

CAPT NEWS

June 2010



Welcome to the Child Accident Prevention Trust's email bulletin

Welcome to the latest edition of CAPT News, the newsletter from the Child Accident Prevention Trust which aims to equip you with the knowledge, resources and tools to make a significant contribution to preventing serious childhood accidents in your community.

And a very warm welcome to the thousands of new readers who have joined us in the run-up to Child Safety Week. We hope you find the bulletin helpful in your work with local children and families. You can [download previous issues of CAPT News from our website](#).

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NEWS

Child Safety Week round-up

We are delighted to report that almost 100,000 minutes were pledged to protect children from serious accidents during Child Safety Week. Parents pledged their time to safety at events around the country and via the on-line Time Pledge at www.childsafetyweek.org.uk. The total amount of time pledged is enough to prevent over 200,000 hot drink scalds and 100,000 accidental poisonings.

Thank you for all your work and support for Child Safety Week and for letting us know about some of the fantastic events and activities with local children, families and communities, which you were busy organising.

Tim Loughton MP, Parliamentary Under Secretary of State for Children and Families at the Department for Education lent his support to Child Safety Week: "I am pleased to support Child Safety Week and would like to thank all those working locally to help keep children safe from accidents – without 'wrapping them in cotton wool'. We all have a role to play. Thank you for making time for safety."



How did your activity go? How many people pledged time at your event?

Please tell us all about your activity so that we can make sure we're supporting you in the best way possible and so that we can tell everyone about the great success that is Child Safety Week. We want to know how your activities helped change the way that children or adults think or act about child safety. In addition, you will be in with a chance of winning a prize draw of **£50's worth of store vouchers of your choice and CAPT publications worth another £50.**

Your evaluation form:

- You will have received a green evaluation form in your free Child Safety Week toolkit
- Or you can [download an evaluation form here](#)
- Or you can go to www.childsafetyweek.org.uk and download it from the Downloads section under Child Safety Week forms.

We look forward to hearing your exciting news and feedback! The deadline for us receiving your completed evaluation form is **Friday 30 July**.

Blind cords - fix a cleat, protect your child!

Once again, we are shocked and saddened to hear that another toddler has died as a result of blind cord strangulation: Lily Kitterick from March near Huddersfield in West Yorkshire died after being strangled in a blind cord earlier this month. She was two-years-old.

As you'll know from previous newsletters, CAPT is very committed to raising awareness of the dangers of blind cords, and has been working in partnership with the British Blind and Shutter Association (BBSA) and other agencies to ensure as far as possible that parents have the information and cleats they need to make blinds as safe as possible.

A cleat is a small hook which can be easily attached to the wall or window frame to tie cords up out of harm's way. We are pleased to hear about a new scheme initiated by RoSPA's Community Safety Manager in Scotland, Liz Lumsden, which proves that working with partners can be effective:

“We are working with the local Fire and Rescue Service and other partners to launch a pilot campaign to alert parents to the dangers, and to offer a cleat fitting service if appropriate”, said Liz.

“We have been able to buy cleats thanks to a small grant for the Scottish Government’s Community Safety Unit”, she added.

We’ll keep you updated with how Liz gets on in future newsletters, and ask her to share her tips and advice for setting up similar campaigns. In the meantime, if you’re already working with your local fire service, why not see if they can help spread the message in your local area. Maybe they could help distribute safety advice. Click here to [download the BBSA’s blind cord safety leaflet](#).

It’s free and you can copy it as many times as you like. If you do nothing else, please hand a photocopy out to parents, and help prevent further strangulations.

FOCUS ON...

Keep hot drinks out of children's reach

“Everyone in the Burns Unit was there because of an accident. None of them were born that way and they hadn’t developed a disease to make them disfigured. In a split second their whole life changed.” Valerie Jackson, Mum of Gabrielle, injured in a hot drinks accident.

It’s a simple message, but Dr Amber Young, Consultant Anaesthetist at The Frenchay Hospital in Bristol and Chair of the British Burn Association Prevention Committee, knows it’s not getting through. On call the weekend before last, she treated three young children with scalds from hot drinks.

Her experience is repeated throughout the country: hot drinks are the number one cause of scald injuries among young children, and over 6,500 under fives visit accident and emergency departments each year because of scalds from kettles and hot drinks, with many hundreds admitted to hospital.

The facts

Scalds are burns caused by hot fluid. Most parents and carers will know to run cold water over a scald, but that’s all they know.

