



Ideas booklet

Facts to get you thinking

Safety tips to pass on

Fun activities for all ages

Quizzes and competitions



**Make a change.
Make a difference.**



With special thanks to our Gold supporters



Child Safety Week 2008 is made possible through the generosity of the following official supporters:



GOLD SUPPORTERS



The CORGI Trust is a registered charity whose mission is to promote gas safety and carbon monoxide awareness through education, research and advice.

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department for children, schools and families

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Department of Health, Customer Service Centre, Richmond House, 79 Whitehall, London SW1A 2NS
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FireAngel Ltd aims to significantly reduce the number of deaths and injuries, by becoming the world-wide leader in the supply of consumer led, innovative and high technology safety devices.
 w www.fireangel.co.uk

SILVER SUPPORTERS

Better check it



Bitrex® is the most bitter substance ever discovered. Children are particularly sensitive to bitter tastes, making Bitrex® a powerful deterrent to accidental swallowing of harmful household chemicals.
 w www.bitrex.com



The Electrical Safety Council is a registered charity whose aim is to reduce electrical accidents and injuries to users of electricity.



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Visit the Child Safety Week area of our website www.capt.org.uk for a downloadable version of this booklet, with easy-to-use direct links to all the websites we list in the booklet, plus extra downloadable competitions, quizzes and activity ideas

Make a change. Make a difference.



Accidents are the second biggest childhood killer in the UK, with six children and young people dying every week. What's more, 2,000 children and young people are admitted to hospital every week because they've been injured in accidents. Some are left scarred for life or permanently disabled.



Get your boiler safety-checked for poisonous carbon monoxide fumes

But we can prevent many of these deaths and serious injuries – and without wrapping children up in cotton wool. Child Safety Week helps people understand the real risks to children and the simple changes they can make to reduce those risks – so that children and young people can enjoy safer, healthier, more active lives.

Our message for Child Safety Week 2008 is that even small changes in our everyday lives can make big differences to children's safety.

We're asking families, and everyone who supports families in their work, what changes they can make that will make the biggest difference...

For a child or young person, this could mean stopping at the kerb rather than running straight across the road, taking on the weekly job of checking that the family's smoke alarms are working or remembering not to overload electrical sockets in their bedroom.

For a parent or grandparent, this could mean driving more slowly in areas where children are out playing, getting their gas boiler serviced, fitting safety equipment such as smoke alarms, or moving cleaning materials to where a young child can't reach them.

For a support worker, this could mean helping children, parents and grandparents gain new safety skills and stick to new safety routines, or linking up with others to fit safety equipment in families' homes.

So find out what changes you can make to help children and young people avoid that awful accident. Just one small change can make a huge difference!

Wake up call!

In a fire, every second counts – you need to get out of the smoke before it knocks you out. It's not the time to be stumbling over bags left at the bottom of the stairs or scrabbling in kitchen drawers trying to find your keys. If you don't have working smoke alarms and a fire starts while you're asleep, there's a strong chance you'll never get out – you'll just drift deeper and deeper into a fume-filled sleep.

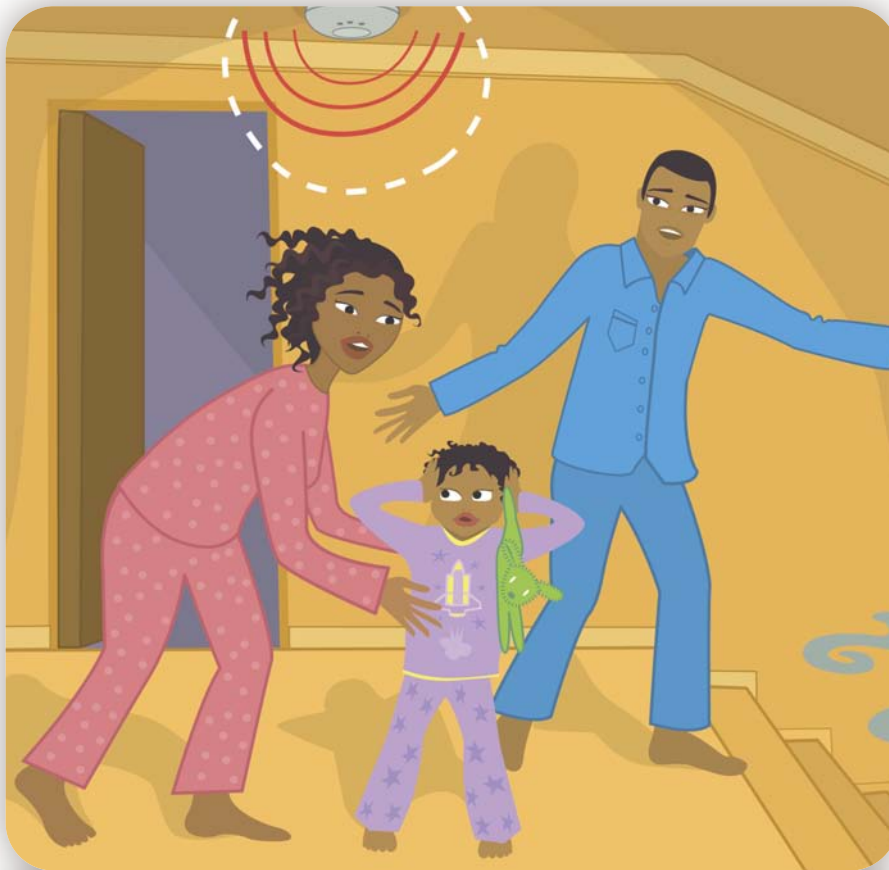
Did you know?

