

IN THIS NEWSLETTER

Fife Cares is a partnership initiative run by the Fife Community Safety Partnership, focusing on increasing safety in the home and decreasing accidents involving our vulnerable residents. This newsletter brings to you information on a quarterly basis on home safety, current and future initiatives and events, trending issues and what our partners are saying and doing.

We hope you enjoy the second edition of our newsletter and are able to use some of the information it holds.

FIFE CARES – FIFE'S CHILD SAFETY HEROES

Mornings are a busy and stressful time for most families. The rush to get everyone ready and out of the house to nurseries, schools and jobs means there is little or no time to think about safety. Yet many typical morning activities can leave children at greater risk of accidents, like falling out of a high chair, being badly scalded by a hot drink, falling down the stairs and stepping out in front of traffic.

The Child Accident Prevention Trust's villainous 'Morning Mayhem' character was developed for Child Safety Week 2014 to help show the accidents which happen during busy times.

The campaign shows how it's the small things Safety Heroes (families and practitioners) can do every day that make the biggest difference to keeping children safe from serious injury and death in accidents.

Throughout June, Fife Community Safety Partnership held child safety events and visits to fit with both Scottish and UK Child Safety Weeks (at the start and end of the month), visiting hospitals, clinics and nurseries across Fife to offer free advice and equipment.

Four in-car safety clinics were held as part of these events, along with additional pull-over sessions where police were able to stop cars with child car seats for an on the spot check. 30% of the seats were found to be fitted incorrectly – most just needed minor fixes including belt and headrest adjustments - but in the event of a collision these issues would affect the performance of the seat and the child's safety.

While Child Safety Week may be over for this year, free advice and checks are still available through Fife Cares. Referrals for home safety visits can be made at www.fifedirect.org.uk/doitonline or by calling 01383 441177.

CAPT also offers fun-packed ideas and downloads for engaging with families: available at <http://www.capt.org.uk/who-we-are/news/safety-heroes-battle-morning-mayhem>



How many children in the UK have died from strangulation in the last 15 years after getting tangled in blind cords?

E-CIGARETTES - HAZARDOUS TO CHILDREN?

The potential dangers of e-cigarettes to young children have been voiced following reports of the death of a puppy, which chewed a nicotine capsule from an electronic cigarette left by its owner on a table. RoSPA is quoted saying this is why it is important to store e-cigarettes and their components out of the sight and reach of children.

If a toddler opens an e-cigarette or e-cigarette refill there is a risk that they could die from ingesting a very small amount of liquid.

Some e-cigarette refills are formulated with sweet smelling chemicals (Cherry, Strawberry Vanilla flavoured) and packaged in brightly coloured tubes that could appear attractive to young children.

This potential toxicity concern has been highlighted locally by two recent admissions to the Children's Hospital Emergency Department in Belfast following ingestion of liquid from e-cigarettes.

Since e-cigarette refills are not medicinal products they may not be child proof and the health warnings from the tobacco manufacturers may not always be sufficient to highlight the seriousness of the potential risk, particularly to children. Nicotine can be highly toxic, particularly in children or infants, if enough is consumed. It is highly toxic by ingestion, inhalation and skin contact. The fatal dose has been estimated to be as little as 40mg (i.e. less than 2ml of some strength of liquid refills) of nicotine in an adult. Indeed just a few milligrams of nicotine have caused severe symptoms. The fatal dose in a child would be expected to be even less. Nicotine can be very rapidly absorbed with central nervous system, neuromuscular and autonomic features.

The following articles provide more information on e-cigarettes:-

http://www.who.int/tobacco/communications/statements/electronic_cigarettes/en/

<http://www.europeanvoice.com/article/2014/february/parliament-adopts-new-eu-tobacco-rules/79824.aspx>

[http://europa.eu/rapid/press-release MEMO-14-134_en.htm](http://europa.eu/rapid/press-release_MEMO-14-134_en.htm)



KEEP REFILLS OUT OF SIGHT AND OUT OF REACH OF YOUNG CHILDREN

Electrical Safety First (formerly The Electrical Safety Council) is issuing advice to users of e-cigarettes following a number of reports of chargers exploding whilst in use. The charity, along with the Trading Standards Institute (TSI), has issued the following guidance for charging e-cigarettes whilst they look more closely at the problem:



- Follow the instructions provided by the manufacturer carefully
- Heed any warnings supplied with the product
- Ensure that e-cigarettes are not left charging for long periods of time
- Do not leave e-cigarettes plugged in overnight or whilst you are out of the house
- Look for the CE mark that indicates chargers comply with European Safety standards

When did EU extend the ban on novelty cigarette lighters until?

