for any personal injuries caused by defective products with the SG mark. Products for children that are certified with the SG mark include strollers, slides, baby cribs, baby carriers, and bed guards.



The **ST mark** is affixed to toys for children under 14, and certified toys are recommended by the toy industry as "toys that were manufactured with great attention to safety." Toys that conform to the toy safety standards set by the Japan Toy Association are certified with the ST mark. Moreover, toys with the ST mark indicate the appropriate ages for them. Toys for younger age groups are designed with more consideration for safety, for example, being made in a way that they will not get stuck in children's throats, using parts that do not come off easily, and parts that have no sharp ends.

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.

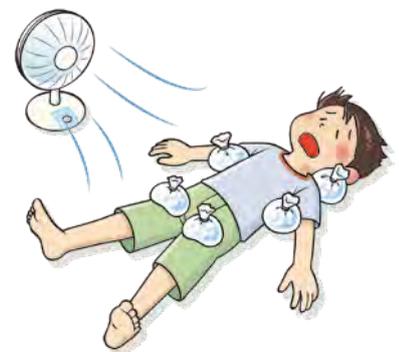


★ First aid for heatstroke

- 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/>

