



With the prospect of lockdown lasting through the summer months it has never been more important to follow some basic home safety advice when we are staying at home. The summer months tend to see a rise in certain types of accidents.

For example:

- Falls
- Drowning
- Poisoning
- Burns

The Southern Trust Promoting Wellbeing Division would encourage all parents and carers to ensure the home environment is as safe as possible by removing risk where possible.

Risks don't only occur inside the house itself, but also within the garden.

In all home environments **supervision is key to accident prevention!**

**Falls** The greater the height, the greater the risk and severity of injuries. Play on outdoor play equipment **should be supervised**. Over the summer months one of the most common causes of accidents is trampolining. **The following tips will help prevent trampoline accidents.**

- Just one child on the trampoline at any time
- Avoid adults and children bouncing together, due to the difference in weights
- Use safety netting or a safety cage so children can't be thrown to the ground

Within the home all windows should be fitted with appropriate catches or locks and furniture removed from underneath them, especially those upstairs in the home. This will help prevent falls from a height.

**Drowning** Children can drown in less than 3cm of water. They should be under constant supervision when in or near any water.

Paddling pools should be emptied and stored away when not in use and garden ponds should be filled in while children are small or securely fenced off. Take special care when visiting other people's gardens.

**Poisonings** Presently inside the home we are very focused on hygiene – make sure cleaning and laundry products are all safely stored away. Medications, air fresheners and e-cigarette re-fills are also a risk. If ingested or exposed to the skin these products can cause chemical burns and/or poisoning, causing grievous injury to those affected.

**Avoid the risk 'Take Action Today, Put Them Away'**

**Burns** **Hot things** like drinks and hair straighteners or wands – decide where your safe spots are that you can put hot things down out of reach.

The vast majority of barbecue accidents happen in a home setting and the number of accidents usually increase over the summer months. Some of the accidents lead to very serious burns, usually as a result of using an accelerant such as petrol to light the fuel.

**Turn over to see ROSPA's Garden safety checklist for guidance**

## GARDEN SAFETY CHECKLIST

- Protect yourself from **electrocution** by always using a Residual Current Device (RCD) when operating electrically powered garden tools and mowers
- Avoid **poisoning and chemical burns** by storing chemicals for use in garage or garden safely out of sight and out of reach of children, preferably in a secure cabinet
- Reduce the risk of small children **drowning** by securely fencing or filling-in garden ponds or water features and always supervising children near water.
- Avoid accidents and **injury when doing DIY** tasks by always operating within the range of your skills, ability and experience. Always use personal protective equipment including gloves, goggles, helmet, and facemask and safety shoes as appropriate and recommended for the task and follow manufacturers instructions.
- Avoid **injury from falls** by always checking a ladders condition before use and using at a safe angle (1 in 4).
- Avoid **injury from sharp garden tools** to users or children by keeping them in good repair and safely tidied away after use. Keep children safely away whenever using lawnmowers, doing DIY projects or household repairs.
- Prevent **accidental poisoning or injuries** to yourself or others by carefully following manufacturers' instructions when using weed killers, adhesives and solvents. Never transfer to alternative containers that could confuse and lead to poisonings.
- Prevent **injury from trips, slips and falls**, by providing safety rails and barriers to changes in garden levels and ensure all paths and steps are level, stable and free from moss
- Avoid uncontrollable **fires** by always siting bonfires and barbecues well away from fences, sheds and trees. Supervise children all the time.