DANGERS OF LIQUITABS

Why have we been keeping tabs on liquitabs? Because the concentrated detergent is up to five times stronger than in traditional laundry products. So, if a curious toddler bites into one, the chemicals cause breathing problems as the airway rapidly swells.

2013 saw child poisoning stories push on to the news pages, with particular concerns raised about liquitabs – the brightly coloured liquid detergent capsules that are proving very attractive to young children. And if none reached the front page, then it was a close run thing.

The retailers and manufacturers recognise they are victims of their own success story. Liquitabs are very popular; their compact packaging solves lots of storage and transport problems all the way from the factory to the kitchen cupboard. They smell and look great and make laundry chores so much easier. Remember fiddling about with powders? They are a perfect example of modern innovation taking the weight off household tasks.



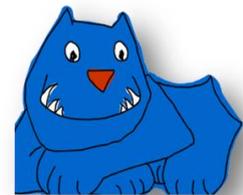
But manufacturers and retailers know it's not just those doing the laundry who love liquitabs – they're attractive to toddlers too – they smell, look and feel like they were invented for playtime.

So this year, the detergent industry, under the umbrella of AISE (International Association of Soaps, Detergents and Maintenance Products) developed a voluntary Product Stewardship Program (PSP) for liquid detergent capsules. This has seen the introduction of a range of improvements to the packaging of liquitabs and increased warning information on the product packs.

BLUE DOG GUIDE

We at Fife Cares want you to have the very best information and advice to keep your family safe. One issue we keep getting asked about is how safe is it to have a dog in the house with a new baby. To be honest we didn't know so we turned to an excellent online resource we have grown to trust called The Blue Dog and asked them some questions on your behalf.

Blue Dog says: "Having a dog in the family is associated with proven benefits to human health and child development. A family is a dynamic thing, and big events such as a new baby can cause many major changes in the household. This could potentially be stressful to your dog and cause anxiety that might influence his/her behaviour. It is better to anticipate potential problems and think of strategies that will make it easier for him. Once you have identified the potential hazards e.g. physical injury from bites, there are actions you can take to greatly reduce that risk".



An information sheet is available upon request from Fife Cares.

ELECTRIC BLANKET TESTING

March saw the start of Fife Community Safety Partnership's 2014 electric blanket testing project. The partners in the project - Fife Council's Protective Services; the Scottish Fire & Rescue Service; and Fife Community Safety Partnership - aim to reduce the number of house fires and resulting injuries caused by faulty electric blankets. Funding comes from the Electrical Safety First and Scottish & Southern Energy plc.

The first testing event which took place on Thursday 6th March in the Corn Exchange, Cupar was well attended with 54 electric blankets submitted for testing. Several members of Home Safety Scotland came along to see the testing being carried out in order to feed back an example of good practice to their own authorities and organisations.



From left: John Dempsey - Scottish Fire & Rescue Service; Wayne Mackay -Electrical Safety First; Jennifer Henderson - RoSPA; Abigail Boulstridge - East Dunbartonshire Council; Paul Richardson - Scottish Borders Council; David Birrell - Fife Community Safety Partnership

48% of the electric blankets tested in last year's Fife project failed safety checks. The project is open to all members of the community and there is no limit on the number of blankets tested per person. It's free, each blanket only takes a few minutes to test, but gives extra peace of mind that they will be safe when using them.

A block adaptor exchange scheme has been introduced for this year's project. If a block adaptor is used with a number of plugs, the angle and weight can increase the stress on the socket. Combined with the potential excess heat of multiple plugs, the adaptor could be a fire hazard. It's safer to use a bar adaptor on a lead, however, care should be taken to never overload the total current rating of any adaptor.

