

Summer Safety

East Dunbartonshire

2021/22



Your Health Matters

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 East Dunbartonshire Council
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INTRODUCTION

Following on from our Elf and Safety campaign to help ensure you enjoyed a safer festive season, East Dunbartonshire Health and Social Care Partnership, East Dunbartonshire Council, Police Scotland and Scottish Fire and Rescue have joined forces to provide advice and information to help ensure a safer summer.

Not all of it will be relevant to you, but we hope there is something for everyone and that you find something that you did not know before. Please share it with family and friends, and hopefully we will all have a safe and happy summer.



COVID - CORONAVIRUS (COVID-19)

For the latest coronavirus guidance from NHS Scotland and the Scottish Government, including physical distancing measures, testing and advice for infected households please visit NHS Inform - www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19

KEY MESSAGES

It has been a difficult time for everyone recently, but for many there have been additional challenges which continue to have an impact.

- Summer is here! However, life has not been fun for some children during the pandemic. For their sake, be aware that some children have been harmed or neglected - take action and remember, it is always better to say something than do nothing.
- Home is not a safe haven for everyone. People living with domestic abuse have had many support routes cut off to them due to the restrictions we are all living under. Could you know someone in that position? Be alert to the signs and help them get help - www.eastdunbarton.gov.uk/health-and-social-care/gender-based-violence/domestic-abuse
#ReportDomesticAbuse

- Older people living alone can often feel lonely and isolated, and for many, having to shield earlier in the year has deepened those feelings. Could your neighbour or family friend do with a chatty call or a doorstep visit? For ideas on how to help them tackle loneliness, visit www.ageuk.org.uk/scotland/what-we-do/tackling-loneliness/
- COVID-19 safety restrictions have meant people with disabilities may not have access to as much support as usual and may be feeling increasingly closed off from the world. Could you help someone in this position to feel connected again? There is help out there, maybe you could point them to it - www.eastdunbarton.gov.uk/health-and-social-care/health-and-social-care-services/disability-services



BBQ SAFETY

Nothing quite says summer like firing up the barbecue and cooking outdoors, but did you know that Scottish Fire and Rescue Service attend incidents every year where barbecues have gotten out of hand?

Whether you are in the garden or out camping, here's some handy advice to help you barbecue safely and avoid injuries, as well as damage to property:

- Keep a bucket of water, sand or a garden hose nearby for emergencies.
- Never leave a barbecue unattended.
- Avoid alcohol if you are in charge of a barbecue - it can affect your co-ordination and judgement.
- Make sure your barbecue site is flat and well away from sheds, fences, trees, shrubs and garden waste.
- Keep children and pets away from the cooking area.
- Do not dispose of ashes from barbecues until they are cold to the touch. Hot ashes can melt a plastic wheelie bin and can also cause a fire.
- Never use petrol or paraffin to light your barbecue; use only recognised lighters or starter fuels on cold coals.
- Use enough charcoal to cover the base of the barbecue, but not more (normally around 5cms or 2ins). After cooking, make sure the barbecue is cool before moving it.
- Never take a portable barbecue - or lit charcoal - into an enclosed space like a tent or caravan.
- Make sure everyone knows how to put out clothing that's on fire – stop, drop and roll.

Do you have a gas barbecue?

- Take care when turning bottled gas barbecues on and off.
- Make sure the tap is turned off before changing the gas cylinder.
- After cooking, turn the gas supply off first and then the barbecue control. This will stop any gas from leaking.
- Make sure all joints are safely and securely tightened.
- Change gas cylinders outdoors or in a well ventilated area.
- Gas cylinders should be kept outside away from direct sunlight and frost. Never store petrol, diesel or gas containers under your caravan or inside your home.
- Read the manufacturer's instructions about how to check for leaks in the cylinder or pipework, eg brushing soapy water around all joints and looking for bubbles. Don't keep more gas cylinders than you need.



ADVICE TO HELP YOU ENJOY A SAFE BBQ



Food Standards Scotland Scientific Advisor Dr Laura Evans shares her top tips:

There are a lot of things to remember when hosting a barbecue, especially if you're cooking for older relatives and young children. It's really important to avoid making anyone unwell with food that isn't cooked properly.



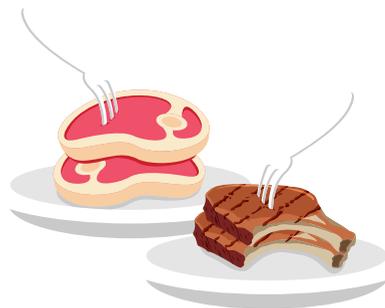
Use a food thermometer



By far the easiest thing you can do to make sure food is cooked properly is to use a food thermometer. Insert it into the thickest part of the meat and it should reach 75°C or above if cooked. If you don't have a food thermometer, cut into the meat to check it is steaming hot, there is no pink meat and the juices run clear.

Raw and cooked meats need to be kept separate

When you're barbecuing, make sure you use different dishes for raw and cooked food. This helps avoid cross contamination. It's also important to use separate utensils - one for raw food and one for cooked food.



Pre-cook meats in the kitchen first

Pre-cooking food in the oven first is a great way to have more control over cooking, then you can finish it off on the barbecue to get that nice chargrilled flavour.

Keep raw food in the fridge until you need it

A key thing is keeping raw food chilled until it's needed. It's really easy to take food out then forget about it, but it's important not to leave food out where it can get warm - especially on a summer's day!

Rotate meat on your barbecue

I often remember eating chargrilled chicken drumsticks (i.e. burnt ones!) Dad had cooked on the BBQ – if you keep rotating food you can avoid his mistake and ensure that food is cooked evenly, with no raw bits.



Throw away used marinades

While the sauce might look yummy, it can't be eaten after being on raw meat (without being cooked first) so don't be tempted to re-use meat marinades for something like a salad dressing or on other ready-to-eat food.

