

CHILD ACCIDENT PREVENTION JERSEY
2020- 25TH ANNIVERSARY



Safety in Action (2) 2021– Les Ormes

Monday 13th September to Wednesday 22nd September



Teachers pre event information

School:

Date:

Time:

Only at
M&S
MARKS & SPENCER

WAITROSE
& PARTNERS

www.cap.je

MAP LES ORMES

Le Mont A la Seine



Les Ormes



Child Accident Prevention Jersey

Dear Year 6 Teacher

As a result of the Covid pandemic last year sadly we were unable to hold our annual Safety in Action Event, therefore your then year 5 students were unable to experience this important event covering safety in Key stage 2. We have been able with the support of Highlands College to stage the event this year and are looking forward to welcoming you and your year 6 students to **Les Ormes** for **Safety in Action (2)** event taking place between:

Monday 13th September and Wednesday 22nd September

Your school has a booked place for Safety in Action at **Les Ormes**, date and time for your session are on the front cover, please arrive 10 minutes before the start time of your session.

Please **organise your own transport** . If you are coming by coach or mini bus there is a drop off and pick up point (see map opposite), a member of the CAP team will meet and greet you.

Due to our hectic timetable, prompt pick up and drop off would be most appreciated! **School uniform is not required. Some of the workshops are interactive so we would advise that students wear trainers and track suits which may be more comfortable plus sun hats and sun cream.**

Please also ensure you have **adequate adult supervision** for the event as per the Education Department guidelines, with at least one adult per group.

We are following all Government guidelines in regard to Covid 19 in order to make this Event safe for your students and the Safety in Action Team. Student groups from different schools will be kept apart in order to maintain 'school bubbles' .In addition there will be sanitizing points and wipes at each of the workshops. The wearing of face-masks is voluntary.

Any problems or concerns please do not hesitate to contact us. If difficulties arise on the day please ring the mobile number below.
We are looking forward to seeing you and your students later this month.

Martin Preisig

Coordinator Safety in Action
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Email: m.preisig@gov.je



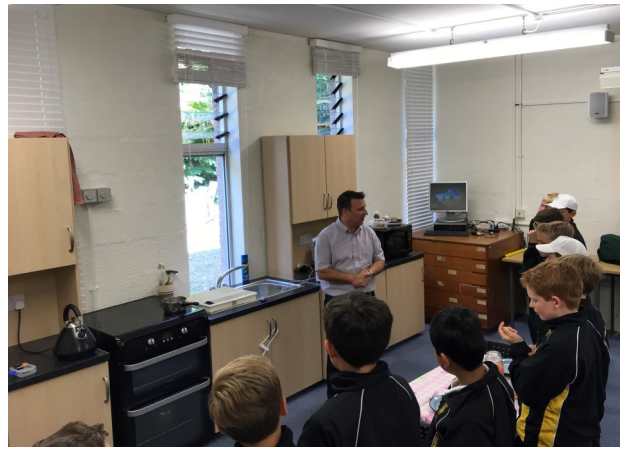
First Aid Activity



Play Safety



Fire Activity



The Kitchen - Home Safety



Water Safety



Road Safety

Safety in Action 2019

Child Accident Prevention Jersey



In this booklet you will find an activity brief for each scenario your students will attend when they visit us at **Safety in Action 2021** The risk assessment for each scenario can be found on our website www.cap.je — just click Safety in Action

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Safety in Action

Scenario activity: First aid - the unresponsive casualty

Run by the St John Ambulance. Children will be confronted with an unresponsive person.

Aim of the Exercise Students will be able to

- Recognise and safely deal with an accident
- Confidence in contacting the emergency services and give accurate concise information.

Key Messages

- Importance of assessing the situation – possible harm to self
- Discuss the right way to administer First Aid when dealing with the casualty
- Exploration of the cause of the accident

Appropriate Action

- Make the area safe
- Check for breathing and signs of life
- Call for help via 999 phone call
- Place person in the recovery position



First aid scenario — Background information

We think.....

Exploring, having fun, investigating, being curious and grazed knees are all part of growing up and helping a child develop to their full potential.

Children should not be wrapped up in cotton wool but learn to cope with risk and make judgements using experience, education and knowledge.

Children have the right to grow where they can test their limits without the risk of serious injury. A bruise or minor injury is acceptable and part of growing up but an injury causing permanent disability or life threatening is not.

Did you know?

