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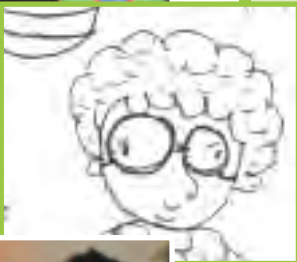
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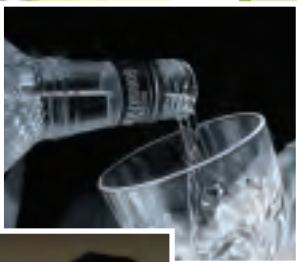
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The drama of school travel

A dramatic theatre production returned to Lancashire as part of a scheme encouraging more children to walk and cycle to school.

During October, 21 schools across the county experienced a performance of Car Story, an interactive drama which brings safety and sustainability messages dramatically to life.

This lively production, performed by London based theatre group Box Clever, was touring this autumn thanks to Lancashire County Council's school travel plan team, who have funded and organised the programme.

The production is a fun and interactive way of encouraging children to question how they travel to school and looks at the plus points of sustainable travel options, such as walking, cycling and using public transport.

Dorothy Crane, from the school travel plan team, said: "We are pleased to be welcoming Car Story back to

Lancashire. When we previously held these theatre events, they proved to be very successful and popular with pupils.

"Live theatre in schools can help us to put across important messages in a really exciting and dynamic way. In Car Story, children are encouraged to think about the benefits of walking and cycling to school as an alternative to being brought by car.

"The performance is designed to complement the work of school travel plans, which many schools have already put in place. Developing a school travel plan helps pupils to consider how journeys to and from school can be made safer and more sustainable. Government targets suggest that by 2010, all schools should have their own travel plan."

Car Story is set in a busy house in a typical English town. It is a weekday morning and Dad is late for work.

Polly is also late for school because she is waiting for her Dad who is still in his pyjamas! On their journey to school Dad is introduced to road safety, to alternative transport and even manages to fall in love. It turns out to

be a journey which changes his life forever.

The production is aimed at junior school-aged children and lasts approximately 40 minutes, followed by a 30 minute workshop for a selection of the older children.

Jenny is RoSPA's new risk adviser



Jenny McWhirter joined RoSPA in September 2006 as risk education adviser after a long association with RoSPA's safety education committee. Jenny has experience in research with young people about health issues. This includes several studies for RoSPA on children's understanding of risk.

Prior to joining RoSPA Jenny was head of Education and prevention at Drug-Scope. She also ran the MSc in Health Education with Health Promotion at the University of Southampton. Jenny's new role at RoSPA is to raise the profile of risk education by influencing policy makers and practitioners. Her first task has been to meet and introduce herself to key stakeholders and committee members.

"In the long term I want to see teachers and youth workers being more comfortable with the concept of risk, and able to teach it more confidently. This means influencing a wide range of policy makers, including the Department for Education and Skills (DfES), Department of Health, Ofsted the Qualification and Curriculum Authority (QCA) and the Teacher Development Agency," she says.

Jenny is working part time for RoSPA so the best way to contact her is via e-mail: jmcwhirter@rospa.com



London roads safer

London's roads have become safer for children according to figures released by Transport for London.

The number of children killed and seriously injured on London's roads has fallen from an average of 935 a year in the mid/late 1990s to 355 in 2005, a 62 per cent reduction.

The Government set a target of reducing the number of people killed or seriously injured by 40 per cent compared with the 1994-98 average by 2010, with a 50 per cent target for children. The Mayor of London recently increased the target in London to 50 per cent for KSIs and 60 per cent for child KSIs, which has already been met four years early.

| New guide for employers

As part of European Health and Safety Week in October, EEF, the manufacturers' organisation, the Department for Education and Skills, and Caterpillar launched a new guide for employers who host site visits for schools and other educational establishments.

The guide, available to all employers at www.safevisits.org.uk, sets out the practical information needed to run site visits safely. It also offers printable check-lists to help with the planning process.

Site visits are beneficial to both companies and to students. Employers can identify and sponsor young talent and be role models for students, while young people get a more hands-on approach to learning and gain insights into industry which cannot be learned in the classroom. However, evidence suggests that some companies are put off because of health and safety requirements, an issue the guide is designed to overcome in a practical manner.

EEF health and safety adviser Louise Ward said: "Health and safety should not be a barrier to educational visits in the majority of sectors. Our website is designed to guide companies through a planning and risk management process which will help to ensure that both employers and students benefit from engagement"

Further information on European Health and Safety Week is available at www.hse.gov.uk/campaigns/euroweek/index.htm.

| Cycling winners in Gwent

This year's Gwent Safe Cycling Championship final in Cwmbran was again a great success.

Seventy one children from all over Gwent, who had all earned the right to take part by winning regional competitions. The Mayors or Chairmen of the five participating au-

thorities as well as parents and supporters were watching.

The overall winning school team was The Bryn School, Pontllanfraith, whose team

comprised of Liam White, Emma Hughes, Alice Shaw and Sophie Shaw. Cllr Allen Williams, the deputy Mayor of Caerphilly, presented the team trophy.



| Fund raising walk next May

Every primary school and special needs school in the UK is being asked to adopt a healthy fund raising idea tried out in hundreds of schools this year.

Organisers of Walk2Live say some 24,000 schools and 350,000 children are expected to sign up for the walk-in next May - after raising £100,000 this year in a full-scale trial run.

The schools will do a walk

all at the same time, with the aim of getting in the record books, while raising £2 million for their schools and good causes.

This year many schools raised up to £2,000 each, to put towards projects such as IT rooms, help for old folks homes and donations to national charities.

Each school taking part in Walk2Live pays just £10 registration to help towards admin-

istration, with details on www.walk2live.org.

Author Geoff Blore, who is behind the huge operation, said schools which took part in the full-size operation this year enjoyed a fun day of healthy walking, while providing funds for new facilities at their schools and much-needed cash for a huge number of charities.

He said: "While all schools should be fully funded by the Government the reality is that they do not have the money for some of today's essentials, such as IT rooms, extra library books and additional playground equipment."

Walk2Live is promoting a healthy lifestyle through the simple, life-giving act of walking, while raising money for vital equipment for schools and charities.

More details of the huge walk-in are on the website at www.walk2live.org.



‘Mummy, belt us in, it’s the law!’

The children of Sissinghurst Primary School near Cranbrook showed their support for new child seat laws by holding a mini demonstration in their playground.

Under the new law, every child under 135cm is legally required to use an appropriate child seat or booster cushion for their age and height.