If you're cooking on charcoal, make sure it has reached the right temperature

It's important to give the coals time to glow red with a powdery grey surface rather than bursting with flames. Flames will burn your food rather than cook it through, so it's important to allow the barbecue enough time to heat up properly, even if you're trying to cook everything before the rain comes on!



Let's hope for some more great weather so we can cook on our barbecues and create some more happy memories!

For more on this or any other food safety advice you can contact the Council's Environmental Health team at environmental.health@eastdunbarton.gov.uk



WATER SAFETY

Fire and rescue crews regularly respond to emergency calls from people who have gotten into difficulty in the water and need to be rescued. We want you to stay safe around water, read on to find out how.

Scotland has some of the most beautiful rivers, lochs, canals and reservoirs that the UK has to offer - attracting thousands of visitors each year. It's important to remember though that if you're visiting one of these spots, water can pose many risks.

Here is some useful advice about what you can do to stay safe around water. If you're a parent, guardian or teacher you can also use this information to talk to children about water safety.

Have fun and stay safe

- Sometimes it can be tempting to go for a dip in a river or loch, especially during the summer months, but swimming in unsupervised open water can be extremely dangerous.
- Open water can become very cold just a few feet under the surface and can cause cramps or 'cold water shock'. Very cold temperatures can also affect your stamina - you may find your strength and ability to swim deteriorates rapidly. You might find yourself getting tired a lot more quickly than you would in a heated pool.
- Open water can also look very calm on the surface, but strong undercurrents or unseen objects which could trap or injure you can lie beneath. It's also important to remember not to enter the water if you've been drinking alcohol - alcohol and water don't mix.

Parents, guardians and teachers

- It's important to talk to children about their safety if they are playing near water. Have a conversation about it today and explain:
- Children should never swim in unsupervised areas like lochs, rivers or ponds where there isn't an adult to help if they get into trouble
- It's much safer to go to a swimming pool where there's a lifeguard on duty
- They shouldn't play with or touch lifesaving equipment like life-rings by the side of waterways. That equipment might be necessary to save someone's life.



RUBBISH AND REFUSE FIRES

There are approximately 22,000 outdoor fires each year in Scotland which require emergency attendance and approximately 50% of all these outdoor fires involve refuse, rubbish and fly-tipped materials.

With an estimated average cost of £2,000 for each attendance at such incidents, the estimated annual cost to the Scottish Fire and Rescue Service is £22 million.

You can help prevent rubbish fires by following this advice:

- Store your rubbish in a secure area if possible
- Keep your garage and shed locked, as well as your home
- Keep all flammable liquids locked away
- Consider installing security lighting outside
- Be alert to strangers loitering in your street and call the police if strangers are loitering for some time
- Report any build-up of rubbish to your local authority or community fire station. This will help to ensure it is removed - preventing fires.
- Report any fly-tipping direct to your local authority or to the National Dumb Dumpers Stop Line on 0845 230 40 90
- Warn other people if a fire breaks out then get out, stay out and alert the fire and rescue service by ringing 999.

Remember not to:

- Allow rubbish to block escape routes
- Store rubbish by doors, windows or any other openings
- Store bins or sacks up against your home as fire can quickly spread to buildings
- Overfill your bin or leave rubbish around it
- Smoke in or around storage areas
- Put bins out for emptying until the day your refuse is collected
- Fly-tip materials or leave rubbish to build up outdoors – it could start a fire
- Accept deliberate fire-setting in your community. It's a crime that threatens lives – report it to the police.
- If a crime is being committed, or is about to be committed, or if there is a risk of serious injury, or if the fire and rescue service is needed, call **999**.



WILDFIRES

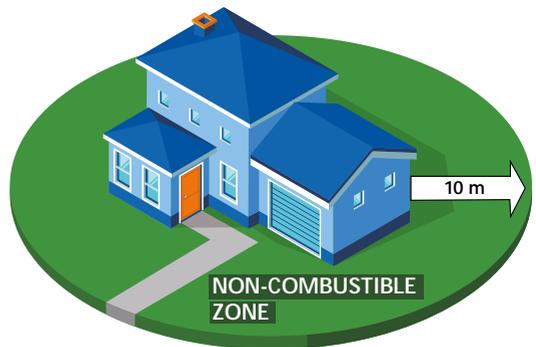
Wildfires are very dangerous - spreading fast, changing direction, and threatening wildlife, livestock, domestic animals, environment, property and people. Many wildfires are started deliberately or are due to careless, reckless or irresponsible behaviour. If you see, or suspect someone of, acting suspiciously, recklessly or irresponsibly in the countryside contact Police Scotland on **101** or pass information anonymously to Crimestoppers Scotland on **0800 555 111**.

Key tips to prevent wildfires in rural and semi-rural areas:

- If you see a fire in the countryside, however small, **CALL 999 IMMEDIATELY**
- Always follow the Scottish Outdoor Access Code - www.outdooraccess-scotland.scot
- Do not discard lit cigarette ends – make sure they are completely extinguished
- Report anyone acting irresponsibly or carelessly with fire in the countryside
- Never burn heather or moorland outwith the permitted season
- Make sure your home number or name is clearly visible from the road or main access point
- Make sure there is a safety zone around your home
- Remember – a wildlife fire can develop quickly
- Join Scotland’s fight against fire and prevent fires in the countryside.

Create a safety zone

- One of the most important things you can do to protect your home and property is to create a safety zone around it, extending out for at least 10 metres in all directions. A safety zone is a well-planned, well-maintained area that is as free as possible of combustible materials that could support the spread of wildfire. It doesn’t mean you need to strip the land of any vegetation and cover it in concrete. Properly preparing your home and community does not guarantee that you will not incur fire damage, but it does reduce the risks.
- Any kind of dry vegetation will burn. Mature trees, shrubs, grass and even your woodpile and wheelie bins are all potential fuels and can easily ignite (increasing the chance of building fire and loss). Managing the space around your house and buildings is of prime importance.



