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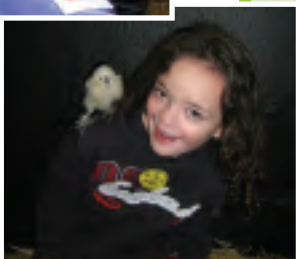
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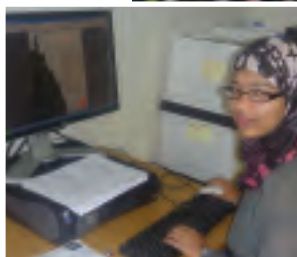
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Managing Editor
Janice Cave MBE

Editorial Consultant
Jim Barrow

Occupational Safety Adviser
Roger Bibbings MBE

Risk Education Adviser
Jenny McWhirter

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**The Royal Society for the Prevention of Accidents,
Edgbaston Park,
353 Bristol Road,
Birmingham B5 7ST.**

Telephone: 0121 248 2000

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Coalition passes 100 member mark

Child Safety Education Coalition is celebrating the arrival of its hundredth member.

Wiltshire Council has joined the unique coalition, which brings together organisations across England which are committed to practical safety education as a way of helping children and young people to protect themselves from unintended injury.

In doing so, it has joined a wide range of other local authorities, businesses, fire and rescue services, charities, health services, schools and colleges which are working to reduce road traffic injuries, drowning, poisoning, burns and scalds and trips and falls - the five main types of unintended injuries affecting children and young people.

CSEC was established because unintended injuries are the leading cause of death and serious injury in 0 to 19 year olds. The focus of its work is to encourage and support everyday activities which help children to learn about danger and how to cope with it and, through these, develop lifelong skills to keep themselves and others safe.

On joining CSEC as its 100th member, Wiltshire Council said it welcomed the opportunity to be part of a group committed to putting the safety of children at the vanguard of its work.

Paul Collyer, head of health and safety at Wiltshire Council, said: "Working alongside schools and care providers to tackle key safety risks is an on-going priority and the shared support and resources available through CSEC could be an invaluable aid to that process."

John Vallender, CSEC manager, welcomed the 100-member milestone and said he was looking forward to more organisations becoming CSEC members. He said: "I'm pleased at how the

membership is growing and really value the work of CSEC members. The importance of sharing good practice in the delivery of practical safety education is crucial in tackling unintended injuries in children and young people.

"The more members who join, the more opportunities there will be for CSEC to share its message with a wider audience, especially those from harder to reach communities. Our aim was to have 95 members by the end of June, and we've managed to surpass that! It's a great achievement, and is testament to the hard work and dedication of CSEC co-ordinators, staff and existing members."

Part of CSEC's work is developing and trialling practical safety education projects which can be easily adapted and rolled out more widely. In some cases traditional approaches to safety are being turned on their head to give children and young people the opportunity to have hands-on experience of recognising hazards and practising how to deal with them.

Emphasis is on risks of alcohol

The London Accident Prevention Council has launched its new publication aimed at reminding parents and carers about the risks which alcohol presents to young people

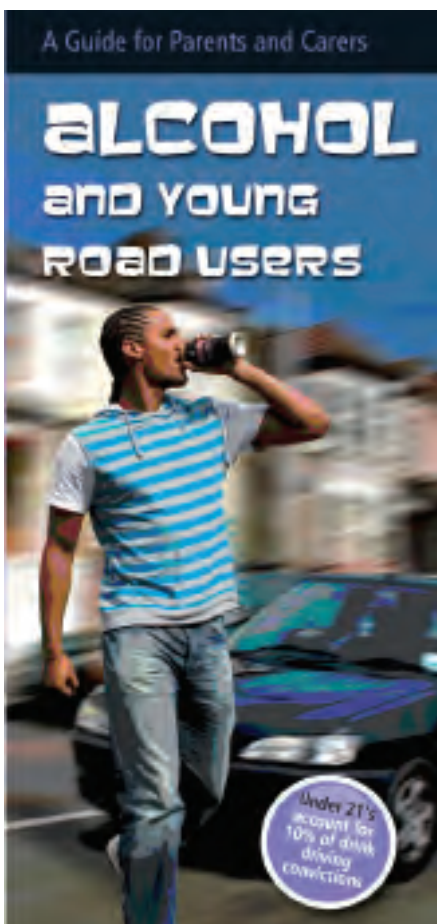
particularly when using the road.