The next events in the programme are as follows:

- 4th September Cowdenbeath, Town House 10am – 1pm
- 10th September Ladybank, The Maltings 10am – 1pm
- 17th September Dunfermline, Baldridgeburn Community Centre 10am – 2pm
- 23rd September Kirkcaldy, Templehall Community Centre 10am – 2pm
- 2nd October Newburgh, Tayside Institute 10am – 1pm
- 7th October Inverkeithing, Civic Centre 10am – 1pm

Further events will then be held in community halls across Fife until November.

For further information: www.fifedirect.org.uk/electricblankets

Updates to the outcome of this year's project and details of future venues will be provided in forthcoming newsletters.

ELECTRICAL APPLIANCE SAFETY

Do you check the fuses on your electrical appliances?

The fuse in a plug is a safety device that will 'blow' if there is a fault. This cuts off the electricity, stopping the appliance from overheating and causing a fire. Always make sure all your appliances are fitted with the right fuse*.

3 AMP FUSE

lamps/bed lights
televisions/radios
electric blankets
hi-fi/dvd players
docking stations
clocks/computers
games consoles

13 AMP FUSE

refrigerators
heaters
kettles/toasters
washing machines/dryers
irons
hair straighteners

*These are guidelines only. Always check the manufacturer's instructions.

Do you unplug and switch off appliances when you're not using them?

It's important to switch off and unplug appliances such as TVs, washing machines, dishwashers, computers and chargers when you're not using them because an electrical appliance that's left plugged into the mains could cause a fire. Take extra care to switch off before you go to sleep. Some household domestic appliances, like fridges and freezers are designed to be left on, but even these can cause fires if they're defective or not used properly. Always make sure proper ventilation is in place to help stop overheating.



How much stronger than traditional laundry products are liquitabs?

BAN ON DANGEROUS CIGARETTE LIGHTERS

Children risk injury and even death from fires caused by novelty cigarette lighters and cigarette lighters which are not child resistant. For this reason the EU has extended the ban of such lighters until 11 May 2015. The aim is to protect children across the EU from the dangers that arise from the misuse of cigarette lighters. In the meantime, the relevant European standardisation organisation, CEN, is continuing to work on a suitable European standard for determining the child resistance of lighters. This standard will be based on technical parameters rather than the use of child panels which are considered to be too burdensome. A further prolongation of the ban is possible in the future if necessary. For further information:

http://ec.europa.eu/consumers/safety/prod_legis/prod_legislation_lighters_en.htm



What dose of nicotine
can be fatal in children?

NEW BLIND CORD STANDARDS

On 28 February the [British Standards Institution \(BSI\)](#) published new standards for the sale and installation of blind cords making it illegal to sell or professionally install a window blind that does not meet the standards. The new standards also cover the safety devices that can be fitted to existing blinds with cords and chains.

However, **the new standards do not apply to blinds already installed in people's homes.** They are a significant step to reducing blind cord accidents, but there is still a great deal of work to be done in raising awareness among parents – it is estimated that there are up to 200 million blinds in UK homes. **27 children in the UK have died from strangulation in the last 15 years after getting tangled in blind cords.**



TRUSTED TRADER

Fife Trusted Trader is led by Fife Council Trading Standards. It's a membership scheme which uses an online directory of local trades who have made a commitment to treat their customers fairly.

Currently in its 4th year, the Scheme has a growing membership from the home improvements, other household related services and the motor trade.

Customers who employ a Trusted Trader are asked to complete a survey form, based on their experience. Before you employ a trader, you can search at fifedirect.org.uk/trustedtrader and check their feedback from previous customers, helping you to select the right trader for your needs.



Like us at [facebook.com/fifets](https://www.facebook.com/fifets) or follow us twitter.com/@FifeTS to keep up to date about the Trusted Trader scheme and other Trading Standards related issues

CUT IT OUT EVENT HAILED A SUCCESS

Cut It Out, a road safety initiative by Fife Community Safety Partnership, held a successful event in Cupar on the evening of Friday 2nd May.