The demonstration was organised by Kent County Council’s road safety team to promote the correct use of seatbelts and child car seat restraints. The children wore matching t-shirts and marched around the playground while chanting “Belt us in, it’s the law!”, stomping their feet and waving placards with messages such as “Mummy, I’m no crash test dummy.”

KCC is distributing more

than 100,000 child height charts to primary schools around the county. The chart includes vital information on the new law that answers any questions parents and guardians may have about the change in legislation. Large posters explaining the new regulations are also being displayed at the gates of primary schools around the county.

Kent County Council lead member for highways, Roger

Manning, explained why the change in law will help protect children. “Too many parents are risking the safety of their children by using incorrect child restraints or – in some cases – none at all. Some may feel that they are in too much of a rush to ensure their children are properly restrained, or are concerned at the expense of installing correct child seat. A minute or two spent making sure children are securely

strapped in can save a lifetime of agony.”

“This is not just a matter of informing and enforcing a new piece of Government legislation,” Mr Manning continued, “but making every parent aware of the dangers of not using the correct child safety seat for their child. Even on the shortest of trips, by not restraining your child with the correct seat restraint, you are putting their life at risk.”

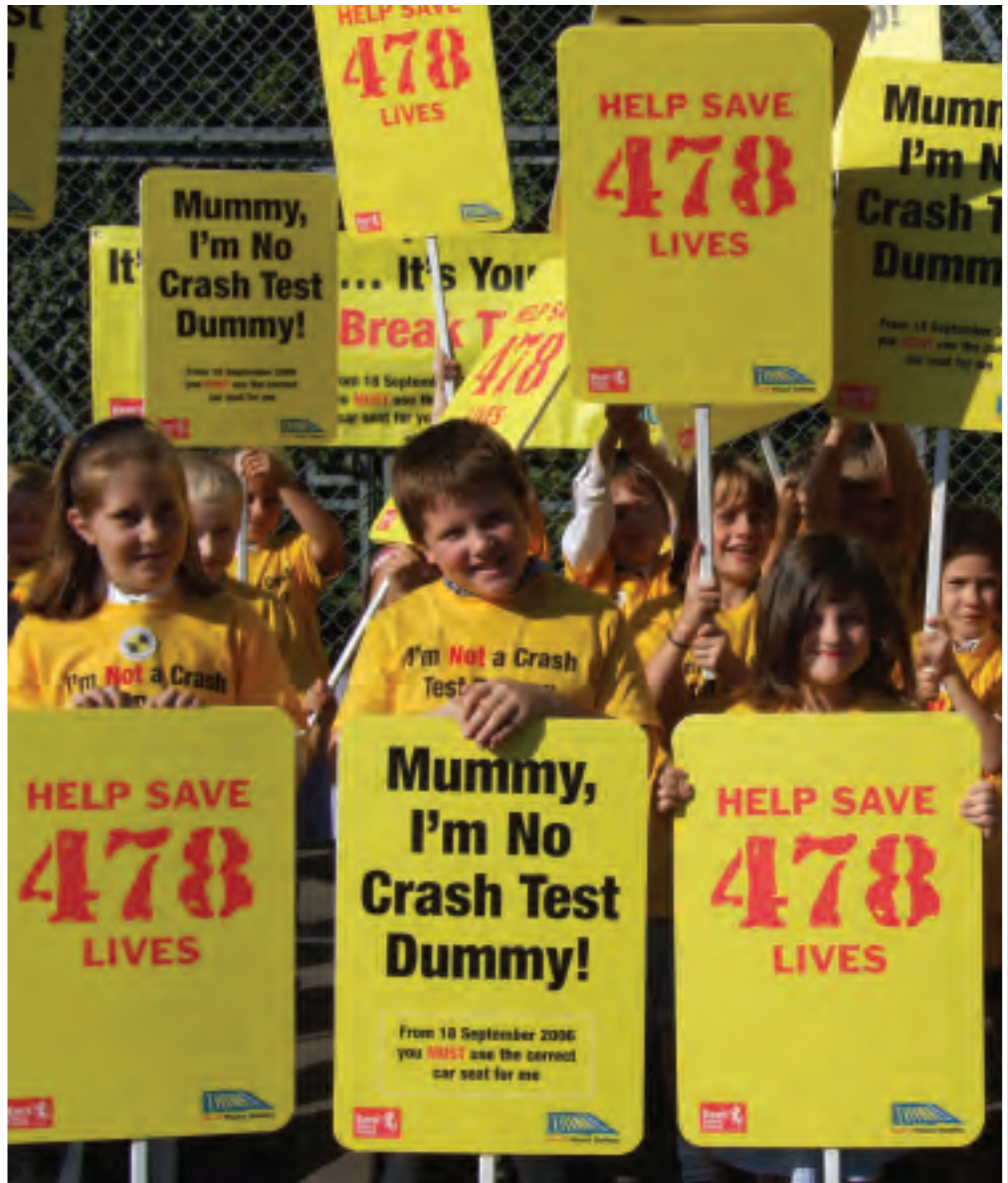
Korea visits RoSPA

Safety campaigners in South Korea are forging links with RoSPA in a bid to reduce accidents throughout their country.

A delegation from the Korean Association for Safe Communities spent three days on a fact-finding mission at the Royal Society for the Prevention of Accidents’ Birmingham base.

They were particularly keen to hear how RoSPA sets standards for play safety in the UK and abroad.

Errol Taylor, RoSPA’s Deputy Chief Executive, said “The delegation was impressed by our innovative approach to play safety – ‘play areas should be as safe as necessary, not as safe as possible’ – and by our awards scheme to recognise the play operators who provide real value and service.



Notts fashion show

School children from Jesse Gray Primary School in Nottinghamshire teamed up with Nottinghamshire County Council and BrightKidz to put on a fashion show and demonstrate the ways children can 'Be Safe and Seen' in fluorescent and reflective clothing.

The aim was to highlight that children are vulnerable if they do not dress safely and remind young people about the importance of wearing

The aim was to highlight that children are vulnerable if they do not dress safely

bright clothes in the day and reflective clothes at night. It also aimed to help children see the fun and stylish ways of being safe and seen.

Liz Rickards, principal officer for road and community safety with Nottinghamshire County Council said, "As the clocks go back and the nights get darker, it's easy to forget that car drivers find it much harder to see you when you're out and about. No matter what age you are, being safe on the roads is really important - so make sure that you 'think' before going near roads at all times. I would also encourage drivers to ensure that they use their lights when it's dark or when the weather is poor so that other road users can see them"



More cats' eyes for kids

Nationwide Building Society has announced it is to extend its child road safety campaign to 2010. The society will distribute one million pedestrian safety reflectors, known as "Cats' Eyes", per year to every new intake of Year One primary school children in the country.