- ✘ Fire is one of the biggest killers of children in the home
- ✘ Children from the poorest families are 38 times more likely to die in a house fire
- ✘ You are almost three times more likely to be killed in a fire that starts during the night
- ✘ The smoke released in house fires contains poisonous gases, including carbon monoxide. Most people caught in a fire die from breathing in carbon monoxide gas
- ✘ It can take just a few minutes from a fire starting to your home being full of smoke
- ✘ The smoke is thick and dark, so it can be hard to see where you're going
- ✘ People without working smoke alarms are twice as likely to die in a fire
- ✘ Families where someone smokes are at greatest risk – cigarettes, matches and lighters are the biggest single cause of fatal house fires but worryingly smokers are less likely to own a smoke alarm than non-smokers
- ✘ All UK fire brigades provide free home fire safety checks

Safety tips

- 🔊 You need a working smoke alarm on every floor of your home, upstairs as well as downstairs, to warn you quickly if a fire starts
- 🔊 If the smoke alarm by your kitchen keeps going off when you're cooking, don't remove the batteries – move the alarm further away from the kitchen door or change it for one with a silencer button or one that's 'toast-proof'
- 🔊 Think twice before running your washing machine or dishwasher overnight – if there's an electrical fault it could catch fire while your family is asleep
- 🔊 Change your old lighter for one that is child-resistant, and move matches and lighters where children can't see them or reach them
- 🔊 Stub cigarettes right out in an ashtray. And, if you're feeling sleepy, never be tempted to light up
- 🔊 Plan how your family will escape if a fire breaks out, then practise the plan together
- 🔊 Tidy up your hallway – move bags, shoes and toys so there's no chance of tripping over them if you need to get out in a hurry
- 🔊 Keep keys to doors and windows where all the family can find them quickly and easily in an emergency





Fit and check smoke alarms so you don't sleep through a fire

Activity ideas

- ✦ Invite your local fire brigade to talk about the importance of having working smoke alarms to wake you if a fire starts at night. Find them at www.fire.gov.uk or www.dontgivefireahome.com. They can also advise on alarms for people who are deaf or hard of hearing
- ✦ Encourage parents to enter our fire safety competition, supported by Wi-Safe from FireAngel, with the chance to win a free wire-free home safety system. The bedside handset wakes heavy sleepers, such as children and the elderly, and even turns into a torch. Visit www.capt.org.uk
- ✦ Encourage families to decide who will check that the smoke alarms are working each week – you could suggest that an older child becomes the family's 'fire warden' and takes on this responsibility
- ✦ Run our quizzes on fire safety, supported by Wi-Safe from FireAngel, and offer prizes such as key rings or smoke alarms with silencer buttons. Download the quizzes from www.capt.org.uk
- ✦ Join forces with your local NHS smoking cessation advisor, to make sure smoke alarms are fitted in the homes of everyone trying to quit

CAPT resources

How safe is your child from burns and scalds? leaflet, Code: LEA012, £7.45 per 50 or £10.95 per 100

How safe is your child at home? leaflet, Code: LEA019, £7.45 per 50 or £10.95 per 100

Babies leaflet for parents/carers of babies, Code: LEA020, £7.45 per 50 or £10.95 per 100

Toddlers and up leaflet for parents/carers of toddlers and pre-schoolers, Code: LEA021, £7.45 per 50 or £10.95 per 100

I'm only a baby but... picture-based booklet, Code: BKT005, £35 per 50

Now I can crawl I can... picture-based booklet, Code BKT006, £35 per 50

Other useful resources

For fire safety advice for parents and children, visit

www.direct.gov.uk/firekills or, in Scotland,

www.dontgivefireahome.com

For information on free home safety visits and free smoke alarms, contact your local fire brigade at

www.fire.gov.uk or, in Scotland, www.dontgivefireahome.com

Find and fix home fire hazards with an interactive room-by-room guide at www.dontgivefireahome.com

Practise escaping safely from a burning home at

www.staywise.co.uk/activities or www.dontgivefireahome.com



Poisons peril!

Seen through the eyes of a young child, your home is full of fascinating things to eat and drink – painkillers just like sweets in handbags or on bedside cabinets, and brightly coloured cleaning products under the sink or next to the toilet. But those all-too tempting things may well be poisonous. There's also the poison you can't see, smell or taste in your home – carbon monoxide, 'the silent killer'. Luckily, a few simple changes will help protect your family...

Did you know?

