

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

Summer Safety

Tragically, there have been deaths of children from Staffordshire and Stoke on Trent as a result of.....

Drowning

Young people can be drawn to open water - weirs, quarries and canals are not safe places to 'hang out', swim or play. **Don't take risks around water.**

Watch children when they are in or around water, without being distracted.



For water
safety
advice go to
RLSS.org



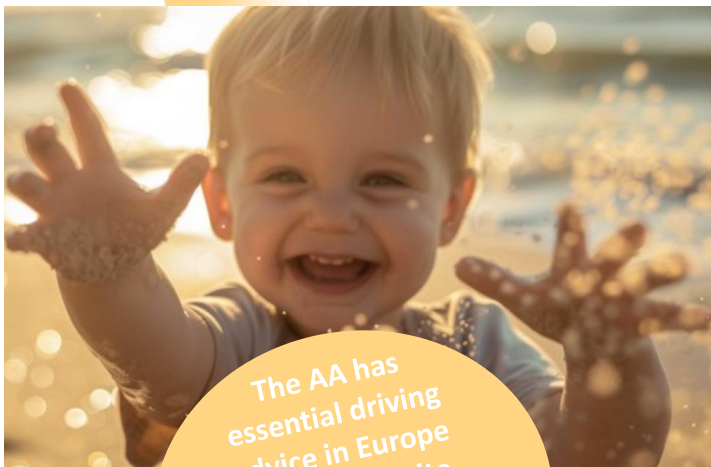
The Lullaby
Trust has
information
on 'safer
sleep on
holiday'

Unsafe sleeping environments

Follow safer sleep guidance **for every sleep**, both daytime naps and overnight. Maintain safe sleep routines when on holiday, staying with friends or family. Plan sleeping arrangements in advance. **Consider where your baby will be sleeping** and if you need to take a travel cot.

Road traffic collisions

Check and follow local driving laws when travelling abroad. **Children should be properly restrained in appropriate car seats** while travelling in a vehicle. Many airlines allow child car seats to be transported free of charge or when abroad there are usually car seat hire options. Take extra care when walking near roads, particularly in unfamiliar areas where traffic patterns and road rules may be different from those in the UK.



The AA has
essential driving
advice in Europe
on their website,
and for
information on
car seats go to
issuu.com

Avoiding
serious
injury

Sun safety

Babies and children are particularly vulnerable to sunburn. Avoid direct sun exposure between 11:00 and 15:00. Use SPF50 sunscreen with 4-star UVA protection. Reapply sunscreen every 2 hours and after swimming. For additional protection add loose-fitting clothing, sun hats and sunglasses. Go to britishskinfoundation.org.uk and [sunscreen-and-sun-safety](https://www.nhs.uk/conditions/sunscreen-and-sun-safety) on the NHS site for further information.



Food safety advice

Germs can grow quickly on food if it is not kept refrigerated. Use ice blocks to keep food cool when travelling. Store raw and cooked foods separately, and ensure meat is cooked thoroughly and is hot all the way through before eating. Tap water in the UK is safe to drink. Follow local guidance when drinking water abroad.

Encourage young children to sit down while eating to help them chew and swallow food properly during picnics.

Visit [GOV.UK](https://gov.uk) for further advice on food safety in a heatwave.

Carbon Monoxide Poisoning

Carbon monoxide cannot be seen, smelled, heard, or tasted. It is produced when fuels burn incompletely. Poor ventilation can allow dangerous levels to build up. Carbon monoxide poisoning can be fatal. Extra care is needed in caravans, motorhomes, and tents, especially when using campfires, camping stoves, or BBQs. A carbon monoxide alarm/monitor should be provided or taken when travelling. For further information go to www.safertourism.org.uk/campaign-carbon-monoxide.