

## IN THIS NEWSLETTER....

20 MPH speed restrictions	Electric Blanket Testing	Safe Secure and Supported at Home
Child Safety Conference	Exercise to prevent falls	Scottish Road Safety Campaign
Child Safety Week 2015	Fife Cares goes mobile	Seatbelt campaign
Cross Party Group	Health Warning – E-cigarettes	Smartphone game to help get across road safety messages.
Don't die with DIY	New EU rules on Liquitabs	Water Safety Reference Group
Drowning in baths		

## FIFE CARES – TOTALLY MOBILE!

Fife Cares is the first scheme of its kind in Scotland to fully integrate mobile technology into each part of its home safety service.

By using a tablet device to help plan, carry out and follow-up on visits to families and vulnerable people, the service is saving time – and money – spent on administration, while using the device's additional functions to provide information to clients in various ways.



Fife Cares Development Officer Frank Gibson said: "Our home safety advisers are now able to take notes for customers while carrying out visual checks of hazards around the home and fire safety checks.

"We are also able to take photographs of specific areas and objects within the home so the staff who fit the equipment know exactly where it should be placed, we can show people short video clips with further advice and tips, plus our journey times can be better through the satellite navigation on the device."

Fife Council has been using mobile and flexible working since 2011, with building services the first sector to make use of the technology, rolled out to staff in 2013. Dave Allan, programme manager, explained: "Fife Cares is one of the various services to go live within 2014, bringing the number of staff working within our Mobile and Flexible programme to over 2000. Our Housing Maintenance Officers are now fully mobile, offering a paper-free process for housing repairs which is on course to save £280,000 annually.

"Our Legal Services staff can now work remotely on documents while waiting for court proceedings to start, street cleaning teams can photograph work carried out and send on action required to relevant colleagues, and missed bin collections can now be reported more quickly, helping our front line staff deal with public enquiries in real time.

“Fife Cares is the first service we are aware of in the country to use mobile technology in a comprehensive way, not only when working face to face with customers but by being able to plan and schedule work, and pass on important details to partners regarding work required.”

The Fife Cares service itself has been in place for 10 years. Previously, home visits were requested in a number of ways, involving administrative support and additional bureaucracy in passing on details to advisers and inputting details onto a desk-based system.

Frank explained: “Now there is one referral route with emails sent directly to advisers, who manage their own workloads and visits to help meet the needs of people across Fife. Once visits are complete, an electronic form is generated which is then passed to the service we have in place to fit equipment, with a separate copy sent to the Scottish Fire and Rescue Service for their information.

“Our team has really embraced the new ways of working and there are so many possibilities to further improve the service we provide to families and vulnerable adults in Fife.”

## SAFE SECURE AND SUPPORTED AT HOME

Safe Secure and Supported at Home is aimed at women across Fife who have experienced domestic abuse. The project is being funded for 5 years following a successful application to the Big Lottery and includes:



- Domestic abuse alarms for use by the Domestic Abuse Unit within Fife Division of Police Scotland
- Befriending service led by Fife Women’s Aid
- Support from Housing to keep people from becoming homeless and providing support to allow victims to have a safe place to live

The project also includes free Fife Cares security assessments for victims of domestic abuse. Our dedicated security adviser carries out a security survey on the home, providing personal safety advice and support tailored to the individual. Depending on the risks involved a range of equipment can be provided such as a door chain, a door viewer, a letter box lock or security lighting.

If you are in contact for anyone who may benefit from this service please make a referral via FISH or Fife Direct using the e-form – Do it online/“Safe, Secure & Supported @ Home security referral”.



Individuals can also self-refer by e-form at [www.fifedirect.org.uk/sssh](http://www.fifedirect.org.uk/sssh) or by phoning Fife Council Contact Centre on 01383 441177

For more information please contact Bill Harley, Home Security Adviser on 03451 55 55 55 ext 450482 or mobile number 07801 548264.

## GOOD PRACTICE GUIDE ON 20 MPH SPEED RESTRICTIONS

On 8 January 2015, Transport Scotland published the guide for dissemination to local authorities.

The Guide aims to provide clarity on the options available to authorities and seeks to aid greater consistency on the setting of 20 mph speed restrictions in Scotland. It encourages the introduction of 20 mph speed restrictions near schools, in residential



areas and in other areas of our towns and cities where there is a significant volume of pedestrian or cyclist activity.

