

Take the Safety in Action Challenge!



East Sussex
Fire & Rescue Service

Answers

Challenge 1

Risks include:

- Drugs left within reach of young children (poisoning). Straighteners left unattended on a non-heat proof surface and within reach of young children (fire hazard /burn risk). Electrical appliances may have been left plugged in (fire hazard). Wires appear to be trailing (tripping hazard). Cigarette left burning (fire hazard). Lamp covered with scarf (fire hazard). A mobile phone left charging unattended (fire hazard).
- Garden equipment and chemicals left in accessible places. Young children could get hold of them (risk of cuts, chemical burns / poisoning / items falling from shelves). Glass broken in window (risk of cuts). Rake left out, could be stood upon.
- A range of kitchen hazards including scalds (pan handles sticking out from hob / cups with hot drinks on surface / kettle flex dangling) and cuts (knives left on view and in reach of young children). Metal knife in toaster (risk of electric shock). Metal container in microwave (possible fire hazard). Liquid laundry / dishwasher capsules could be swallowed by young children, or burst, squirting toxic liquid on to their skin, or into their eyes or mouth (risk of poisoning / chemical burns).

Challenge 2

1. Complete this sentence: If there is a fire – Get Out, Stay Out,

Call 999 and ask for the Fire Service.

2. What are the two numbers you can ring if you need help in an emergency (How much does this cost?)

999 can be called in the UK.

112 can be called in the UK and Europe.

You can dial these numbers if there is a fire or if people have been hurt or are in danger. These calls are free, you don't need credit on your phone.

3. You are online. Someone that you don't know or trust asks for your email and other personal details. What do you do?

Keep safe by being careful not to give out personal information (such as your name, email, phone number, home address, or school name) to people who you don't know online. If you think you made a mistake online by giving too much information, tell the adults who care for you – or another adult that you trust (e.g. teacher).

4. If you see someone in trouble in the water, what 4 things could you do to help them, without putting yourself in danger?

- If you see someone in trouble in the water CALL 999 or 112 immediately.
- SHOUT to reassure the person in the water.
- SIGNAL and point to the person in the water. It will help them to be rescued more quickly.
- THROW a life ring or anything else that will help them stay afloat. REMEMBER never try to rescue someone on your own. It is too dangerous and you could end up in the water yourself.

5. What does alcohol do to a person's reaction times? Slow them down or speed them up? How could this affect their ability to stay safe?

Alcohol slows down your reaction time which can affect your ability to stay alert and stay safe. It can affect your ability to carry out tasks and it can make you more likely to do things you wouldn't normally do. This might mean that you take unnecessary and dangerous risks.

6. What is the stopping distance in metres of a car when travelling at 30 miles per hour in dry conditions (i.e. when it's not raining)?

On a dry day, if a car had to stop in an emergency whilst travelling at

30 miles per hour (mph), it would take at least 23 metres before the car could stop. Cars take longer to stop in wet or icy weather.

7. Railway tracks are extremely dangerous places.

Can you give 3 reasons why you should never go onto them or play near them?

- Trains can be powered by electricity and electrified rails can carry 750 volts of electricity. Overhead cables also carry electricity. Remember, you don't need to touch live rails or cables to get a shock – electricity can jump.
- Trains can weigh over 400 tonnes and can travel up to 90 miles per hour (mph). The train driver will not be able to see you, swerve (he's on rails!) or stop in time.
- Railway tracks are no-go areas. Trespassing could cost you a £1000 fine, or your life.

8. If you are riding a bike, day or night, name 5 things that you could do to be seen and be safe – and be alert to everything going on around you.

Suggestions include:

- Check that both tyres are pumped up with lots of tread and that both brakes are working.
- Check the chain is on and that is well oiled.
- Always wear a correctly fitted cycle helmet.
- Make sure that you can see and hear all around you. Take your earphones out, put your hood down – stay alert!
- Make sure that you are visible. Wear light coloured or reflective clothing. Your bike should have lights and reflectors fitted on the front and back.

9. If your football accidentally gets kicked over the fence into an electrical substation, what should you do?

If you lose something in a substation, DO NOT go in. There will be a sign on the substation fence. Ring the telephone number on the sign and ask the electricity company for help.

10. If you need to travel by bus (with or without an adult) where is the safest place to sit – for your safety and the safety of others? What else can you do to stay safe?

If you are travelling without an adult, it is generally safer to sit close to the front of the bus. If you feel you are in danger, you can then alert the driver. It is also often safer to stay close to groups of people, rather than sitting on your own out of sight of the main body of passengers. During Covid-19 lockdown, remember to practise social distancing. Stay at least 2 metres away from other passengers and remember to wash your hands thoroughly after using public transport.

11. Can you name 4 ways to help you to stay fit, healthy and happy – even when we have to stay indoors?

Suggestions include:

- Turn your phone off before bed so that you can get 8-10 hours of sleep each night.
- Find a way to exercise that works for you. Try tutorials online or go for a walk.
- Try to eat at least 5 portions of fruit and vegetables each day and drink 8 glasses (2 litres) of water.
- Do something that you enjoy, or start a new hobby.

12. Someone is unresponsive and not breathing. What should you do?

Call 999 or 112 and ask for the Ambulance Service. Answer the call handler's questions as fully as possible and stay on the phone until help arrives.