- ✗ Every day, 20 children are admitted to hospital because it's thought they have swallowed something poisonous, with the under fives at greatest risk
- ✗ Children from the poorest families are three times more likely to be admitted to hospital due to accidental poisoning
- ✗ Medicines are the most common cause of accidental poisoning in children, with everyday painkillers a frequent culprit
- ✗ The kitchen and bathroom are the likeliest places for accidental poisoning from cleaning products
- ✗ While child-resistant tops are helpful as they slow children down, they are not childproof – some three and four year-olds can open them within seconds
- ✗ The flame on your gas fire, boiler or cooker should burn blue – if it's yellow or orange, it could be a sign of poisonous carbon monoxide gas
- ✗ Due to their small size, children are more vulnerable to carbon monoxide poisoning. Low levels of carbon monoxide can harm an unborn child or damage a child's developing brain

Safety tips

- 👉 When you're trying to persuade a reluctant toddler to take their medicine, never pretend that it's a sweet
- 👉 Children learn by imitating adults, so take your own medicine when they aren't watching
- 👉 Get down on your hands and knees to spot dangers from a young child's point of view
- 👉 Store medicines and cleaning products well out of young children's reach and sight, on a high shelf or in a high cupboard with a child-resistant safety catch
- 👉 When you're buying cleaning products, look for child-resistant tops and a bittering agent like Bitrex® in the ingredients – this makes the product taste really bitter so young children are far less likely to swallow it, helping to reduce accidental poisoning
- 👉 Get your gas appliances safety-checked every year by a CORGI registered installer. Don't risk using an illegal gas worker – most of their work has serious safety defects
- 👉 Get chimneys and flues checked regularly to make sure they're not blocked
- 👉 Invest in a carbon monoxide alarm for every room where there's a gas appliance or open fire – this will sound an alarm if carbon monoxide is present



Move cleaning products out of reach of tiny hands

Activity ideas

- ✦ Encourage families to enter our two competitions on poisons safety, supported by The CORGI Trust and Bitrex®. Parents entering The CORGI Trust's competition have the chance to win free carbon monoxide alarms, and there are great vouchers on offer to children and parents entering the Bitrex® painting and wordsearch competitions. Visit www.capt.org.uk
- ✦ Organise a 'devil's sweetshop' – put a selection of colourful sweets in one sealed jar and a selection of colourful tablets in another, and then challenge parents to tell them apart
- ✦ Run our quizzes on poisons safety, supported by Bitrex® and The CORGI Trust, and offer prizes such as cupboard locks and carbon monoxide alarms. Download the quizzes from www.capt.org.uk
- ✦ Join forces with your local NHS pharmaceutical advisor to publicise the importance of storing medicines safely
- ✦ Set up a safety equipment scheme to distribute free or low-cost cupboard locks, lockable medicine cabinets and carbon monoxide alarms to families who can't afford to buy them

CAPT resources

What might poison your child? leaflet, Code: LEA011, £7.45 per 50 or £10.95 per 100

How safe is your child in the garden? leaflet, Code: LEA013, £7.45 per 50 or £10.95 per 100 – with information on poisonous garden plants

How safe is your child at home? leaflet, Code: LEA019, £7.45 per 50 or £10.95 per 100

Babies leaflet for parents/carers of babies, Code: LEA020, £7.45 per 50 or £10.95 per 100

Toddlers and up leaflet for parents/carers of toddlers and pre-schoolers, Code: LEA021, £7.45 per 50 or £10.95 per 100

Now I can crawl I can... picture-based booklet, Code BKT006, £35 per 50

Free fact sheet on poisoning

For free CAPT fact sheets visit www.capt.org.uk or see page 19

Other useful resources

More information on accidental poisoning from NHS Direct at www.nhsdirect.nhs.uk/articles/article.aspx?articleId=672 or www.direct.gov.uk/childsafety

To download a free leaflet and factsheet on carbon monoxide poisoning, visit www.trustcorgi.com/carbonmonoxidekills/carbonmonoxidekills.htm

To search for a CORGI registered installer close to your home, visit www.trustcorgi.com/findinstaller/pages/findaninstaller.aspx

To find out how a teaspoon of Bitrex® can make an Olympic swimming pool taste bitter, visit the Consumers section of www.bitrex.com



Hot topics!

From the moment we boil a kettle for that early cuppa to the second we set the alarm clock as our head hits the pillow, we're using electricity all day long. But over-familiarity can lead to complacency – and that's when accidents happen. And it's not just electricity that can cause nasty injuries – many parents are unaware that hot drinks are the number one cause of scalding for children under five or that hot fat can cause horrific burns.

Did you know?

- ✘ Over 500 under fives are rushed to casualty every week because of burns and scalds
- ✘ A baby's skin is 15 times thinner than an adult's
- ✘ A hot drink can still scald a young child 15 minutes after it's been made
- ✘ Hair straighteners are the fastest growing cause of burns among young children
- ✘ Water and electricity are a potentially deadly mix – but, in a recent survey, one in three parents admitted that their children didn't know you should never touch electrical items with wet hands
- ✘ Children can get an electric shock from using mains-powered electrical appliances in the bathroom, touching exposed wiring or using a metal knife to get stuck toast out of the toaster
- ✘ Faulty electrics start up to one in six house fires – causes include overloaded sockets, loose wiring, damaged cables and leads, and faulty or misused electrical appliances
- ✘ Chip pans and hot fat pans are the most common cause of house fires in which children are injured

