step safely from the edge

Growing-up means learning to do things for yourself.
Keep out of trouble.
Keep out of pain.

a safety guide for parents and carers with children aged 7 to 11
out and about

**Remember** Children still need guidance on travel this age.

**Action** Draw a map together to plan safe routes. This could cover a walk to school, the library or to a friend's house. When walking with a child, focus his or her attention on safety points in addition to hazards. Always explain why.

**Remember** Children learn by experience.

**Action** Allow children the opportunity to extend their experience. Teach them to cross roads safely and allow them to practise by leading you when walking together.

**Remember** Children under 11 should not be cycling in traffic and still need adult supervision because they don't have the skills needed to cope safely.

**Action** Find safe places for your child to cycle. Supervise a child wherever possible. Children should wear helmets and reflective clothing when cycling on or off the road. Encourage children to read the Highway Code for Young Road Users and attend a training course on road safety. Contact your local Road Safety Officer for information.

**Remember** Bikes can be dangerous.

**Action** Encourage your child to take responsibility for the condition of his or her bike by telling you if anything needs mending. Brakes, lights, tyres and the height of the seat should be checked regularly by an adult.

**Remember** Skateboards and skates can also be dangerous.

**Action** Encourage children to use a helmet to reduce the risk of head injury and wrist guards to prevent wrist fractures.

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**Remember** Children are sometimes reluctant to tell you where they are going.

**Action** Always ask a child where they will be and who with. Children should always carry contact numbers and spare change or a phone card and know exactly what to do in an emergency.

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drowning

**Remember** Swimming pools are great places to have fun and splash about but they can also be very dangerous.

**Action** Ensure that your child is a confident swimmer and teach them not to dive into water less than 1.5m/5ft deep.

**Remember** Children can easily lose their footing when running barefoot.

**Action** Teach children not to run along the edge of a pool in case they slip. They should also be told not to play near swimming pools, paddling pools or open water such as canals, gravel pits, lakes and rivers - the banks can be unsafe and the water may be deep and very cold. At the beach, teach them to read warning signs and help them to choose safe places to swim.

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cuts and bruises

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

**Action** Teach older children how to prepare snacks by using knives and other kitchen tools safely.
burns and scalds

**REMEMBER** Many fires are started by children playing with matches and lighters. Begin to teach children to use matches correctly.

**ACTION** In general, make sure that matches and lighters are kept out of a child's reach. Take extra care with candles and don't use them when younger children are around. Teach older children how to behave near candles.

**REMEMBER** Boiling hot water scalds up to 30 minutes after it has boiled.

**ACTION** Teach children how to tackle simple tasks safely, such as making a hot drink.

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

**ACTION** Fit a smoke alarm on each floor in your home. If you've already got one, check that it is working. Be prepared – work out an escape plan with your child and make sure he or she understands what to do if the smoke alarm does go off. Teach children to get out safely, stay out and call the fire brigade from a neighbour's house or a phone box.

Although you may take active steps to ensure that your child is safe from accidental injury there may be an occasion when an injury does occur. **CAPT** advises that you keep emergency numbers by the telephone, learn some basic first aid and keep a first aid kit handy.

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 OR ENVIRONMENTAL HEALTH 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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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