CARAVAN SAFETY

A fire in a caravan or mobile home can spread much more quickly than it would in a house or flat. Take extra care and think about fire safety when you are away from home.

Smoke alarms are just as important for your caravan as for your home. Smoke alarms should be fitted in rooms with electrical appliances or other sources of ignition. If your caravan has cooking facilities, consider fitting a heat alarm too.

If fire breaks out, a smoke or heat alarm will alert you - giving you time to react safely and sensibly. If you are sleeping, a working alarm could be your only chance of waking up. Test your alarms weekly and never remove the batteries.

Key safety tips

- If you smoke, use ashtrays. Never smoke in bed. Preferably smoke outside your caravan to avoid the risk of fire. Dispose of cigarette ends carefully.
- If you've been drinking alcohol or taking drugs, don't cook
- Never walk away while you're cooking and never use a cooker or heater while your caravan is moving
- Turn off all non-essential electrical appliances before you leave the caravan or go to bed
- Never overload sockets. Consider using a multi-socket adaptor with surge protection.
- Don't run electrics from one caravan/mobile home to another. This could cause fire or pose a risk from electric shock.
- Never leave children alone inside a caravan/mobile home
- Don't dry clothes over the stove or heaters
- Where possible, keep children out of the kitchen area when cooking
- Keep the area near your caravan clear of litter/rubbish and cut back vegetation to reduce the risk of fire spreading
- Keep a torch handy for emergencies – never use lighted candles
- Make sure the door is easy to open from the inside in case of fire or keep door keys available for use in an emergency
- Rubbish and refuse should be safely stored, preferably in non-combustible containers, and regularly uplifted
- If fire does break out - **get out, stay out and dial 999**. Make sure everyone knows how to escape safely from the caravan.



TENT SAFETY

- Fire can destroy a tent in less than 60 seconds
- Never use candles in or near a tent – torches are safer
- Cook a safe distance from the tent walls as they could easily catch fire
- Never cook inside a small tent
- Never cook near long grass or flammable materials which can quickly ignite
- Don't smoke inside tents
- Make sure you know how to cut your way out of the tent to escape if there is a fire
- Make sure everyone knows how to put out clothing that's on fire – stop, drop and roll
- Ensure caravans and tents are at least six metres apart and well away from parked cars. This will help reduce the risk of fire spreading.
- Make sure you know the campsite's fire safety arrangements and check where the nearest telephone is
- Keep a mobile phone handy for use in emergencies.



CARBON MONOXIDE (CO) SAFETY

Heating and cooking appliances can cause CO poisoning if they are poorly installed, incorrectly used, inadequately ventilated or if they are not properly and regularly maintained.

When fuel does not burn properly, it produces CO gas. CO poisoning kills people. It can also damage your health permanently.

The early symptoms of CO poisoning are:



- Tiredness



- Drowsiness



- Dizziness



- Chest pains



- Nausea

To minimise the risk of CO poisoning:

- Fit a CO detector in your caravan. Ideally a detector should be installed in all rooms containing a fuel-burning appliance.



- Always keep the caravan well ventilated. Ensure that air vents are clear – if air vents get blocked, it could be fatal.
- Never use fuel-burning devices inside a caravan or tent – eg disposable BBQs, camping stoves, camping heaters, lanterns and charcoal grills
- Have gas appliances - including gas supply regulator and hoses, and gas or oil-fired boilers - installed and serviced once a year by a Gas Safe engineer
- Make sure exhaust gases from generators are properly vented away from occupied areas.

SUN SAFETY

Follow advice for adults and children on sunscreen and sun safety in the UK and abroad. Sunburn and the use of sunbeds increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to September.

Make sure you:

- Spend time in the shade between 11am and 3pm
- Wear a hat
- Cover up with loose, suitable clothing and sunglasses with a CE kite mark
- Take extra care with children
- Use at least Factor 30 sunscreen
- Keep hydrated with plenty of water.



What factor sunscreen (SPF) should I use?

- Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.
- When buying sunscreen, the label should have:
- A sun protection factor (SPF) of at least 30
- At least a 4-star rating on the bottle.
- UVA protection can also be indicated by the letters "UVA" in a circle, which shows that it meets the EU standard. Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of two to three years. Do not spend any longer in the sun than you would without sunscreen.

What are the SPF and star ratings?

- The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection
- SPFs are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection
- The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to five stars on UK sunscreens. The higher the star rating, the better.

- The letters “UVA” inside a circle is a European marking. This means the UVA protection is at least a third of the SPF value and meets EU recommendations.



- Sunscreens which offer both UVA and UVB protection are sometimes called broad spectrum.

How to apply sunscreen

- Most people do not apply enough sunscreen. As a guide, adults should aim to apply around:
- At least two teaspoons of sunscreen if you’re just covering your head, arms and neck
- At least two tablespoons if you’re covering your entire body while wearing a swimming costume.
- Apply sun cream before you go out to give your skin time to absorb it. If sunscreen is applied too thinly, the amount of protection it gives is reduced so make sure you have enough on. You should also reapply at least every 90 minutes.
- Sunscreen should be applied to all exposed skin - including the face, neck and ears, and head if you have thinning or no hair (but a wide-brimmed hat is better). Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer’s instructions.

Swimming and sunscreen

Water washes sunscreen off and the cooling effect of the water can make you think you’re not getting burned. Water also reflects ultraviolet (UV) rays, increasing your exposure. Use water-resistant sunscreen if it’s likely you’ll sweat or have contact with water. Sunscreen should be reapplied straight after you have been in water, even if it’s “water resistant”, and after towel drying, sweating or when it may have rubbed off.