Safety tips

- 👉 Put your baby down before picking up your mug of tea or coffee. And don't pass hot drinks over young children's heads
- 👉 Use a kettle with a short or curled flex and keep it pushed to the back of your kitchen work surface
- 👉 Keep hot hair straighteners out of reach of little hands – don't leave them to cool on a bedside cabinet or over a door handle
- 👉 Don't bring mains-powered electrical appliances like hairdryers, hair straighteners or plugged-in radios into a bathroom, even if they are plugged in outside the room
- 👉 One plug per socket is safest if you want to avoid an electrical fire
- 👉 Turn off electrical appliances when you go out or go to bed unless – like fridges and freezers – they're designed to be left on
- 👉 Check electrical plugs, sockets and flexes for scorching or fraying, and get them repaired by a registered electrician if there's a problem
- 👉 Replace your chip pan with an electric deep-fat fryer or use oven chips
- 👉 If you can't give up your chip pan, never fill it more than one third full of oil



Keep electrical appliances out of the bathroom

Activity ideas

- ✦ Encourage children to visit the Electrical Safety Council's website for children at www.switchedonkids.org.uk – they can search for hazards in a virtual house and garden, play games and test their knowledge of electricity
- ✦ Overloaded electrical sockets can cause fires. But how much is too much? Encourage parents to find out at www.dontgivefireahome.com
- ✦ Show our **Fancy a cuppa?** DVD to get parents talking about the dangers of hot drinks.
- ✦ Review your organisation's policy on hot drinks around small children and create a policy if you don't have one
- ✦ Contact your local fire and rescue service and ask them to demonstrate what happens when hot fat catches fire. Find them at www.fire.gov.uk or www.dontgivefireahome.com
- ✦ Run our quiz on kitchen safety, supported by the Scottish Government, and offer a thermostatically-controlled deep-fat fryer as a prize. Download the quiz from www.capt.org.uk

CAPT resources

Fancy a cuppa? DVD pack, Code: DVD001, £45.83

Fancy a cuppa? flyer, Code: FLY001, £5.75 per 50 or £8.95 per 100

Hot drinks can hurt me poster, Code: POS011, £1.95 each or £8.95 for five

How safe is your child from burns and scalds? leaflet, Code: LEA012, £7.45 per 50 or £10.95 per 100

How safe is your child at home? leaflet, Code: LEA019, £7.45 per 50 or £10.95 per 100

I'm only a baby but... picture-based booklet, Code: BKT005, £35 per 50

Now I can crawl I can... picture-based booklet, Code BKT006, £35 per 50

Free fact sheet on burns and scalds

For free CAPT fact sheets visit www.capt.org.uk or see page 19

Other useful resources

Contact the Electrical Safety Council on 0870 040 0561 or enquiries@electricalsafetycouncil.org.uk

for a free Electrical Safety Fun Pack. This includes an electricity-themed board game, stickers and badges, a 'spot the hazards' colouring sheet and a children's electrical safety poster

Information on electrical safety – including leaflets to download, a DVD to view and a room-by-room safety guide – from the Electrical Safety Council www.electricalsafetycouncil.org.uk or enquiries@electricalsafetycouncil.org.uk

To find a registered electrician in your area, visit www.electricalsafetycouncil.org.uk or www.competentperson.co.uk

For advice on cooking safety visit www.directgov.uk/firekills or www.dontgivefireahome.com/fire_safety/1384.html



A helping hand!

Eyes in the back of your head, a second pair of hands, the ability to lift huge weights – when you're looking after children, you can sometimes wish for superhuman powers! While safety equipment won't turn you into a superhero, it can lend you a helping hand when you're trying to keep children safe at home or on the move. Read on to find out about some safety equipment essentials – and when equipment won't do the job and only you will do...

Did you know?

- ✗ Holding onto a small baby in a 30 mph car crash takes the same strength as lifting eight bags of cement
- ✗ It's now the law that all children under 12 or under 135cm (4'5") tall must use a baby seat, child car seat, booster seat or booster cushion in the car
- ✗ Every day one child under five is admitted to hospital with scalds caused by bath water
- ✗ It can take only five seconds for a toddler to suffer third degree burns from water from your bath's hot tap
- ✗ Once a baby can crawl, they can climb – including on furniture pushed up against windows
- ✗ Over 900 under fives are rushed to casualty each week after falling down a flight of stairs
- ✗ In the last five years, 33 children under five have drowned in the bath
- ✗ A bath seat isn't a safety device. Babies can wriggle out of them and then slip under the water

Safety tips

- 👉 Use a child car seat on every journey, no matter how short. Don't be tempted to carry a baby on your lap or to let children travel in the car without being properly strapped in
- 👉 When you're running a bath, put the cold water in first, then the hot
- 👉 If possible, get a thermostatic mixing valve fitted to your bath hot tap – these gadgets still allow you to enjoy a steaming hot bath but stop children being scalded within seconds
- 👉 Fit windows with locks or safety catches to stop them opening too wide – but make sure family members know where keys are kept in case of fire
- 👉 As soon as a baby starts crawling, fit safety gates to stop them climbing or falling down stairs
- 👉 Use a five point harness to stop a baby falling from a highchair or pushchair
- 👉 Stay with young children all the time when they are in the bath. Remember that babies and toddlers can drown silently in as little as 5 centimetres (2 inches) of water



