



- ✎ choose safe places to swim – such as public pools where there are trained lifeguards
- ✎ teach children safety rules when they are at the swimming pool, like not running near the edge and not diving into water less than 1.5m/ 5ft deep
- ✎ make sure children know they should never swim in open water like canals, lakes, rivers or gravel pits
- ✎ at the beach, teach children to swim between the two-coloured red and yellow flags – these show the area patrolled by the lifeguard.

Cuts

7-11 year olds can normally handle knives and other kitchen tools. It is lack of experience which usually leads to cuts.

- ✎ show children how to use knives and scissors safely and make sure they know not to run with them in their hands.

Burns and scalds

Letting children get involved in everyday tasks is a good way to help them build confidence and abilities. Make sure they know the dangers that go along with these things too.

- ✎ teach children how to tackle simple tasks safely, such as making a hot drink or simple meal
- ✎ do not allow a child to use a chip pan, even under supervision.

House fires

If your home catches fire, you and your child could breathe in the poisonous smoke. It's especially dangerous if the fire breaks out at night while you're all asleep.

- ✎ fit a smoke alarm on each level of your house. Children of this age can be given the job of being alarm monitor and testing the alarms each week
- ✎ make sure you all know how to get out quickly if there is a fire, but don't rely on children to get out on their own.

Choking and strangulation

- ✎ encourage children to sit or stand still when they're eating to avoid choking
- ✎ explain the dangers of playing with ropes or belts or putting things around their neck. They may copy things they've seen on television and not understand the dangers.

We strongly advise parents and carers to learn first aid.

For further information on first aid and first aid courses contact

British Red Cross www.redcross.org.

St John Ambulance www.sja.org.uk

St Andrew's www.firstaid.org.uk

capt is a charity committed to reducing childhood injury.



child accident prevention trust



child accident prevention trust

Canterbury Court (1.09),
1-3 Brixton Road, London SW9 6DE
t 020 7608 3828 f 020 7608 3674
e safe@capt.org.uk w www.capt.org.uk

registered charity number 1053549
© Child Accident Prevention Trust March 2009
LEA023

7-11s
top safety tips
for parents and carers

7-11 year olds know a lot about what is safe and unsafe. They may not always apply what they know and can misjudge situations. They are also likely to be testing their own physical abilities and becoming more independent.

Adults need to find a balance between encouraging children to develop their independence and providing enough protection to help them do this safely. Check what your child is capable of rather than assume – especially before letting them attempt tasks alone.



Falls

Falls during play are one of the most common accidents in this age group. Children begin pushing boundaries and may face peer pressure to take more risks, which means more chance of bad falls. For example, many bicycle accidents happen because of children showing off doing stunts.

- ✎ find playgrounds that are well maintained and challenging enough to hold children's interest. This will help to avoid them playing in dangerous places such as building sites, derelict buildings and railways
- ✎ encourage children to think about safety whenever they're out playing or doing stunts
- ✎ discourage children from playing on stairs or balconies.



Road safety

7-11 year olds can learn a lot about how to cope with danger when they are out. They still need supervision though as they can misjudge their abilities or situations. As they start to travel around the area they live, they are more vulnerable to road accidents. They can't judge speed as well as adults and are smaller so less visible to traffic.

- ✎ don't let children under 9 cross roads on their own – they should always be accompanied by an adult
- ✎ teach your child how to cross roads safely and set a good example, so children don't learn bad habits from you
- ✎ practice walking routes, such as the route to school, together. When you do this point out the possible dangers and explain why and how to avoid them
- ✎ let them practice by leading you. Get them to show you that they understand by asking them to describe what they are doing and the decisions they are making
- ✎ make sure children wear light coloured or reflective clothing especially on dark mornings or evenings, and wear a reflector on their clothes or bag.

Cycle safety

Children vary in how well they can control a bike and understand road safety. They can struggle to judge speed and distance accurately. This means they are unlikely to be able to cycle safely in traffic without supervision until they are about 11 years old.

- ✎ A good way to be sure of your child's cycling ability is for them to complete a cycle training scheme. Find out about Bikeability training by going to www.cyclingengland.org.uk.
- ✎ find safe places for your child to cycle, such as parks, gardens or other places away from traffic. Make sure children wear a cycle helmet at all times when they are riding their bikes
- ✎ encourage children to check and maintain their bikes regularly.

In the car

Many accidents happen on short journeys close to home, so make sure your family is protected every time you go out in the car.

- ✎ always use a child car seat or booster seat for children under 135 cm (about 4ft 5in) in height and under 12 years of age – it's the law
- ✎ if your child is over 135cm tall, they can use an adult seat belt, but a booster seat may help the seat belt lie on the child's body properly
- ✎ make sure children understand the importance of using their booster seat or wearing a seat belt – it's hard to force an older child to do something they don't want to do.

Drowning

Being able to swim does not guarantee that children will be safe in or near the water, especially around rivers, canals and the sea. Currents, debris in the water, changes in depth and low temperature can all take them by surprise. Even if your child is a strong swimmer they may lack the strength to get themselves out of trouble not know how to react.

- ✎ never leave children under eight alone in or near water.