

## Useful Websites

Visit the Child Safety Week website [www.childsafetyweek.org.uk](http://www.childsafetyweek.org.uk)

St John Ambulance has created a short, memorable animation showing common risks and giving first aid for choking: [www.sja.org.uk/chokingbaby](http://www.sja.org.uk/chokingbaby).

British Red Cross has advice and videos on how to administer first aid for choking babies and children: [www.redcross.org.uk/What-we-do/First-aid/Baby-and-Child-First-Aid](http://www.redcross.org.uk/What-we-do/First-aid/Baby-and-Child-First-Aid).

The British Blind and Shutter Association's Make It Safe video highlights the dangers of blind cords: [www.makeitsafe.org.uk](http://www.makeitsafe.org.uk).

[www.keepcapsfromkids.eu/uk](http://www.keepcapsfromkids.eu/uk).

For road safety games, quizzes, tips and advice for 6-11 year olds and their parents and carers, visit <http://talesoftheroad.direct.gov.uk>.

For 8-14 year olds, with resources on the transition from primary to secondary school, when children are most at risk of road accidents, check out [www.streetwiseguys.co.uk](http://www.streetwiseguys.co.uk).

<http://think.direct.gov.uk/roadsafety.html>.

The Cycle-Smart Foundation has educational materials and information about cycle

helmets: [www.cycle-smart.org](http://www.cycle-smart.org).

The Danger Age is a short video that highlights three common drowning risks to young children:

[www.almt.org/the-danger-age-video](http://www.almt.org/the-danger-age-video).

For beach safety visit the RNLI's website [www.rnli.org/safety/respect-the-water](http://www.rnli.org/safety/respect-the-water)

For advice on water safety, visit the Royal Life Saving Society's website [www.rlss.org.uk/water-safety/water-safety/](http://www.rlss.org.uk/water-safety/water-safety/)

Visit the Firekills website [www.direct.gov.uk/firekills](http://www.direct.gov.uk/firekills) for Time to test video, top tips and leaflets.

Visit Fireman Sam's Facebook page [www.facebook.com/FiremanSam/](http://www.facebook.com/FiremanSam/), or website

[www.firemansam.com/en-gb](http://www.firemansam.com/en-gb) for great activities for pre-schoolers.

Visit the Electrical Safety First website for help and advice [www.electricalsafetyfirst.org.uk](http://www.electricalsafetyfirst.org.uk). This

includes an online socket overload calculator: [www.electricalsafetyfirst.org.uk/guides-and-advice/electrical-items/overloading-sockets/](http://www.electricalsafetyfirst.org.uk/guides-and-advice/electrical-items/overloading-sockets/)

The WatchTower Giraffe makes it easier to test your alarms. The story book involves children, so they

encourage parents to test alarms regularly. Available from CAPT's online shop [www.capt.org.uk/shop/watchtower-giraffe](http://www.capt.org.uk/shop/watchtower-giraffe).

The NetMums website has useful advice on teaching children what to do if a fire breaks out at home

[www.netmums.com/lifestyle/house-and-home/essential-safety-for-kids/essentialsafety-](http://www.netmums.com/lifestyle/house-and-home/essential-safety-for-kids/essentialsafety-for-kids-dealing-with-a-fire-emer)

[for-kids-dealing-with-a-fire-emer.](http://www.netmums.com/lifestyle/house-and-home/essential-safety-for-kids/essentialsafety-for-kids-dealing-with-a-fire-emer)



ST. NORBERT'S  
CATHOLIC PRIMARY SCHOOL

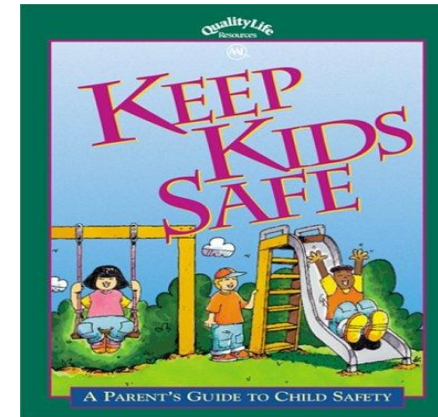


**Saint Norbert's Catholic Primary School**

# Safety



ST. NORBERT'S  
CATHOLIC PRIMARY SCHOOL



## Parent Pocket Guide



**Saint Norbert's Catholic  
Primary School**



Telephone 01775 722889

Email: [enquiries@st-norberts.lincs.sch.uk](mailto:enquiries@st-norberts.lincs.sch.uk)