As the clocks went back in October, millions of school children across the UK began making their journeys home from school in much darker conditions. With Nationwide's pledge to

extend the Cats' Eyes for Kids campaign to 2010 it is hoped the programme's outstanding success will continue and so help to keep children safer in the dark winter months.

Nationwide's campaign, **Nationwide's campaign involved distributing more than 11 million reflectors**

which has run since 2001 and involved distributing more than 11 million reflectors, supports the Government's objective of reducing child road casualties. A recent Government announcement revealed that the number of child pedestrians killed or seriously injured in road acci-

dents in 2005 fell by 49 per cent when compared to the baseline average 1994-1998.

This means that the Government has nearly achieved its target, announced in the year 2000, of reducing the number of children killed or seriously injured on the roads by 50 per cent by the year 2010 (when compared to the baseline average).

To help increase children's awareness and understanding of the importance of road safety, Nationwide has also produced curriculum-linked road safety worksheets which are available via <http://www.nationwide.co.uk> together with links to other useful road safety websites.

RoSPA's updated site

www.youngworker.co.uk

A website promoting the safety of young workers has been revamped. RoSPA's updated site – www.youngworker.co.uk – provides a useful online resource for employers (particularly those with fewer than 200 employees), work experience organisers and young people aged 14-25 who are involved in work experience or starting work for the first time. Other people interested in the health, safety and welfare of young people, including parents and guardians, might also find the site helpful.

New content includes regularly updated links to young worker case studies, a facility enabling young people to submit their work experience stories, links to RoSPA products and resources related to work experience, and a tool enabling work experience organisers to test their skills and knowledge.

Safe Start – the European Week for Safety and Health at Work, run by the European Agency for Safety and Health at Work in October) – was ded-

icated to the occupational wellbeing of young people.

Figures published in Hazards magazine in August showed that more than 4,000 16-24-year-olds are seriously injured at work every year, 12 are killed and 15,000 are injured badly enough to be forced off work for more than three days.

Roger Bibbings, RoSPA occupational safety adviser, said: "Accidents are a major cause of death and injury to our population and the greatest single threat to life for children and young people. A lack of experience together with risk-taking behaviour, especially during the teenage and young

adult years, can be a lethal combination - particularly when they occur in the environments of road or workplace.

"Figures show that a young worker, aged between 16 and 24, is seriously injured every 40 minutes in the UK and one young person is killed at work each month. We hope our new look website will help cut these tragedies by increasing interest in health and safety among the young and providing a valuable resource for employers."

Supervisors have a key role

to play in establishing safe working practices among their young workers and RoSPA runs a training course for those responsible for managing young people at work. The Society also offers organisation-specific risk awareness courses for young workers themselves and consultancy services. Young-worker safety will also be taken into consideration as part of the 2007 RoSPA Occupational Health and Safety Awards.

Visit www.hse.gov.uk/campaigns/euroweek for more information on Safe Start.



ENA education pages

www.energynetworks.org

Energy Networks Association, the industry body for the electricity and gas transmission and distribution companies, has launched the first of its online educational resources. ENA is working closely with teachers to ensure the resources meet the requirements of teachers in delivering the National Curriculum.

The first stage of the project has been to produce web pages providing resources for infant school children, who are at Key Stage 1 and 2 of the National Curriculum.

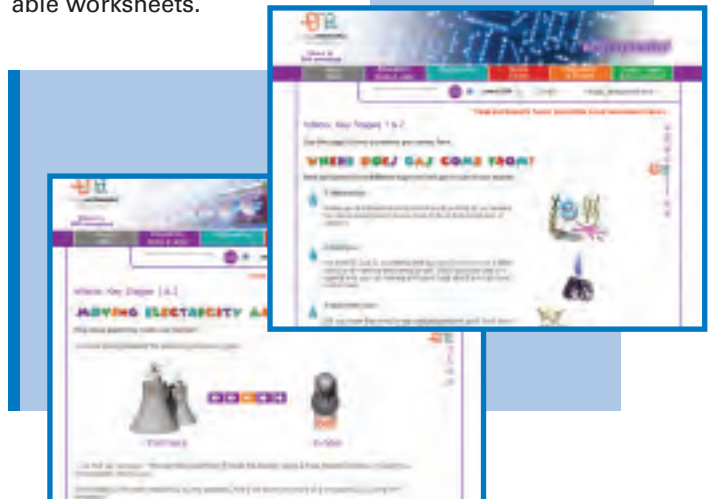
Future plans include providing resources for each stage of the National Curriculum and beyond with the aim of encouraging people to

enter the energy industry as a career. The pages also carry important safety messages from the very beginning.

"Gas and Electricity need to be treated with respect and if we can teach youngsters from an early age about the dangers as well as the advantages, then hopefully as they grow up we will see less accidents"; said Peter Coyle the ENA's safety health and environment manager.

Visit the new ENA education pages at: <http://www.energynetworks.org/spring/education/ed01.asp> and give your views and suggestions, via the feedback form. The next stage of the project will see the addition of resources

for Key stages 3 and 4. Each section contains online activities for pupils and downloadable worksheets.



Fire safety awareness

www.infoscotland.com/blazeaware

A new website aimed at raising children's awareness of fire safety precautions has been launched.

The Blaze Aware website - part of the Scottish Executive's Don't Give Fire a Home website - has been developed to support the Scottish Fire and Rescue Services' community education programmes.

The site includes a 'hazard house' game, which asks children to work against the clock to identify safety hazards within three rooms of a house - the bedroom, living room and kitchen. Children who identify all the hazards are rewarded with a 'virtual token'. As they progress through the site further tokens can be collected and printed off in the form of a certificate.

Launching the website at the Royal High Primary School in Edinburgh, where pupils have successfully tested the site, Deputy Justice Minister Hugh Henry said "Too many lives are lost each year because of fires in the home, many of which could have been avoided. In 2004 alone five children were killed and 176 injured in fires in Scotland. That is why we are determined to ensure every child has access to common sense advice on how to stay safe.

"The Blaze Aware website is designed to be a fun, creative and interactive way of getting the message across. Children have an important role to play in keeping their homes and families safe, whether by unplugging video games, appreciating the dangers of matches or simply by pestering adults to check smoke alarms.