CAPT resources

How safe is your child in the car?

leaflet, Code: LEA015, £7.45 per 50 or £10.95 per 100

We can get thrown about in the car

poster, Code: POS012, £1.95 each or £8.95 for five

How safe is your child from a serious fall?

leaflet, Code: LEA018, £7.45 per 50 or £10.95 per 100

I can easily fall down stairs poster, Code: POS014, £1.95 each or £8.95 for five

I'm only a baby but... picture-based booklet, Code: BKT005, £35 per 50

Now I can crawl I can... picture-based booklet, Code BKT006, £35 per 50

Free fact sheets on safety equipment, child car restraints, drowning, falls, and scald prevention using thermostatic mixing valves

For free CAPT fact sheets visit www.capt.org.uk or see page 19

Other useful resources

Information on child car seats from www.thinkroadsafety.gov.uk/advice/childcarseats.htm and www.childcarseats.org.uk

Download a free leaflet on buying and fitting a child car seat from www.thinkroadsafety.gov.uk/advice/pdf/childcarseats01.pdf

Information on child safety at home from www.direct.gov.uk/childsafety

Information on thermostatic mixing valves from www.safehotwater.co.uk

Information from Which? on child safety equipment from www.which.co.uk/reports_and_campaigns/house_and_home/Reports/family/children/Child-safety%20equipment/Child_safety_equipment_report_657_6617.jsp

Fit safety locks on windows to stop children falling

Activity ideas

- ✦ Join forces with your local road safety officer to check that child car seats are fitted correctly. Find them at www.larsoa.org.uk/rso_contact.htm
- ✦ Help families understand what happens if you don't wear a seat belt in a crash by visiting the Department for Transport's interactive website www.thinkseatbelts.com
- ✦ Set up a safety equipment scheme to distribute free or low-cost safety gates, window locks and five point harnesses to families who can't afford to buy them
- ✦ Contact your local housing department or housing association to see if they'll fit thermostatic mixing valves to bath taps when family homes are being refurbished
- ✦ Encourage parents to enter our home safety equipment competition, supported by the Scottish Government, with the chance to win great prizes – or test their knowledge with our safety quizzes. Visit www.capt.org.uk



Street smart!

Everyone agrees that children need more exercise, whether it's walking to school or cycling to the park. But many families are worried by traffic and with good reason – despite big reductions in deaths and serious injuries, cars are still the biggest killer of children on our streets. So play your part by teaching children about road safety when you're out together, showing them how to walk and cross safely, and keeping a careful eye on your speed when you're behind the wheel.

Did you know?

- ✗ Traffic causes half of all accidental deaths in childhood. Injuries peak as children reach their teens
- ✗ Boys are much more likely to be injured in road accidents than girls
- ✗ The poorest children are 21 times more likely to die as pedestrians and 27 times more likely to die as cyclists
- ✗ If hit by a car travelling at 40mph, 80 out of 100 child pedestrians will die. If hit by a car travelling at 30mph, 80 out of 100 will survive. This rises to 95 out of 100 at 20mph
- ✗ Children have difficulty judging speed or distance until they are at least eight
- ✗ A third of children and young people hurt crossing the road said they didn't stop before stepping off the kerb, and as many said they didn't look
- ✗ Almost two-thirds of teenagers admit to being distracted by talking to friends as they cross the road
- ✗ Over two-thirds of all cycling deaths and half of all cycling injuries involve a head injury
- ✗ Cycle helmets can reduce the risk of serious head injury by 85%

Safety tips

- 🗣️ Keep an eye on your speed – with today's powerful cars it's so easy to creep over the speed limit. Staying below 30mph can mean the difference between life and death for a child
- 🗣️ Teach young children to hold hands with an adult whenever they go out
- 🗣️ Take care when reversing your car, as small children aren't always visible in your mirrors
- 🗣️ Real life provides great opportunities to teach children about road safety. Explain the rules while you're out walking, so children understand why you are using a pedestrian crossing and waiting for the green man
- 🗣️ Children learn by example. So, if you walk straight across the road while chatting away on your mobile, don't be surprised if your children copy you!
- 🗣️ Children also learn by joining in. Involve children in making decisions with you about when and how to cross the road, and gradually let them take the lead when you are crossing together
- 🗣️ Encourage children to wear a cycle helmet whenever they're on their bikes – and set a good example by wearing one yourself



Keep within the speed limit to give children a chance of surviving a collision

Activity ideas

- ✦ Help parents understand the impact of speed on their thinking and braking distances by trying the online stopping distances simulator at www.stoppingdistances.org.uk
- ✦ Organise a road safety role play for younger children – some can practise holding hands with an adult, while others can pretend to be cars or the lollipop person
- ✦ Download the Department for Transport's Getting across road safety leaflets for ideas on teaching children road safety – free from www.thinkroadsafety.gov.uk/campaigns/hedgehogs/hedgehogs01.htm
- ✦ Organise a school assembly on road safety – for assembly plans see www.rospa.com/roadsafety/assemblies/index.htm
- ✦ If children are changing schools, work with them over the holidays to plan and practise a safe walking or cycling route to their new school
- ✦ Organise an 'egg helmet' demonstration – dropping an egg encased in a miniature helmet – to show how well helmets protect children's heads. Contact the Bicycle Helmet Initiative Trust for helmets for your eggs on 0118 958 3585