Article 3 : All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children

The Child Safety Week 2016 themes are:  
E safety, Summer Safety and Road Safety.

We hope to raise awareness and increase understanding of the key issues within these themes. We have a range of resources and activities we will use here in school but wanted to share with our families comprehensive tips to keep safe and happy in addition to a list of useful websites for you to keep.

### Child Safety: Top Tips

**Cooking** – hot cooker hobs, oven doors, kettles and saucepans are just a few of the dangers in the kitchen. **Young children don't have a reflex to pull away from something that is burning them, it's something we learn.**

- Push kettles to the back of the worktop and try to use the back rings on the hob. Better still, keep children out of the kitchen when you're cooking if you can.



**Hot drinks – the main cause of scalds for under fives.** Your hot drink can scald a baby 15 minutes after it's been made.

- Put your hot drink down well out of reach – don't rely on young children understanding not to touch.
- Put your baby down safely before you pick up your hot drink.



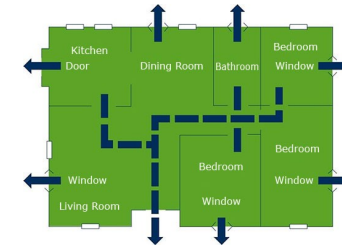
**Hair straighteners** – can get as hot as your iron and can still burn 15 minutes after they are switched off.

- Keep straighteners out of reach when you're using them.
- Put them in a heat-proof pouch or on a high shelf to cool.

**Bath water** – can cause a serious scald in just 5 seconds.

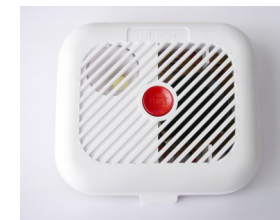
### Plan your escape

- Work out the route to get out of the house, make sure family members know and practice it together.
- Keep the stairs and the escape route clear of clutter at night.
- Keep keys to any doors on your escape route in one place so you know where they are in an emergency.



### Check your smoke alarms

- You need a working smoke alarm both upstairs and downstairs, to warn you quickly if a fire starts.
  - Test your alarms every week.
  - If your alarm keeps going off while you're cooking, don't remove the battery – the chances are you'll forget to put it back. Instead move it further away from the kitchen or fit one that has a silencer button.
  - Encourage children to get involved in testing the smoke alarms.



### Sun Safety

Remember to apply sun cream regularly and wear a hat and sunglasses. Do not spend more than 20 minutes at a time in the sun and limit your physical exercise.

## In the garden



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- Empty the paddling pool after use.
- If you have a pond, turn it into a sandpit, fence it in or cover it while your children are small. Be alert to drowning risks when you visit friends and family.

## Out and about

- Keep children off inflatables when an orange windsack is flying at the beach - a wind blowing off the land can make the sea look flat, calm and safe but it can quickly sweep inflatables out to sea.



- At the beach, teach children to swim between the two-coloured red and yellow flags – these mark the areas patrolled by lifeguards.
- Remind kids not to swim in canals and rivers – there are many hidden dangers, like strong currents, deep water and objects in the water they can't see.

## Prevent fires

- Keep matches and lighters out of sight and reach of young children.
- Stub your cigarette out properly and avoid smoking if you're really tired (or in bed) - you may fall asleep with it in your hand.
- Change your chip pan to an electric one if you can. If not, never fill the pan more than half full.
- Store your hair straighteners safely. A growing number of house fires are caused by hair straighteners left switched on.
- Take care not to overload electrical sockets. For example, if you use the combination of a toaster and a kettle on an extension lead running from one socket, it's dangerously overloaded.