Children and sun protection

- Take extra care to protect babies and children. Their skin is much more sensitive than adult skin and damage caused by sunburn could lead to skin cancer developing in later life. Children under six months should be kept out of direct strong sunlight.
- Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.
- To ensure they get enough vitamin D, all children under five are advised to take vitamin D supplements.



Protect your eyes in the sun

- A day at the beach without proper eye protection can cause a temporary, but painful burn to the surface of the eye, similar to sunburn.
- Reflected sunlight from snow, sand, concrete and water, and artificial light from sunbeds, is particularly dangerous.
- Avoid looking directly at the sun as this can cause permanent eye damage.

How to deal with sunburn

- Sponge sore skin with cool water and then apply soothing aftersun cream or spray, like aloe vera
- Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn
- Stay out of the sun until all signs of redness have gone
- Find out more about treating sunburn - www.nhs.uk/conditions/sunburn
- Seek medical help if you feel unwell or the skin swells badly or blisters. Stay out of the sun until all signs of redness have gone.
- Get tips on preventing and treating heat exhaustion in hot weather by visiting www.nhs.uk/conditions/heat-exhaustion-heatstroke/

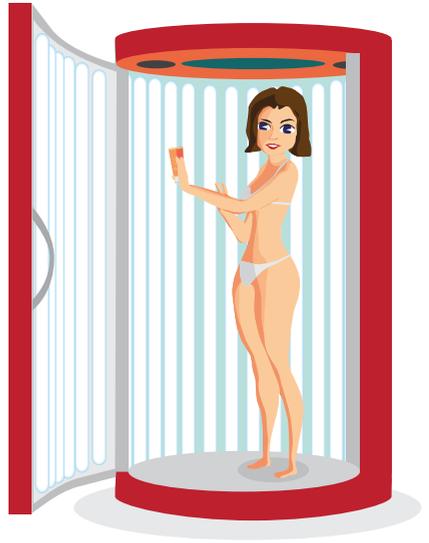
Who should take extra care in the sun?

- You should take extra care in the sun if you:
 - Have pale, white or light brown skin
 - Have freckles or red or fair hair
 - Tend to burn rather than tan
 - Have many moles
 - Have skin problems relating to a medical condition
- Are only exposed to intense sun occasionally (for example, while on holiday)
- Are in a hot country where the sun is particularly intense
- Have a family history of skin cancer.
- People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they do not take the right precautions. People with naturally brown or black skin are less likely to get skin cancer, as darker skin has some protection against UV rays. But skin cancer can still occur so everyone needs to wear sun cream and follow the advice where possible.
- If you develop moles or they change their shape or colour, report these to your doctor as soon as possible. Skin cancer is much easier to treat if it's found early.



Using sunbeds

- The British Association of Dermatologists advises that people should not use sunbeds or sunlamps.
- Sunbeds and sunlamps can be more dangerous than natural sunlight because they use a concentrated source of UV radiation.
- Health risks linked to sunbeds and other UV tanning equipment include:
 - Skin cancer
 - Premature skin ageing
 - Sunburnt skin
 - Eye irritation.
- It's illegal for people under the age of 18 to use sunbeds, including in tanning salons, beauty salons, leisure centres, gyms and hotels.



HOW TO COPE IN HOT WEATHER

Why is a heatwave a problem?

- The main risks posed by a heatwave are:
- Not drinking enough water (dehydration)
- Overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- Heat exhaustion and heatstroke.

Who's most at risk?

- A heatwave can affect anyone, but the most vulnerable people are:
- Older people – especially those over 75
- Those who live on their own or in a care home
- People who have a serious or long-term illness - including heart or lung conditions, diabetes, kidney disease, Parkinson's disease and some mental health conditions
- Those who may find it hard to keep cool include babies and the very young, the bed bound, those with drug or alcohol addictions and people with Alzheimer's
- People who spend a lot of time outside or in hot places – including those who live in a top-floor flat, the homeless and people whose jobs are outside.

Tips for coping in hot weather

- Look out for those who may struggle to keep themselves cool and hydrated - older people, those with underlying health conditions and those who live alone are particularly at risk

- Stay cool indoors – many of us will need to stay safe at home this summer so know how to keep your home cool
- Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors
- If going outdoors, use cool spaces considerably - keep your distance in line with social distancing guidelines
- Follow coronavirus social distancing guidance and wash your hands regularly
- Drink plenty of fluids and avoid excess alcohol
- Never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- Try to keep out of the sun between 11am and 3pm
- Walk in the shade, apply sunscreen regularly and wear a wide-brimmed hat if you have to go out in the heat
- Avoid exercising in the hottest parts of the day
- Make sure you take water with you if you are travelling
- If you are going into open water to cool down, take care and follow local safety advice
- Remember that while coronavirus restrictions are in place, you will need to follow government guidance to use public spaces safely.

