

Window Safety

When young children are around, keep windows closed.

If windows need to be opened, ensure they are out of reach of children or that they are fitted with a safety device that allows windows to open no more than 4 inches.



Keep furniture that can be climbed on/used as a step, away from open windows.

If the temperature outside is hotter than inside, keep windows shut and blinds down.

Links

Keeping your baby safe in the sun NHS
(www.nhs.uk)

Sun safety for kids | Baby & toddler, Getting out
& about with your baby articles & support |
NCT

Water safety for kids | Canal & River Trust
(canalrivertrust.org.uk)

Tips!

Don't dress children in blue swimwear, as children become invisible when in the water.

Use corn starch powder to make it easier to remove sand from feet when finished at the beach.

Transform a tent into a sandpit with shade. Mix with a cup of cinnamon to prevent creepy crawlies!

After being in the water, ask your child to 'blow up a balloon' to clear out any water from ears.

If it's very hot, place a bowl of ice in front of a fan to help circulate cool air.

Apply sunscreen to little ones using a beauty blender to avoid getting it in their eyes!



**HOME
START**
Wakefield
& District



Happy & Healthy Project



Summer Safety Guide



Sun Safety



Stay in the shade as much as possible/keep out of direct sun between 11am & 3pm as that is when it is the hottest.

Wear a hat with a wide brim or a neck cover.



Wear light-coloured, loose fitting clothing and keep shoulders covered.

Half an hour before you go out, apply suncream SPF50+ and regularly re-apply, especially after your child has been in water.



Keep children hydrated with water, older ones can be offered fruit juice lollies or fresh fruit.

If your child does get sunburn, cool the skin down immediately, moisturise with aloe vera if possible. Give lots of drinks to prevent dehydration. Calpol may be given if necessary.

Water Safety



Children should be fully supervised when playing in/near water.

Keep young children within arms length of an adult when in the water.



If walking near water Stay Away From the Edge!

Stay Away From the Edge

Advice for Older Children

Canals/ rivers look tempting on a hot day, but can be dangerous places as they are deeper than they look.

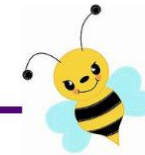


**Danger
Deep
water**



The water will be colder than you think, and sudden cold will cause your body to go into shock and you will be unable to move-even if you can swim!

Hidden dangers under the water such as plants, reeds or rubbish could tangle round your legs and trap you in the water.



Bites/Stings

To reduce the risk of getting stung, remain calm when near bees, wasps & hornets.



If you do get bitten, remove the sting (if it is still present) and wash the area with soap/water.

Put on a cold compress and keep the affected area elevated to reduce swelling.

Your pharmacist can advise on further treatment if necessary.

Food

Summer usually means BBQ's, ensure you only use approved lighter fuels.



Keep children away from hot surfaces.

Ensure frozen food is fully thawed before barbecuing, the food is piping hot when done, that meat juices run clear.