"There's also valuable advice on what to do in the event of a fire, what to do if your clothes catch fire and simple rules of fire safety which are easy to learn.

"The website will also help young people to grow into responsible citizens by raising awareness of the consequences of hoax calls and tampering with fire hydrants.

"Lothian and Borders Fire Service have made a valuable input to the development of this resource and I hope that fire services across Scotland, parents, teachers and young people will all find it a useful tool in reducing fire deaths and injuries across the country."

Ken Harrold, convenor of the Lothian and Borders Fire

Board said "We are delighted to have participated in the development of this website. It is exciting that we have yet another educational resource to share with teachers, parents and young people."

The Blaze Aware website is part of the Executive's Don't Give Fire a Home website, created to help address Scotland's poor fire safety record.

The site cost £36,000 to develop and has been designed to help support existing school education programmes and community youth work.

Lothian and Borders, recognised as leaders in the provision of fire safety advice in schools, provided advice throughout the design process.

The website is divided into three parts: one part for four to seven year-old, one part for eight years and upwards and a section providing resources for parents, teachers and volunteers.

Visit <http://www.infoscotland.com/blazeaware>

It's a bit risky is this!

Since joining RoSPA as the new risk education adviser I have been told that professionals working with children and young people are increasingly risk averse – sometimes out of concern for children's safety or fear of litigation or sometimes out of a misunderstanding of measures to regulate and control risk

Yet many professionals I meet are also concerned that by trying to reduce or eliminate risk from children's lives we are preventing them from learning their physical and emotional limits, even in everyday situations. This, they say, increases the chance of accidents when young people find themselves in new and unfamiliar situations.

In 1992 I wrote an article for Safety Education about how children of primary school age understand 'keeping safe'. The article was inspired by ground-breaking work pioneered by Noreen Wetton and Trefor Williams at Southampton University using the 'draw and write technique'. Not long after I wrote that article I embarked on a series of studies using the draw and write technique to explore how children and young people develop their understanding of risk.

There are many academic articles about how the public understands risk differently to technicians and statisticians. Developmental psychologists and sociologists have also examined how children and young people perceive risk.

However, most of this work begins where the relevant expert is – sometimes with a list of hazards known to cause harm to young people such as roads and drugs, or with an expert understanding of probability. These 'deficit' models seek to explain why children have an imperfect

We live in a 'risk society'. Risk is everywhere and the implication is that risk should be avoided wherever and whenever possible, says Jenny McWhirter



view of the world and are therefore more vulnerable.

The draw and write technique starts where the children and young people are. It asks what risk means to them and how they would manage the risk in that situation. As well as revealing a different aspect of risk from a child's eye, it also provides a place for teachers and health professionals to start to plan how to develop relevant, interesting and appropriate lessons for the young people in their care.

How it works

Explain to the groups that you are going to ask them to draw and write about something which different people describe in different ways. Ask them not to share their ideas with each other to begin with, so that you can all see how many different ways there are to think about this. Tell them they are going to draw and write about what risk means to them.

Ask them to draw someone their own age doing something risky. (It can be a stick person). Do not clarify what risky means, tell them to draw what they think it means or write 'I don't know'.

Ask them to write, under the picture, what is happening in the picture.

Ask them to write what makes this risky.

Finally ask them to return to their drawing and draw them selves in the scene. What would they be doing or saying to help?

The first thing we learn from this research is that young people (and many adults!) equate risk with danger. They demonstrate this with drawings of people their own age teetering on the edge of high buildings, on

highly probable. Other hazards are associated with less severe consequences and a lower probability of harm and are at the opposite end of that continuum. These risks are sometimes depicted in examples of 'misbehaviour' – such



cliff edges, falling from aeroplanes or tightropes and bungee jumping. When asked what makes it risky some children write: "It's risky because it is dangerous."

Danger is one end of a continuum of risk, where the consequence is both severe and

as taking another biscuit when mum has told you not to. The consequence from the child's point of view is of being told off (perhaps not very likely, or not too severe and so a risk worth taking). Of course the mother may perceive the risks rather differently



and may be more concerned with preventing her child from becoming overweight, or not having enough to last until the next shopping trip.



Some young people combine hazards with other behaviours, so smoking cannabis can be seen both as a risk to health and as misbehaviour, where the harm comes from getting caught.

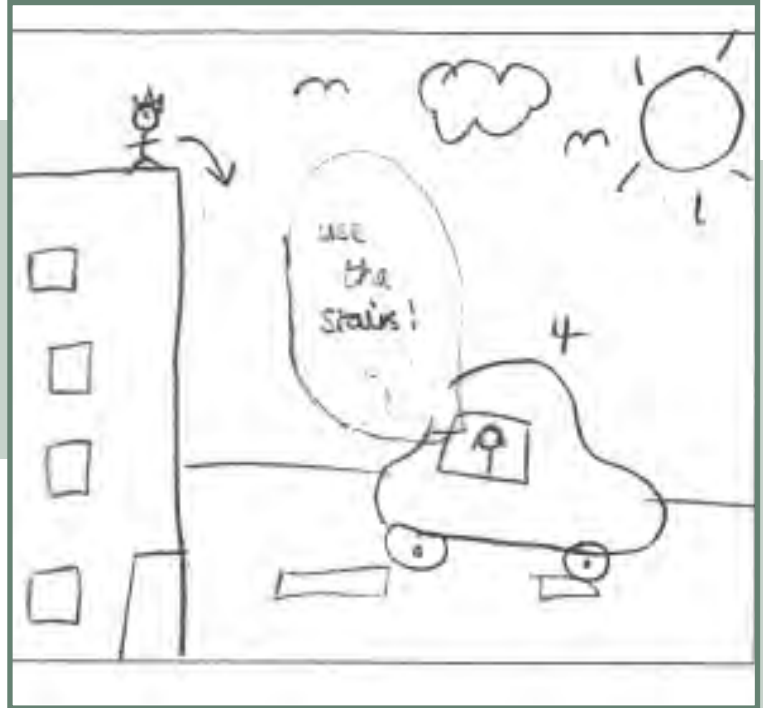
The research, now carried out with thousands of children and young people reveals

patterns in the hazards they identify and the approaches to managing the risk.

For example, the frequency with which road hazards appear in the samples vary with age, peaking among 9-13 year olds and again at age 16-18. The context differs though – while the younger group depict cycle and pedestrian accidents, the older group depict themselves as drivers or passengers in cars, often in situations where the driver has been drinking alcohol.

