



Welcome!

Winter 2024

To our Winter edition of the Schools Stay Safe Newsletter.
Read on for advice on ways to stay safe for you and your family.

Winter Road Safety

The roads can be dangerous in winter when there's snow, ice, or sleet. Our top tip is to take it slow. Stopping distances can be 10 times longer when it is icy.

- Allow extra time for winter journeys.
- Check fuel levels – have at least a quarter of a tank in case of unexpected delays.
- Clear all windows completely before setting off. You can be fined if you are caught with restricted views.
- Make sure all car lights are working properly.
- Top up your antifreeze.
- If road surfaces are icy pull away in second gear, easing your foot off the clutch gently to avoid wheel-spin.
- If you have to use your brakes, apply them gently





Allergens – a Growing Problem

Around this time of year, our children are exposed to many more treats, but are you sure you know what is in your food?

- Only 14 main food allergens must be marked in **bold** on packaging, but children have allergies and intolerances to many other foods.
- There are many tragic examples that allergic reactions or anaphylaxis can lead to great discomfort and even death.
- Food labels other than in English can pose a risk when shared with groups of children who may have allergies.
- If organising school events, be aware of allergens in food.

If you need advice or to report concerns:

www.citizensadvice.org.uk/consumer/get-more-help/report-to-trading-standards/

Further information: www.anaphylaxis.org.uk/factsheets/





Don't Drink and Drive.

We know it's party season, but drink driving kills! Drinking alcohol slows down your reactions and impairs judgement, making your driving unsafe and putting you, and others, at greater risk of accidents.

- The safest and best advice is to avoid alcohol completely if you have to drive.
- If you do drink, there could still be enough alcohol in your system the next morning to mean you are over the limit, and not safe to drive.
- Drinking affects your reaction times, your vision, and your ability to concentrate.
- Pick a designated driver who will go alcohol-free for the evening to drive you home safely.
- Being found guilty of driving while above the legal drink-driving alcohol limit will result in punishment that could affect the rest of your life.



Drink driving and
the legal alcohol limit
www.drinkaware.co.uk



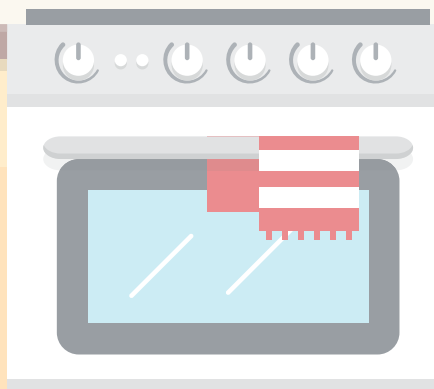
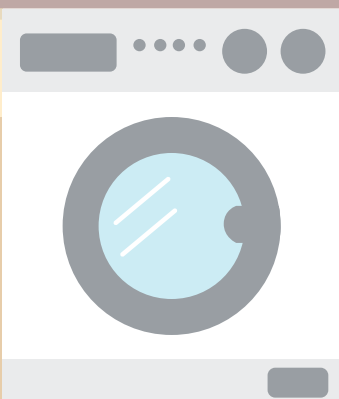
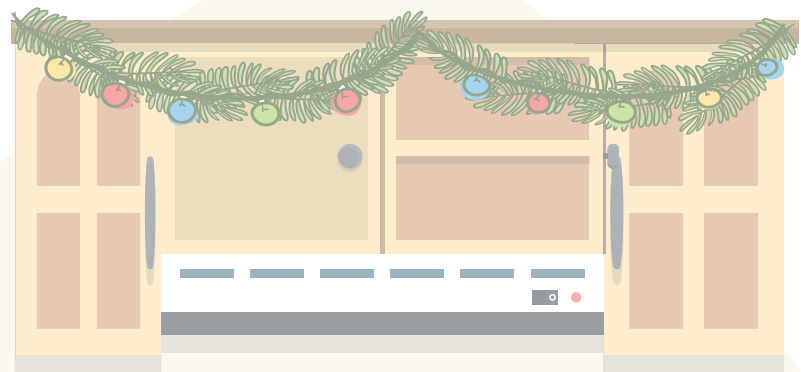


Electrical Safety

Faulty electrical appliances cause around 3,500 fires in UK home's each year. With a few simple steps you can minimise your risks.

- Never run cables under carpets or rug.
- Always switch off appliances at the switch when not in use.
- Don't use appliances such as washing machines and tumble driers at night.
- Buy **all** electrical goods from a reputable supplier only.
- Do not charge items such as mobile phones and laptops overnight.
- Do not store combustible materials around your fuse box.
- Make sure you have a working smoke detector on each floor of your home so that you get an early warning should a fire happen.

Sign up to product safety alerts: www.gov.uk/product-safety-alerts-reports-recalls





Are you aware of StayWise?

StayWise is an interactive website packed full of fun activities from the UK's leading emergency services and safety-focused organisations, making it easy for you to find trusted activities that provide learning opportunities to help keep you safe.

There's lots to do on there for children and they are learning as they play!



Have you tested your smoke detector lately?

Do you have a night-time routine?

Would you know how to escape in the unlikely event of a fire?

We encourage you to book yourself a **FREE** Home Fire Safety Visit today. The local station numbers are to the right of this newsletter.

Don't forget, the visit is **FREE!**



If you need any further information or advice on any of these topics, please feel free to call our friendly staff at your local station:

- **Hemel Hempstead Fire Station**
01442 867132
HemelHempstead.fire@hertfordshire.gov.uk
- **St Albans Fire Station**
01992 507650
StAlbans.fire@hertfordshire.gov.uk

 Hertfordshire Fire and Rescue Service

 Hertfordshire Fire and Rescue Community Safety

 www.hertfordshire.gov.uk/fire