In England & Wales in 2011, 143 children aged under 15 died as the result of unintentional injury or poisoning. Accidental injury is one of the biggest single cause of death in the UK for children over the age of one. More children die each year as the result of accidents than from illnesses such as leukaemia or meningitis.

Every year over 2 million children are taken to a hospital after having an accident. Around half of these accidents happen at home. These are the accidents we know about. Many more children are hurt in accidents but are treated at home or by a family doctor and so are not counted in official statistics.

In Jersey in 2017, 2809 children **and.....** under the age of 13 years attended the accident department because of an accidental injury.

Reference: Child Accident Prevention Trust www.capt.org.uk

Reference: Child Accident Prevention Jersey www.cap.je

Safety in Action

Scenario activity: Fire — A fire at home

Run by the States of Jersey Fire and Rescue Service. The exercise starts in a mock up of a child's bedroom. The children will learn about what to do if a smoke alarm goes off, and how to escape via a smoke filled corridor and stairs. The Safety in Action event finale includes a chip pan fire demonstration.

Aim of the Exercise Students will be able to

- React appropriately when a smoke alarm goes off and you are confronted by smoke in the home
- Contact the Fire & Rescue Service and give accurate, concise information
- Understand the importance of fire prevention and recognise the need for a Fire Escape Plan.

Key Messages

- Importance of assessing the situation
- Risks involved when undertaking something new or different
- Exploration of 'panic' and potential reactions
- Working smoke alarms save lives
- Make an escape plan



Appropriate Action

- Close the door on the room of the fire
- Raise the alarm – call 999 or inform an adult
- Lead younger children out by the quickest & safest route
- Get Out, Stay out – do not go back into the building
- Smoke alarms need regular checks and battery changes



Fire Scenario — Background information

House fires cause the most accidental deaths of children in the home. Latest statistics show that 29 children under the age of 11 are killed in fires every year across the UK and over 1,100 are seriously injured. Many of these deaths would have been caused by smoke inhalation.

Did you know?

- Tea lights get hot enough to melt plastic and scented candles turn to liquid to release their fragrance
- Cigarettes, matches and lighters are the biggest single cause of fatal house fires
- Cigarettes are designed to stay lit, which is why they start fires so easily
- Faulty electrics start up to one in six house fires, this could be as a result of overloaded sockets, loose wiring or damaged cables and leads from electrical equipment or cables and leads in airing cupboards.
- Mobile phone charges can overheat and catch fire if left on
- Most house fires start between 10 at night and 8 in the morning

top tips

1. Fit smoke alarms on every level
2. Make a family fire escape plan
3. Keep all exits clear
4. Take extra care in the kitchen
5. Never leave lit candles alone in a room
6. Close all doors at night
7. Don't overload electric sockets
8. Don't leave electric appliances on stand by
9. Matches and lighters must be kept away from children



Child Accident
Prevention (Jersey)

Reference: www.direct.gov.uk/firekills

Safety in Action

Scenario activity: Road safety — Pedestrian Safety

Run by the Road Safety Officer from the States of Jersey Police and the Coordinator from 'Prison ! Me ! No Way!!!' Provide a fun quiz highlighting and reinforcing different pedestrian road crossing skills.

Aim of the Exercise

To improve road crossing skills and knowledge of visiting students. To be achieved by the use of an interactive quiz.

At the end of the quiz the pupils will be able to:

- Understand what constitutes a safe place to cross a road where there are no forms of crossing facilities available.
- To know how to safely and correctly use the different forms of road crossing facilities.
- Understand the dangers of busy, fast and multi-lane roads even when using road crossing facilities.
- To know the advantages of, and how to use a traffic island to cross a road safely.



Key messages

- What to look for, prior to crossing a road, where there are no crossing facilities available.
- Don't trust the 'green man' on the pelican light.
- How vehicles in the centre lane of a multi-lane road don't always see pedestrians.
- Look out for cyclists.
- What the flashing 'green man' on the pelican light means.
- Vehicles don't always stop at zebra crossings.
- What the flashing yellow lights at zebra crossings mean.
- Using a traffic island makes crossing the road easier and safer.
- Cars don't have to stop to let you cross at a traffic island.

Appropriate Action

- Find a safe place to cross the road (What constitutes a safe crossing place) Make sure all the traffic has stopped before stepping into the roadway at a pelican or zebra crossing
Pelican crossings - Normal operation - pressing the button, waiting for the 'green man', what the 'bleeper' means.
- 'Green Man flashing' - On approaching the crossing, do not cross but wait and press button - If you are in the process of crossing, continue on your way smartly without running (do not turn round and go back). Keep looking and listening.