Boys more often depict scenes where the risk taking is deliberate, such as playing “chicken” by running across a busy road. Girls are more likely to perceive consequences for other road users and the friends and families of road accident victims than boys at the same age.

Of most concern to teachers and safety professionals whose pupils have taken part in this research is the lack of awareness of how to manage or control risks in unfamiliar situations. Children are able to give good advice to the person in their picture about crossing the road safely or riding bicycles in the dark, but they are on more shaky ground when knowing what to do if a friend is drunk, on



drugs or committing a crime.

In a survey of 6,000 11-18 year olds in Essex schools only two young people would have involved an adult. This is

Many professionals I meet are also concerned that by trying to reduce or eliminate risk from children’s lives we are preventing them from learning their physical and emotional limits, even in everyday situations

health education, not just in injury prevention. This research technique, used a classroom activity can help teachers start where their pupils are in their understanding of risk, challenge and build on that understanding and help them to see how, by recognising their personal response to risk, they can help to keep themselves and others safe –

perhaps the most worrying finding of all. Why are children and young people unlikely to call on adult help and support when they or their friends are at risk? Is the fear of being told off so great, or are they simply unaware of the services and support available to them?

Risk is a concept which underpins so much of the work done in personal, social and

while having fun and learning from their experience.

As RoSPA’s new risk education adviser I hope to be able to persuade policy makers and practitioners that risk is a concept which can be taught and can add value to existing good practice in PSHE.

CLASSROOM ACTIVITY TO HELP YOUNG PEOPLE UNDERSTAND THE CONCEPT OF RISK

Key Stages 2-4

Carry out the draw and write activity with your pupils. Invite them to share some of the hazards they have identified (high places, misbehaviour, roads, alcohol, illegal drugs, fireworks, railway crossings). Write each one of these on a separate sheet of A4 paper, so that it can be read from the back of the room, and add a few of your own. These could be inspired by a particular issue you want to raise, or an activity you are planning for them.

The following examples might be appropriate for pupils in Key Stage 4:

- Leaving a drink unattended at a party
- Canoeing
- Chatting to someone on the internet

Include at least one activity where the sense of danger (and thrill!) is high, but the risks are carefully controlled, such as a roller coaster ride.

Now invite individual pupils to select one of the hazards and stand on an imaginary line at the front of the class, where high risk (severe consequences, highly probable) is at one end and low risk (least severe consequences, low probability) at the other end.

Ask them to hold their 'hazard' sheets so others can see them.

When they are in position ask the rest of the class if they agree. If anyone disagrees, ask them to take that hazard and change places.

Do this a few times so that it is clear that different people see risk differently. Are there any examples where most people agree?

Now invite the pupils to get into groups to discuss some of the more risky activities. What steps would they take to manage or control the risk, so that the probability of harm is reduced – and the possibility of benefits is increased? Encourage them to identify sources of adult help and support where appropriate.

Invite them to reflect on what they have learned about risk by doing this activity?

Ask them to imagine that they have a risk thermostat which experience has set for them.

Where is their personal risk thermostat set?

Do they like to take risks, or do they prefer not to take risks?



Youngsters defy the critics

Within a week of British youths being described as the worst in Europe, Humberside youngsters have defied the critics!

At the Lifestyle Awards ceremony held at the Hull City Hall in November, a team of six 11 and 12 year old children called 'The Healing Pool Savers' were crowned Champions of Lifestyle 2006. The panel of judges included sponsors BP and leading safety solutions provider, Arco.

The winning team scooped a holiday of a lifetime to Disneyland Florida for their stunning project: the restoration of the outdoor swimming pool at Healing Primary School, Grimsby.

The Lifestyle Project, organised by Humberside Police throughout the school summer holidays each year, is open to young people aged between 10 and 18, who live in the vicinity of or attend school in the Humberside police area. The project is designed to forge relationships between children, their communities and the local police.

Last summer, around 1,400 teams entered the competition, choosing a variety of projects to undertake throughout the summer. At the end of the school holidays, just six finalist teams of up to five 10-18 year olds were short-listed. The five runner-up teams each won a fabulous Adventure holiday to France including a day at Disneyland Paris. Brough Primary School also scooped the Lifestyle Top School of the year Award, winning £2,000 worth of computer equipment, courtesy of Azzurri Communications.

Chief Constable of Humberside Police, Tim Hollis said, "Young people get a pretty bad time from the media these days. In my experience, the majority are perfectly normal kids growing up in a challenging world. Our Lifestyle project is testa-



ment to the fact that, given the right encouragement and support, many of them actively seek to make a contribution to their local community.

"We have illustrated the superb work undertaken by teams to improve do just that across Humberside and I'm proud of the role played by Humberside Police in making Lifestyle happen. This year alone more than 5,000 young people took part in Lifestyle, working thousands of hours to help others. I want to offer my personal congratulations to everyone involved."

One of the judges, Paul Lyons from Arco, said, "I was exceptionally impressed with all of the Lifestyle finalists and would like to congratulate the winners, Healing Pool Savers. The way in which they managed their project was superb.

"Each individual took personal responsibility for specific areas of work. This, combined with the sheer scale of the task, the fact that everyone said it would be impossible and the resultant benefit to the community made the Healing Pool Savers very worthy winners indeed. Well done to the whole team. All of that hard work was worth it!"

Lisa Whitton, Lifestyle proj-

ect coordinator at Humberside Police, added, "This highly successful initiative has only been able to go from strength to strength due to the support of local businesses. Arco is a much-valued long term supporter of the Humberside Police Lifestyle Project, sponsoring the Lifestyle Awards Ceremony, which recognises and rewards the thousands of young people throughout the Humber region who take part in the project annually. Many hours are spent on work to improve local communities and important life skills are learnt by all those participating during the long summer holidays."

Arco also strongly supports the Humberside Police Lifestyle Rock Challenge which encourages secondary school students to achieve a natural drug-free high through performance. Due to their success in the Lifestyle Rock Challenge. Students of Matthew Humberstone School in Cleethorpes, provided the entertainment at the Lifestyle Awards.

The pool renovated by Healing Pool Savers had been closed for more than two years and was in a very sorry state with stagnant water and vandalised chang-

ing rooms. The team decided they wanted to re-open the pool and enthusiastically set about gaining permission for the project to go ahead and enlisted the help of everyone - local businesses, family and friends to completely renovate and then re-open the swimming pool.

Jobs undertaken included installing hot running water in the changing rooms, and decorating them inside and out. The team also repaired and repainted the exterior fencing around the pool and created a lovely garden area. The local fire brigade even helped by pumping out the smelly water from the pool!

