

# COVENTRY

## SCHOOL NURSING NEWSLETTER



### Primary Schools

## WATER SAFETY

Whilst you settle into the coming months, we wanted to take this opportunity to share some important safety messages with you.

### Water Safety



- Stay away from the edge of waterways, lakes and ponds. At this time of the year,

these can be more slippery and hidden beneath fallen leaves, frost, ice or snow.



- When not walking in daylight, make sure you are walking in well-lit areas. Avoid walking near waterways in the dark.



- Remember to stay off ice! Teaching children the importance of staying off ice as early as possible is vital. When waterways, lakes and ponds freeze over, we don't know how thick the surface ice is; it could break and plunge you to the depths of the water beneath it. Under no circumstances should you risk treading on ice!



- Keep your dog on a lead so they do not slip on the edge of waterways and/or tread on ice, risking falling into water.

If someone (including a pet) has fallen through ice, call for help and contact 999 or 112 – do not walk on the ice to attempt to rescue them yourself.

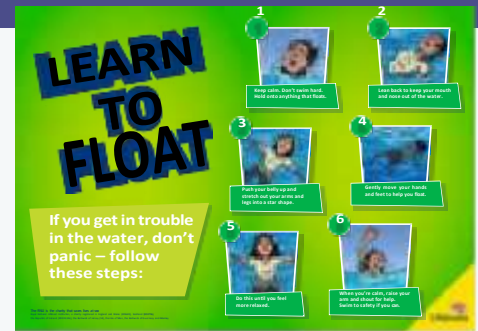
For more information about what to do if someone has fallen through ice and about water safety visit:

<https://www.rlss.org.uk/pages/category/winter-water-safety>

### WHAT TO DO IF YOU FALL THROUGH FROZEN WATER

1. Keep calm and shout for help.
2. Spread your arms across the surface of the ice in front of you.
3. If the ice is strong enough, kick your legs to slide onto the ice.
4. Lie flat and pull yourself towards the bank.
5. If the ice breaks, try and work your way to the bank.
6. If you cannot climb out, wait for help and keep as still as possible. Preserve heat by pressing your arms by your side and keeping your legs together. Keep your head clear of the water.
7. Once you are safe, go to hospital immediately for a check-up.

Remember to Float to Live! For more information visit RNLI – <https://rnli.org/safety/float>



- Adults must supervise fireworks and bonfire displays – never leave children or young people alone around fireworks and bonfires!
- Make sure children are standing safely away from bonfires and firework displays.
- Fireworks should not be stored in pockets or lit on streets/roads.
- Never go back to a lit firework.
- Ensure bonfires have been put out safely before leaving them.
- Wear gloves when using sparklers; they get hot enough to cause severe burns.
- Don't wave sparklers near people, and put them in a bucket of water when you are done with them.

There is lots of safety information about fireworks, sparklers and bonfires. Please take a look at some of the links below:

<https://www.rospa.com/home-safety/advice/fireworks-safety>  
<https://capt.org.uk/lessons-for-little-ones/>  
<https://www.bbc.co.uk/newsround/15357129>

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