Like its successful predecessor and sister publication "Drugs and young road users" - a guide for parents and carers, it is informative and factual. The three fold A4 leaflet outlines the vulnerability of young riders, drivers and pedestrians to road traffic incidents when drinking alcohol.

With under 21s accounting for 10 per cent of all drink driving convictions it is essential the effects of alcohol on a young person's behaviour and abilities are clearly spelt out, so that they are not led into risky situations where they or an innocent bystander could be injured.

To see a copy of both of the leaflets visit www.lapc.org.uk

The cost per copy is 5p - minimum orders of 250 plus p&p. To order "Alcohol and young road users" email Carol Walker at cewalker@btinternet.com or call 01322 525 880.



Poetry in motion

The Laurie Bunn road safety award 2010 was presented to Daniel Beckett, acting school travel team leader from the London Borough of Bromley for developing the borough's "Poetry in Motion" initiative.

"Poetry in Motion" asked school pupils to write poems about their walk to school. Writing and language skills were woven around road safety awareness and the healthy advantages of walking to school.

This innovative scheme proved extremely popular and, in May, was rolled out to 11 London boroughs, reaching almost 180,000 pupils in nearly 600 schools.

The judging panel was chaired by David Williams, chief executive of GEM Motoring Assist who described "Poetry in Motion" as "a truly staggering success" and went on to say that "rather than pointing out issues and commanding people to be safe or healthy, Poetry in Motion encourages young road users to think for themselves about dangers and issues and apply their own thoughts and solutions"

The award was presented to Daniel by television presenter Nick Ross who is the president of the London Road Safety Council.

Child cycling debate rages on

The public debate about the merits of children cycling unsupervised has kept the Royal Society for the Prevention of Accidents busy on radio and in the press.

Tom Mullarkey, RoSPA's chief executive, said: "One of RoSPA's central principles is that life should be as safe as necessary, not as safe as possible. Children develop valuable skills for life when they are given opportunities to get out and about to experience risks and learn how to cope with them.

"RoSPA encourages children to cycle, and advises parents to ensure their children have had some formal cycle training before they are allowed to ride on and near roads unsupervised.

"In addition to formal training, parents are well placed to know about their children's skills and maturity, as well as the nature of the area in which they live. They can use this information to make decisions about whether to allow their children to use the roads unsupervised, either as a cyclist or pedestrian.

"The real issue is the case that has prompted so much attention - of an eight-year-old and five-year-old cycling to school by themselves - is the level of supervisory responsibility given to the older child. RoSPA's concern about children having responsibility for other children relates to how they would cope if anything did go wrong."

Tom Mullarkey said that the debate was also important because it reignited discussions about safer cycling in general.

He said: "We often hear that people would like to use their bikes but decide not to due to safety fears. Recently published provisional figures from the Department for Transport show that cyclist deaths fell by 10 per cent from 115 in 2008 to 104 in 2009, although, going against the general downward trend in road user casualties, the num-

ber of cyclists seriously injured rose by six per cent from 2,450 to 2,606. Cycle traffic levels are estimated to have risen by four per cent. Although the picture is mixed, people are right to be concerned about their safety while cycling.

"We want more people to cycle and we therefore need to stay focused on improving

the safety of cyclists. Good training and awareness, for both motorists and cyclists is crucial, and we would encourage greater creativity, particularly when it comes to children cycling - maybe "cycling buses" for journeys to and from school, similar to "walking buses" which some areas already use.

"We would also welcome an expansion in cycle route networks. Adult cyclists are kept off most pavements for good reason, but where there are wide pavements with low pedestrian usage, local authorities can consider dividing them so they can become a space used by those on foot and on bicycles."

Scheme help for young riders

Warwickshire Road Safety Unit have collated vital casualty statistics for road users across the county and identified a clear need for rider training among young and inexperienced moped and motorcycle riders.

Information taken from reports for every reported road traffic injury collision over a two year period shows that:

- More than a third of all mopeds and motorcycles involved in injury crashes were ridden by under 21 year olds
- One in every five collisions where moped and motorcycle riders were considered most blameworthy, were attributed to learner, inexperienced or nervous riders
- Nearly a quarter of all fatal or serious injury collisions involving a moped or motorcycle rider, involved no other vehicle.