Road Safety — Background information

The facts

- Over the past three years (2015 to 2017) 154 people have been knocked down in Jersey, this is more than one person per week injured.
- Of the 154 people knocked down over the past three years, 29 people were knocked down when using a crossing.
- Over the last three years (2015 to 2017) young people under the age of 16, account for almost 23% of our pedestrian casualties.
- Over the past three years 35 young people under 16 have been knocked down in Jersey
- Teaching children road safety is vital to them staying safe as they become more independent.
- The risk of a child pedestrian being involved in a road accident rises significantly at the age when they start school and, up until the age of nine, most children cannot judge how fast vehicles are going or how far away they are.

What can you do about it?

Children aged between 11 and 16 are most at risk of being killed or seriously injured. Road safety needs to be taken seriously and reminders given about the dangers.

Make sure the school journey is as safe as possible by discussing any dangers along the route.

Make sure that whenever children are on the road they know they need to be aware of what is going on around them and should not be distracted by personal stereos, mobile phones or friends.

Reference: UK Department for Transport www.thinkroadsafety.gov.uk

Safety in Action

Scenario activity: Kitchen Safety

Run by Family Nursing & Home Care. A kitchen scenario is created with various hazards for the children to identify the risks and what they would do to reduce the risk.

Aim of the Exercise Students will be able to

- Identify hazards in the kitchen and learn how to deal with them

Key Messages

- Prevention of scalds and burns
- Awareness of the dangers of button batteries
- Appropriate storage of poisons, harmful items and substances
- Safe handling of electrical appliances



Appropriate Action

- Identify how to correctly and safely use electrical appliances.
- Locate safe storage for poisons, harmful items and substances
- Use a microwave in a safe and appropriate manner.



Kitchen Safety — Background information

Did you know?

Every year in the UK more than 5,000 people die in accidents in the home and 2.7 million turn up at accident and emergency departments seeking treatment. But, because the accidents happen behind closed doors in isolated incidents they rarely attract public and media attention.

Source: RoSPA

Although children from the poorest families are still at much greater risk than those from the most affluent house holds—in fact they are 5 times more likely to die and the gap is widening.

What type of accidents do children have at home?

- **Falls** = the largest number of non-fatal injuries happen when children fall. Most falls are either slips/trips on the same level, younger children tend to fall from a raised level.
- **Burns & Scalds** = Scalds happen more often than burns and are most frequently caused by hot drinks and as the child gets older from cooking.
- **Fire** = House fires cause the most accidental deaths of children in the home with smoke inhalation usually being the cause.
- **Finger entrapment** = Door crush injuries are common and the door hinge is usually the culprit, along with car doors.
- **Poisons** = 28,000 children receive treatment for poisoning or suspected poisonings each year. Most poisoning accidents involve medicines, household products and cosmetics and occur in children aged under 5 years.
- **Glass injuries** = The increased use of glass in the home has led to more glass related accidents. Every year in the UK children die following an accident with architectural glass. Many children are also injured when glass tumblers and bottles break.



Safety in Action Week

Scenario activity: Water Safety (Now part of Swim Safe Event)

Run by Les Ormes/Bosdet Foundation: This activity is now part of the Swim Safe event taking place during June and July

Aim of the Exercise

Students will be able to:

- Identify safe areas to swim at the beach
- Be able to contact the Coastguard
- Recognise the impact of cold water and know what to do to survive emersion
- Recognise the effects of moving water on individuals and where this may occur
- Recognise the danger of entrapment in strainers



Key Messages

- Exploration of possible dangers on beaches and the sea. e.g. rip currents, cold water
- The dangers of moving water including coastal-flooding rivers and streams
- The force of moving water
- Safe places to swim
- Dangers of using lidos and inflatables and tidal cut off
- **Appropriate Action**
- Assessment of the situation – not putting oneself in danger
- Call for help with a 999 phone call

Water safety – Background information

The facts

Drowning is the third most common cause of accidental death among the under 16s. Young people who drown are often victims of their own misjudgement of their swimming ability. They may view the sea as a tempting means of cooling off in a hot spell but fail to appreciate the harmful effects that the cold water can have on their stamina and strength.

Although learning to swim may help children who find themselves in difficulties in water, it does not follow that swimming ability makes children safe. Indeed, figures show that more than half of those who drowned could in fact swim. In 2005 there were 39 deaths in the UK among under 15 year olds, 70% male.

