it's a safety thing

It's not that cool to take a risk that you don't have to. Could you live with the consequences forever?
Enjoy new experiences but don't be pushed by your friends into taking mad risks or dares. It's your life, your choice and you have to live with the consequences. This year about 10,000 children and young people will be permanently disabled as a result of an accident.

Get respect. Take responsibility. Here are a few safety tips you might want to think about.

**at home**

**REMEMBER** When making hot drinks, hot water scalds up to 30 minutes after it has boiled.

**ACTION** Don't carry a kettle or a saucepan around the kitchen. Be especially careful if you've got younger brothers or sisters.

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

**ACTION** Learn how to use kitchen equipment and cook safely. Ask an adult to show you how to prepare sandwiches and other snacks by using knives safely. Remember to put kitchen knives back in a safe place out of reach of younger children.

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

**ACTION** Prepare an escape plan with your parents in case there is ever a fire in your home. Check with your parents if your home has a smoke alarm and if not ask them to buy one. If they do, ask them to check it regularly to make sure it is working.

**on foot**

**REMEMBER** Walking keeps you fit and helps you to stay healthy.

**ACTION** Cross roads at the safest place you can find - using marked places like a zebra, pelican or patrolled crossing wherever possible. You should be able to see the road and traffic clearly.

**REMEMBER** If you can't see the road properly it means that you are taking a higher level of risk than you need to.

**ACTION** Make an effort not to cross near parked cars, bends, junctions or near the brow of a hill.

**REMEMBER** Be seen at night.

**ACTION** Wear clothes that are light coloured and/or have reflective strips. Use reflective stickers on your bag.

**by bus**

**REMEMBER** Buses can be very bumpy and are always stopping and starting.

**ACTION** Stay seated and don't be tempted to walk around.

**REMEMBER** It's easy to take chances when you're running late.

**ACTION** Once off the bus, don't be tempted to take chances while crossing the road. Walk away after getting off, or wait until it moves off before crossing the road. Never cross the road in front of a bus.

**on your bike, skateboard or skates**

**REMEMBER** Your head and brain are more delicate than you think and can easily be hurt.

**ACTION** Always wear a properly fitting cycle helmet when cycling. Also make sure you wear a helmet, elbow, knee and wrist guards if you're skateboarding or skating.

**REMEMBER** Bikes can be dangerous.

**ACTION** Take responsibility for the maintenance of your bike. Check the brakes, tyres, steering and lights regularly. Make sure that your saddle is the right height and that your feet can touch the ground easily.

**by car**

**REMEMBER** Cars can be lethal weapons.

**ACTION** Belt up properly on every trip and make sure your friends do too.

**REMEMBER** It's easy to move on to new places that you don't know very well when you're having a good time.

**ACTION** Make sure that you keep track of where you are and that the person picking you up knows where to meet up with you.
by train

Remember: Train platforms are hazardous areas.

Action: Stand well back from the platform edge when waiting for a train. When getting off, keep away from train doors and windows until it has completely stopped at a station. Never skate or skateboard on platforms.

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 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 0171 608 3828

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There may be a time when you are in a situation where either you or one of your friends gets hurt. When this happens make sure you know who to contact and where they can be reached. Keep emergency numbers in your diary or notepad and persuade adults at home to make sure emergency numbers are kept by the phone. When out and about, remember that calls to the emergency services are free of charge. Talk to a teacher or youth worker to find out about learning some basic first aid and persuade adults in your home to keep a first aid kit to hand.

This leaflet is one of a set of five each covering a different age and 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