Road safety officer, Stephen Rumble has analysed the findings and said "Moped and motorcycle riders are always going to be at greater risk because bikes afford them no, or very little, protection compared to other vehicles. But our research clearly shows that young and inexperienced riders, particularly males aged 16 to 20, still represent a disproportionately large number of Warwickshire's casualties.

"Unfortunately, some young riders are over-confident, ride as if they are immortal and they are hard to influence.

However, many do acknowledge their vulnerability and inexperience as road users and we can now offer free and friendly rider training to help them to be safer on two wheel."

Warwickshire have recently re-launched the hugely successful Take Control rider training scheme and three of the five courses available are tailored to meet the needs of young riders. CBT Plus is an ideal follow-on from Compulsory Basic Training, while Auto to Gears helps moped riders to progress to riding geared 125cc bikes. The 125 Rider Development course is a half-

day session for riders new to 125cc bikes who are keen to develop their riding skills.

Stephen Rumble continues: "All of the courses last just a few hours and there is no pressure to pass a test or achieve a minimum standard. Our instructors simply offer a helpful assessment and riders can complete the courses close to home on roads they use regularly. We also have an exclusive moped and motorcycle insurance deal with MCE Insurance for Take Control participants"

For more information, go to www.takecontroltraining.co.uk



New tool to prevent injuries

The Child Safety Education Coalition is taking steps to promote the development of high-quality practical resources which enable children and young people to learn about preventing unintended injuries.

It has launched a new resource profiler, through which resource developers can "run" their draft programmes to gain an objective review of quality in four areas: structure of the resource or service; principles of safety education; style of learning; and how and where the learning takes place. Teachers might also find the profiler useful when choosing resources for their pupils.

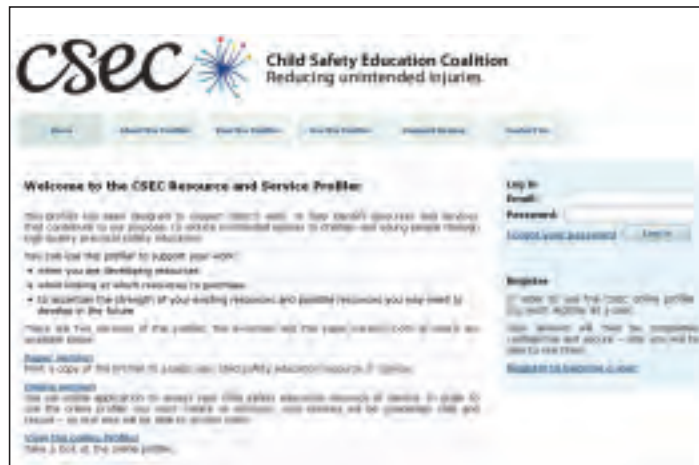
An online version of CSEC's resource profiler has been developed in partnership with Lucid Communications, a CSEC member. It is available in its final draft stage at <http://profiler.csec.org.uk/> and CSEC would welcome feed-

back. A paper version can also be downloaded from the website.

CSEC is a coalition of member organisations which encourage and support everyday activities which help children learn about danger and how to cope with it. In addition to working with members to develop, trial and roll out easily-transferable practical safety education projects, CSEC is also promoting the development of high-quality practical resources at a broader level.

Jason Cole, a CSEC co-ordinator, said: "CSEC firmly believes that if children and young people do not experience real, albeit controlled, hazards and dangers, then they will not develop the skills necessary to deal with them.

"Participation in activities which allow children to do things like identify hazards and the danger they may present means they will build



up skills, knowledge and confidence to keep themselves and others safe. This is practical safety education and it equips young people with the skills to enjoy a wide range of activities throughout their lives.

"New safety education resources are being created all the time, some of which are more practical than others, and developers now have the opportunity to gain an impartial review of their quality before they go on to the market."

Call for evidence

Dame Clare Tickell is calling for evidence to inform her independent review of the Early Years Foundation Stage (EYFS). The EYFS review is looking at how best to protect young children's safety and welfare and support their development and learning.

Speaking about the call for evidence Dame Clare said "I hope those with a passion for early years education take the opportunity to respond to this call for evidence. I want to hear from parents, professionals, carers and other experts about their experiences and views on the EYFS. I particularly want to hear from those who are delivering the EYFS on a regular basis and can advise on where we could make improvements. These views will help shape the future of the EYFS and will be invaluable in helping me to identify the best parts of the EYFS, as well as the parts that may have to change. I look forward to hearing from you."