No job was too daunting for the team as an official Health and Safety report highlighted many areas of concern regarding the pool, the team saw this as an opportunity to use their powers of persuasion to encourage electricians, plumbers and even the original pool makers to donate their services to help them undertake the many tasks required.

Thanks to the efforts of The Healing Pool Savers, the pool is now open once more enabling hundreds of local students to learn to swim for many years to come.

Emotional health is focus for the Samaritans

Samaritans has launched its DEAL (Developing Emotional Awareness and Learning) programme for schools, to improve the emotional health of young people across the UK and Ireland.

It's targeted at teens to equip them with the emotional skills they need to cope with the "knocks" today's society throws their way.

DEAL goes to every secondary school, to be used as part of a whole school approach to emotional health and wellbeing. It builds on extensive work Samaritans has done before with schools and will actively promote the emotional wellbeing of young people, raise awareness of emotional health, promote positive ways of coping and challenge the stigma around asking for help.

The group Sugababes showed their support for DEAL by taking part in a Samaritans photoshoot to back the launch.

Talking about emotional health in schools, Sugababes newest recruit Amelle Berrabah said: "Teachers should keep an eye out for any change in a kid's behaviour and make themselves available for their students to talk to. They should also encourage kids to write things down if they find it too hard to talk about their problems out loud."

Keisha Buchanan said: "Always accentuate the good things about yourself and don't hide behind your insecurities. Be happy in yourself. If you need to talk to somebody don't be scared. Speak out, don't bottle things up."

Heidi Range said: "You should be judged on the way you are as a person not for

how you look. People who judge you otherwise are just insecure themselves."

"Kids shouldn't feel it's stupid to ask for help and worry that they will be bullied if anybody finds out they have. Whoever they speak to should be approachable and able to listen confidentially to anything that's bothering them, without fear of being judged."

Fiona Feehan, national co-

ordinator of the National Healthy Schools Programme for England said: "The NHSS has emotional health and well-being as one of its four core themes. We place great importance on a healthy school being one which also caters for the emotional health and well-being of its pupils and staff. This includes information and awareness-raising alongside clear referral pathways and systems of support."



Danny McNamara, lead singer of Embrace, supports Samaritans' launch of DEAL for schools and features in DEAL's DVD talking about emotional problems he had when he was younger. Danny tells how he turned

to Samaritans for support and adds: "Everyone puts on a brave face when they have problems. Young people find it harder than anyone to ask for help – they're usually the last ones to ask for help when they need it."

The UK alone has 7.2 million children of school age and DEAL is being announced at a time when:-

- One in five children has psychological problems

home from London schools for violent behaviour

- Seventy five per cent of children with "conduct disorder" problems when aged 10 still have them when aged 15 years old
- Fifty per cent of children with emotional problems when aged 10 still have them when aged 15 years old
- Emotional health promotion should not rely on information alone but should involve the development of student skills and behaviours that are reinforced in the wider community
- Emotional and social competence has been shown to be more influential than cognitive abilities for personal, career and scholastic success. Working in this area can improve educational and life chances

The DEAL resource pack includes:

- An introduction to emotional health for schools
 - Activities for staff
 - A DVD with separate sections for staff and pupils
 - Cross curricular lesson plans
 - A series of fact sheets
- Development coordinator with Samaritans, Tonja Schmidt, who leads on DEAL, said: "All schools have a responsibility to promote the emotional health of their students yet 63 per cent of teachers say they do not feel confident delivering this subject in the classroom. DEAL has been shown to improve teacher confidence, which helps them to create a more emotionally healthy school environment."
- Research by Professor Keith Hawton, director of the
- One in 10 children has a clinically diagnosable mental disorder
 - More than 60 per cent of teenage boys don't know what to do when someone becomes emotional towards them
 - More than 40 per cent of girls also don't know how to react to someone who's upset
 - More than half of teenagers don't know how to express their feelings – they can only stick to the facts when they talk about their problems
 - Ten per cent of teenagers (15-16 year olds) have self-harmed
 - A record 60 children a day are suspended or sent

ritans

University of Oxford centre for suicide research, for Samaritans, showed the most common reason for young people self-harming was relieving a 'terrible state of mind'.

The study also found that more than 40 per cent of young people looked for a friend's help before harming themselves. Following these findings, Samaritans set about developing the DEAL pack as a way of encouraging young people to develop more constructive coping strategies and ensuring their peers are better equipped to support them through difficult times.

This is an excellent example of a robust academic study leading directly to a resource valuable to people in everyday life.

Emotional health-related skills are important to all parts of life. DEAL lessons can be taught as part of a range of subjects, including English literature, citizenship, drama, and geography. The resources help students understand "emotional health" as it relates to them, their friends, family and peers. The lessons also help students identify coping strategies for stressful or difficult situations they may face, and to differentiate between positive and negative coping strategies.

A key part of coping skills learning is to understand why it's difficult to use positive coping strategies, such as the stigma which can prevent people from being open about their problems with their friends and family, or the weakness often felt by young people when their friends come to them with difficulties.



By exploring the barriers to asking for help, students learn to be more supportive of each other, as well as how to handle difficult situations in the best way themselves.

More than 1,000 students from 10 schools have taken part in the testing of the DEAL programme, which covers subjects across emotional health,

listening skills, stress, bullying, self-harm, depression and suicide.

Volunteers at the 202 Samaritans branches around the UK and Ireland will also become familiar with DEAL and they will continue to take an active role in their local schools. Volunteers can also deliver DEAL with teachers and Samaritans branches will continue to have an ongoing role with their local schools as Samaritans' work in schools with the DEAL programme will develop and grow. The programme is sustainable and will help improve the emotional health of children well into the future.

DEAL includes exercises for promoting emotional health in other curriculum areas, such as citizenship, English and physical education. DEAL's whole school approach, involving all members of the school community, creates an emotionally healthy culture – this places DEAL firmly in line with exist-

learning and support at Langley Park Girls School, said: "This is an important issue which needs to be constantly revisited. Anything which helps with that is tremendously useful. We are not specialists and these are real issues. Having lots of easy materials to use - it's great."

The development of the DEAL project was supported by a group consisting of 65 people from more than 35 different organisations, including Samaritans' volunteers and professionals from education, health and other voluntary sector organisations.

Some of the teaching resources were also developed in partnership with Samaritans' volunteers and other organisations such as Childline and Connexions.

