

Child Health and Safety Newsletter

...In the 27th issue: Drowning Prevention Week

This newsletter is designed to raise awareness of the work of the Staffordshire and Stoke-on-Trent Child Death Overview Panel (CDOP) and to bring news on our ongoing campaigns.

Drowning Prevention Week, this year from 16 – 26 June, is an annual campaign run by the Royal Life Saving Society UK.

Drowning is also the third highest cause of accidental death of children in the UK. The majority of drownings are preventable.

By spreading water safety advice far and wide, Drowning Prevention Week aims to teach people how to stay safe near water.

www.rlss.org.uk



Did you know that people can drown in as little as 2cm of water?
...Below and overleaf are tips and advice to stay safe around water



Tips for Water Safety at Home

- Prevent children from gaining access to pools of water when they are unsupervised
- Securely cover all water storage tanks and drains.
- Empty paddling pools and buckets when playtimes finished.
- Never leave a baby or child in the bath unsupervised, not even for a minute.
- Never leave a baby or child alone in a bath seat.

**Never leave children
unattended near water**



Tips for Water Safety on Holiday

- Check the safety arrangements of any water-based activities. Ask where the safest places to swim is.
- Never let your young children out of your reach –supervision is the key to preventing serious accidents.
- Swim with any children in your care.



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- Never enter the water after drinking alcohol.
- Do not use Inflatable dinghies or lilos in open water
- Do not swim near to or dive from rocks, piers, breakwater.
- Swim parallel to the beach and close to the shore.
- Constantly supervise children in a swimming pool.

Tips for Open Water Safety

- If you have a pond always supervise closely
- Be careful visiting gardens or parks that have open water.
- Take notice of any warning signs.
- Stay clear of bank edges when walking next to open water.
- Children should learn to swim as soon as possible.
- Weirs, quarries and canals are not safe places to 'hang out', swim or play for young people



In addition to the above tips, ensure you and your family know the **SAFE** code:

SPOT

spot the dangers

ADVICE

follow safety signs
and advice

FRIEND

stay close to an
adult /friend or
family member

EMERGENCY

shout for help and know the
emergency number to call in
the country you're in



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