BICYCLE SAFETY



How safe is your bike for summer? If you are planning to get out for summer cycles or thinking of getting of buying a new or second-hand cycle, please see our top safety checks before you start:

- Generally a bicycle will be marked with British Standard - eg BS 6102 - or European Standard. If these markings are present, that is a good indication that when the bicycle was originally supplied, it was safe. If in doubt call your local Trading Standards on 0300 123 4510 or email trading_standards@eastdunbarton.gov.uk
- Brakes must be equipped with two braking systems, one operating on the front wheel and one on the rear
- The brake lever for the front brake must be positioned on the right-hand side of the handlebar and - for the rear - on the left-hand side
- All handlebars must have an overall width of between 350mm and 700mm. The ends of the handlebars must be fitted with either plugs or handgrips.
- A protective device must shield the chain for a distance of 25mm from the upper junction of the chain and chain wheel. Its purpose is to prevent entrapment of clothing or parts of the body.
- The maximum inflation pressure recommended by the manufacturer must be moulded on the sidewall of the tyre and be clearly visible when the tyre is fitted to the wheel.
- Front and rear lamps may be fitted but are not essential
- One rear reflector, two side reflectors and one front reflector must be fitted

- A bell or other warning device may be fitted, but is not essential. It does help to warn pedestrians and other cyclists.
- To ensure that your helmet has been tested, look for a CE marked EN1078 sticker. Some younger children's helmets, may have a EN1080 standard, designed to snap off during a collision to prevent the child from choking or being strangled if the helmet snags. If in doubt call your local Trading Standards on 0300 123 4510 or email trading_standards@eastdunbarton.gov.uk
- If buying second hand consider contacting your local cycle shop for a safety check. Alternatively, maybe you bike needs a service. Check out the Scotland Cycle Repair Scheme for information - www.transport.gov.scot/active-travel/scotland-cycle-repair-scheme/
- If you're planning to buy an E-scooter, do your research. You need private land on which to ride - they are not legal to ride in a public place.
- For general advice, please view the RoSPA guidance on keeping safe when cycling - www.rospa.com/road-safety/advice/cyclists-and-motorcyclists



DOORSTEP CRIME

East Dunbartonshire has a significant number of lone, elderly residents with a degree of vulnerabilities, which has made the area a prime target for bogus callers and other scam-type fraudulent schemes.

In order to meet Police Scotland priorities, Operation Skipjack was created to essentially make the locality a no-go area for criminals. Operation Skipjack is based on partnership working between the Council's Trading Standards and Police Scotland. The Police and Trading Standards work jointly to take criminal enforcement action against those involved with doorstep crime - investigating doorstep crime offences, as well as providing advice and support to our more vulnerable residents.

Safety tips and advice from Operation Skipjack

- **THINK** – are you expecting somebody to visit you, if not do not let anybody into your property
- **SECURE** - use your door chain / spy-hole before opening the door
- **QUESTION** - ask for any caller's I.D. Verify by phone. But remember - if in doubt, keep them out!

Be aware of methods used by criminals to distract you, such as being asked: to make a telephone call; to use your toilet; for a glass of water; or to check water or gas supplies.

- Don't keep large amounts of money at home
- Do your premises or garden really require work to be carried out?
- If it sounds too good to be true, it probably is
- Be vigilant for vulnerable neighbours who may fall foul of these criminals.

Criminals who commit doorstep crime are very convincing, believable and take advantage of the most vulnerable / trusting people, often in their own homes. Police Scotland works closely with partner agencies to tackle these offenders.

Who should I call?

If I feel threatened, unsafe or suspicious of a caller?

- Contact the police immediately on **999**

If I see something suspicious in my area, or want more advice about doorstep crime?

- Contact the police on 101

Contact East Dunbartonshire Trading Standards for more information and advice on doorstep crime, and how you can deal with doorstep callers and unwanted telephone calls - email trading_standards@eastdunbarton.gov.uk or call **0300 1234510**.

ALCOHOL

With beer gardens and bars now open, many of us are looking forward to a night-out with friends. However, it is important to drink responsibly and put your safety and the safety of others first.

Over-indulgence in alcohol can affect your behaviour, mind and self-control. Drinking too much can make you vulnerable to becoming a victim of crime as well as getting involved in altercations, which can ruin two lives.

Be responsible and have a safe summer by:

- Knowing your alcohol limits (no more than 14 units a week with three days alcohol free)
- Drinking plenty of water, eating food and staying with friends. Never leave a drink unattended.
- Making sure you and your friends have return journeys planned
- Not accepting a lift from anyone purporting to be a taxi driver if they do not have the correct licence in place. Consider pre-booking your journey in advance.
- Keeping your personal belongings safe at all times.
- Being aware of local drinking laws in your local authority area, which can make it an offence to drink alcohol or have an open container of alcohol in a public area.

- Many people consider themselves to be moderate drinkers, but, in reality, are drinking more than the low-risk guidelines.
- The Chief Medical Officers' guidelines for both men and women are:
- To keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis
- If you regularly drink as much as 14 units per week, it is best to spread your drinking evenly over three or more days
- If you have one or two heavy drinking episodes a week, you increase your risks of death from long-term illness and from accidents and injuries
- The risk of developing a range of health problems - including cancers of the mouth, throat and breast - increases the more you drink on a regular basis
- If you want to cut down the amount you drink, a good way is to have several drink-free days each week.



YOUNG PEOPLE AND ALCOHOL – RISKS

During the school holidays and better weather, we know that young people will be making plans to see friends, socialise and have fun. We also know that some of them will drink alcohol.

Young people need to be aware of the risks of drinking alcohol, particularly if they have never had alcohol before or drink too much. Anyone who drinks a lot in a short space of time can become seriously ill. When you drink too much, it can have some major downsides, such as

- It can make you ill! It might seem obvious, but if you drink too much you will get a hangover and you might get alcohol poisoning, which can be dangerous and in some cases fatal. Alcohol can affect the parts of the brain that control balance and speech, as well as the nerves that control your breathing and heartbeat, and lower your body temperature, which can lead to hypothermia. It can also cancel your gag reflex, putting you at serious risk of choking to death, especially if you are sick. It takes less drink than you might think to get alcohol poisoning - 12 units according to the NHS (www.nhs.uk/conditions/alcohol-poisoning). That could be as little as four pints of beer or four glasses of wine.
- It affects your judgement! When you drink, you're less inhibited so your judgement isn't as good as it would normally be and if you drink a lot it can make you wobbly and sleepy. Both these things can make it more likely that you'll have an accident. Or you might do something you regret later – like trying other substances, engaging in some kind of sexual activity or doing other things that you wouldn't do when you were sober, such as getting involved in fights or accepting challenges to do things that are just stupid and often end in injury.
- It's bad for your health in the long term. Drinking in your teenage years is bad for your health in the long term. You won't see the effects right away, but it can be bad for your sleep, memory, attention span and reaction times.
- It's illegal if you're under 18. You can't drink or buy alcohol until you're 18. If you are caught by the police with alcohol in a public place, they'll confiscate it, and you could be fined or arrested. Think how this would look to a potential employer or university!