Details of DEAL can be found on Samaritans website at www.samaritans.org/deal where you can also hear the development co-ordinator with Samaritans, Tonja Schmidt, explaining the programme – and Danny McNamara talking about problems he faced in younger life and turning to Samaritans for support.

Fifty per cent of children with emotional problems when aged 10 still have them when aged 15 years old

ing initiatives such as Every Child Matters Outcomes Framework, National Healthy Schools Scheme and Standard 1 of the National Service for Mental Health.

Royal and Sun Alliance donated £325,000 over three years to pay for the development of DEAL. The company also provided expertise and use of its facilities.

Feedback from both school staff and students on DEAL has been positive and students taking part in the programme showed an improvement in their understanding and attitude towards emotional health.

Fran Long, head of personal

No to superheroes

Alcohol makes you feel invincible when you are most vulnerable says a hard-hitting new campaign which will urge young people to know their limits when they have a drink.

The new alcohol ad campaign will illustrate a series of different scenarios where young people, thinking they are "superheroes" while drunk, take risks with their health and safety, for example, falling off high scaffolding, walking home alone, running into a busy road, getting into fights and coming to serious harm.

The joint Department of Health and the Home Office campaign primarily aims to encourage 18 to 24 year olds to drink responsibly and be aware of the possible serious consequences of drinking to excess.

However, the campaign is also designed to appeal to a slightly younger age group, which research suggests may already be drinking illegally. It is hoped it may be possible to influence their future drinking habits if messages are targeted to them earlier.

Latest figures show that:

- Seventy per cent of peak time A & E admissions are alcohol related
- One in three reported rapes happens when the victim has been drinking
- Around half of all violent crime is alcohol related
- Figures show that for 16 to 24 year olds in England, 33 per cent of men drank more than eight units on at least one day and 24 per cent of women drank more than six units on at least one day
- Younger people are likely to drink heavily - 48 per cent of males and 39 per cent of females aged 16 to 24 drink above the daily recommendations.



The Know Your Limits campaign started in October with a thought provoking TV advert. Advertising was spread across cinema, radio, magazines and online throughout November.

Public Health Minister Caroline Flint said: "In England it is estimated that 5.9 million people drink to get drunk. Males and females aged 18 to 24 are our priority in this campaign as they are the most likely to drink irresponsibly.

"We are not trying to demonise alcohol or stop people enjoying themselves. This is about encouraging young people to still have a good time but to know their limits, and to take responsibility for how much they drink.

"Drinking too much alcohol alters your judgement and perception and can lead to people taking risks with their health and safety which they would never normally even consider while sober.

"This high profile advertising campaign will support the actions the Government is taking to tackle the problem of alcohol related harm and

we hope it will help create a culture where drinking responsibly is the norm.

"We need to get the responsible drinking message across because 80 per cent of pedestrian deaths on Friday and Saturday nights are drink related and nearly three quarters of peak time A & E admissions are alcohol related."

Home Office Minister Vernon Coaker said: "We all have the right to enjoy a few drinks with friends and family but in doing so we have a duty of care to behave responsibly and not risk the safety and wellbeing of ourselves or other people.

"People who drink to excess put themselves in unnecessary danger and have to live with the consequences of their actions, whether that is being arrested, an £80 fine or the unpleasant prospect of physical harm.

"This new £4 million advertising campaign illustrates the consequences people could face for drinking to excess. I want people to continue enjoying their nights out,

but urge them to drink sensibly to avoid situations which could result in police involvement, injury or worse.

"The Government is dedicated to reduce alcohol related harm and will continue to work with the police to clamp down on irresponsible drinkers and retailers while strengthening our partnerships with the alcohol industry to entrench responsible alcohol sales."

Srabani Sen, CEO of Alcohol Concern said: "We're delighted to see the launch of this campaign. Alcohol Concern has long argued that messages promoting sensible drinking need to be actively promoted and designed with specific groups in mind if they are to have any impact. This is especially true of 16-24 year olds, where binge drinking is widely considered to be a 'rite of passage' into adulthood.

"This campaign marks an important starting point in changing young people's attitudes to binge drinking but there's still a great deal more to do if we're to change the way young people in this country think about their relationship with alcohol."

David Poley, chief executive of The Portman Group said: "Drinks companies have no wish to see their products misused by binge drinking young adults. We therefore warmly welcome this Government campaign which complements the educational work already carried out by the industry."

Professor Ian Gilmore, president of the Royal College of Physicians, said: "This launch is really important. If we can start to change young people's drinking patterns, there is a chance that we may begin to turn the tide of escalating cirrhosis deaths which we are currently seeing in people in their 30s and 40s."

New approach to road safety

It's a tragic fact that preventable injury is the UK's number one killer of young people and the biggest single killer of people aged under 40.

SMARTRISK is a nationwide charity that is working to address the problem and is using a dynamic new approach which is shaking up the world of injury prevention. A SMARTRISK road show visited Bridgwater, Somerset, in March. The campaign was designed to raise awareness of preventable injury, which currently accounts for

the death of 12,000 people every year in the UK and places an annual bill of £1.6 billion on the NHS in medical treatment.

The SMARTRISK Heroes road show saw a live presentation from a young person who had sustained serious injuries as a result of not thinking about the consequences of their actions. They told students about how the experience of their injury had changed their life. The programme is designed not to scare young people away from having fun but rather focus on the consequences of not considering safety when enjoying activities which contain an element of risk.

The hour-long show incorporates large-scale multi images, sound and lights, which are designed specifically as a high impact event to capture the student's attention. In addition to the live presentation, the show

includes vignettes from other injury survivors who speak candidly about how injury has changed their lives. Leana was left paralysed from the waist down after being a passenger in a car which was driven recklessly and subsequently crashed into a verge.

the very real dangers of not taking sensible precautions to avoid injury when participating in risky activities. This road show is an important step in getting young people to think about the consequences of their actions."

Preventable injury, currently accounts for the deaths of 12,000 people every year in the UK

Cllr Pauline Clarke, Somerset County Council's portfolio holder for strategic services for children and young people added, "Injury sustained through not thinking about your actions can devastate lives and mean years of pain and slow rehabilitation.

Getting this message across to carefree young people is a real challenge for authorities like the county council, PCT's and the police who often find it challenging to engage with younger people. This road show helps to bridge that gap and brings a message that we hope will see our young people fully aware of the importance of being smart about risk."

Somerset County Council, in partnership with Avon and Somerset Constabulary, Somerset Coast Primary Care Trust and preventable injury charity SMARTRISK, have delivered the road show to groups of students at Bridgwater College, Haygrove School, Robert Blake College and Chilton Trinity School.

