

PREVENT POISONING IN THE HOME



Over **1,000** serious cases each year.¹



Children under **5** years of age are at highest risk



73% of all cases occur at home.²

Across Australia, unintentional poisoning is the second largest cause for hospital admission in young children under 5 years of age.¹ Nationally, there are over 1000 cases of serious poisoning to children aged 0 to 15 years each year.¹ 72.6% of all cases occur at home.² The average hospital stay length for pharmaceutical poisoning is 1.2 days and for other substances is 1.9 days.²

Why are children at risk?

Most children are walking by 14 months of age and are exploring their world. Young children don't always recognise or understand that something is dangerous. They are curious and will put anything in their mouth; they also like to copy others. This is why it is important for adults to keep them safe and ensure the environment is free from potential poisons.

Common causes of poisoning to young children

Common medicines:

- Paracetamol
- sleeping tablets
- Ibuprofen
- Antidepressants
- Cough and cold remedies
- Dietary supplements
- Anti-histamines
- Anti-inflammatory drugs
- Oral contraceptive pills
- Various heart medications

Poisoning in and around the home:

- Alcohol, cigarettes (tobacco and nicotine)
- Cleaning products – bleach, toilet bowl cleaners, disinfectant, detergents, dishwasher powder and capsules etc.
- Perfume and nail polish remover
- Some novelty toys, such as glow sticks
- Soaps
- Hand sanitiser (particularly alcohol-based)
- Silica gel
- Poisonous plants
- Pesticides
- Illicit drugs: cannabis, cocaine etc.

How to prevent poisoning in your home



Store medicines and products up high and out of reach from children.



Use child resistant locks on cupboards that are accessible to children.



Keep all products in their original container, fully closed between uses.



Call Poisons Information Centre 13 11 26 or 000 in case of an emergency.

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Poisons Prevention Checklist:

Treat medications as you would any other poison, as a dangerous substance. Close interaction and supervision of your child can reduce the possibility of unintentional poisoning.

Check every room in your home, or when you are visiting elsewhere, for poisonous products. A quick check only takes a few minutes:

- Do you store medicines and chemicals out of sight and out of reach of children in a container or cupboard at least 1.5 metres off the ground?
- Do you always check the recommended dosage when giving medication to children, even if you have given it before?
- Are all products stored in their original, clearly labelled container?
- Do you buy products with child resistant lids and use child resistant locks on cupboards and cabinets in which poisonous products are stored? These can be purchased from Kidsafe. *Remember child resistant is not always child-proof – many toddlers can open them given time.*
- Are medications stored in the fridge kept in a small, portable and lockable container?
- Do you dispose of unwanted or expired medications at your nearest pharmacy for safe disposal?
- Have you reminded grandparents and other carers about making sure they store medicines safely when children are around?
- Do you ensure handbags and other bags are kept out of reach, particularly visitors bags?
- Do you make sure you only refer to medications as medicines and not 'lollies' or 'sweets' as this gives children false ideas?

What to do if your child swallows something poisonous

If your child swallows something poisonous, even if you think they may have, or if the wrong medication or dose has been administered to a child:

- ✗ Do not make them vomit
- ✓ Pick up the container and the child, take them to the phone and ring the **Poisons Information Centre on 13 11 26** (Australia wide, 24 hours a day).
- ✓ If urgent call 000 and ask for an ambulance immediately and then call the **Poisons Information Centre – 13 11 26**

How Kidsafe can help

Kidsafe has a range of cupboard locks and latches available to help you keep your child from accessing possible poisons around your home. These can be purchased by contacting us on the details below or through our online safety shop by clicking [here](#).



This information is proudly brought to you by Kidsafe and V.I.P. Home Services
For further information about poisons prevention visit:
www.kidsafesa.com.au/poisonsprevention

Helping to keep kids safe at home and in the garden
Home & Office Cleaning
Lawns & Gardens Maintenance
Carpet & Window Cleaning
13 26 13 | www.viphomeservices.com.au

This resource is for general information only.
Please consult Kidsafe SA or a health professional for specific
information relating to your circumstances and your child.



For more information about home safety contact:
Kidsafe SA
08 8161 6318 or visit www.kidsafesa.com.au
or
Kidsafe NSW
02 9845 0890 or visit www.kidsafensw.org