CAPT resources

It's fun to go out but... picture-based booklet on child road safety, Code: BKT007, £35 per 50

Step safely with a helping hand leaflet for parents/carers of children aged 5 to 7, Code: LEA006, £7.45 per 50 or £10.95 per 100

Step safely from the edge leaflet for parents/carers of children aged 7 to 11, Code: LEA007, £7.45 per 50 or £10.95 per 100

It's a safety thing leaflet for young people, Code: LEA008, £7.45 per 50 or £10.95 per 100

Free fact sheets on child road accidents, child pedestrians and child cycling accidents

To obtain free CAPT fact sheets visit www.capt.org.uk or see page 19

Other useful resources

Information and advice from the Department for Transport at www.thinkroadsafety.gov.uk

Free road safety resources – including posters, leaflets and activity booklets – from www.thinkroadsafety.gov.uk/catalogue/ctrs.htm

Interactive websites for children and young people at:

www.hedgehogs.gov.uk

www.thinkroadsafety.gov.uk/arrivealive

www.cyclesense.net

www.3m.com/intl/uk/3mstreetwiseuk/pupils_menu.htm

Road Safety Scotland at www.road-safety.org.uk

RoSPA at www.rospa.com/roadsafety – including 10 top tips for staying within the speed limit – or call 0121 248 2000

Brake at www.brake.org.uk or call 01484 559909



It's fun to be safe!



Keep your head safe!

You should always wear a cycle helmet when riding a bike. It helps to stop your head being badly hurt if you fall off. Colour in this picture of a mum and child wearing their cycle helmets in the park.



Safety smart!

Be safe, be smart! Unscramble the words below to find out how to keep yourself, and your family and friends, safe from injuries and accidents

1. You should always wear a helmet when you are doing this – so you don't hurt your head if you fall off
Y I N G C L C
2. This is the safest place to swim because there are trained lifeguards and a shallow end
W I N G M I S L O O P
3. This makes a loud noise to warn your family that a fire has started – which is why every home should have one
L O S E R K A M M A
4. You might use one of these to dry your hair but never take it into the bathroom as water and electricity don't mix – and you could be badly hurt!
R E D H Y R A I R
5. Stay safe on one of these by bouncing on your own
T I L P E R M O A N

How did you score? You can find the answers to the word scramble on page 18. For more safety quizzes and games, visit the Child Accident Prevention Trust's website www.capt.org.uk.

Street smart kids

Win a £25 voucher to spend on CDs, DVDs, books or colouring sets



What we want you to do

Think about where you live – the streets and houses around you, the shops and schools. Think about all the people who walk around the streets – the families, the children and the babies in buggies.

Maybe there are busy roads and lots of traffic. Maybe there are quiet roads but with people driving a bit too fast. How safe is the area where you live? Would you like to make it safer?

Every year lots of children are hurt on the roads. Many of these accidents happen because:

- Children and young people step into the road without looking
- They are hit by car drivers who are going too fast

Many of these accidents could be stopped if everyone was just a little more careful!

We want you to design a poster about road safety. To give you some ideas, this could show why it is important for:

- Young children to hold hands with a grown-up when they go out for a walk together
- Children and young people to look and listen before they step off the pavement, and to choose safe places to cross the road
- Car drivers to drive carefully and not go over the speed limit

Your poster can be a painting, a drawing or a collage. You can choose to show just one thing in your poster, or several things – it's up to you!

There are four age groups for this competition:

Age 3-4 / Age 5-7 / Age 8-11 / Age 12-14

We will choose three winners in each age group. Each winner will receive a £25 voucher to spend on CDs, DVDs, books or colouring sets.

Remember to write your name and age on the back of your poster. Send your poster, together with your completed entry form, in an envelope to:

**Poster Competition, Child Accident Prevention Trust,
22-26 Farringdon Lane, London EC1R 3AJ**

Closing date: Friday 12 September 2008
Winners notified by: Friday 10 October 2008