The review will cover four main areas:

- Scope of regulation – whether there should be one single framework for all Early Years providers
- Learning and development – looking at the latest evidence about children's development and what is needed to give them the best start at school
- Assessment – whether young children's development should be formally assessed at a certain age, and what this should cover
- Welfare – the minimum standards to keep children safe and support their healthy development.

The call for evidence runs until September 30, 2010 and can be accessed on the Department's consultations website.

Dame Clare will provide a final report on the EYFS review in spring 2011. The Government will then consult on any proposed changes before they take effect from September 2012.

Viral road film takes top award

'Don't flash and drive' – that's the message of the six million view viral film 'Speed Dating'. While it might look like something one of your mates uploaded to YouTube, the award winning film has a serious road safety message. Aimed at driver distraction it shows young people messing about in cars with fatal consequences.

Road Safety for North West is behind the film which has just won highly commended in the effective communication category of the International Visual Communicator's Association Award. This is the second accolade the gut-wrenching film has scooped, receiving a Royal Television Society Award in October last year.

Kat Whittemoss of Road

Safety for North West said: "While road casualties are falling nationally, thanks in part to education campaigns, fatal and serious crashes involving young drivers are not.

"A change of tack was required so we commissioned focus groups with young people who told us they want viral media relevant to them. They also helped us with what does and doesn't work. Once the film was made, we checked back with them to make sure we'd got it right. If just one person out of those six million keeps their eyes on the road - saving them and their mates - it will be worth it."

The viral can be viewed at: www.youtube.com/watch?v=L9zc4wgMSNq

Safety education 'is patchy'

Safety education in schools in England is characterised by a mixture of inspirational teaching and missed opportunities, according to research published by the Child Safety Education Coalition.

One of the concerns hampering high quality safety education is that some schools have noted an "increasingly censorious climate" with regard to practical learning opportunities and the possibility of mishaps in school or under the school's care. However, the researchers, who were former Ofsted inspectors, also found some schools overestimated parents' concerns for a totally accident-free environment.

CSEC believes children develop valuable life skills for keeping themselves and others safe when they have practical opportunities to learn about risk and how to cope with it. These opportunities can be built into everyday school life, for example in science experiments, art and design lessons, sports and school trips.

As well as developing and rolling out projects to encourage practical safety education, CSEC commissioned the research to explore the current realities on the ground.

Among the report's recommendations are that schools should clarify their policies for safety education and practical opportunities for pupils, and that, in the rare event that something does go wrong when correct safety protocol has been followed, staff should be assured of support.

Key findings outlined in the report, entitled "Learning to Adopt Safe Practices", are:

- Schools have a strong commitment to the aims of keeping pupils safe and helping them learn how to look after themselves
- There is considerable good practice and most pupils acquire good knowledge and habits, however, there are

also missed opportunities

- There is some concern among school staff about repercussions should things go wrong during practical

and outdoor pursuits

- Road safety is addressed thoroughly in primary schools, but pupils' (and parents') behaviour in traffic

leaders, teachers, governors, parents and, crucially, pupils, were sought as a way of investigating the effectiveness of safety education in primary and secondary schools in England.

Peter Cornall, vice-chairman of CSEC's steering group, said: "The findings of this research will be invaluable in helping CSEC find ways of incorporating its high practical safety education ideas into the curriculum. As a result of this research, we hope that more schools use the opportunities in science, PE lessons and school visits to involve young people in developing their own risk assessment skills to keep themselves and others safe."

Schools sense an increasing focus on keeping pupils safe

activities, which can limit pupils' opportunities. The issue is sometimes overstated and more could be done to alleviate concerns

- Schools sense an increasing focus on keeping pupils safe and perceive some parents to be overprotective
- There is some increase in risk aversion among teachers, particularly with regard to practical work in science

at the school gate sometimes raises concerns about the application of learning

- Generally, schools do not do enough to keep parents informed of when and how safety messages are taught. Eleven schools were visited during the course of the research; five primary schools, and six secondary, in six local authorities. The views of headteachers, other senior school

Too few mentions of risk

The Royal Society for the Prevention of Accidents has welcomed Ofsted's triennial report on personal, social, health and economic education (PSHE) in schools, but is disappointed that risk and safety education are seldom mentioned, reflecting the low priority given to this subject.

Personal, social, health and economic education - of which injury prevention is a key part - is currently non-statutory, meaning that it is not a legal requirement for schools to teach all elements.

