We’re Supporting Child Safety Week
Meet twins, Harry and Amy

Harry and Amy are the stars of our book When I Grow Up.

Now that they have decided they want to have a future in construction they want to teach other children how to be safe.

They also have some important lessons to share about roads, water and the sun.

Look out for some of Harry and Amy’s school friends who will be helping along the way!
What is Construction?

Construction is the action of building something. This can be anything from big tall buildings, new schools and roads to underground pipes and cables.

Construction is happening all around us, you've probably seen a construction site near where you live or on your way to school.

You might even know somebody that works on one!
Construction sites are very important places - building new houses, schools, shops, hospitals, factories and offices - everything we need to live our daily life!

It would be impossible for one person to build a large building or fix a broken road or water pipe on their own.

Construction is a team project and requires a lot of working together.
Stay Safe & Stay Away

Although construction sites can look very fun, exciting and interesting places, they can be very dangerous, especially for children.

There may be a temptation to go and see what’s happening on a building site, but it's important to stay safe and stay away.

Harry and Amy want to teach other children about the dangers of a construction site, and how to stay safe.

*Keeping safe on a construction site is very important!*
Construction Safety Guide
Dangers to watch out for on construction sites

- Trip hazards - items lying on the floor in places where people walk
- Holes - should be covered to prevent people falling into them
- Slip hazards - this might include leaking water
- Working at height
- Hazardous & flammable substances (This means things that are poisonous or catch fire easily)
- Moving vehicles
- Tools and machinery
What makes sites safe?

- **Site signage** - This tells people what to do and where to do it
- **Cones/barriers** - This helps protect dangerous areas like holes
- **Fire extinguishers** - These keep everyone safe if there is a fire
- **PPE** - Workers wear this to be visible and to help prevent injury
- **Fences/security** - This keeps people out of our sites so that they stay safe
- **Trained first aiders** - Sites always have someone who is trained in first aid in case anyone does have an accident
People working on construction sites dress differently from what we’d normally wear - this is to help keep them safe.

Anyone going on a construction site wears PPE - which stands for **Personal Protective Equipment**.

Everyone on site works safely to avoid injury but their PPE is designed to protect them if accidents happen.
Protective clothing includes:

**Hard hat** - helps to protect from bumps and falling objects

**Goggles** - reduces the risk of small objects or chemicals going in your eye

**Hearing protection** - Placed over the ears to protect against ear damage from loud noises

**Hi-Viz jacket** - Makes workers easy to see

**Protective gloves** - Protects hands from sharp and hot objects

**Boots** - Protects the feet from sharp and heavy objects
Sun Safety
Keeping your skin healthy in the sun is essential whether you are on holiday or even at home in the UK.

Fun facts about the sun:

- The Sun is the largest object in our solar system - one million Earth’s could fit inside the Sun
- It takes eight minutes for light to travel from the Sun to the Earth
- The sun is hotter than you can possibly imagine - it’s a very hot 15 million degrees at its centre!
We are millions of miles away from the sun's heat so it is not quite as hot by the time it reaches us.

But we do still have to be careful when out in the sun, especially children!

When the sun sends its light to the earth, part of that light is made up of invisible ‘UV’ rays (Ultraviolet).

When the sun’s light reaches our skin, it is these ‘UV’ rays that make us tan. But they also cause skin damage/burning.
How to stay safe in the sun

Harry and Amy share their top tips on how you can ensure you are not hurt by ‘UV’ rays and stay safe in the sun!

How to stay safe in the sun:

Wear protective clothing
Apply sunscreen regularly
Wear a hat
Wear sunglasses
Use an umbrella for shade
Road Safety
Keeping safe on the roads!

Road safety is the protection and prevention of road accidents.

Roads can be dangerous places and we must be safe.

It's very important to follow traffic rules.

We all need to cross a road at some point, so it is important to look for a safe place to cross.

Harry and Amy always use The Green Cross Code which helps them to cross the road safely.
Green Cross Code - Stop, look, listen and think

**THINK!** First find the safest place to cross

**STOP!** Stand on the pavement near the kerb

**USE YOUR EYES AND EARS!** - Listen and look all around for traffic

**WAIT UNTIL IT IS SAFE TO CROSS!** If traffic is coming, let it pass

**LOOK AND LISTEN!** When it is safe, go straight across the road - do not run

**ARRIVE ALIVE!** Keep looking and listening
Traffic Lights

Signals you find on roads which help different road users to take turns, keeping things safe and smooth.

The different colours of lights tell drivers what to do:

**Red** - when the signal turns red this tells drivers to stop

**Amber** - means slow down and be ready to stop

**Green** - This means the driver can start driving or keep driving
There are crossings designed especially for pedestrians, which are called pedestrian crossings.

These only have 2 signals:

**Red man** - This means you should not walk, do not cross if you see the red man

**Green man** - This means it's safe to cross the road

Remember to wait for the Green man before you cross.
Safe places to cross the road

There are other safe places you can cross the road:

• Zebra Crossing
• School Crossing Patrol Officer (aka lollipop lady/man)
• Footbridge
• Underpass / Subway
• Pedestrian / traffic Island
Dangerous places to cross on roads

- Bends, Junctions and top of a hill
- Do not cross between parked cars
- Watch out for Construction work taking place
Water Safety
Harry and Amy love to go swimming!

Swimming in open water like a river, lake, or the sea is different from swimming in a pool.

Even Harry and Amy who are good swimmers need to take care.

You may swim well in a warm indoor pool, but that does not mean that you will be able to swim in outdoor cold water.

Water may look safe, but it can be very dangerous.

It’s very important whenever you’re near water to take extra care and know the dangers!
The dangers of water

- It is very cold
- There may be hidden currents
- It can be difficult to get out (steep slimy banks)
- It can be deep
- There may be hidden rubbish, e.g. shopping trolleys, broken glass
- There are no lifeguards
- It is difficult to estimate depth
- It may be polluted and may make you ill
Harry and Amy use the Water Safety Code to ensure they stay safe around water.

Whenever you are around water:

**STOP AND THINK** – Look for the dangers, always read signs

**STAY TOGETHER** – Never swim alone. Always go with friends or family

In an emergency:

**CALL 999 OR 112** – Shout for help and phone 999 or 112

**FLOAT** – If you fall in, float or swim on your back. Throw something that floats to anyone who has fallen in
Stay safe and have fun completing our activity sheets here.