The guide is available on our website and can also be found and downloaded from the Transport Scotland web site at: [www.transportscotland.gov.uk/guide/good-practice-guide-20mph-speed-restrictions](http://www.transportscotland.gov.uk/guide/good-practice-guide-20mph-speed-restrictions)

## CROSS PARTY GROUP ON ACCIDENT PREVENTION

On Tuesday 20 January, the last meeting and AGM of the cross party group was held at Holyrood. A unanimous vote saw Clare Adamson returned as convener, with Liz Lumsden of RoSPA continuing to offer secretarial support.

The theme of the meeting thereafter was 'Safety of Older People' and a number of interesting and informative presentations were delivered to the group. The presentations for each of the four speakers on the night can be found on the RoSPA web site at: [www.rospa.com/about/aroundtheuk/scotland/cross-party-group.aspx](http://www.rospa.com/about/aroundtheuk/scotland/cross-party-group.aspx)

The purpose of the Cross Party Group (GPG) is "to promote all aspects of safety through safety awareness and accident prevention" and as such considers safety issues in the home, on the road, in and around water and in the workplace and any other place where accidents occur. The format of the meetings is to hear short presentations on relevant topics followed by group discussion, questions, comments and suggested recommendations. There are currently 155 members of this CPG.

## CHILD SAFETY WEEK 2015

Child Safety Week is back this year on 1<sup>st</sup> – 7<sup>th</sup> June and it promises to be bigger than ever. In a survey to find the best dates for 2015, many respondents advised that it previously clashed with other awareness weeks, as well as other staff commitments towards the end of June that can make it difficult to participate. This year's theme will be 'Tea-time Terrors'.



Tea-time can leave many parents with a slight knot in the pit of the stomach. It's the time of day when their attention can be spread thinly across the multitude of tasks to be done before they get to sit down and relax – make dinner, tidy up, settle disputes between tired children, get the washing in, help with homework, baths, bedtime routine and dealing with demands for attention from children who possibly haven't seen them all day. None of this is likely to leave safety at the top of the list.

The Child Accident Prevention Trust are already planning resources to help you run events and activities, and launched the Child Safety Week website in February with lots of information, tips and safety advice.

Go to the Child Accident Prevention Trust (CAPT) website [www.capt.org.uk](http://www.capt.org.uk). With a load of free downloadable resources for organisers to support your planning and make sure your events have major impact, it's well worth the five minutes it will take to [sign up for 2015](#).

## SCOTLAND'S WATER SAFETY REFERENCE GROUP

The newly formed Scotland's Water Safety Reference Group (SWSRG) has held three meetings so far. At the meeting held in Helensburgh on 17<sup>th</sup> December 2014, terms of reference were discussed and it was

decided that there will be four meetings held each year. Michael Avril from the RNLI was elected as chair. The principal aim of the group is to understand the key risks in Scotland and propose a consistent approach to preventing drowning. A variety of water-safety related agencies and organisations, along with many of Scotland's Local Authorities attended to discuss the way forward for water safety in Scotland. The new Water Safety Website is <http://www.watersafetyscotland.org.uk>

If you would like to find out more about this Group please contact Christie Burnett at RoSPA on 0131 449 9379 or Email [cburnett@rospa.com](mailto:cburnett@rospa.com)

## NEW EU RULES ON LIQUITABS



From 1 June, liquitab manufacturers will be required to adapt their product and packaging to help protect children from the concentrated detergent that liquitabs contain. The move comes in response to a significant number of severe incidents of poisoning and eye damage involving young children across Europe.

The detergent industry is promoting safety and has launched a website [‘Keep caps from kids’](#) to promote the safe use of liquitabs. Check out the video showing how babies explore the world with their mouths.

The best prevention advice is to ***“keep liquitabs well out of reach and sight of babies and small children”***

The new regulations require manufacturers to make three significant modifications to single use detergent capsules, known in the UK as liquitabs.

- The soluble coating of the liquitab contains an ‘aversive agent’ in a safe concentration which is repellent to children within six seconds. This could well be a bittering agent such as Bitrex®;
- The soluble coating is stronger and retains its liquid for a minimum of 30 seconds in water at 20 degrees Celsius;
- The product packaging displays warnings about the dangers.

A 20-second film produced by P&G for Ariel is [posted on Facebook](#).

## EXERCISE TO PREVENT FALLS AND FRACTURES



Falls are the leading cause of fatal and serious injuries among older people, but experts from across Europe argue they should not just be written off as an unavoidable consequence of ageing.