One of the key findings of the report was that in a quarter of the schools visited PSHE teaching is only satisfactory or inadequate, with schools failing to provide discrete curriculum time for these lessons. This teaching lacked continuity and did not cover some aspects of PSHE education in sufficient depth, being unable to engage pupils or challenge their misconceptions.

The report states that the

most effective curriculum model seen was one in which discrete, regularly-taught PSHE lessons were supplemented with cross-curricular activities.

Dr Jenny McWhirter, RoSPA's risk education adviser, said: "Accidents are the biggest killer of children and young people in the UK. We know that safety and risk education is a crucial way of keeping young people safe and preventing such accidents."

"Safety and risk education is a valuable way of helping children and young people develop an understanding of this concept and how it can be achieved in reality - managing risks, for example, rather than eliminating them altogether."

"One of Ofsted's key findings is that PSHE delivered by tutors, and not in discrete timetabled format, is the weakest curriculum model. RoSPA firmly believes that risk and safety education would be improved if it were taught as part of PSHE educa-

tion, and in formal timetabled lessons.

"There is a great deal of good work in the field of risk and safety education ongoing across England. The Child Safety Education Coalition (CSEC), for example, is promoting high quality practical safety education for children and young people. We had hoped that teachers and schools, and the injury prevention professionals who work with them, would have their efforts in this sphere reinforced by new legislation."

Although this has not happened, RoSPA welcomes Ofsted's recommendation that schools should ensure that timetables are organised so that PSHE education is coherent, comprehensive, and of high quality.

RoSPA will also continue to make the case for PSHE education to become a statutory part of the curriculum, and will go on offering support to all those who are engaged in this important work.

Farm safety fears



RoSPA has welcomed a report into the outbreak of E. coli at a petting farm – quashing fears that children were to be banned from touching animals.

The Royal Society for the Prevention of Accidents backs Professor George Griffin's call to raise public awareness of the potential infection risks at farms, as well as his recommendation that parents or carers should continue to be the ones to choose if children are allowed to touch animals.

Peter Cornall, RoSPA's head of leisure safety, said: "Frankly, we are relieved that this report has not rushed to judgment and barred children from fully appreciating all the wonders of the countryside.

"If young people are to develop into well-rounded individuals they need to experi-

ence some of the risks presented by real life conditions. How else will they learn to cope as independent adults?

"Instead of just stopping young people from exploring

We want to encourage which give children the chance to practice skills which

the world, we should be saying 'if you want to do A, B and C, then you need to do X, Y and Z to protect yourself and others.

"The traditional stance in farm safety has been to hide dangers from children, but we want to encourage hands-on experiences which give children the chance to think about and practice skills which will keep them safe."

Though it will take time to absorb the full significance of the report, RoSPA also supports its recommendation for robust risk assessments, the promotion of hand washing and the good design of public areas.

RoSPA hosts the Child Safety Education Coalition, which has recently teamed up with Farming and Countryside Education to turn the traditional "look but don't touch" style of farm safety education on its head.

The scheme was piloted on five farms in the Midlands throughout June.

The aim was to use farm visits to help children develop skills to prevent unintended injuries to themselves and others, not just on farms but elsewhere in the countryside and in life generally.

Interacting with animals, including approaching and feeding them, was covered in a range of activities, as was staying safe in the field - a topic which included water



Pupil from Gorshill Primary School, Birmingham learning about the dangers of playing near hay bales

quashed

safety and the identification of poisonous plants and berries. Barn and machinery safety and the importance of good hand washing also featured in the project.

hands-on experiences
chance to think about and
will keep them safe

School trips to farms are common for children aged from seven to 13-years-old. Traditionally, visits have been characterised by rigorous safety guidelines, lists of dos

and don'ts and the removal of hazards. However, with the number of fatal and non-fatal injuries to farm workers and visitors changing little in recent years, CSEC and FACE have decided to try a different style – practical safety education.

Peter Cornall added: "We feel the CSEC project deals with many of the issues identified as needing to be addressed by Professor Griffin."

For full details of the farm visits project see <http://www.csec.org.uk/news/090610FarmSafety.as>



Pupils from Gorshill Primary School, experiencing more 'hands on' approach during farm visit

placed

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Putting expertise to use

Oxfordshire's Injury Minimization Programme for Schools is putting its expertise to good use at a national level through its membership of the Child Safety Education Coalition.

