

Poisoning is one of the most common childhood injuries. Every year, in NSW, more than 500 children are admitted to hospital as a result of poisoning from products found in and around the home. Most accidental poisonings happen to children younger than five years old, with children aged one to three years most at risk.

What can be poisonous to children?

There are many products in and around the home that may be poisonous to children. They include:

- Medicines
- Eucalyptus and other essential oils
- Batteries
- Insect and weed killers
- Dishwasher detergents
- Laundry products
- Cleaning products
- Iron and potassium tablets



First Aid for poisoning

The Poisons Information Centre offers free medical advice 24 hours a day, 7 days a week. Call the **Poisons Information Centre on 13 11 26.**

Swallowed poison

- Do not try to make the patient vomit.
- Pick up the container and take it to the telephone.
- Call the Poisons Information Centre on **13 11 26.**

Poison on the skin

- Remove contaminated clothing, taking care to avoid contact with the poison.
- Wash the skin with lots of cool running water.
- Call the Poisons Information Centre on **13 11 26.**

Poison in the eye

- Wash the eye with water from a cup, jug or slowly running tap. Continue for 10-15 minutes, holding the eyelids open.
- Call the Poisons Information Centre on **13 11 26.**

Inhaled poison

- Get the child to fresh air quickly, without placing yourself at risk.
- Open doors and windows wide, if it is safe to do so.
- Call the Poisons Information Centre on **13 11 26.**

the **children's** hospital at Westmead



kids health
the children's hospital at Westmead
Child Health Promotion Unit

NSW poisons Information Centre
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Kids Health and Poisons Information Centre

Cnr Hawkesbury Road & Hainsworth Street
Locked Bag 4001 Westmead NSW 2145
Website: www.kidshealth.schn.health.nsw.gov.au
Website: www.poisonsinfo.nsw.gov.au
Printing kindly supported by Endeavour Energy
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kids and poisons

Keeping young children safe from poisoning



Poisons Information Centre
13 11 26

Call from anywhere in Australia, 24 hours a day

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Why are young children more likely to be poisoned?

Young children are exploring their world but are unaware of potential dangers. They are curious and will often put things in their mouth to explore their taste and texture.

When do poisonings happen?

Poisonings can happen at any time.

Often they occur:

- When normal family routine is changed for example, holidays, moving house or having visitors.
- As a result of common mistakes for example, storing dangerous products in food containers.



How can you prevent poisoning?

- Closely supervise children, especially visitors, around the home.
- When giving medicine to children, always follow the instructions on the label.
- Buy products in child resistant containers but remember that the lids are not completely child-proof – a curious and determined child may eventually open these containers.
- Always make sure that the child-resistant lid is on properly after each use.
- Store all poisons including medicines, cleaning products and chemicals in their original containers that are clearly labelled.
- Place containers in a child-resistant locked cupboard that is at least 1.5 metres above the ground.
- Use child-resistant locks on cupboards or cabinets that store medicines and other poisons. You can buy these at hardware stores or phone **Kids Health** on **9845 3585** for more information.
- Return poisons to their safe storage area immediately after use. Do not leave them out on a bench or counter.
- Be extra vigilant when normal family routine is changed for example, going on holidays, moving house, having visitors and during family disruptions.
- Dispose of unwanted household chemicals – contact the **EPA Clean Out** line for details **131 555** or go to www.cleanout.com.au.
- Take any unwanted or out-of-date medicines to your local pharmacy so they can throw them away.
- Don't call medicines 'lollies' and, if possible, avoid children watching you take, or give, medicines to others.



- Keep handbags out of a child's reach if storing medicine or other poisons in your handbag.
- Save the **Poisons Information Centre** phone number **13 11 26** in your mobile phone.
- Check that the plants in your garden are not poisonous. Ask your local nursery, call **Kids Health** for a fact sheet or visit the **Poisons Information Centre** website at www.poisonsinfo.nsw.gov.au for basic plant safety information.
- For general home safety, see our Home Safety Checklist at <http://kidshealth.schn.health.nsw.gov.au/safety-fact-sheets>

