

The Create Centre  
Smeaton Road  
Bristol, BS1 6XN

Tel: 0117 9224511

Email: [manager@lifeskills-bristol.org.uk](mailto:manager@lifeskills-bristol.org.uk)  
Website: [www.lifeskills-bristol.org.uk](http://www.lifeskills-bristol.org.uk)

Dear Parent/Guardian/Carer,

Your child, today, visited the regional "Lifeskills - Learning for Living" safety education and training centre and I am sure that when they arrived home they enthusiastically told you all about it. Lifeskills makes the visit interactive, interesting and fun in order to get across the serious messages concerning safety. Hopefully your child will have already started to talk about the activities.

Many accidents and injuries can be avoided with basic care and attention and whilst we do not want children wrapped up in cotton wool, we want to make them aware of dangers that they may come across in everyday life.

Your child will have learned about aspects of safety at home, on the road and whilst at play, including drug education; fire, gas and electrical safety; safety on building sites, near water, by railways or in the countryside, and issues of personal safety and first aid.

*So, now they have learnt the theory, we need them to put things into practice. With this letter you will have received a Lifeskills Detective Form. We would like you to spend some time as a family checking through each of the questions. Each time your answer is "No" look at the "Safety Information Sheet on the reverse, to see what you can do to make it safer. When you have completed the Lifeskills Detective activity, I would recommend that you keep the form as you may need to refer to the safety advice given.*

We really hope that all the children enjoyed their school visit to Lifeskills today. We often hear that children are talking about it for sometime afterwards, or comments that it is the best school trip ever and we even speak to teenagers who still remember their visit five or six years ago. If you would like to find out more about Lifeskills or are interested in becoming a Volunteer Guide please visit our website: [www.lifeskills-bristol.org.uk](http://www.lifeskills-bristol.org.uk)

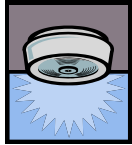
Many thanks for the time you have spent reading this letter. I do hope that you find the Lifeskills Detective activity a useful way of making your family safer.

*AT Townsend*

Andy Townsend  
Centre Manager

## Be a Lifeskills Detective

Discuss the following questions at home with your family. They are all important issues that can make your life safer. Each time your answer is 'No' look at the 'Safety Information Sheet' overleaf to see what you can do to make it safer.



### FIRE

1. Do you have working (tested) smoke alarms at each level in your fire escape route? **Yes/No**
2. Do you have a family fire escape plan so that everyone knows what to do and where to go if there is a fire? **Yes/No**
3. Are matches and lighters kept out of reach of children? **Yes/No**



### POISONS

4. Are medicines, cleaning materials and alcohol kept out of reach of children? **Yes/No**



### TRANSPORT

5. Does everyone in your family wear a seatbelt when travelling in a car? **Yes/No**
6. Does everyone in your family wear a cycle helmet when riding a bike? **Yes/No**
7. Does everyone in your family wear reflective clothing when cycling/walking in the dark? **Yes/No**



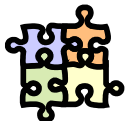
### PERSONAL SAFETY

8. Is your house number/name clearly visible from the road? **Yes/No**
9. When you are out do your parents know where you are going and what time you will be home? **Yes/No**



### BURNS, SCALDS AND CUTS

10. Is care taken when there are boiling kettles, hot drinks, cigarettes or hot irons around? **Yes/No**
11. Are sharp knives and scissors kept out of reach of children? **Yes/No**



### FALLS

12. Are toys, games and other clutter tidied away after use? **Yes/No**
13. Are the stairs well lit and kept completely clear of clutter? **Yes/No**



### SAFETY EQUIPMENT

14. Is there a first aid kit in the house? **Yes/No**



## **SAFETY INFORMATION SHEET - Follow these guidelines to make your lives safer**

### **FIRE**

1. Smoke alarms are generally fitted on the ceilings in hallways and landings - your main fire escape route. A small amount of smoke entering the alarm will cause it to sound, alerting you to the danger of fire and allowing you an early exit from the building. Smoke alarms should be tested weekly and batteries replaced each year.
2. As a family you should plan what to do if your smoke alarm sounds or if you discover a fire. Generally you should alert everyone in the house by shouting "Fire" so that everyone can exit the property by the normal route - down stairs and out of the door. If your exit is blocked by smoke or fire you should get everyone together in one room, ideally where there is a telephone - so that you can call "999", and also where there is a window - so that you can shout for help and also be rescued. As an absolute last resort, if fire is breaking into that room you should lower yourselves out of the window to safety.
3. Keeping fire hazards out of the reach of children reduces the chance of an accidental fire being started.

### **POISONS**

4. Young children in particular are susceptible to drinking any liquid and eating any solid without knowing exactly what it is. Keep all risky substances out of reach and do not re-fill drink bottles with any other liquids.

### **TRANSPORT**

5. The advice is "one seatbelt - one person". It is not safe to share seatbelts or not wear one at all. To work properly seatbelts need to fit comfortably across the shoulder and chest. Children should use a booster cushion/seat to lift them into the correct position.
6. Helmets reduce injury in slow speed accidents and should be worn whether cycling on or off road. Cycle training courses are a good way of learning about cycling safely, the laws of the roads and cycle maintenance.
7. If you wear dark colours it is more difficult to be seen. Wearing bright or fluorescent colours enables others to see you easier during the day. At night wearing reflective materials has the same effect.

### **PERSONAL SAFETY**

8. In an emergency the police, fire and ambulance services need to find you as quickly as possible. Having a clear house number/name (not hidden by plants or vehicles) will help.
9. Before you go out make sure adults know where you are going, who you are with and what time you will be home. If you have a mobile phone have it with you, but keep it hidden away unless you are using it. Mobile phones have security codes and can be marked to deter thieves.

### **BURNS, SCALDS and CUTS**

10. & 11. Injuries involving heat or sharp items are very common especially with young children, but can very easily be avoided. Take care to leave things well out of reach, not on the edge of, or over-hanging tables or work surfaces.

### **FALLS**

12. & 13. By tidying things away after you have finished with them you can make your home much safer. Anything left lying on the floor could potentially cause a slip, trip or fall. Stairs are an area of particular concern as there is further to fall and injuries are generally more serious.

### **SAFETY EQUIPMENT**

14. Having a simple first aid kit in the home (ideally in the kitchen) allows you to give basic treatment if an injury occurs. First aid training can give you the confidence to know how to deal with emergency situations.

For further information please contact Lifeskills:  
The CREATE Centre, Hotwells, Bristol, BS1 6XN  
Tel: 0117 9224511  
E-mail: [manager@lifeskills-bristol.org.uk](mailto:manager@lifeskills-bristol.org.uk)

Reg. Charity No: 1080747  
Company No: 3944179  
[www.lifeskills-bristol.org.uk](http://www.lifeskills-bristol.org.uk)