



## Spring Safety 2017

### Local Learning

#### Injuries

In Suffolk A&E departments, head injuries account for many attendances in children of all ages. Trampoline accidents have become the bane of A&E departments across the country and our local AE doctors raised their concern.

#### Key safety points

- Trampolining isn't suitable for children under the age of six because they're not sufficiently physically developed to control their bouncing.
- Trampolining injuries can occur to all parts of the body, including the neck, arms, legs face and head. Head and neck injuries are the most serious injuries associated with trampolines. The most common injuries are caused by awkward landings and include sprains or fractures to the wrist, forearm, elbow and collarbone.
- Adult supervision is no guarantee of safety. More than half of all trampoline accidents occur whilst under supervision. However a trained 'spotter' can greatly reduce this risk.
- Never combine alcohol with trampolining! Children have been hurt while bouncing with adults who have been drinking at summer garden parties.
- Whatever your ability level, join a local trampolining club to learn new trampolining skills, ranging from the basics of landing safely to advanced moves such as somersaults.

#### Falls

Falls are the leading cause of accidental injury in young children, and taking steps to avoid falls can help.

#### Key Safety points

- Fit a safety gate BS EN 1930:20115 at the top and bottom of stairs & avoid leaving tripping hazards like toys or laundry baskets. Stairs should be always be well lit.
- Fit child resistant window restrictors but make sure you can get out easily in an emergency
- Furniture and tall kitchen appliance, at risk from being pulled over, should be secured to the wall.
- Supervise children on play equipment in the garden or in the park. Many accidents are caused by play involving pushing, shoving and wrestling – children's play can get rowdy, but keep an eye on behaviour

#### Keeping Car Seats Safe

Car seats are a legal requirement that effectively protect children when travelling in cars. All children under 12 years of age or under 135cm tall should have a car seat. It is also important that children under 2 are not left in them unsupervised. Car seats should not be used as sleeping areas outside of the vehicle, and children should never be in a car seat with unbuckled or partially buckled straps. Infants cannot lift up their heads if they slouch forward, which can block the airway and be very dangerous, so no infant should be left sleeping in a semi-sitting position, in car seats, bouncy seats or swings.



## Seasonal Safety

### Road Safety

As good weather comes and light levels increase, we see more accidents on the roads

- 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. Wear a comfortable, properly fitted helmet. Be sure that the helmet sits level on top of the head—not rocking in any direction—and always fasten the safety strap.
- This goes for micro-scooters, skateboards, roller skates and anything else with wheels your child might ride on – always wear a helmet, and elbow and knee pads may save some nasty scrapes.
- 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

### DIY and Garden Safety

If your house and garden are getting a spring makeover, remember to think of how this will affect the children around you

- Children will be fascinated by tools like drills, hammers, mowers and other gadgets – keep them away from children, and put them away safely as soon as the task is complete
- Keep products in their original containers, and out of the reach of children
- Be safe with ladders – check condition before use – and ensure children don't play on them.
- Keep the house safe - only use a competent, qualified person to carry out gas and electrical renewal or repair work. Anyone carrying out domestic and commercial gas work across the UK must be registered through the Gas Safe Register.
- Search “trading standards” at [www.suffolk.gov.uk](http://www.suffolk.gov.uk) to find the Trusted Trader Scheme

### Exam Season Mental Health

With the summer exams getting nearer, many children of all ages may be feeling increased pressure and strain. Young people who experience stress may talk about worry or tension, but stress can also cause headaches and stomach pains, poor sleep, irritability, and changes in appetite.

*Some tips to help*

- Help and encourage your child to eat and sleep well. Allow half an hour or so for kids to wind down between studying, watching TV or using a computer and going to bed to help them get a good night's sleep.
- Be flexible. When your child is revising all day, don't worry about household jobs that are left undone or untidy bedrooms.
- Having someone to talk to about their work can help. Support from a parent to share worries can help young people keep things in perspective. Encourage your child to talk to a member of school staff who they feel is supportive.
- Remind your child that feeling anxious is normal. Nervousness is a natural reaction to exams. The key is to put these nerves to positive use.
- Encourage exercise during exams – this can help boost energy levels, clear the mind and relieve stress
- Try to listen to your child, give support and avoid criticism
- Search “exams” at [www.nhs.uk](http://www.nhs.uk) for revision tips, links, mental health advice and more

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