



Keeping Children Safe in B&NES

Welcome to our 1st issue!

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.

Injuries in B&NES

You may be aware that the rate of Hospital admissions due to injuries (0 - 14 years) in Bath and North East Somerset is **significantly worse than the England average** (Public Health England, 2017). This rate only refers to admissions to hospital not attendances at GP, Minor Injuries units or Emergency departments.

Data tell us that the biggest causes of unintentional injury admissions for **under 14's** are:

- **Falls** - the most common types of serious falls are on or from steps or stairs; slipping, tripping or stumbling; falls from playground equipment
- **Transport accident and collisions**
- **Accidental poisoning**
- **Strikes, crushes and jams**

We do know that most injuries to under 5's happen in the home and that children who live in the most disadvantaged areas are thirteen times more likely to be admitted to hospital for an unintentional injury.

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

'Make the Glove compartment the phone compartment'



You are four times more likely to be in a crash if you use your phone whilst driving

Using a handheld mobile phone while driving is illegal and has been since 2003. From 1st March, the penalties for holding and using your phone while driving increased. **It's now 6 points and a £200 fine.**

Please help us to encourage all drivers to put their phone away before driving, so they are not tempted to use it

[Please download and display the Make the Glove Department the phone department poster at your setting](#)

New Car Booster Seat/Cushion Standards



Changes have been made to the weight and height at which a child will be able to use a backless booster seat (Regulation 44).

Any new backless booster seat or booster cushion on the market from 1st March 2017 will only be suitable for children above 22kg (3st 7lbs) and 125 cm (4ft 1ins).

However, parents and carers who currently have backless booster cushions **can legally continue to use them as they have been.**

Current law states that all children must use the correct seat when travelling in car until they are 12 years old or 135cm tall, whichever comes first.

It is recommended that travel in a high backed booster seat which can offer more protection in a side impact crash situation.

The Good Egg Guide Website has lots of useful information: <http://www.goodeggcarsafety.com/>

Families can have their car seats checked for free at the Car Safety Clinics during 8.30–16.30 on:

Wednesday 19th July (Argos, MSN)

Wednesday 2nd August (Argos, Bath)

Staff have also received Institution of Occupational Safety and Health (IOSH) retailer training and can advise families on suitable car seats for their vehicles. Staff are trained in the following stores:

- Argos , Upper Bristol Road, Bath, BA1 3AT
- Argos , 32 High Street, Midsomer Norton, BA3 2DW
- Baby and Co, Temple Street, Keynsham, BS31 2BE

For more information please contact Irene Stewart, Road Safety Officer
Irene_Stewart@bathnes.gov.uk

Save the date . . .



This year, Child Safety Week takes place from **Monday 5th to Sunday 11th June 2017**, with the theme **Safe children: sharing is caring**.

We are asking friends, families, communities and professionals to show they care by playing their part in keeping children safe and sharing their experience and knowledge - not just about the horrors of accidents, but also the really practical, simple things they do to prevent them.

Further details about how to get involved are coming soon but please put the date in your diaries!

Safe Sleeping



There are a number of sleeping products available for babies such as cushions that cocoon babies. The advice is that **the safest place for a baby to sleep is a separate cot, crib or Moses basket**. We should continue to recommend a firm, flat, waterproof mattress - research has shown that following this advice reduces the risk of Sudden Infant Death Syndrome (SIDS)

The Lullaby trust has a number of fact sheets and useful visual aids for health professionals to share with families:

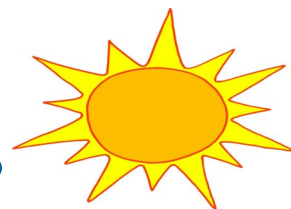
- [Sleeping Products](#)
- [Mattresses, Bedding and Cots](#)
- [Safer sleep for babes, a guide for parents](#)
- [Safer sleep for babies, visual card](#)

Home Safety Visits

Avon fire and rescue service carry out **FREE** home fire safety visits to all residents in B&NES—call **01117 926 2061** or Text 'Visit' to **07507 319 694** to book a visit

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.

The Sun's out and so are TRAMPOLINES



Bouncing is fun

Most injuries happen when more than one person is on the trampoline at the same time and there is an even greater risk of injury when one person is bigger than the other.

Please help us to share these safety messages with families:

Trampolining is safest when ...

... nets and safety pads are in place

... the trampoline is away from trees and fences

... equipment is not damaged or broken



... there's nothing beneath the trampoline

... there is only one person on the trampoline at a time

... the trampoline is on grass

... the trampoline is clear of toys, pets and other people

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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