Bob Ward, headteacher at Haygrove School said, "It is important that we bring a clear and engaging message to our school children, to point out

Finding toys for disabled children

Ableplay.org is a toy rating system and website which provides comprehensive information on toys for children with disabilities. It helps parents, special educators, therapists and others to make the best choices for the children in their lives with disabilities.

Developed by the National Lekotek Center, the nonprofit authority on play for children with disabilities, AblePlay will provide parents, and the professionals who work with them, access to the most useful, product-specific information about the top play and learning products and toys for children with disabilities.

Features of Ableplay include:

Search for AblePlay-Rated™ Toys & Play Products at <http://www.ableplay.org/search.asp>

Where to Buy: <http://www.ableplay.org/buy.asp>

Tips on Using Ableplay Rating Information: <http://www.ableplay.org/howtouse.asp>

AblePlayers Club: <http://www.ableplay.org/apc.asp>

Hearing latest on LASER

Delegates from all over the country gathered in Stevenage to hear about the latest progress in the LASER project.

Formal proceedings began in the splendid environment of Stevenage Council Chamber. Richard Evans, head of environmental health from Stevenage Borough Council welcomed delegates and reaffirmed Stevenage's support for LASER (Learning About Safety by Experiencing Risk). Colin Morris, who chaired the event for the remainder of the day, introduced John Vallender who provided a brief resume of the project and an outline of the accreditation process.

Workshops focused on the three primary quality assurance areas of the accreditation programme.

- Partnership

- Programme management
- Evaluation

The 42 delegates came back with the following action points:

- Collect, collate and publish, on the LASER web site, an auditable database of incidents where children, and others have used the experiences and skill gained from their local LASER scheme in a 'real life' situation

- Organise a programme of similar 'informal events' at other venues

- Organise a programme of 'topic focused' events

In addition to the contacts made, delegates left with the latest copy of the LASER Forum on CD and copies of the 'Just a Stones Throw' teaching resource produced by the Highways Agency.

Documentation for accreditation by permanent safety centres has been 'signed off' by the steering group.

All active permanent safety centres have been informed and invited to consider registering their interest.

The members' area of the web site is now active and growing. In addition to access to support documents, a members' details database, and scheme locations database the site also contains the latest versions of the LASER Forum files which can be downloaded for use and copied to CD/DVD or workstations.

The forum now has more than 90 members who have made themselves and their areas of interest and expertise known and available to other members.

Mini motos put kids at risk

New advice and information has been provided by RoSPA for parents who are considering buying a powered 'toy' for their children, and in particular: mini motorbikes, go-peds, monkey bikes, quad bikes and similar off road vehicles. This offers simple advice and outlines factors to take into consideration before, during and after purchase.

Mini motorbikes, quad bikes and powered scooters are known as 'mini motos' or 'go peds'. They can be bought for as little as £150. Many of these machines are very powerful capable of travelling in excess of 40 mph and some can reach 60 mph.

Under pressure parents buying mini motos will not always be aware that they may be encouraging their children to break the law and putting them at risk of

figures for injuries caused as a result of mini motorbike use. However, of the seven recent fatalities:

- Five involved children under 15 years of age
- Six occurred while on the road
- One included young children riding as a passenger on the vehicle

RoSPA is concerned that the lack of suitable recognised

motorbike crash helmet.

The problem has become greater with an estimated ten-fold increase in sales since 2002, primarily due to their low cost and the ability to buy online. The influx of lower quality cheap machines and little emphasis on safety precautions from these suppliers has added to the problem.

Many local government and police authorities have become

Under pressure parents buying mini motos will not always be aware that they may be encouraging their children to break the law and putting them at risk of severe injury

places to ride and irresponsible selling will lead to parents allowing children to ride on pavements and roads, public parks

increasingly concerned over the misuse of mini motos and other small powered vehicles. The Home Office has recently launched an initiative targeting the misuse of mini motorbikes - specifically seizing and crushing illegally ridden machines.

Off road - The only place it is legal to ride off road on a mini motorbike is on private land with the landowner's permission. There have been cases where the landowner has been prosecuted following motorbike accidents on their sites, even when they had not given permission to ride.

On road - Any powered vehicle used on the public highway must comply with all aspects of road traffic law. In order to be able to ride legally on road, the rider must have, or comply with the following:

- Minimum of 16 years of age
- Wear an approved crash helmet
- Have a valid driving licence
- Road Tax
- Insurance
- Vehicle registration
- MOT certificate

- European Community Whole Type Approval or Motorcycle Single Vehicle Approval

RoSPA believes that many potential incidents can be avoided if mini motorbikes are used in a managed environment, with appropriate safety equipment and training such as that promoted by the Auto Cycle Union. What follows is some simple advice if you are considering purchasing a mini motorbike:

Before Purchase:

- Check there are local safe and legal riding sites
- Budget for the cost of appropriate safety equipment and rider training
- Work out how the mini moto will be transported to and from safe sites
- Establish how you can control use of the bike when it is not supervised
- Check for a local reputable dealer

During Purchase:

- Check if the bike is limited to 50cc
- Ask the dealer about local sites and clubs or opportunities for under 16's to ride
- Check for appropriate (ideally CE marked) and well fitting helmets, gloves, boots and leathers.
- Ask what maintenance support, and guidance is available from your dealer network

After Purchase:

- Ensure use of the mini moto is supervised at all times
- Join the ACU or member club
- Get some training
- Ride the machine in the right place, with supervision and with safety equipment.



severe injury. Many of the mini motorbikes on sale are marketed as toys, however, machines with electric or petrol motors are classed as motor vehicles.

There have been at least seven fatalities involving mini motorbikes since September 2004. There are no national

or on open and unused land; which is potentially illegal and dangerous to both riders and other users. The Society is also concerned about riders using these machines without protective equipment - especially a



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The Infocentre is a free benefit for all Members, and provides a unique and personalised service. The Infocentre is staffed by qualified, professional staff who will go that extra mile to resolve your health and safety related query.

Aided by an extensive library and a broad range of resources, the Infocentre will aim to answer your call within 48 hours and at present, 99% of calls are being dealt with the same day.

You can contact the Infocentre by telephone or email between the hours of 9am and 4pm Monday to Friday. For help outside these hours, you can access the searchable Infocentre database at all times via the RoSPA Member Zone; all you need is your Membership number and password. (For more information on how to access the Member Zone call 0121 248 2046).

So why not make the most of this free Membership benefit and let RoSPA do the searching for you.

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and place it on the back
cover...

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it as reference