The event was held at Fluthers Car Park, Cupar and included a staged accident with real vehicles to show how all emergency services work together to save lives and encourage road safety.

Professionals from The Scottish Fire and Rescue Service, Police Scotland and The Scottish Ambulance Service talked through their involvement in the staged accident and were also on hand to give advice.

Station Manager Stephen Thomson said: "This was a successful and worthwhile event with over 200 people attending. It was also a valuable training exercise for all the partners involved and a chance to make a difference to the 11% increase in the Fire Service attending road traffic collisions. It has been welcomed by all who attended with positive feedback from several young drivers. We hope they now think about the potential consequences of using mobile phones or other distractions whilst driving".

Also on the night, there was the opportunity to use a driving simulator and a collision simulator to highlight the importance of wearing seatbelts.

Councillor Margaret Kennedy, who attended the event, said "It was a very well run evening and in my opinion really emphasized the reality of a road traffic incident in its broadest sense. All ages were in attendance; hopefully people will have had something as a take home message whether they are driving or not"



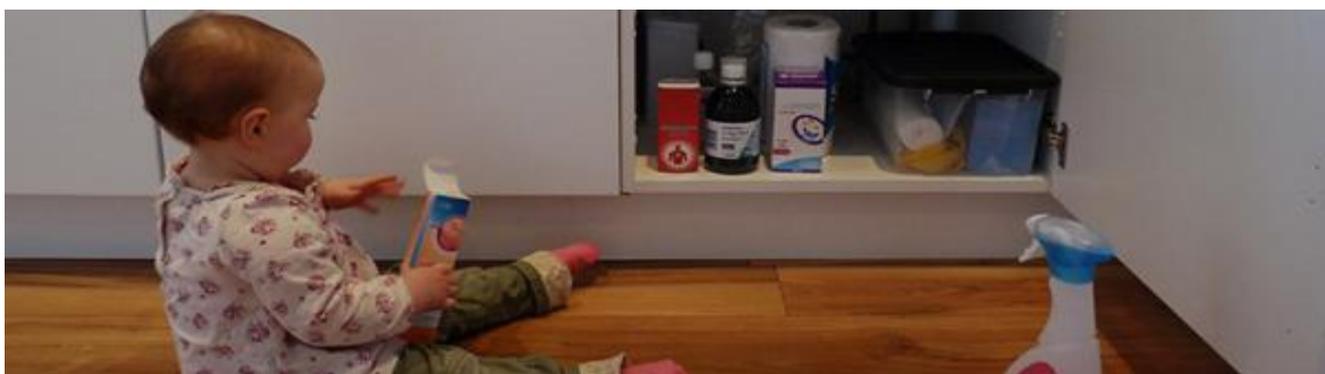
FAMILY SAFETY WEEK 24th – 28th MARCH

RoSPA's first Family Safety Week took place from 24th to 28th March sharing advice to keep you and your loved ones safe. Homes Under The Hammer star Martin Roberts launched the national week at a flagship event in Birmingham. Fife Cares issued press releases and updated their Facebook page throughout the week with the respective daily topics. Safety tips and other resources are available at the new website www.familysafetyweek.org.uk



CHILD SAFETY SCOTLAND WEBSITE

A new website www.childsafetyscotland.org.uk has been developed for parents and carers, covering safety in the home, on the road and around water. The site complements the information which will be provided to children at primary school when using the [Go Safe Scotland](#) resource. Within the site there is a [Parents' Safety Check](#) that helps parents to identify a safe environment for their children and first aid information is also available.



Updates to this website will typically take place monthly so do encourage repeat visits as there will be new scenarios in the Parents' Safety Check section along with other bits of relevant information. And if you would like your wee one (aged up to 11/12 years) to star in any pictures to help promote any safety messages let RoSPA Scotland know! Email jhenderson@rospa.com

HOW SAFE IS YOUR HOME?

Home Safety Scotland has published a new updated home safety checklist to encourage everyone to look at their own home with a more critical 'safety' eye. Accidents in the home are the biggest cause of accidental injury in Scotland.