YOUNG PEOPLE AND ALCOHOL – WHAT PARENTS CAN DO

Drinking alcohol can be seen by young people as a solution to problems. It can give them confidence or simply make them forget about what was worrying them. Parents have an important role in helping to build resilience and confidence in their children. The greater a young person's self-esteem, the greater their ability to bounce back from difficult situations and the less likely they are to drink.

When it comes to teenagers you may feel there's little point in having rules and boundaries, they'll only break them – it's what teenagers do! But in fact, we know that while kids push against rules, they feel safer having them and they do pay attention. If you've talked them through your expectations and agreed boundaries with them, they 'buy in' and feel the rule is theirs to keep. It can also be useful to give them strategies to cope with peer pressure and opt out - "No way, if I'm caught drinking, I'd get my phone taken off me/ get grounded", etc.

To say no, young people need to recognise that it doesn't mean they're rejecting a friend or being dull or rude. They're looking after themselves. You could show your child how to avoid being pressured to do something by being assertive. The best way to learn is to talk it through with you, to practise how to turn down things they should be allowed to refuse. Also remember, there are plenty of people out there who will answer their questions about alcohol or listen to them if you don't. The problem is that they may be friends who have as confused and inaccurate an idea as they do. Or they might be led astray by websites or people on the internet. Saying nothing or evading the issue does not mean the questions go away, just that they go elsewhere.

More advice for parents can be found at <https://youngminds.org.uk/find-help/for-parents/>



DRUGS: WHAT YOU NEED TO KNOW

Taking drugs comes with many health risks, from dependency to overdose and infections. It is safer not to use any illicit substances, however, if you do decide to use substances always check the information on the NHS Inform and CREW websites (below) to keep yourself fully informed. If you are concerned about your drug use and want to reduce the risks or have a family member / friend who uses drugs it's important to know more about the substances and how to get support.

www.nhsinform.scot/healthy-living/drugs-and-drug-use/drugs-what-you-need-to-know

www.crew.scot/drugs-information

Dealing with an overdose

When someone overdoses, it is important to get them help as soon as possible. Phone 999 right away. Ambulance paramedics have the tools to respond safely and if someone is experiencing a suspected opioid-related overdose, administering naloxone is a priority.

Overdose symptoms

Symptoms will vary with different drugs but some key signs and symptoms where it is important to call 999 are:

- Unconsciousness
- Seizures or fitting
- Rapid or low/undetectable heart rate
- Chest pains
- Difficulty breathing (snoring or rasping)
- Blue / pale tingeing of knees, hands and lips
- Severe nausea and vomiting
- Hyperthermia (overheating).

Naloxone

Naloxone is a medication that is used to temporarily reverse the effects of an opioid overdose (such as heroin, methadone or morphine).

Who can be supplied with take home naloxone:

Anyone in East Dunbartonshire who is aged 16 and over, including:

- A person at risk
- Carer, friend or family member of a service user at risk
- Any individual working in an environment where there is a risk of overdose for which the naloxone may be useful
- Anyone with an expired naloxone kit.

How to use the naloxone postal service:

You can order postal naloxone online. Visit www.eastdunbarton.gov.uk/naloxone-request and complete the application form. You will also need to complete a free Scottish Drugs Forum e-learning course or contact **0141 232 8211** to access local training (if available).

For additional information on:

- The postal naloxone service
- East Dunbartonshire Alcohol and Drug Recovery Service (ADRS)
- How to access the ADRS online referral form (self-referral or refer someone else).
- Please visit www.eastdunbarton.gov.uk/health-and-social-care/services-adults-and-older-people/alcohol-and-drugs-recovery-service or call ADRS on **0141 232 8211**.

FIVE STEPS TO MENTAL WELLBEING

Below are five things that, according to research, can really help to boost our mental wellbeing:

- **Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships. Learn more via Connect for mental wellbeing - www.nhsinform.scot/healthy-living/mental-wellbeing/five-steps-to-mental-wellbeing#connect-for-mental-wellbeing
- **Be active** – you don't have to go to the gym. Take a walk, go for a cycle or play a game of football. Find an activity that you enjoy and make it a part of your life. Learn more via Get active for mental wellbeing - www.nhsinform.scot/healthy-living/mental-wellbeing/five-steps-to-mental-wellbeing#get-active-for-mental-wellbeing
- **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument or figure out how to fix your bike? Find out more via Learn for mental wellbeing - www.nhsinform.scot/healthy-living/mental-wellbeing/five-steps-to-mental-wellbeing#learning-for-mental-wellbeing
- **Give to others** – even the smallest act can count, whether it's a smile, a thank-you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks. Learn more via Give for mental wellbeing - www.nhsinform.scot/healthy-living/mental-wellbeing/five-steps-to-mental-wellbeing#give-for-mental-wellbeing
- **Be mindful** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness “mindfulness”. It can positively change the way you feel about life and how you approach challenges. Learn more via Mindfulness for mental wellbeing - www.nhsinform.scot/healthy-living/mental-wellbeing/five-steps-to-mental-wellbeing#mindfulness-for-mental-wellbeing



SEXUAL HEALTH & WELLBEING

Sandyford Sexual Health Services now has a sexual health clinic for 13-17 year olds in Glasgow city centre on Saturday afternoons. The clinic runs from 12.30-3.30pm, with 12 appointments available, and is situated at the **Simon Community Hub, 389 Argyle Street, Glasgow, G2 8LR**, which is a short walk from Central Station.

