



Summer Safety 2018

Summer Holidays are here! The hottest months of the year are finally here along with the much-awaited summer holiday period. Here are some useful tips to keep you and your child safe this season.

Be Safe Around Water

Drowning is a major cause of injury for young children, and whilst activities such as swimming are key life skills, always make sure your children are safe around water. Never leave children alone, even for a moment, in or around water.

- **Pools & Parks**-never leave children alone for even a moment in water. Make sure your holiday swimming pool has a lifeguard at all times
- **Ponds**- Garden ponds should be covered by a grille or surrounded by a fence – make sure this is the case for grandparents and others who may look after the children over summer
- **Open Water**- Even in hot weather open water can remain dangerously cold, with risks of hypothermia and death. The sea or rivers may have dangerous currents. Make sure your children know how to swim safely in open water and never swim where there are warning notices

Trampolines & Inflatables

Trampolining injuries can occur to all parts of the body, including the neck, arms, legs face and head.

- Trampolining is not suitable for children under the age of six as they are not sufficiently physically developed to control their bouncing.
- Always supervise children on a trampoline or bouncy inflatable
- With more trampoline parks across the UK, click [here](#) for how to keep safe at these facilities
- 'Bouncy' inflatables, including inflatable trampolines, can also be dangerous

Beat the Heat

Infants and young children are especially at a greater risk of sun burn, overheating and dehydration. Follow these tips to avoid heat related stress.

- For babies under 6 months avoid direct sun exposure and dress in light, loose but full clothes. If by chance the baby gets sun burn, apply a cool compress gently to the areas.
- For children of all other ages, the best tip is to cover up, as this will protect from UV rays.
- On both sunny and overcast days' use sunscreen of minimum factor 15+ and reapply every few hours.
- Try to stay in the shade and limit sun exposure during the peak hours of 11am-3pm.
- Never ever leave children in the car alone, even for a short amount of time. It can reach dangerous temperatures in side of the car, regardless of the temperature outside.
- Seek medical attention if you feel your child has heat exhaustion or heat stroke. [Click here](#) for more details.

Road Safety Data shows that road traffic accidents are at an all year high in July for young people. 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



- 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 for more local road safety resources.
- Drink driving and drug driving can kill – as summer party season kicks in, make sure your teenager is driving safely. Talk to them about the distraction danger when a large group are in the car together.
- Bicycle helmets save lives. Make sure to wear a comfortable, properly fitted helmet.
- Make sure your child knows how to be road safe on their bike: cycling proficiency courses in Suffolk are provided by [Bikeability](#)

Car Seats Ensure that children under 12 years old or less than 135 centimeters tall are safely secured to a vehicle **AND** also ensure the car seat is safely secured to the car.

- For some simple and easy to follow videos on how to properly install a car seat click [here](#)

Garden Safety

Summer time means more time in the garden, however this can lead to unwanted accidents:

- **Poisoning**-Store all chemicals, gardening products and fuel safely and never transfer liquids/solvents to alternate containers as this could cause fatal confusion.
- **Barbecue Safety**-Barbecues are a large contributor of A&E Attendance, never leave children unsupervised near a barbecue, and keep sharp objects far out of their reach.

Asthma/Hayfever

- Pollen levels are still high. Make sure your child has access to their inhalers and knows how and when to take them. Your Pharmacist can advise you on suitable and safe hayfever medication for all the family. You can find out more about allergens that trigger asthma and respiratory illnesses [here](#).

Travel

Summer holidays mean more travelling so here are some key tips to keep in mind:

- Keeping with Suffolk's **Safer Sleeping** messages, ensure babies have appropriate sleeping arrangements, especially avoiding co-sleeping:
- **Safer Sleeping Six:**
 - Keep your baby smoke free before and after birth
 - Put baby in a cot or crib to sleep, never fall asleep with them in a chair
 - Put baby on their back, with their feet at the foot of the cot
 - Make sure that if you've had alcohol or medication you don't fall asleep holding baby
 - Keep baby's head and face uncovered
 - Breastfeed baby if you can
- Click [here](#) for more Safer Sleeping Information.

National News:

- **Gangs and Knife Crime** – Are your children aware of the dangers of gangs? Criminal activity related to drug dealing has led to violent crime in the UK, often involving children who have been lured into becoming involved. If you're worried about a young person and gangs, click [here](#) for more advice and support.
- **Emotional wellbeing** – Stress, anxiety and bullying cause misery for thousands of young people, but help is always available. Any young person can call **Childline: 0800 1111** to talk confidentially

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