Ref: The Royal Society for Prevention of Accidents

Reference: The Royal Society for the Prevention of Accidents www.rosipa.org.uk

The SAFE Code

Spot

Check for hazards such as tides or currents.
Consider what could be hidden under the water.
Be careful of unsafe banks, stay well away from the edge.

Advice

Always read the signs, special flags and notices may warn you of danger.
Only swim where there is a lifeguard
Wear buoyancy aids and life jackets..

Friend

Swim with your friends and family.
Friends can help
Never swim alone.

Emergency

Find the nearest phone a call 999 .
Shout loudly to attract attention.
Never enter the water to save someone.

Reference: www.drowningprevention.org.uk



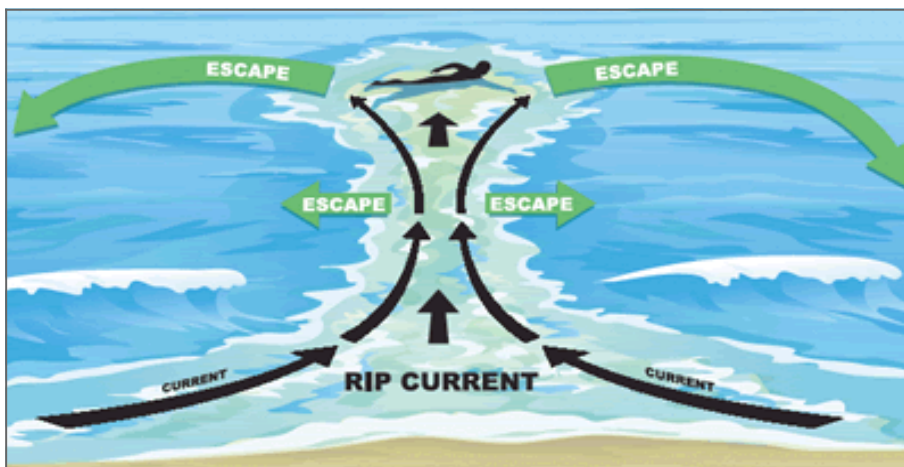
Rip Currents

A rip is a large amount of water running out to sea. It usually occurs when there are sets of large waves coming in which means there is a build up of water, and the shape of the sand on the beach causes it to be channelled into a narrow route before it returns to the sea.

This will give the effect of a river running out to sea, and it will try to drag anyone along who is caught in it.

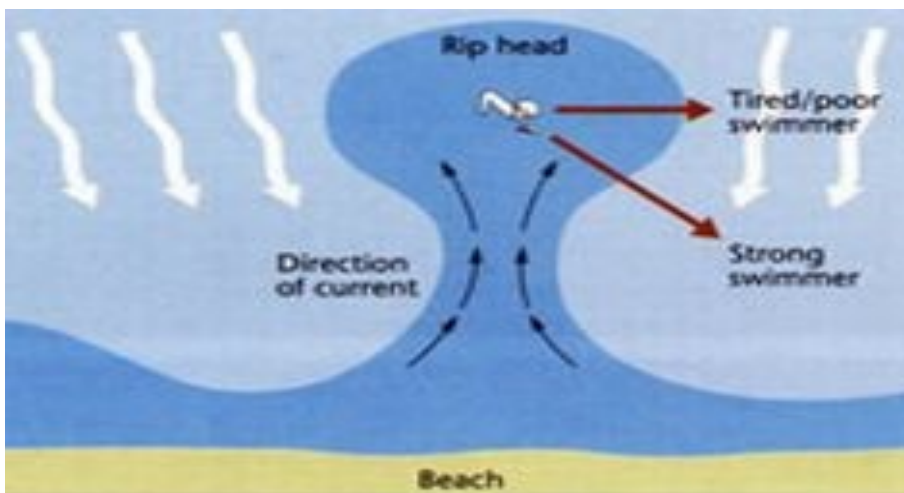
Rips normally fade out quickly within the break or just beyond, but the danger to swimmers is that they will panic and try to fight against the rip. They will get tired very quickly and could easily find themselves having trouble keeping afloat and inhaling water.

If you are caught in a rip, the best way to help yourself is **DON'T PANIC!**

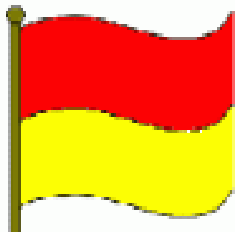


If you are a strong swimmer, swim at an angle of 45 degrees across the rip current, towards the beach.

If you are tired or a weaker swimmer, go with the rip and then swim parallel to the shore for 30 to 40 metres to where the waves are breaking and come straight back to shore.