Ageing experts on the European Network on Falls Prevention (ProFouND) are advising people 60 plus to increase their exercise to reduce the risk of potentially fatal trips and falls in later life: ‘boosting your activity levels and doing strength and balance exercises more than halves your chance of breaking a bone as a result of falling if you are over 60’, according to experts from an international research group. More information can be found in the [Alert Newsletter](#)

# CHILD SAFETY CONFERENCE: "CHILD SAFETY - A SHARING"

RoSPA hosted the third annual conference in Scotland on the topic of child safety on 17<sup>th</sup> February in Glasgow.

One hundred and fifty delegates got together to hear about examples of recent and ongoing initiatives in Scotland designed to prevent unintentional injuries to children. Key presentations included Paul Wheelhouse MSP, Minister for Community Safety and Legal Affairs, who will give a Scottish Government perspective; Dr Dylan Broomfield, accident and emergency consultant at Edinburgh's Royal Hospital for Sick Children, on why children die; and David McGown, deputy assistant chief officer for prevention and protection at the Scottish Fire and Rescue Service, on building safer communities.



Delegates had the opportunity to discuss the barriers and facilitators to adopting initiatives in their own areas.

The event was a great success and provided excellent networking opportunities. All of the speakers presentations are now available to view on web pages -

<http://www.rospa.com/events/pastevents/scotlandchildsafety2015/>

## SEATBELT CAMPAIGN



In a crash at 30mph, and if you are not wearing a seatbelt, your body will hit anything in front of you. The force can be between 30 and 60 times your own body weight, so imagine if you are sitting behind someone! It is dangerous not to wear a seatbelt but it is also illegal!

If caught not wearing a seatbelt you could be given a £100 fixed penalty notice and you could also be fined up to £500. The driver is responsible for anyone under 14 not wearing a seatbelt, and liable for the £100 penalty for each unrestrained child.

People have many excuses for not wearing a seatbelt. The interactive myth buster tool on the Don't Risk It campaign website is really useful in getting the message over to people who may be reluctant to belt up! The tool can be found at: [www.donriskit.info/seatbelts/mythbuster/](http://www.donriskit.info/seatbelts/mythbuster/)

To view the campaign videos or get clued up on the law visit: [www.donriskit.info/seatbelts](http://www.donriskit.info/seatbelts) for more information.

## ELECTRIC BLANKET TESTING 2015



This year's electric blanket testing project began in March. The partners in the project: Fife Council's Trading Standards; Fife Community Safety Partnership and the Scottish Fire & Rescue Service aim to reduce the number of house fires and resulting injuries caused by faulty electric blankets.

Geoff Bates, Service Manager explains, "In our 2014 project 48% of the electric blankets tested were found to be unsafe. I would urge Fifers to have their blankets tested this year. It's free, each blanket only takes a few minutes to test, but will give you peace of mind when using them.

Geoff continues, "We also run a block adapter exchange scheme. If a block adapter 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 adapter could be a fire hazard. It's safer using a bar adapter on a lead, however, care should be taken to never overload the total current rating of any adapter. If you use a block type adapter you should bring it along with your blankets. If you surrender it to us, you'll be given a new 4 way bar adapter".



Events are planned in community halls across Fife until October.

The programme for the first few months is as follows:

- 18<sup>th</sup> March Cowdenbeath, Town House 10am – 1pm
- 24<sup>th</sup> March Cupar, Corn Exchange 10am – 2pm
- 21<sup>st</sup> April Leven, Balmaise Community Centre 10am – 1pm
- 29<sup>th</sup> April Newport on Tay, Caledonia Sheltered Housing 10am – 1pm
- 12<sup>th</sup> May Glenrothes, Lomond Centre 10am – 2pm
- 21<sup>st</sup> May St Andrews, Victory Memorial Hall 10am – 2pm
- 28<sup>th</sup> May Rosyth, Parkgate Community Centre 10am – 2pm

For further information, or to find an event that suits you visit [www.fifedirect.org.uk/electricblankets](http://www.fifedirect.org.uk/electricblankets). Electric blanket testing dates for later in the year will be printed in our Summer Newsletter.

## HEALTH WARNING – E-CIGARETTES CAN KILL



Believed to be the first US death of a baby due to nicotine poisoning from an e-cigarette refill, the one-year-old from New York swallowed pure liquid nicotine from a glass bottle – thought to be a refill.