It’s easy to think of scalds as a minor injury. As adults, we all know how our skin feels after a small burn, maybe on a pan or an iron – minor discomfort for a short while. Hot drink scalds on young children, however, are quite different because:

- hot fluid can cover a far greater surface area than a contact burn – **more of the skin is damaged**
- a baby’s skin is much thinner than that of an adult – **pain and the damage happens more quickly and is far more severe**

Most parents know that hot drinks can scald. But it’s a common misconception that the problem is caused by freshly-made hot drinks. It’s obvious that drinks without milk in are worse than

those with, but many parents are surprised to learn that:

- after standing for 10 minutes, the temperature of a mug of tea or coffee made with milk will be around 60°C. This will scald a young child in less than one and a half seconds.
- even after standing for 15 minutes, the temperature of the tea or coffee will still be around 55°C. This will scald a young child in 10 seconds.

We have also looked into the cost of treating a child's scald injury from a hot drink for our Making the Link website. We found that even a minor scald – where less than 10% of the child's body was burnt and there are no skin grafts – costs the NHS around £2,500 to treat.

Amber Young can't talk about a specific case as they are confidential, but she gave us this outline of a typical scenario that results in a burns case. Such cases, she says, happen every few weeks in her hospital:



"Mum makes a mug of tea for her sister and puts it on the coffee table, assuming her sister is keeping an eye on her 18 month old boy, Sam, who learnt to walk a few months ago. As she leaves the room to get her own tea, she hears a scream. Her son has pulled the tea over himself. She pulls off his clothes and puts him in the bath under the cold tap. When she sees that skin is peeling from his face, chest and arm she shouts for her sister to call an ambulance.

Pain relief and fluids are given to Sam at hospital. He is then transferred by ambulance to the children's burns centre where he is taken straight to theatre for the burn to be cleaned and dressed under anaesthetic. 15% of his body is burned and he needs to stay in the children's

high-dependency unit overnight.

The following morning his mum is told that the scald is quite deep and may require skin grafting, but they hope that the special dressing will help it heal as much as possible. Sam goes home a few days later with instructions for his mother to call directly if there are any problems.

Five days later Sam is unwell with a temperature. He is re-admitted to the burns centre and taken to theatre for skin grafting to an area on his chest. Sam recovers quickly and goes home the following day.

The graft takes well and the wound heals. He will require review by the burns team over the next few weeks and months for scar management therapy. Sam's mum is now very careful about all hot drinks and tells her friends to do the same. She thinks about what has happened every day."

Parenting is stressful, and frequent cups of tea and coffee are a lifeline for many of us. This year's Child Safety Week focused on making time for safety. It takes just 30 seconds to ensure that mugs of tea, coffee and hot chocolate are put well out of reach, and after a while it.4 of 8

becomes second nature.

Want to help, but not sure where to start? Take these four simple steps:

1. If you haven't done so already, implement a hot drinks policy in your setting when young children are present. If you are worried about people not coming to the sessions as a result of this, explain to them why;
2. Run a session for parents and carers, with CAPT's Fancy a Cuppa? DVD pack – it's an inexpensive, easy-to-use resource that many practitioners have used and found valuable. It includes a copy of our hot drinks poster and flyers for you to hand out. See <http://www.capt.org.uk/support/default.htm> for more details, or email kate.bines@capt.org.uk to order;
3. Check out the following websites for facts, statistics and advice. Download information free of charge and distribute to parents and carers: Child Accident Prevention Trust: www.childsafetyweek.org.uk/child-safety-week/parents-section/safety-topics/burns-and-scalds Children's Burns Trust: www.cbtrust.org.uk
4. For more information on the financial and emotional cost of treating a child's scald injury, read '[How much does a hot drink scald cost](#)'

SAFETY SIGNPOSTS

Free downloadable mini guide on accident prevention for community groups

Safe Network, the partnership between NSPCC and Children England, set up to provide safeguarding support to third sector organisations, has launched an excellent mini guide covering key accident prevention tips.

The guide is aimed at small community groups with limited funds, who often have no paid staff and use other organisations' facilities. It shows how groups can make small, simple changes that enable children and young people to make the most of local community-based activities without the risk of serious injury.

Written by one of our consultants, Henrietta Bond, *Preventing avoidable accidents* mini guidance includes tips on: falls; poisoning ; cuts; finger trapping; fire safety; burns and scalds; choking; strangulation; suffocation; toy safety; drowning ; road and in-vehicle safety and outdoor activity and planning outings.

The 'mini' guide is a precursor to a more comprehensive 50-page guide which is currently being written. We will let you know when it's available. In the meantime, you can read and download the mini guide here: <http://bit.ly/bHHuW2>

Looking for accurate statistics on childhood accidents to underpin your work? Look no further...