Please print clearly in **BLOCK CAPITALS**

Name _____ Age _____

Address _____

Postcode _____

Telephone _____

I enjoyed taking part in Child Safety Week because _____





Safety challenge

Win one of ten packs of pampering products

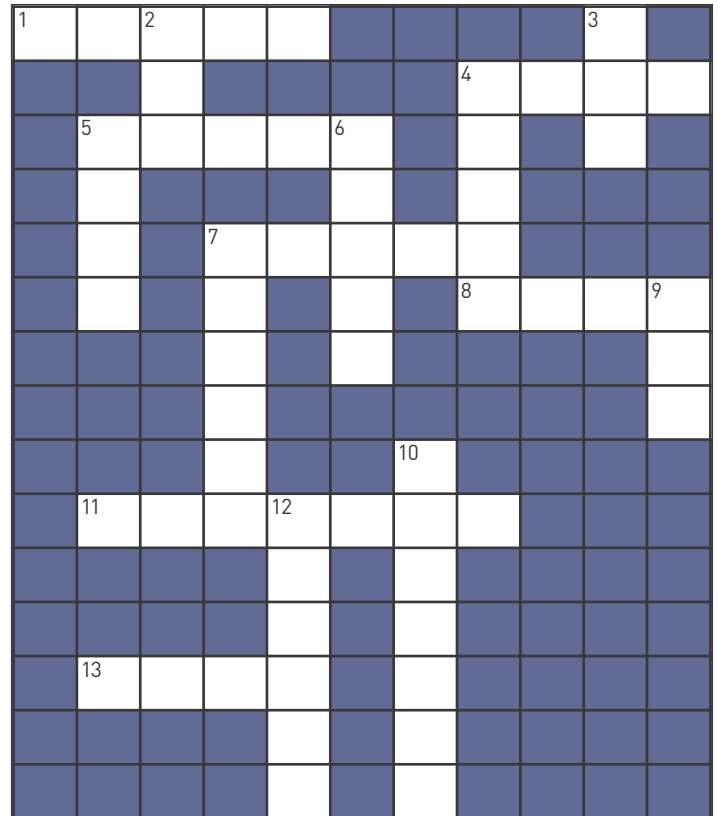
Take our safety challenge and see how much you know. Then send us your completed crossword, together with the entry form, for a chance to win one of ten great pampering treats.

ACROSS

- 1 Don't pour this onto a chip pan which is on fire or it may explode (5)
- 4 It's best to fill this in, if you have young children and one of these in your garden (4)
- 5 Young children should always hold these when you are crossing roads (5)
- 7 When you are driving you need to take one of these every two hours (4)
- 8 By wearing reflective clothing your children will be better _____ by drivers (4)
- 11 The law says you must use one of these to keep children under 12 safe when travelling in the car (3, 4)
- 13 Children should always wear a helmet when they ride one of these (4)

DOWN

- 2 Never hold your baby when you are holding a mug of this (3)
- 3 The safe number of children on a trampoline at a time (3)
- 4 Safe outdoor places to play – unless you are reversing your car in the ones for cars! (5)
- 5 The part of your body you are most likely to hurt in a cycling accident (4)
- 6 Reduce this to help keep children safe on roads (5)
- 7 Get this checked once a year to protect your family from carbon monoxide poisoning (6)
- 9 Never take this on the sofa with your baby when you are sleepy because you might suffocate them (3)
- 10 Keep these where children can't see them to prevent fires (7)
- 12 Children may mistake pills and painkillers for these (6)



Send your completed entry in an envelope to:

Crossword competition, Child Accident Prevention Trust, 22-26 Farringdon Lane, London EC1R 3AJ

Closing date: Friday 12 September 2008
Winners notified by: Friday 10 October 2008

For more quizzes and competitions to test your safety knowledge, visit www.capt.org.uk

Please print clearly in **BLOCK CAPITALS**

Name

Address

Postcode

Telephone

I enjoyed taking part in Child Safety Week because

How did you score?



Answers

Child's eye view

Q1: b Window locks make sure that windows can only be opened a little way so that a small child can't squeeze their body through the gap. We'd like to see all the top designers recommending window locks but we're not sure they are doing this!

Q2: c It's a worrying fact that babies and toddlers can drown without struggling or making any noise – and can drown in only a couple of inches of water. This is why you must never leave them alone in even the shallowest of baths or paddling pools.

Q3: a To a young child, your pills can look like sweets – so you should never leave tablets lying around where children can get to them or tell children that the medicine they have to take is a nice sweet. We don't know about your local takeaway – but we do know that all children benefit from a healthy, balanced diet.

Q4: c The safest place to change a baby is on the floor. This way there's no risk of the baby wriggling over the side in the second you turn round to look for the missing nappy. Babies can move further and faster than you imagine!

Q5: a A car seat will only protect your child properly if it's the right size for their age and weight. It's never a good idea to buy a second-hand car seat because you don't know if it has parts missing or has been damaged – cracks from a car crash are often almost invisible to the eye.

Growing kids

Q1: c It would be great if the answer was 'A' but unfortunately children are much more likely to copy adults' unsafe habits, and many children are injured on the roads while using a mobile phone. So make sure you set them a safe example.

Q2: a A yellow or orange flame may be a sign that poisonous carbon monoxide gas is leaking into your home. If your flame is blue this probably means it is safe. Get your boiler safety-checked every year by a CORGI-registered installer and buy an audible carbon monoxide alarm for every room where you've a gas appliance or open flame.

Q3: b Unless you have a smoke alarm to wake you up, you are far more likely to carry on sleeping and be poisoned by escaping fumes. This will happen long before you smell the smoke. So fit a smoke alarm upstairs and downstairs in your home and test that it works every week.

Q4: c The faster you drive, the lower the chance of a child surviving if your car hits them. If your car hits a child while you're doing 40mph, there's just a one in five chance the child will live. But if you're doing 30mph, there's a four in five chance the child will live. And at 20mph, 95 out of 100 children will live. That's why there's a speed limit.