It is one of more than 100 local authorities, charities and commercial organisations to have joined CSEC over the last year. CSEC promotes high quality practical safety education for children and young people in England.

Oxfordshire IMPS delivers a programme to tackle children's fears of visiting hospital and helps them learn how to deal with the consequences of serious unintended injury. It has been running for 15 years and is based at the John Radcliffe Hospital in Oxford. The success of the Oxfordshire project led to funding for additional schemes, and there are now 12 IMPS centres across the UK, all of which are self-supporting.

Being part of CSEC means IMPS now has the chance to contribute further to the national pool of good practice in

practical safety education – everyday activities that help children learn about danger and how to cope with it and thereby develop lifelong skills to keep themselves and others safe.

Sue Addison, Oxfordshire IMPS trainer, said: "We've had a lot of feedback where children have actually used the skills they have learned in real life. It's very rewarding for me to be involved. For me, the satisfaction is in knowing they have learnt something to help somebody else."

"Being part of CSEC means we can now share the lessons we have learned over the past 15 years with a national audience and, of course, we can learn from others too. It's all about deepening the pool of knowledge, talking about

We've had a lot of feedback where children have actually used the skills they have learned in real life

what works and what doesn't work so well, and, ultimately, promoting the idea that children benefit greatly from



Sue Addison demonstrates how a heart rate monitor works

practical opportunities to learn about safety."

Irene Aserie, CSEC's membership officer, visited a re-

Caterton visited the John Radcliffe Hospital.

She said: "They were shown how to deal with cuts by dressing them with a Steri Strip, stitches and even superglue - however, the children were reassured that this was a special type of hospital glue and not the type they might use to stick their broken toys back together!"

The children also shared their own experiences of unintended injury.

Irene said: "One boy recalled breaking his arm when he fell awkwardly, of which his overriding memory was of not being able to eat properly because he couldn't move his arm when it was in a plaster cast! Getting the children to talk about experiences like this is really important and it can mean so much more than if they were just 'taught' about safety. We're thrilled that Oxfordshire IMPS is part of CSEC. Our diverse membership means we have so much expertise to draw on and we hope that children right across England will benefit."



St John the Evangelist Primary School at John Radcliffe

Parents fears cut freedom

New research shows that today's kids have less freedom than in the previous generation.

Stuck in the home or watched over by over-protective parents, children now lack the freedom their parents had just a few years ago, as fears for their safety reach new heights.

According to new research from LV= Streetwise, a charity which educates children about safety, today's parents don't allow their kids the same liberties as they enjoyed when they were growing up.

A quarter (24 per cent) of children aged 15 and under say they aren't allowed to sleep over at a friend's house, 60 per cent are forbidden to use public transport on their own, and 43 per cent can't visit their closest park without a parent by their side.

In contrast, just four per cent of today's adults say they were banned from sleeping-over when they were 15 or younger, only two per cent were forbidden to use public transport, and the same number couldn't go out on their own in familiar surroundings, such as their local town or park.

The restrictions on children's outside activities today appear to be a direct result of parents' growing fears and anxieties. Two-thirds of mums (65 per cent) and a similar

number of dads (63 per cent) believe the world is more dangerous now than it was when they were growing up. 'Stranger danger' is the number one worry for more than half of all parents (54 per cent), followed by bullying (47 per cent), mugging (47 per cent) and road danger (34 per cent).

These fears are forcing a generation of children to stay indoors for longer or only go out with a parent, delaying their independence. According to the LV= Streetwise findings, children can expect to wait almost two years longer to experience the kind of freedom their parents had before them.

On average, children today can look forward to walking to school on their own by the age of 11, use public transport on their own at 12, and babysit their brother or sister by the time they're 14.

Have fun but think through the possible consequences of your actions

In contrast, parents say they were allowed to walk to school unaccompanied at the age of nine, use public transport alone by the time they were 11, and babysit a sibling by the time they were 12.

Parents know they're being tougher on their children and more than a third (36 per cent) say they feel uneasy



Children line up to catch the safety bus

that their kids don't get the same opportunities as they did to experience freedom as a youngster.

The new research findings mark the launch of the LV= Streetwise safety roadshow, which helps to educate chil-

door events across the UK this summer.

The roadshow, aimed at children between five and 11 years old, has been designed and developed by safety experts to help educate children about the risk of accidents, in a safe and controlled environment.

