

burns and scalds

REMEMBER Many fires are started by children playing with matches and lighters. Begin to teach children to use matches correctly.

ACTION In general, make sure that matches and lighters are kept out of a child's reach. Take extra care with candles and don't use them when younger children are around. Teach older children how to behave near candles.

REMEMBER A hot drink can scald up to 15 minutes after it has been made.

ACTION Teach children how to tackle simple tasks safely, such as making a hot drink.

REMEMBER In the event of a fire, extra seconds can make the difference between life and death.

ACTION Fit a smoke alarm on each floor in your home. If you've already got one, check that it is working. Be prepared – work out an escape plan with your child and make sure he or she understands what to do if the smoke alarm goes off. Teach children to get out safely, stay out and call the fire brigade from a neighbour's house or a phone box.

Although you may take active steps to ensure that your child is safe from accidental injury there may be an occasion when an injury does occur. CAPT advises that you keep emergency numbers by the telephone, learn some basic first aid and keep a first aid kit handy.

Further information or assistance can be obtained by contacting the following people in your local area.

FIRE OFFICER

advice on fire prevention.

ROAD SAFETY OFFICER

advice on road safety.

HOME SAFETY OR

ENVIRONMENTAL HEALTH OFFICER

advice on home safety.

Please contact CAPT at the following address if you need further information or advice about children's safety:

Child Accident Prevention Trust

18-20 Farringdon Lane

London EC1R 3HA

telephone 020 7608 0808

email safety@capt.org.uk

web www.capt.org.uk

Registered Charity Number 1053549

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This leaflet is one of a set of five each covering a different age & stage of a child's development:

Handle safely: babies from birth to crawling

Active steps to safety: toddlers up to the age of 5

Step safely with a helping hand: children aged 5-7

Step safely from the edge: children aged 7-11

It's a safety thing: young people aged 11-14



step safely from the edge

**Growing-up means learning to do things for yourself.
Keep out of trouble.
Keep out of pain.**

a safety guide for parents and carers with children aged 7 to 11



This year over a million children aged 14 and under will visit hospital following accidents at home. Many of these could be prevented. Look around your home and garden, and where your child goes. Discuss with your child what is safe and what isn't.

REMEMBER Children of this age group still need guidance and supervision

ACTION Don't expect them to look after younger children.

falls

REMEMBER Injuries often occur when children are playing.

ACTION Choose safe areas for your children to play in, for example, a park or a well maintained playground.

REMEMBER Children of this age group are becoming increasingly inclined to take more risks during play. For example, many bicycle accidents happen when children fall off their bikes when showing off doing stunts.

ACTION Supervise children wherever possible. Encourage them to 'think safety' when doing any kind of stunt. Even when playing on bikes, children should always wear a cycle helmet. If they are not sure about the level of risk they are taking, persuade them to discuss the issues with an adult.

out and about

REMEMBER Children still need guidance on travel at this age.

ACTION Draw a map together to plan safe routes. This could cover a walk to school, the library or to a friend's house. When walking with a child, focus his or her attention on safety points in addition to hazards. Always explain why.

REMEMBER Children learn by experience.

ACTION Allow children the opportunity to extend their experience. Teach them to cross roads safely and allow them to practise by leading you when walking together.

REMEMBER Children under 11 should not be cycling in traffic and still need adult supervision because they don't have the skills needed to cope safely.

ACTION Find safe places for your child to cycle. Supervise a child wherever possible. Children should wear helmets and reflective clothing when cycling on or off the road. Encourage children to read the Highway Code for Young Road Users and attend a training course on road safety. Contact your local Road Safety Officer for information.

REMEMBER Bikes can be dangerous.

ACTION Encourage your child to take responsibility for the condition of his or her bike by telling you if anything needs mending. Brakes, lights, tyres and the height of the seat should be checked regularly by an adult.

REMEMBER Skateboards and skates can also be dangerous.

ACTION Encourage children to use a helmet to reduce the risk of head injury, and wrist guards to prevent wrist fractures.

drowning

REMEMBER Swimming pools are great places to have fun and splash about but they can also be very dangerous.

ACTION Ensure that your child is a confident swimmer and teach them not to dive into water less than 1.5m/5ft deep.

REMEMBER Children can easily lose their footing when running bare foot.

ACTION Teach children not to run along the edge of a pool in case they slip. They should also be told not to play near swimming pools, paddling pools or open water such as canals, gravel pits, lakes and rivers – the banks can be unsafe and the water may be deep and very cold. At the beach, teach them to read warning signs and help them to choose safe places to swim.

cuts and bruises

REMEMBER Kitchen knives, even cutlery, can be very sharp indeed.

ACTION Teach older children how to use knives and other kitchen tools safely when preparing snacks.