Q5: c Cycle helmets can reduce the risk of serious head injury by 85% but less than one in five child cyclists wear them. Helmets should be worn at all times – even when children are playing in the park or garden.

Safety smart!

- 1 Cycling
- 2 Swimming pool
- 3 Smoke alarm
- 4 Hair dryer
- 5 Trampoline

For more quizzes, games and competitions to test your safety knowledge, visit the Child Accident Prevention Trust's website

www.capt.org.uk



Resources for Child Safety Week



You can see details of all our resources in our resources list. You can view full colour samples of all our leaflets, booklets and posters by visiting our website at www.capt.org.uk

You can obtain a sample copy of any of our leaflets or booklets by either sending us an 90p SAE or calling our hotline on 09065 151 436.

[Calls to the hotline cost £1.50 per minute from BT landlines; calls from mobiles and some other networks may be higher]

Please use the form overleaf to place your order... and order early to beat the rush! We must receive your order by Tuesday 17 June to guarantee delivery for Child Safety Week.

Extra Child Safety Week ideas booklets and mailings

You can order up to 10 extra copies of the ideas booklet for free, when you place an order for other CAPT resources. Just add the code **CSWIB001** to your order form and state how many copies of the booklet you need.

We can also provide extra copies of both the Child Safety Week ideas booklet and the Child Safety Week mailing in bulk for you to distribute through your networks – you just pay for carriage. Please call us on **020 7608 7367** for details or email gillian.colver@capt.org.uk

Fireman Sam stickers

STK001 60 Fireman Sam stickers £3.75

Child Safety Week poster

CSWPOS001 10 A2 posters for £6
CSWPOS002 20 A2 posters for £10

Child Safety Week t-shirt

Black, unisex t-shirts with Child Safety Week in fluorescent pink front and back. Available in four sizes. £11 each

TSS001 Small (chest 36")
TSM001 Medium (chest 41")
TSL001 Large (chest 44")
TSX001 Extra large (chest 47")

Child Safety Week starter pack

CSWSP2008 £12.95. Contains:
2 Child Safety Week posters
10 Child Safety Week ideas booklets
60 Fireman Sam stickers
1 Poster pack *(details below)*
2 copies of each topic leaflet *(details below)*
2 copies of each age-related leaflet *(details below)*
1 copy of each age-related booklet *(details below)*

Topic leaflets/booklets

LEA002 **How safe are your child's toys?**
£7.45 per 50 or £10.95 per 100
LEA011 **What might poison your child?**
£7.45 per 50 or £10.95 per 100
LEA012 **How safe is your child from burns and scalds?** £7.45 per 50 or £10.95 per 100
LEA013 **How safe is your child in the garden?** £7.45 per 50 or £10.95 per 100
LEA015 **How safe is your child in the car?**
£7.45 per 50 or £10.95 per 100
LEA018 **How safe is your child from a serious fall?** £7.45 per 50 or £10.95 per 100
LEA019 **How safe is your child at home?**
£7.45 per 50 or £10.95 per 100
FLY001 **Fancy a cuppa?** (preventing hot drinks scalds) £5.75 per 50 or £8.95 per 100
FLY002 **Put small things where I can't choke on them** £5.75 per 50 or £8.95 per 100
BKT007 **It's fun to go out but...** (road safety) £35 per 50

Age-related leaflets

LEA020 **Babies** £7.45 per 50 or £10.95 per 100
LEA021 **Toddlers and up** £7.45 per 50 or £10.95 per 100
LEA006 **Step safely with a helping hand** (5 to 7s) £7.45 per 50 or £10.95 per 100
LEA007 **Step safely from the edge** (7 to 11s) £7.45 per 50 or £10.95 per 100
LEA008 **It's a safety thing!** (11 to 14s) £7.45 per 50 or £10.95 per 100

Age-related booklets

BKT001 **Keep your baby safe**
£19.50 per 50
BKT005 **I'm only a baby but...** £35 per 50
BKT006 **Now I can crawl I can...** £35 per 50

Posters and charts

POS011 **Hot drinks can hurt me** £1.95 each, £8.95 for 5
POS012 **We can get thrown about in the car** £1.95 each, £8.95 for 5
POS013 **I can choke on small things** £1.95 each, £8.95 for 5
POS014 **I can easily fall down stairs** £1.95 each, £8.95 for 5
PCK001 **Poster pack** One of each of the four posters above, £7.45
CH001 **Accident alert!** wallchart (A3 flat for display) £29.25 per 25
CH002 **Accident alert!** wallchart (A3 folded to fit child health record books) £29.25 per 25

DVDs

DVD001 **Fancy a cuppa?**
DVD resource pack £45.83

Free resources

Contact the Electrical Safety Council at enquiries@electricalsafetycouncil.org.uk or 0870 040 0561 for a free Electrical Safety Fun Pack. This includes an electricity-themed board game, stickers and badges, a 'spot the hazards' colouring sheet and a children's electrical safety poster

Free fact sheets

You can download copies of all our fact sheets from our website at www.capt.org.uk. If you don't have internet access, you can obtain free CAPT fact sheets by sending a 66p SAE to:
Child Accident Prevention Trust
22-26 Farrington Lane
London EC1R 3AJ