After a brief period of inactivity during the election, Making the Link – CAPT's networking and partnership project to support those involved in preventing unintentional injury to children and young people in England – is back.

We've been developing new online content as a result of feedback from registered users of our website www.makingthelink.net and from those who attended our regional workshops.

Many people requested more information on the number of child deaths and hospital admissions

caused by accidents in England, and Making the Link was pleased to help. Find out:

[How many child deaths happen due to accidents](#)

[How many hospital admissions are caused by accidents](#)

[The main causes of accidental injury](#)

We're also developing a series of articles looking at the financial cost of childhood accidents. The NHS spends over £275 million a year treating children rushed to A&E or hospital as a result of accidents – and that's before you add in ongoing treatment costs for serious scalds or head injuries.

As budgets are getting squeezed and everyone's being asked to do more with less, it can be useful to remind ourselves just how much money can be saved by preventing injury in the first place. The first of these articles focuses on scalds from hot drinks '[How much does a hot drink scald cost](#)'.

Making the Link has also published some [case study templates](#) – if you've got a child injury prevention programme or strategy that you'd like to promote – particularly one that shows how much more can be achieved through partnership working – download a template and send it to us. Your work will be promoted on Making the Link, and will help you get recognition for the great work you're doing to prevent childhood accidents.

NEWS IN BRIEF

Lighter later campaign gains momentum

CAPT is pleased to lend its support to the Lighter Later Campaign. There has long been a campaign to move to what's known as SDST – single double summer time, but this year the issue is gaining a significant amount of publicity and momentum.

Led by 10:10 the project which aims to unite every sector behind the idea of cutting our emissions by 10% in 2010, it is lobbying for the UK to move clocks forward by one hour throughout the entire year.

It would still involve putting the clocks forward in spring and back in autumn, but would mean moving an hour of daylight from the morning to the evening, when more people are awake to enjoy it. As well as implications for reducing carbon emissions, it is also estimated that 100 lives would be saved and hundreds of serious injuries avoided from road traffic accidents.

To join the campaign, see www.lighterlater.org

Research confirms risk of sleeping with babies on sofa

New figures published in May by the Foundation for Sudden Infant Deaths (FSID) confirm the risks of sleeping with your baby on the sofa.

In the last two years, 25 babies have died a sudden and unexpected death while sleeping together with an adult on the sofa. Past research shows that sleeping with an infant on the sofa

increases their chance of dying a sudden and unexpected death by 50 fold.

Actual figures have been collected for the first time by some of the new Child Death Overview Panels (CDOPs) and the Metropolitan Police, and confirm that despite warnings, parents still sleep on the sofa with their babies.

The advice from FSID and the Department of Health is clear: the safest place for a baby to sleep, for the first six months, is in a separate cot in a room with you.

For more advice on safe sleeping, see and promote FSID's excellent online resources:

www.fsid.org.uk

Deadline approaches for grant applications to Electrical Safety Council

The Electrical Safety Council is inviting local Fire and Rescue Services, trading standards teams and other community safety bodies to apply for up to £5k of funding for local electrical fire safety projects. The deadline for applications is Friday 16 July.

The Fire Safety Fund 2010/11 has been set up by the Electrical Safety Council to enable it to work in partnership at local level to help the public to reduce the risk of electrical fires, potentially saving lives. The resulting projects will also give local consumer safety bodies the opportunity to support national fire prevention campaigns.

The Electrical Safety Council will award grants up to the value of £5k to selected projects which can be delivered in this financial year. The total value of the fund is £100k. Applicants will be notified by the end of July.

To see qualifying criteria and to apply online, see www.esfiresafety.org.uk

Let us know what you think...

Thanks to those respondents who filled in our website survey. If you haven't already, please spend just two minutes to give us your feedback.

At CAPT we aim to give you the best, most up-to-date information on child accident prevention, in our printed resources and online. We want to make sure that our website is your first port of call when you're looking for child safety information, resources and training.

To make sure we can continue to do this, we need your thoughts on how you use our website at the moment and how we could improve it in the future. [Take the online survey here.](#)

Further delays to reprint of *How safe is your child at home?*

We are working very hard to secure a decision to reprint *How safe is your child at home* – the safety leaflet licensed by the previous government for free distribution in England. We apologise for the delay, and hope to have a decision by next month.

If you have been forwarded this email by a colleague, and want to subscribe yourself, please visit the ['Join our mailing list'](#) area of our website www.capt.org.uk.

This issue of CAPT News and all past editions can be downloaded as pdf files from www.capt.org.uk/news/main.htm.

We are able to bring you this email bulletin thanks to a three-year strategic grant from the Department for Education.

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