

KEEPING CHILDREN SAFE

WE'RE ALL IN IT TOGETHER



Summer Safety

Alcohol based hand sanitiser can be extremely poisonous to children if ingested. It's also important to note that these products often do not come in child-resistant packaging. As with cleaning products, hand sanitiser should always be stored safely, out of reach of children (and don't forget about your travel-sized bottles in handbags or rucksacks!). [#safechildrentogether](#)



We've seen a huge increase in the use of alcohol-based hand sanitiser as a result of the COVID-19 pandemic. Young children should always be supervised by an adult when using hand sanitiser, and it should be stored out of reach straight after use. Swallowing these products may cause serious damage to children's insides. [#safechildrentogether](#)



To help prevent the spread of coronavirus, face coverings must now be worn at all times on public transport or when attending a hospital as a visitor or outpatient. However they should not be used by children under the age of three as they are too young to be able to manage a face covering correctly and their breathing could be restricted. Take a look at the gov.uk [COVID-19 guidance](#) on staying safe outside your home. [#safechildrentogether](#)



Single parents with dependent children can now form a 'support bubble' with one other household. If you are creating a bubble with friends or relatives, be mindful when visiting them to pay special attention to your little ones. There may not be the same level of home safety equipment – for example safety gates and cupboard locks – that you have at home. [#safechildrentogether](#)



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As certain lockdown measures are relaxed we may start to visit family and friends in their homes. It's important to be alert to the fact that – if visiting with young children – other people's houses may not be set up with home safety equipment. Remember to keep an eye on little ones and ensure that they socially distance from anyone not in your own household or bubble. [#safechildrentogether](#)



Medicines are the most common cause of accidental poisoning in children. As lockdown measures are relaxed and we begin to visit family and friends, encourage them to do their bit by keeping medicines or painkillers stored safely where young children can't get their hands on them. [#safechildrentogether](#)



As the coronavirus restrictions ease, families planning to move home may finally be able to do so. A house move can be stressful and chaotic – there's a lot to think about and safety in the home for little ones may not be your first priority. However, for families with young children, it's essential to make moving day and your new home environment safe. Check out CAPT's [Moving Home Safety Checklist](#) to help make sure child safety is top of the list when moving home.

[#safechildrentogether](#)



With the warmer weather it is tempting to throw all the windows open. However, if you have young children, make sure furniture isn't placed nearby as this could help them climb up to reach the windows. Fit window catches, locks or restrictors to help prevent falls. [#summersafety](#)
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To help reduce the demand on public transport and the road network it's a great idea to walk or cycle whenever possible. Before heading out on a family bike ride, take a look at this helpful video from British Cycling on how to check that your child has a correctly fitted bike helmet.

<https://youtu.be/wG7Bj-E8fs8> #summersafety

#safechildrentogether



East Sussex
County Council

Sun safety is vitally important for babies and children who have delicate skin that burns easily. Remember **SMART**:

Spend time in the shade between 11am – 3pm

Make sure you never burn

Aim to cover up with a t-shirt, hat and sunglasses

Remember to take extra care with young children

Then use sunscreen with an SPF of at least 30 or higher



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For more info and top tips on staying safe in the sun, check out the [NHS website](#).

#summersafety

#safechildrentogether

Babies and young children are more at risk from dehydration, which can be fatal. Keep children out of the midday heat and make sure they are regularly drinking water. #summersafety #safechildrentogether



East Sussex
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With the good weather, many of us have been making the most of using local outdoor spaces with our children.

Why not use these outings to teach your children that they should never pick and eat plants or berries from a garden or in the countryside – without checking with an adult first – as they could be poisonous. #summersafety #safechildrentogether



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Taking advantage of the warmer weather to get going with that garden DIY project? It's important to remember that garden tools and equipment can be dangerous if young children get their hands on them. Keep tools securely locked away in a shed and never leave electrical equipment unsupervised or plugged in when not in use.

[#summersafety](#) [#safechildrentogether](#)



Fertilisers and weed killers are poisonous and can be extremely harmful to a child's health. Always ensure that they are kept either locked away or out of reach of little hands. For more tips on garden safety, take a look at ROSPA's [Garden Safety Checklist](#)

[#summersafety](#) [#safechildrentogether](#)



Barbecues cause hundreds of accidents each summer, with most happening at home. Always keep kids away from the BBQ – they can stay very hot for hours after use and can cause serious burns. [#summersafety](#)

[#safechildrentogether](#)



All BBQs produce carbon monoxide which is deadly poisonous in an enclosed space. Never take a lit or smouldering BBQ inside a house, tent, caravan or boat.

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As the weather warms up, many of us will be tempted to hit the beach and cool off in the sea. If you arrive and your favourite spot is busy, consider visiting another location so that you and your family can safely socially distance from others.

Remember that drowning is a leading cause of child accidental death. Check out the Royal Life Saving Society UK's [safety advice](#) for tips on how to keep you and your loved ones safe around the water.

[#summersafety](#) [#safechildrentogether](#)