



Keeping Children & Young People Safe in B&NES

Welcome to our 2nd edition!

We aim to provide support, resources and the latest guidance in all areas of preventing unintentional injuries in children and young people in Bath and North East Somerset.

We all have a responsibility for injury prevention, contributing towards the priority within the Children and Young People's Plan (2014-17) that '**Children and Young People are Safe.**'

We hope you find this quarterly newsletter helpful in supporting your practice.

Fire Tragedies

Following the house fire in Twerton and the Grenfell flat tragedy, we appreciate concerns that residents may have locally about fire safety in their home. The council has liaised with Curo, who own high rise social housing properties in B&NES and Curo have provided reassurance to the council that they have an up-to-date fire safety risk assessments for all such properties in their ownership.

Please share the following Fire Safety advice with families:

- Ensure you have a working smoke alarm in your house
- Make sure you are familiar with the layout of your escape routes without using any lifts.
- All housing tenants should seek advice from their landlord about what to do in the event of a fire or other emergency within their property or block of flats, as their advice may be different.

We encourage **all** residents to request a **FREE Home Fire Safety Visit from Avon Fire and Rescue Service** who will visit your home to provide advice relevant to your circumstances and fit free smoke alarms if required
Call 0117 926 2061 or Text 'Visit' to 07507 319 694 to book a visit.

<https://www.avonfire.gov.uk/our-services/home-fire-safety-visits> for more information.



First Aid Apps

The **HANDi App** aims to provide advice and support to parents and carers when children are unwell. It offers simple and straightforward advice on what to do and who to contact.



The **British Red Cross First Aid app** provides simple, easy advice on 18 everyday first aid scenarios, as well as tips on how to prepare for emergencies, from severe winter weather to road traffic accidents.



You can download these Apps from the Apple store, Google Play or the Windows Store

Helping to Prevent Accidental Poisoning

TV adverts and a Facebook campaign have been rolled out to raise awareness of the dangers that pods and liquitabs can pose to children, following numerous incidents of children ingesting the detergent. The advert shows young children learning and exploring by biting into things and a child reaching for an Ariel liquitab.

Top Tips to share with families:

- Keeping your medicines and cleaning things **locked up or out of reach and sight** is the safest way to protect your child. **Ideally put them in a high lockable cupboard**. It's best to keep them in a room which people use a lot.
- 'Child resistant' caps are **not 'child-proof'**. Some 3-4 year olds can open them in seconds, so make sure they're locked away too.
- Don't forget the **painkillers in your handbag** on the floor or the ones on the **bedside table**
- Your child may easily be confused by colourful medicines that look like sweets. So **keep them locked safely away** and in the original bottles.
- The **detergent capsules and concentrated liquids** under the kitchen sink can harm children too - they can cause accidental poisoning but also squirt into the eyes and cause damage. The capsules come in boxes that aren't child-resistant so **fit cupboard locks where these are stored**.



More information can be found at: <https://www.capt.org.uk/poisoning-prevention>

Summer Safety



With summer here we will be spending more time outdoors and enjoying the (hopefully!) sunny weather, we unfortunately see more emergency admissions to hospital than any other time of the year. Whilst we encourage children and young people to have fun outdoors there are some important key messages we ask you to share with families:

Water Safety

While the water may look tempting during summer months it is still extremely cold and removes heat from the body 32 times faster than cold air. This causes cold shock which means you will gasp, cramp and inhale water causing rapid drowning. There could also be unseen undercurrents which can drag, and keep, you under water.

Avon Fire and Rescue Service advice is to avoid going in the rivers, canals, lakes, reservoirs and other water courses all together, but if you do see someone in trouble you should be prepared to help.

Here's our top tips if you see someone struggling in the water:

- Think, do not put yourself in danger. **Do not enter the water or jump in.**
- Shout for help, ring 999 and request the Fire and Rescue Service
- Reach, if it's safe to do so, try and reach the person with a stick or pole. Crouch or lie down to avoid being pulled into the water
- Throw designated rescue equipment or rope if available to pull the person to the bank. Otherwise throw in something that will float this will help keep the person afloat until assistance arrives



BBQ Safety

One of the other causes of injury we see during the spring and summer months is burns from barbecues. Barbecues can be very volatile and quickly get out of control.

Some simple steps for BBQ safety:

- Never leave a barbecue unattended and keep it well away from shrubs and fencing
- Only recognised lighters and starter fuels should be used— many injuries caused by barbecues happen because inappropriate lighting methods such as paraffin and petrol have been used.
- When using disposable barbecues make sure they are disposed of properly when cool and not placed in a bin while still hot.
- If using a gas barbecue don't throw water on to it if it gets out of control as the fat and oil could ignite and cause severe burns.



Turn over for more Summer Safety tips . . .

Window Safety

Upstairs windows are left open in the hope of catching a breeze, increasing the likelihood of serious falls. We encourage parents and carers to:

- Supervise children and teach them where not to climb.
- Use window locks and restrict access to balconies. But remember, if you opt for window catches with a lock, keep the keys somewhere an adult can easily find them, in case there's a fire and you need to get out.
- Ensure nothing helps children climb to windows or from balconies e.g furniture

NEW Guide! Preventing unintentional injuries in under 5's

Public Health England have produced a new guide for all staff who work with families with children under 5. The aim of the guide is include key safety messages linked to child development for the five most common and serious types of injuries for under-fives: **choking, suffocation & strangulation; falls; burns and scalds; poisoning; and drowning.** The guide also includes fire and road injuries.

[Download your copy here](#)

Falls



THE DATA

- falls are the main cause of injury-related admissions for under-fives (20,000 per year)
- most admissions are from furniture falls
- falls from stairs and steps are also significant
- deaths are rare, about five a year
- children under one mostly fall from beds or highchairs, or while being carried
- falls from height can be serious – window, balcony, stairs, furniture, work surface and highchair
- the risks change as the baby/child gets more mobile

WHAT TO DO

- combining education about hazards and safety for babies and children on raised surfaces with the provision and fitting of safety gates and window locks

Antenatal, new birth and at 9 to 12 month health review

- change nappies on the floor
- don't put baby chairs/seats or car seats on raised surfaces
- don't leave babies unattended on a raised surface (eg bed, changing table)
- always use the harness correctly for a child in a highchair
- use safety gates until age 24 months to help prevent stair falls
- use correct safety gate for location and always close them
- carpets and handrails can make stairs safer

2 to 2 1/2 year universal health review or earlier

- supervise and teach children where not to climb
- use window locks, restrict access to balconies
- ensure nothing aids climbing to windows or from balconies

SAFETY MESSAGES FOR PARENTS AND CARERS

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Safety Equipment

There is a **home safety equipment scheme** for families on low income with children under 5 who meet certain eligibility criteria. If you think a family might qualify or need specific advice around their safety within the home ask them to contact their Health Visitor.

We hope you find this quarterly newsletter useful and if you require any further information please do get in touch with us:

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