Alison Shelton, LV= Streetwise safety expert, said: "LV= Streetwise aims to reduce accidents among children by highlighting to them the dangers in the home and on the road, and educating them to make responsible choices. With thousands of children killed or injured in preventable accidents every year, we aim to give young people a head start in their safety education, supporting parents and schools in providing them with essential skills for life."

The LV= Streetwise safety centre in Bournemouth is a fully interactive safety 'village' which offers free safety education to more than 13,000 children a year. Parents and young people can find out more about LV= Streetwise and the safety bus roadshow by visiting www.streetwise.org.uk and www.LV.com/safety



The bendy bus is fully equipped inside with various safety scenarios

Sabrin sees light at RoSPA

A Sutton Coldfield student has teamed up with the Royal Society for the Prevention of Accidents to encourage other young people across Birmingham to enjoy the summer while staying safe.

Sabrin Choudhury, aged 15, has spent a week with RoSPA in Edgbaston experiencing work life and researching further into the charity. Part of her work experience has been to research water safety and produce marketing adverts as well as a simple message to share with other young people.

She said: "On average 40 to 50 young people are killed each year in the UK due to drowning. Although water activities may seem fun and a great way to cool off, after looking at case studies and research, I now see numerous things to think about before you take the plunge.

"As a younger member of the community, I have had the chance to step into the shoes of RoSPA staff, and from looking at water activities from both perspectives I know that RoSPA is not trying to take away childhood risks. The message being portrayed is to have fun but think through the possible consequences of your actions."

Sabrin's advice for young people is:



Sabrin Choudhury's work placement with RoSPA

- Don't swim in unsupervised areas alone and consider swimming pools as your first option
- At inland waters such as rivers, lakes and canals, it is important to look around for signs nearby to show what precautions need to be taken
- Expect the water to be a lot colder than the air temperature you may be in
- The depth of the water needs to be considered - it may be a lot deeper or shallower than you are expecting
- Think about harmful materials which may be under water such as broken glass and weeds, which could cut or trap you
- Think about the current.

over to the person in the water; however, make sure you are crouching low or are lying on your belly to ensure there is no chance of putting yourself in danger

Have fun but think through the possible consequences of your actions

Merton film goes on Youtube

A film designed to encourage young people to be safe on the roads and be traffic aware is making a hit on Youtube.

Called "Merton's Got Safety", the one-minute film stars Year 10 (15 and 16 year olds) actors from Bishopsford and Ricards Lodge schools in Merton, London.

The format for the film draws

on hit TV show Britain's Got talent for inspiration. In each scene, a young person acts out how they would cope with potential distractions when out and about on the streets - and a panel of three "judges" then give their verdict.

The film is on Youtube at: <http://www.youtube.com/watch?v=PFekLAILC-E>

Sabrin's tips for if a friend gets into trouble in the water:

- Always call the emergency services for help first
- Whichever way you do help a friend, it is most important to keep yourself safe as there is a chance that you may both end up in danger
- Reach with a long object, such as a branch or stick,

- Throw a rope if available so you can pull the person in although any other objects which float such as a ball or lifebuoy will keep the person afloat until help arrives
- After testing the depth of the water you may wade in to reach out to the person, however, hold onto something or someone else so you do not fall in
- Once rescued keep your friend warm and receive seek emergency help.

Sabrin added: "Have fun but stay safe!"

Hundreds in poetic plea for Welsh road safety

The annual Illustrated poem competition, jointly organised by the Road Safety Team of Capita Symonds and

and illustrate a poem outlining the importance of in-car safety. The most popular themes in the winning entries

The importance of in-car safety

Heddlu Gwent Police, has been a resounding success with 676 entries.

Pupils in schools across Gwent were asked to write

were correct use of seatbelts and the dangers of using a mobile phone while driving. Some less obvious themes were also highlighted, for ex-



Senior winner Jessica Bardsley 13, Risca Community Comp



Junior winner Amber Turner 10, Gilfach Fargoed

ample making sure that your dog is safely restrained on journeys.

Penny Thorpe, principal road safety officer with Capita Symonds said, "I am delighted with the number of entries for this competition. Hundreds of young people have thought hard about the implications and risks of car travel

in order to write their poems, the end result will be safer drivers in the years to come."

The winning entries were awarded cash prizes by Gwent Police ACC Jeff Farrar at a special ceremony at County Hall at the start of Child Safety Week.



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