Due to COVID 19 restrictions, these clinics are not drop-in, young people must book an appointment and can do this online or by phone 0141 211 8130. The services available at this clinic include: asymptomatic sexual health screens, BBV testing, oral and injectable contraception, implant insertions and removals, emergency contraception and condom provision. For more information and to view other clinics and services visit <https://ypsandyford.scot>

ANTI-SOCIAL BEHAVIOUR

We want you to have a great summer and enjoy sunbathing in the park or having a drink in your garden, but please remember to be considerate of others and respectful of your surroundings.

Be responsible and have a safe summer by:

- Always being considerate of your actions and the actions of your family and friends on others who may live nearby or who are enjoying time in the same area
- Being mindful of your surroundings. Shouting, swearing, rowdy behaviour and loud music may be fun for you, however, may cause fear, alarm and distress to others.
- Binning your litter when you leave - be kind to our environment and keep Scotland beautiful
- Keeping your dog on the lead and under control
- Never carrying a weapon. If caught, you will be arrested and prosecuted. Criminal records for violence make it harder to get into college or university as well as going on holiday.
- Remembering that violent crime can affect anyone and innocent bystanders can get caught in the middle of other people's disputes and suffer trauma, serious injuries or worse.
- If you know or suspect someone who is responsible for anti-social behaviour, you can speak up 100% anonymously by contacting our partners at Fearless - www.fearless.org

SECURE YOUR HOME

With holiday accommodation now open in Scotland and many of us booking local getaways, it is even more important to secure your home.

Although we are spending more time at home, it is still important to remember to secure your home when you are outside enjoying the sunshine.

Many thieves are actually opportunists who do not have to break in at all because a door or window has been left open or unlocked. For more information visit the Home and Personal Property section of Police Scotland website - www.scotland.police.uk/what-s-happening/campaigns/2020/summer-safety



Be responsible and have a safe summer by:

- Locking the front door and windows when sunbathing in the back garden
- Locking all doors and windows when going out
- Remembering to lock all sheds and outbuildings after gardening
- Never leaving keys on the inside of door locks, under mats or anywhere else an intruder may easily find them. Don't keep house keys and car keys on the same key ring.
- Not leaving valuables in sight of windows
- Avoiding keeping large amounts of cash in the house. If you must then disperse it in various locations.
- Security marking your property with a UV marker pen, which you can use to place an invisible imprint of your postcode and house number on your possessions
- Recording details of your valuables, such as mobile phone, cameras, laptops and tablets on the national mobile property register at www.immobilise.com
- If you have a wall calendar, avoid mounting it near a window from where appointments can potentially be seen. This may give an indication of when a property will be empty.

STAYING SAFE OUTDOORS

Spending time outdoors has become more important than ever before. Everyone wants to see our countryside, and enjoy our waterways and coastline.

Remember - any area of water, including reservoirs and canals, can hold hidden dangers. Scotland has more than 37,000 separate stretches of inland water and over 11,500 miles of coastline (including both mainland and island coast).

With many stretches located in remote areas, help will often be some considerable time away, so take responsibility for your own actions and make sensible decisions to stay safe around waterways.

Be responsible and enjoy a safe summer by:

- Being aware of the dangers when out hillwalking, cycling or near areas of water. Think about the risks and plan to minimise them.
- Never underestimating the current, temperature or depth when in water
- Never get into the water alone and don't go swimming after drinking alcohol
- If you get in trouble in water, float to live.

You can find out more about inland water safety from Scottish Water - www.scottishwater.co.uk/your-home/campaigns/respect-our-reservoirs

To get more information about how to enjoy sea sports and Scotland's coastline safely, get advice from the Royal National Lifeboat Institution - <https://rnli.org> - and HM Coastguard, - <https://coastguardsafety.campaign.gov.uk>

General advice about water safety is also available from the Royal Society for the Prevention of Accidents (RoSPA) - www.rospa.com

If you see someone in difficulty or at risk at sea or along the coast, always dial 999 and ask for the Coastguard.



GARDEN SAFETY

Protect yourself in the garden this summer- top tips from RoSPA and Electrical Safety First

Reduce the risk of small children drowning by securely fencing or filling in garden ponds or water features and always supervising children near water.

Avoid accidents and injury when doing DIY tasks by always operating within the range of your skills, ability and experience. Use personal protective equipment including gloves, goggles, helmet, facemask and safety shoes as appropriate and recommended for the task, and follow the manufacturer's instructions.

Avoid injury from falls by always checking the condition of a ladder before you use it and always using it at a safe angle (one in four).

Cut the grass not the cable When using a lawnmower or hedge trimmer it is important to keep the cables, connections and plugs free from damage

To stay safe while using electrical equipment in the garden, follow these suggestions:

- Buy a good-quality lawnmower / hedge trimmer from a well-known manufacturer and follow the manufacturer's instructions closely
- When using hedge trimmers, wear gloves and goggles
- Check that the socket outlet has RCD protection
- Do not cut grass in wet conditions

- Test the RCD using its test button unless you are certain that the RCD has been tested within the last three months
- Wear shoes that protect your feet (not sandals) and keep children well away from the appliance
- Unplug the lawnmower and wait until the blades have stopped turning before doing anything like cleaning grass blockages. Similarly, unplug the hedge trimmer before removing jammed hedge trimmings.
- Take care if you are digging in the garden - electric, gas and water services may be buried below
- Never use electrical equipment in wet conditions!
- Visit www.electricalsafetyfirst.org.uk/guidance/safety-around-the-home/garden-safety/ for advice.