Most people aren't aware of the risk posed by e-cigarettes and the refill bottles. Nicotine is highly poisonous, and just 40mg (0.04 of a gram – a tiny amount) is enough to kill an adult. Children are much more susceptible because their bodies are much smaller. It is thought that just a few drops of liquid nicotine would be enough to kill a child.

Last September the Child Accident Prevention Trust (CAPT) reported on a two-year-old girl in Birmingham who was admitted to hospital after just licking an e-cigarette refill.

**Please warn parents and carers to keep products containing nicotine well out of reach and sight of babies and small children. That includes e-cigarettes, e-cigarette refills, nicotine patches, gum, sprays and lozenges.**

## UN GLOBAL ROAD SAFETY WEEK, 4-10 MAY 2015 and SCOTTISH ROAD SAFETY WEEK

# #SaveKidsLives

The third UN Global Road Safety Week, 4-10 May 2015, will be on the theme children and road safety: #SaveKidsLives. The week will also coincide with the first **SCOTTISH ROAD SAFETY WEEK**. The Global campaign seeks to highlight the plight of children on the world's roads; generate action to better ensure their safety; and promote the inclusion of safe and sustainable transport.

The campaign invites all road safety policy-makers and advocates and the public to make a pledge to “**sign it**”, “**show it**”, and “**deliver it**” to those in charge of road safety in countries and local communities during the Road Safety Week.

Governments, international agencies, civil society organisations, private companies - all of us who travel the world's roads - are encouraged to plan and host events on 4-10 May to mark Global Road Safety Week.

For more information go to the **Save Kids Lives website**: <http://www.savekidslives2015.org/>

## DROWNING IN BATHS, A RISK FOR YOUNG CHILDREN

Public Health England (PHE) is alerting parents, carers and health professionals to the dangers of children drowning in baths following a small number of deaths and ‘near misses’ reported by Child Death Overview Panels in London. Accidental child drowning in baths is a tragic but preventable cause of child injury and death, which remains an issue across the country.

In particular, PHE is raising awareness of accidental drowning involving the use of bath seats, which have been implicated in these cases. The Royal Society for the Prevention of Accidents (RoSPA) reports that 1 in 3 accidental drowning deaths in young children (2 years or under) involve bath seats.



David Walker, leisure safety manager for the (RoSPA), said: “Bath seats are a really useful tool, as parents with babies and toddlers sometimes need all the help they can get, and that’s the intention of these products. However, they can lead to a false sense of security.

“Distractions from the phone, other children or someone at the door are really quick events that have led to tragedies. What feels like a couple of seconds can be a minute or two, which is easily enough time for significant injuries or even death to occur.

“This simple reminder to parents can help to avoid what are life-changing events. Never leave a baby or young child unattended in the bath, even just for a moment.”

Katrina Phillips, chief executive of the Child Accident Prevention Trust (CAPT) said: “While a baby may look secure in a bath seat, they can easily wriggle or slip out. Or the seat itself can tip over and immerse the baby in water.

“Babies can drown in just a few centimetres of water, very quickly and with no noise or struggle. They can’t recognise danger and don’t have the strength to try to reach the surface. This means you need to stay with your baby all the time near water.

Bath seats are useful pieces of kit for busy parents but they are not safety devices. In the UK around 13 children (under 5 years) die from drowning each year, and 1 in 4 of these deaths occur in a bath. For each drowning fatality, there are 8 non-fatal drowning events that are serious enough to require hospitalisation.”

## 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 4<sup>th</sup> 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](http://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://facebook.com/fifets) or follow us [twitter.com/@FifeTS](https://twitter.com/@FifeTS) to keep up to date about the Trusted Trader scheme and other Trading Standards related issues.

## PASS PLUS SCHEME



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03451 555555 ext 402057

  
Fife Community  
Safety Partnership

## DON'T DIE WITH DIY

New generation of 'YouTube DIYers' seek to add value to their homes – but overconfidence is putting Scottish home owners at risk.

**Electrical Safety First**  
  
The UK's electrical safety experts

We have become a nation of 'YouTube DIYers' according to new research from Electrical Safety First, which reveals over 2.7 million Scots would happily use online 'how to' videos to carry out home improvement even if they don't have the necessary experience.

There are now over three million YouTube videos that feature DIY in the home and so it is no surprise that more people than ever before are relying on the internet for this kind of information rather than seeking the advice of a professional.

