



Unintentional Childhood Injuries Prevention & Management

- Childhood injuries are preventable
- You as caregiver can play a significant role in preventing childhood injuries
- Childhood injuries have serious consequences
- If childhood injuries are prevented, it can save your time and money
- One should keep a first aid kit at home to handle injuries
- One should attend health education programmes on prevention and management of childhood injuries as they help in increasing knowledge and improve practices related to childhood injuries,

Childhood injury risk and hazards:

The picture shown below depicts the various household items which have the potential to cause unintentional childhood injuries.



Hence, the following items are potential childhood injury hazards as seen from the picture above:

1. Knives or sharp objects used in kitchen kept on floor within the reach of the child,
2. Medicine in table which is within the reach of the child
3. Cleaning agent in floor - within the reach of the child,
4. Open fire /Stove within reach of the child,
5. Hot iron in bed,
6. The child was playing with sharp object,
7. Insecticides or mosquito coil within the reach of the child
8. Kerosene oil jar kept in floor of kitchen area
9. Open door from where child can easily go outside road
10. No separate kitchen

Management of common childhood injuries:

1. If there is minor cuts or abrasions (grazes)?

- Wash the wound with clean water
- Remove any foreign material from wound by scrubbing using clean cloth
- Use Betadine for cleaning the wound
- Cover the wound with gauze piece or soft cloth



2. If there is bleeding from any site?

- Apply pressure bandage
- If Tetanus toxoid not taken earlier get the dose from nearest health facility
- If bleeding is profuse, take the child to the hospital



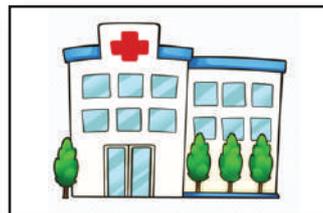
3. If there is any suspected fracture or sprain (ligament injury) in limb?

- Take clothing off injured area
- Stabilise the limb
- Apply ice pack wrapped in cloth
- Using a rolled-up magazine or newspaper, wrap around the affected limb



4. If there is head injury?

- Apply ice pack wrapped in soft cloth
- If there is bleeding apply direct pressure with a clean dry cloth
- Report to the nearest health facility



5. If there is any accidental choking/ foreign body obstruction in upper airway?

- If child cannot cough start with giving back blows
- If no improvement chest compression to be given
- Heimlich maneuver as shown in the image: Make a fist with the other hand and place the thumb side against the abdomen. Grab your fist with your other hand and give quick, upward thrusts into the middle of the child's abdomen, just above the navel



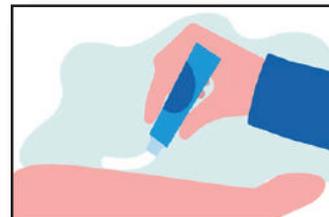
6. If there is accidental drowning?

- Remove child from water body
- If child is not responsive give mouth to mouth breathing
- If child is still not responsive start chest compressions



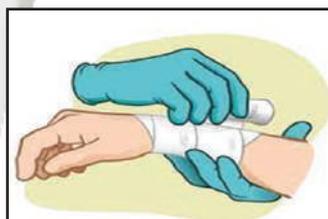
7. If there are any burn injuries?

- Remove cloth from burnt site if not stuck
- Pour clean water on burnt area for 15-20 mins
- Cover the burnt area with dry gauze piece
- Apply silver nitrate ointment with doctor's advice



8. If there is any electrocution?

- Switch off the power using a wooden stick
- Simple skin burns require dressing with wet cloth
- If child not responsive start chest compressions



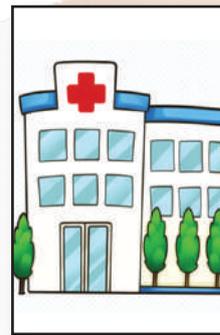
9. If there are any animal bites?

- Wash the wound with soap and running water
- Report to the nearest health facility for vaccination



10. If there is any type of poisoning?

- Put the child in left lateral position
- If child has breathing difficulties, report to the nearest health facility



Prepared by:

Dr Soumik Ghosh

Junior Resident

Department of PSM

AIIH&PH, Kolkata

Under the guidance of:

Dr Lina Bandyopadhyay

Advisor Public Health(SAG)

Professor(Eq)

Department of PSM

AIIH&PH, Kolkata

Under the co-guidance of:

Dr Monalisha Sahu

Associate professor

Department of PSM

AIIH&PH, Kolkata

**Please visit the following link for a detailed video
on childhood injury management.**

https://youtu.be/6Dgpaf3VLJU?si=ULc6LM2_jugRDIXr