The new checklist includes a wide range of safety issues in the home for the whole family with particular emphasis on the most vulnerable older people and children under the age of five. Paul Richardson, Chair of Home Safety Scotland said "we would all like to think our home is safe however we sometimes don't notice the everyday risks around us. By spending a little time going through the checklist room by room many of these risks can be eliminated or reduced".

To request a copy of the checklist please call David Birrell on 03451 555555 Ext 446141

Email David.Birrell@fife.gov.uk or go to <http://homesafetyscotland.org.uk/index.php/documents/home-safety-checklist/>

FIFE ELDERLY FORUM EXECUTIVE USER PANELS

User Panels are small groups of older people who have an opportunity to influence the way services are planned and provided at local level. Panel members are also asked to participate in national consultation exercises.

There are currently 8 panels spread geographically across Fife, which meet once a month. User panels are in Anstruther, Buckhaven, Cowdenbeath (West Fife) Kirkcaldy, Ladybank, Newport, Rosyth and St Andrews. These meetings are informal and members are supported by Fife Elderly Forum Executive staff.

Panel members are encouraged to discuss and share experiences of growing older and being dependent on services, identifying good practice and highlighting issues of concern.

Comments are passed on to service planners who are invited to attend future meetings to discuss the issues raised with panel members.

National and Scottish Government agencies are also invited to attend meetings, where appropriate, to consult with panel members on a wide range of topics of relevance to older people.

For further information on Fife Elderly Forum User Panels, please contact:

John McKendrick , Co-ordinator , Fife Elderly Forum Executive , Office 1 - 2 Fraser Buildings , Millie Street , Kirkcaldy KY1 2NL Tel: 01592 643743

E-mail: info@fife-elderly.org.uk www.fife-elderly.org.uk



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roadsafety.education@fife.gov.uk
03451 555555 ext 402057


Fife Community
Safety Partnership

DIARY DATES FOR 2014

15th – 21st September

Gas Safety Week

21st – 28th September

Electrical Safety Week

29th September – 3rd October

Fife Falls Awareness Week

6th – 12th October

Fire Safety Week

17th – 21st November

Carbon Monoxide Awareness Week

ABOUT FIFE CARES

Fife Cares is part of the Fife Community Safety Partnership delivering expert home safety and security advice free of charge to vulnerable residents of Fife. We provide advice to parents and guardians of children under 5 years of age and vulnerable adults as our most at risk community groups. We can conduct home safety visits and, with the help of our partners in Police Scotland, we can provide home security visits. Our advice is always relevant and up to date, based on the best we can get from RoSPA - Scotland, The Scottish Fire and Rescue Service and Police Scotland.

HOW TO CONTACT US

To apply for a Fife Cares Home Safety or Security check, you can either phone the contact centre on 01383 441177 or follow the following procedure and do it online:

Log on to www.fifedirect.org.uk

Press **Do it online** tab at the top of the home page.

Press **Request** button

In the **Request It** box click **Fife Cares Visit – Request Form**

Press **Go to form**, select visit type

and follow the form entering the necessary details from there.

For Road Safety information or advice on child car seats, please contact Gillian Kelly, Road Safety Organiser on **03451 555555 ext. 402057** or email roadsafety.education@fife.gov.uk

Anyone can arrange a free home fire safety visit by calling the Scottish Fire & Rescue Service Free phone number **0800 0731 999** or by contacting their local fire station.

RESOURCES/ADDITIONAL INFORMATION

[Child Accident Prevention Trust](#)

[Child Safety Scotland](#)

[Royal Society for the Prevention of Accidents](#)

[Scottish Burned Children's Club](#)

Quick Quiz Answers

- 27 Children have died from strangulation of a blind cord in the last 15 years.
- 40mg i.e. less than 2ml of some strength of liquid refills can be fatal to children.
- Liquitabs can be up to 5x stronger than traditional laundry tabs.
- The EU extended the ban on novelty cigarette lighters until 11 May 2015.

FACEBOOK AND TWITTER

For more information on all aspects of Community Safety please like our Facebook page:

 www.facebook.com/fifecommunitysafety

or follow us on twitter:

 www.twitter.com/safeinfife