A major reason for this growing trend is that we are keen to add value to our homes. The number of people across the UK carrying out work to increase their house value has trebled in the last two years, and half of UK adults would follow YouTube instructions when undertaking this work.

But rather than adding value, Electrical Safety First's research reveals that around one in twelve people in Scotland have caused significant damage to their property or have had to pay for costly repairs because of botched DIY after following advice found online.

Electrical Safety First is also worried that the type and availability of online instructions is putting people at risk. For example, fitting a new bathroom or rewiring a house are among the top five electrical home improvement tasks that adults would feel confident to carry out while following online advice – complicated tasks that by law should be carried out or checked by a registered electrician.

Other tasks may appear straightforward, but as more than one quarter of adults in Scotland have come across unhelpful or even incorrect instructions online before, and with DIY blunders responsible for nearly half of severe electric shocks, one wrong move or skipped instruction could have serious consequences.

Electrical Safety First offers these tips for safely following online DIY instructions:

1. If something looks too complicated to try yourself, it probably is. You could save a lot of time and hassle by getting a professional in.
2. When doing electrical DIY make sure you have RCD protection, either in your fuse-box or as a plug-in. An RCD is a life-saving device that cuts out power if there's an accident and can help prevent an electric shock.
3. If you have any doubts about the type of electrical DIY you should or shouldn't be doing, visit [www.electricalsafetyfirst.org.uk/DIY](http://www.electricalsafetyfirst.org.uk/DIY) for more advice.
4. Always use a registered electrician. Visit <http://www.certificationregister.co.uk/> to find one in your area.

For more information visit [www.electricalsafetyfirst.org.uk/DIY](http://www.electricalsafetyfirst.org.uk/DIY) where you can also view a number of spoof 'how to' videos created by Electrical Safety First to highlight that we shouldn't trust everything we see on the internet.

## 'KLANG' Smartphone game to help get across road safety messages.



A new road safety app aimed at 8-11 year olds was launched on 5<sup>th</sup> February in Edinburgh and was attended by Fife's Road Safety Officer Gillian Kelly and Junior Road Safety Officers from Southwood Primary School. The new app was downloaded over 17,000 times in just over one week!

The app 'KLANG: The Road Home' has been developed by Road Safety Scotland, part of Transport Scotland, and the Scottish Government using gaming technology to get across important road safety messages.

The game sees alien robot Klang crash land on earth from the planet Fendaar in a nearby galaxy. He needs help to safely navigate our busy streets to find the missing parts for his ship before making his way home, all the while avoiding discovery by rogue detection officers.

The game's graphics and the KLANG character seem to be attracting children's interest in the game.



According to Reported Road Casualties Scotland 2013, there were 1,747 pedestrian casualties in 2013 which represent 15% of all casualties. Of these, 404 were seriously injured (38 died). 95% of pedestrian casualties occurred on built-up roads (1,665 out of 1,747).



At the 0-15 age-group, there were 464 pedestrian casualties. From this, 5 children were killed, 92 were seriously injured.

Children aged 8-11 are one of the most vulnerable groups with injuries commonly resulting from crossing the road close to home or school, as the capacity to make judgments regarding speed and distance are not yet fully developed.

The app fills the need for resources that reinforce road safety learning with games and its development comes at a time when online behaviour among children and young people is growing and evolving. Around 12% of 8-11 year olds own a mobile device and over a third use it regularly.

## DIARY DATES FOR 2015

**4<sup>th</sup> - 10<sup>th</sup> May**

**Scottish Road Safety Week**

**1<sup>st</sup> - 7<sup>th</sup> June**

**Child Safety Week**

**20<sup>th</sup> - 28<sup>th</sup> June**

**Drowning Prevention Week**

**14<sup>th</sup> - 20<sup>th</sup> September**

**Gas Safety Week**

**3<sup>rd</sup> - 6<sup>th</sup> November**

**Safe Drive, Stay Alive**

**9<sup>th</sup> - 15<sup>th</sup> November**

**Electrical Safety Week**

**16<sup>th</sup> - 22<sup>nd</sup> November**

**Carbon Monoxide Awareness Week**

## 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](http://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](mailto: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](#)

## FACEBOOK AND TWITTER

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



[www.facebook.com/fifecommunitysafety](http://www.facebook.com/fifecommunitysafety)

or follow us on twitter:



[www.twitter.com/safeinfife](http://www.twitter.com/safeinfife)

Making Fife's  
Communities Safer

