



## Summer Safety 2017

**Summer Holidays are here!** The hottest months of the year are finally here along with the much-awaited summer holiday period. Here are some useful tips to keep you and your child safe this season.

### Be Safe Around Water

Drowning is a major cause of injury for young children and whilst activities such as swimming are key life skills, there is always need to take precaution when allowing children around water:

- **Swimming Safely**-never leave children alone, for even a moment in water and if needed designate someone to be a 'water watcher'. Check your holiday swimming pool has a lifeguard or pool attendant at all times, and that the pool has barriers.
- **Ponds**- The best precaution is to cover the pond with a grille or surround with a fence.
- **Open Water**- Have a conversation with your child about the risks of colder water and make sure they avoid swimming in these areas at all times.

### Trampolines

Trampolining injuries can occur to all parts of the body, including the neck, arms, legs, face and head.

- Trampolining is not suitable for children under the age of six as they are not sufficiently physically developed to control their bouncing.
- Trampolines should not be used except when there is adequately trained supervision for the recreational activity.
- With trampoline parks rising across the UK, click [here](#) for how to keep safe at the parks.

### Beat the Heat

Young children are at a high risk of sun burn, dehydration and exhaustion in the summer.

- For babies under 6 months avoid direct sun exposure and dress in light, loose but full clothes. If by chance the baby gets sun burn, apply a cool compress gently to the areas.
- For children of all other ages, the best tip is to cover up, as this will protect from UV rays.
- On both sunny and overcast days' use sunscreen of minimum 15+ and reapply every few hours.
- Never ever leave children in the car alone, even for a short amount of time. It can reach dangerous temperatures in side of the car, regardless of the temperature outside.
- Seek medical attention if you feel your child has heat exhaustion or heat stroke. Click [here](#) for more details.

### Road Safety

Data shows that road traffic accidents are at an all year high in July.

- Ensure your child knows how to keep safe on the roads as a pedestrian, in towns and in rural areas. Teach crossing safety to children by example.
- Bicycle helmets save lives. Make sure to wear a comfortable, properly fitted helmet.



- Be aware of driveway dangers – children are injured every year on the driveways of their own homes from reversing drivers or rolling cars. Visit [www.suffolkroadsafe.net](http://www.suffolkroadsafe.net) for more local road safety resources.
- Young people tend to travel in groups during the summer holidays, be alert, aware and ensure that all distractions are avoided.

**Car Seats** It is vital that children up to 12 yrs. old or 135 cm's tall are safely secured in a vehicle.

- Ensure the child is secured comfortably and safely in the car seat **AND** ensure the car seat is secured safely to the car also. Failure to adhere to both can be fatal.
- For some simple and easy to follow videos on how to properly install a car seat click [here](#)

## Garden Safety

- **Poisoning**-Store all chemicals, gardening products and fuel safely and never transfer liquids/solvents to alternate containers as this could cause fatal confusion.
- **Barbecue Safety**-Barbecues are a large contributor of A&E attendance, never leave children unsupervised near a barbecue, and keep sharp objects far out of their reach.

## Travel

- Be aware of allergens that trigger asthma and respiratory illnesses, find out more [here](#).
- Keeping with Suffolk's Safer Sleeping messages, ensure babies have appropriate sleeping arrangements, especially avoiding co-sleeping. Click [here](#) for Safer Sleeping information.
- Beware of the added risk of children *falling* in new environments, therefore keep potentially dangerous equipment out of reach, right from the start.
- Be wary of over drinking during holidays especially ensuring alcohol is kept out of reach and sight of children.

## Emotional wellbeing and E safety

- Talk to your children about the negative impact that social media can have and support them to be resilient when they are caught into the cycle of name calling, bullying etc.
- Keep an eye on, intervene and seek support when your children are going through a difficult time or spending long periods of time during holidays locked away in bedrooms
- Be aware that children are increasingly being involved in internet sexual exploitation, grooming and dare games recently. Tools and resources with helpful information on this are available at: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) and [www.ceop.police.uk](http://www.ceop.police.uk)
- In light of recent events, be extra vigilant of radicalisation via the internet and click on any of the above links for more information regarding this.

## National News:

- **Grapes**-Doctors have issued a stark warning that young children can choke to death on whole grapes. Be aware of this and cut in half (long ways) when giving to children.
- **Button cells**- small round silver batteries (especially lithium batteries) powering growing numbers of household products have been linked to serious injuries among small children
- **Hair Straighteners**-New research reveals that nearly 1 in 10 parents of under-fives admit their child has suffered a serious burn from hair straighteners or tongs. Keep these appliances out of reach and sight of children.

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