



# Celebrate Summer



## Make safe choices (for parents of children 0-11 years)

Children love the freedom of being outdoors during the summer months and spending time doing many enjoyable activities with friends and family. Whilst summertime is all about having fun it can also be a high risk time and can all too often lead to many associated accidents, injuries or even death. If you are planning trips to a beach, fairground, farm, park, campsite or even just relaxing or entertaining in your garden the following messages will help you to talk to your children about staying safe. Staying one step ahead of the dangers will enable you to relax and enjoy the delights of summer.

Children need extra protection because their skin is delicate and easily damaged, even when it is cloudy. Limit time in the sun especially between 11am-3pm. Apply a high factor sunscreen regularly. Hats are great for protecting face, head and eyes. Provide plenty of water to prevent dehydration.

Play areas provide hours of fun and exercise. Check equipment is properly assembled and there are soft surfaces below swings, climbing frames such as grass, mats, bark chippings. Fit trampoline guards and stop anyone from crawling underneath.

It is easy for young children to drown in 1-2 inches (3-5cms) of water. Cover or drain garden ponds, water features, rain water butts. Empty paddling pools as soon as playtime is finished. At the beach try to choose a spot where there are lifeguards and swim between the red and yellow flags. Children using inflatable water toys need constant supervision. Ponds and lakes can have sudden deep drops and hidden litter and plants. Stay clear of farm slurry pits.

Getting outdoors for a BBQ is great fun for family and friends. Remember to position BBQ's well away from children and put lighters and lighter fluid out of sight and reach of children. Avoid the risk of carbon monoxide poisoning by never placing a BBQ undercover. Keep garden sheds and greenhouses locked. Discourage children from eating plants or berries found outdoors.

When out cycling, always wear a cycle helmet to reduce risk of head injury. Transport children under 12 in recommended car seats and never leave children unattended in a vehicle. Use walking reins, carry or hold a child's hand when near roads and use designated crossings. Harness children into pushchairs. It's never too early to teach road safety and remind children railway crossings are not safe places to play.

**Be prepared! Look out for first aid training at your local children's centre.**

**You never know when you might need it.**

Find further information at: [www.capt.org.uk](http://www.capt.org.uk) or [www.sunsmart.org.uk](http://www.sunsmart.org.uk)