**Fires and heaters** – babies in cots can trap arms or legs against radiators. Children can touch or fall into fires, especially if using babywalkers.

- Move cots away from radiators.
- Fit fireguards around fires and heaters.



**Blind cords** – it can take only 20 seconds for a toddler to die from strangulation if they get tangled in a blind cord.

- Fit a cleat hook to tie blind cords and chains back.  
Keep children's bedroom furniture away from blind cords and chains.

**Food, drink and small toys** – **choking can be silent** with nothing to warn you that something is wrong. Babies can choke on liquids and can't push a bottle away.

- Cut food up into small pieces for young children and encourage them to sit when eating.
- Encourage older children to put small parts from their toys away.
- Don't prop a baby's bottle up and leave them to feed.

**Nappy sacks** – young babies naturally grasp things and put them to their mouths, but don't have the ability to pull things away. This means **they can suffocate on nappy sacks**.

- Store nappy sacks safely away.

## Laundry and cleaning products

– Ligitabs make laundry easy. But the bright colours and squeezable texture make them attractive to babies and small children. And **the concentrated detergent is harmful if swallowed**. Brightly coloured cleaning products can also be attractive to small children.

- Keep laundry and cleaning products out of reach and sight of young children.
- Safety caps and lids slow children down but don't rely on them – it takes just seconds for some three or four year olds to open them.
- Look out for products with bittering agents such as Bitrex® when you're shopping. They help prevent children swallowing products by making them taste really nasty.



**Painkillers** – everyday painkillers and other medicines are **the most common way for young children to be poisoned.**

- Keep all medicines out of reach and sight of young children, ideally in a high up lockable cabinet.
- Watch out for painkillers left on the bedside table or in the handbag slung on the floor.

#### **E-cigarettes and air fresheners**

– e-cigarette refills can contain high levels of nicotine which is **highly toxic to young children.** Young children can mistake an air freshener bottle with reed diffusers for a drink with a straw.

- Keep these products well out of reach of young children.

**Carbon monoxide** – you can't see it, smell it or taste it but if carbon monoxide creeps out from flame-burning appliances it can kill children in seconds.

- Fit a carbon monoxide alarm in every room where you have a gas appliance or fire.
- Get your gas appliances serviced regularly.



**Windows** – many toddlers can operate window catches and will fit their bodies through surprisingly small gaps.

- Take care not to put furniture in front of windows so there is nothing for children to climb onto.
- Fit safety locks or catches to your windows to stop them opening too wide. Make sure your family know where the keys are in case of fire.

**Trampolines** – a great way for children and young people to get fit as long as you follow these safety tips:

- Just one child on the trampoline at any time. The biggest risk is from adults and children bouncing together, due to the difference in weights.
- Use safety netting or a safety cage so children can't be thrown to the ground.



**Pedestrians** – children have difficulty judging speed and distance until they are at least eight, and older children are still at risk: **the number of children injured as pedestrians peaks at 12** when many children start travelling to and from school on their own.

- Make sure young children know to hold your hand or use walking reins.
- Start to teach the Green Cross Code from around the age of five.
- Set a good example and avoid dashing across the road.
- Remind children not to talk or text on mobiles or listen to music when crossing the road.

**In cars** – not all car seats fit all cars, and if the seat isn't right, or fitted incorrectly, your child won't be as safe as they should be.

- Make sure you use the right car seat for your child's age, weight and height.
- Use a child car seat or booster seat for all children under 135cm and under the age of 12.

**Cycling** – almost one quarter of the cyclists killed or injured are children. Cycling accidents increase as children grow older, with **10 to 15 year-old riders at greater risk** than other age groups.

- Get your child into the habit of always wearing a helmet when cycling.



**Speed** – if hit by a car travelling at 40mph, 80 out of 100 child pedestrians will die. If hit by a car travelling at 20mph, 95 out of 100 child pedestrians will survive.

- Keep an eye on your speed – with today's powerful cars, it's so easy to creep over the speed limit.

