



Keeping Children & Young People Safe in B&NES

Welcome to our 5th edition!

As we move into Autumn and Winter, we want to highlight potential hazards facing families, children and young people and provide you with some top tips you can share with families, whilst still encouraging them to enjoy active and fulfilling lives. We all have a responsibility for injury prevention, contributing towards the outcome within the B&NES Children and Young People's Plan (2018- 2021) to '**decrease the number of children and young people affected by unintended or accidental injury**'.

Car Seat safety

During the summer months B&NES Road Safety team and 'Child Seat Safety', the in car safety professionals, ran two clinics to offer advice and a free child car seat fitting service to help correct commonplace mistakes.

Of the 199 seats checked, **30%** of seats were not fitted correctly within the vehicle, **36%** of children were not sat within the correct seat for their size/age and **16%** of children sat in the wrong seat for their age and or size and the seat was also fitted incorrectly.

Some of the common errors that the team found included that the **headrest's needed adjusting on the car or on the child's seat**, the **harness was twisted, needed re-routing or the positioning and the tension of the harness needed adjusting on the child**.

Correct fitting and use of child car seats are vitally important; they're specially designed to give babies and children the protection they need to help reduce the risk of serious injury. We encourage families to visit the **Good Egg Car Seat Safety** website (www.goodeggcarsafety.com) to help check they are correctly using their car child's car seat and for advice on purchasing a new seat.

Remember to remove coats and jackets before fitting babies and children into their car seat:



Why is it a problem for your child to wear a thick or puffy coat in their car seat?

1 The harness does not fit close to your child's body if a coat or jacket is worn.

2 Thick clothing can make it easier for your child to slip their harness straps off.

3 When the car warms up, your child can easily overheat.





Road Safety Week



Road Safety Week 19th—25th November

Brakes Road Safety Week is an opportunity to emphasise road safety at a time when evenings are getting darker and older children face their first autumn travelling to and from school independently.

During the week, Brakes are shouting out about the safety of those on two wheels, and encouraging everyone to be **Bike Smart**.

There are some great interactive resources for schools and anyone working with children and young people available to download in the Road Safety Week 2018 action pack.

Go to www.roadsafetyweek.org.uk/members and use the password **bikesmart**



Be Bright Be Seen

As the morning and nights get darker the Road Safety Team are reminding pedestrians and cyclists to take extra care when out and about near roads, especially as reduced cold weather starts to affect conditions on our roads.

Here are some tips to help all road users stay safe:

1. Wear brightly coloured or fluorescent clothing as they show up well in daylight and at dusk and layer up to stay warm.
2. Wearing reflective materials are good when it goes dark as they appear to 'GLOW' in the dark when lights shine onto them.
3. Accessories are a great way to brighten up what you're wearing - reflectors and lights brighten up school bags.
4. If you're out on your bike or scooter - use stickers, reflectors, lights to brighten up your ride and **don't forget your helmet**.
5. In severe weather conditions, such snow and ice, leave your bike or scooter at home.
6. Whether it's night or day always choose a well-lit route with safe places to cross. Use the Green Cross Code - Stop Look and Listen.

Autumn & Winter Top Safety Tips:

At this time of year, we also see an increased usage of candles and indoor/outdoor lighting. Please remember to:

- Never place candles near materials that can catch light easily (such as cards, decorations and furniture) or **leave burning candles unattended**.
- Keep candles, lighters and matches **out of children's reach**.

Bonfire Night

Over half of the injuries sustained around 5th November every year are those under the age of 15. The most common injuries are to the hands, wrists and eyes and most of these are caused by sparklers:



Please share these tips with families:

- Don't give sparklers to children under five years of age, as they may not understand the dangers
- Always supervise children with sparklers and teach them to hold the sparkler at arms length
- Keep a container of water nearby, large enough and deep enough to put sparklers in after use

Attending a properly organised fireworks display is safer than having one at home. However the following advice can help to keep families that are planning on having a bonfire or firework display at home safe:

- Build your bonfire well clear of buildings, garden sheds, fences and hedges
- Never use flammable liquids to start a bonfire and never burn dangerous items such as aerosol cans, paint tins, foam furniture or batteries. This could produce toxic fumes and some containers may explode, causing injury.
- Keep children away from the bonfire once it's lit
- Don't leave bonfires unattended. An adult should supervise it until it has burnt out. If it has to be left, damp it down with plenty of water.
- Only buy fireworks with a CE mark. It is no longer legal for retailers to sell fireworks marked BS 7114.
- Further information on the safe use of fireworks can be found on the ROSPA website: www.saferfireworks.com



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**

Fire Safety:

Knowing what to do in the case of an emergency can make a huge difference to the outcome. If clothes are on fire:

- **Stop**
- **Drop**—onto the floor
- **Roll**— onto the ground to put it out

This will help put out the flames, then commence the 3 C's of first aid:

1. **Cool:** cool the burn in cold running water for 20 minutes, remove clothing and jewellery if possible
2. **Call:** call 999, 111 or your GP for advice
3. **Cover:** cover the burn wound with non-fluffy dressing or cloth, clingfilm is ideal

B&NES residents may be eligible to request a **FREE Home Fire Safety Visit from Avon Fire and Rescue Service**. The team will visit homes and provide advice and fit free smoke alarms if required. Call 0117 926 2061 or Text 'Visit' to 07507 319 694 to book a visit.



We hope you find this quarterly newsletter useful and if you require any further information please do get in touch with B&NES Injury Prevention Partnership via: **Claire Davies** (Health Improvement Officer, Children and Young People, Public Health) Claire_Davies@bathnes.gov.uk