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Remember, if you are struggling and feel you are in trouble

RAISE ONE ARM FROM THE WATER AND TRY AND ATTRACT THE ATTENTION OF THE LIFEGUARDS

How to spot a Rip, You could see;

- Murky sandy coloured water, caused by sand stirred up off the sea bed.
- Foam on the surface going beyond the break.
- A rippled look, on a calm day, when the water around is generally flatter.
- Waves breaking further out on both sides of a rip on a day with bigger surf.
- Darker colour of sea, indicating deep water.
- Debris floating out to sea.

Sun Safety



UV Index

11+ Extreme

8, 9, 10 Very High

6, 7 High

3, 4, 5 Moderate

1, 2 Low

Protect Yourself in 5 Ways



Slip on sun-protective clothing



Slop on SPF30+ sunscreen. Reapply every two hours



Slap on a broad-brimmed hat



Seek shade



Slide on wrap-around sunglasses

Sun protection is generally not needed unless outside for extended periods

Safety in Action

Scenario activity: Play Safety

Run by Headway and Family Nursing and Homecare. Students will be asked to think about what they can do to play safely and still have a great time.

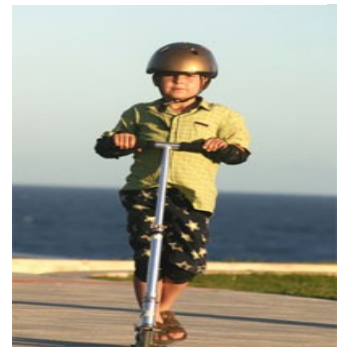
Aim of the Exercise The students will be able to:

- Recognise the safest way to play on a trampoline
- Recognise safe play on a scooter
- Identify how to wear a bicycle helmet correctly



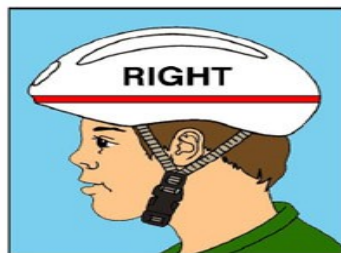
Key Messages

- How to play safely on a trampoline and discuss possible consequences if you don't.
- How to play safely on a scooter and discuss possible consequences if you don't.
- Why it is important to wear a bicycle helmet and how to fit it correctly.

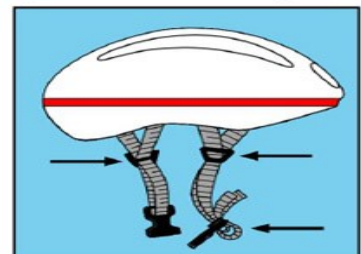


Appropriate Action

- Students will decide what is the safest way to play on a scooter from a number of choices.
- The children will decide what is the safest way to play on a trampoline from a number of choices.
- The children will identify 4 key points to correctly fit bicycle helmet.



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

Play Safety — Background information

Is this a problem?

- In Jersey, in 2013 there were 40 micro scooter related unintentional injuries, an decrease of 40 on the previous year .
- There were more boys than girl's attendances (26:14).
- The average age for an incident was 9 years.
- The most common type of injury was to the; upper limbs (40%), head (25%), lower limbs (25%), multiple (3%) and body (3%).
- One child was involved in a road traffic collision whilst on a scooter was admitted into hospital.

The majority of injuries sustained have been cuts, bruises and sprains, but one third involved broke bones or dislocated limbs. Tragically, one child has been killed while using a scooter on the road.

Source: ROS

Do helmets matter?

The compulsory wearing of cycle helmets became law in Jersey on the **6th October 2014** for all children aged 13 and under when cycling on the road or cycle track. The helmet must be securely fastened and to comply with British Standard BS EN 15918.

- On average annually 130 children visit Jersey's hospital because of a bicycle accident, that's over 1,300 children in the last 10 years.
- In 2013, 22% of children attended because of a bicycle accident sustained an injury to their head.
- Helmets are designed to protect the head by reducing the rate the skull and brain would be accelerated and decelerated by an impact. The helmet acts like a shock absorber, as it is impacted the expanding polystyrene shell of the helmet dissipates the energy over a rapidly increasing area like a cone.

Children tend to ride their bikes often, have less experience at riding their bikes and because children may not have the muscle control or motor coordination that will keep them from falling, running into something or even being able to swerve to avoid something that may run into them.

Supported by:



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Jersey Fire & Rescue

..making Jersey a safer community



**St John
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