Store Garden Chemicals Safely

Avoid poisoning and chemical burns by storing chemicals for use in your garage or garden, safely out of sight and out of reach of children - preferably in a secure cabinet. Carefully follow the manufacturers' instructions when using weed killers, adhesives and solvents, and never transfer to alternative containers



Trampolines

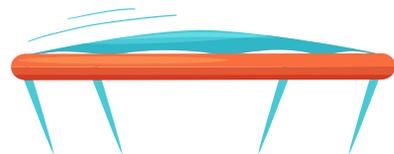
- RoSPA advises that trampolining is not suitable for children under the age of six because they are not sufficiently physically developed to control their bouncing.
- Trampolining injuries can occur to all parts of the body, including the neck, arms, legs, face and head. Head and neck injuries are the most serious injuries associated with trampolines. The most common injuries are caused by awkward landings and include sprains or fractures to the wrist, forearm, elbow and collarbone.
- Adult supervision is no guarantee of safety. More than half of all trampoline accidents occur whilst under supervision. However, a trained 'spotter' can greatly reduce this risk. Never combine alcohol with trampolining! Children have been hurt while bouncing with adults who have been drinking at summer garden parties.
- Where should you put a trampoline?
- Ideally, place the trampoline on energy-absorbing ground, such as a soft and springy lawn or bark wood chip, sand or other cushioning material.
- If you do not have a net, look to have a safe zone of 2.5 metres, clear of toys, etc, on the ground and objects such as trees, washing lines, poles, glass frames and other hard items. Never place the trampoline on hard surfaces such as concrete, tarmac or hard-packed mud without absorbent safety matting.

Other safety checks

- Ensure trampolines are tied down before use
- Be sure to check the padding and nets are in place and that the spring and fixed-metal parts are covered
- On windy days and during the winter, it can be best to pack down the trampoline
- Some trampolines have ladders. Where possible remove them to limit unsupervised access by smaller children, when the trampoline is not in use.

Rules when using:

- Take turns, one at a time! 60% of injuries occur when more than one person is on the trampoline. The person weighing less is five times more likely to be injured.
- Don't allow somersaults or risky complicated moves – unless trained and highly skilled
- Never allow a bouncing exit.
- Trampolines are not suitable for children under six years of age. All children should be supervised when on the trampoline.
- Visit www.rospa.com/ros paweb/docs/advice-services/leisure-safety/trampoline-flyer.pdf for more information.



INDOOR SAFETY

What about preventing accidents indoor?

- Household cleaning products - take action today and put them away!
- Many parents and health visitors will be all too aware of the injury, distress and misery that results from a child ingesting a household cleaning product or medication. Many thousands of children end up in hospital each year because of one of these incidents. Due to their inquisitive nature, children under five years old are most at risk, with the peak for these type of incidents being at two to three years of age. In fact poisoning is number three in the five largest causes of accidents-related hospital admissions for children under the age of five.
- Most accidental poisoning happens to children younger than five, with children aged one to three years being most at risk. On average, 15 under-fives are admitted to hospital each day due to suspected poisoning.

Why are young children more likely to be poisoned?

- Young children have little concept of potential dangers, they are inquisitive and will often put things in their mouth to further explore their texture and taste.
- Part of growing up is to watch and copy what others do, unfortunately this includes copying using potentially dangerous things like household products and medication.
- Small children may mistake liquid capsule-style dishwasher and washing machine detergents for toys or sweets. These are not only a danger in relation to ingestion, but can also cause serious irritation to the eyes which can result in long-term damage.



How can we prevent accidents with household cleaning products?

- Closely supervise children in and around the home
- Keep household chemicals out of sight and reach of children, preferably in a locked cupboard. Remember this also applies to the garage and shed.
- Always store household cleaning chemicals in their original containers
- Replace lids and put all products away immediately after use
- Dispose of unwanted household cleaning products safely
- Store household cleaning products in a different place from food and medicine
- Use household cleaning products according to label directions
- Mixing household products can cause dangerous gases to form.
- For more information on how to prevent poisoning accidents, including those caused by medication, plants and household products, watch this video or download the factsheet below - www.youtube.com/watch?v=q60NZ4rkLqA
- www.rospa.com/rospaweb/docs/advice-services/home-safety/take-action-factsheet.pdf



UK Safety Alert for small high-powered magnets

- The Office of Product Standards and Safety has issued the following alert:
- There has been a growing number of cases where children and teenagers have suffered serious internal injuries after swallowing small, high-powered magnets. If swallowed, these magnets can pull together with enough force to cause serious and even life-threatening damage to the digestive system. Supported by the Royal Society for the Prevention of Accidents, the Chartered Trading Standards Institute and the Child Accident Prevention Trust, OPSS has produced safety messages on how to keep children safe.

Swallowing magnets can cause serious internal injuries

- Keep products with small or loose magnets away from young children. Talk to older children about the dangers associated with putting magnets near, or in, their mouths or swallowing them.

Look for signs of magnet ingestion

- Does your child have stomach pains, vomiting or fever? Check if they have been playing with magnets.

If you suspect your child has swallowed magnets

- Take them to A&E straight away or call 999.
- For more information, visit www.gov.uk/government/news/uk-safety-alert-issued-for-small-high-powered-magnetic-products

USEFUL WEBSITES

www.visitscotland.com/see-do/active/outdoor-safety-tips

www.scotland.police.uk/what-s-happening/campaigns/2020/summer-safety

www.firescotland.gov.uk/your-safety/safer-summer





Other formats and translation

This document can be provided in large print, Braille or audio format and can be translated into other community languages. Please contact the Council's Communications Team at:

East Dunbartonshire Council,
12 Strathkelvin Place, Southbank, Kirkintilloch, G66 1TJ
Tel: 0300 123 4510

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