



accidents don't have to happen

Homeword



Newsletter 207

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HOMEWORDB 207

Welcome to the **207th edition** of Homeword. For nearly 20 years, staff at RoSPA have been bringing you up to date information about what is happening in the community safety world. Thank you for signing up to our newsletter and supporting us.

Accident Free, Avoid A & E

Today, RoSPA is launching its *Accident Free, Avoid A&E* campaign. The campaign has a simple message: Prevent accidents, Protect your family, Help the NHS. We want to keep everyone injury free throughout the pandemic and social distancing measures, to ensure the country is easing pressure on our vital frontline health workers.

But, as more accidents happen at home than anywhere else (with 6,000 accidental deaths per year) and with more people spending more time at home now than ever before, we've got a lot of work to do. So as a RoSPA supporter we're looking for your help to spread our important and practical accident prevention advice, information and tips.

We've developed a new information hub at www.rospace.com/AccidentFree, where everyone who is affected by social distancing measures – whatever their age and circumstances – can find information that is relevant to them. Please do point your communities to this webpage for help with accident prevention.

We'll also be sharing our resources, including videos, factsheets, infographics and more, across all of our social media channels using the hashtag #AccidentFreeAvoidAandE (see our [Facebook](#), [Twitter](#), [Instagram](#), [LinkedIn](#) and [YouTube](#) accounts), and we'd be very grateful if you could do the same.

Business Not Quite As Usual

The team in the Edinburgh office is working hard to provide you with continuing support and information during this challenging time. Carlene and Liz are both, along with all RoSPA staff, working at home and have access to all of the RoSPA network of files and information and are maintaining regular contact with each other and partners wherever possible. Unfortunately, all planned face-to-face events and meetings have been cancelled/postponed but we are confident of picking them all up again when the current situation improves.

Our office phone numbers have been transferred to our mobile numbers and we are picking up emails as normal. Where we can, we will organise/take part in online meetings going forward. We will continue to produce this Homeword newsletter and would welcome information from partners that we can share more widely.

It's Family Safety Week (30th March – 3rd April) and we put together Accident Free, Avoid A&E to help families cope with the added pressures of staying home during the COVID19 crisis.

Unintentional Injuries Data Release

Unintentional Injuries data has been released for the previous year. Key points:

- In 2018/19, there were just over 60,000 emergency admissions for unintentional injuries (1 in 10 of all



emergency admissions in Scotland)

- Deaths, by unintentional injury, in children aged under 15 are at their lowest in 10 years
- Falls were by far the most common cause of emergency admissions for unintentional injuries in children
- The rate of falls in those aged 65 and over has increased

For more information, please visit <https://beta.isdscotland.org/find-publications-and-data/health-services/hospital-care/unintentional-injuries/>

In due course, RoSPA will release an analysis of this data in comparison to our five-year average report that we published last year.

RCPCH State of Child Health 2020

The Royal College of Paediatrics and Child Health (RCPCH) launched their updated State of Child Health Reports 2020 on 4th March for each country of the UK. The Scottish version, launched at the Scottish Parliament, includes a section on Injury Prevention and highlights sets of recommendations in respect of accidental injury and road traffic accidents. These include implementation of public health guidelines, building on the unintentional harm and injury Hub and the need for a national injury prevention strategy for Scotland. You can read the report online here: <https://stateofchildhealth.rcpch.ac.uk/wp-content/uploads/sites/2/2020/03/SOCH-SCOTLAND-3-04.03.20.pdf>

Preventing Future Fatalities – Improving Water- Related fatality Data in Scotland

Water Safety Scotland (WSS) has published a new report entitled Preventing Future Fatalities – Improving Water-Related Fatality Data in Scotland. The report, completed by the WSS Data Subgroup and chaired by the Royal Society for the Prevention of Accidents (RoSPA), looks at the current legal landscape around accidental water related fatalities in Scotland.

The report compares the Inquiries into Fatal Accidents and Sudden Deaths etc. (Scotland) Act 201 with other laws applicable in the UK. Water Safety Scotland makes three recommendations that could help improve data and post fatality procedures in Scotland:

- An amendment to the Inquiries into Fatal Accidents and Sudden Deaths etc. (Scotland) Act 2016, or
- The introduction of a statutory review process, similar to the Child Death Review process, or
- A voluntary review process.

The report can be accessed here: <https://www.watersafetyscotland.org.uk/media/1615/preventing-future-fatalities.pdf>

Inflatables Report

Back in Homeword 198, we told you about a joint campaign between HM Coastguard, RNLI, RoSPA and SCOTSS on inflatables at the beach. The project aimed to raise awareness of the dangers of inflatables at the sea. You can read our final report on the project here: <https://www.rospa.com/leisure-safety/water/advice/inflatables/>



Water Safety Conference

In line with government advice, the Water Safety conference has been postponed. The new date scheduled is for September 16th (subject to a full return to normal business activity by then).

If you would like to attend to the conference, please rebook here: <https://www.eventbrite.co.uk/e/water-safety-conference-tickets-99513545694>

Doddery but dear

This new report from the Centre for Better Ageing finds that attitudes to ageing and older people in the UK are mostly negative, with older people seen as 'incompetent, hostile and a burden on society'. You can read the report at: <https://www.ageing-better.org.uk/sites/default/files/2020-03/Doddery-but-dear.pdf>

Falls videos and leaflet

New falls prevention videos and how to get up after a fall have been released by NHS Inform. You can view these online here: <https://www.rospace.com/Home-Safety/UK/Scotland/Projects/Upwards-and-Onwards>

Advanced age is no barrier to the benefits of tailored exercise

The World Health Organization stresses the importance of maintaining both mental and physical capacity to ensure healthy ageing. Evidence exists to support interventions based on physical exercise which we know helps to prevent falls. One piece of research showed that high intensity resistance (strength) training, including loaded exercises such as leg presses, improved muscle mass and functional mobility among people with an average age of 90.3. For more information, please visit <https://www.bmj.com/content/368/bmj.m402.full>

Trading Standards

Trading Standards Scotland are trying to alert as many people as possible to the new and emerging scams trying to capitalise on the Coronavirus. See: <https://mailchi.mp/b3d2ca964e92/scam-share-focus-on-coronavirus>

Useful Websites

The PROSAFE website contains a huge amount of useful information to improve the safety of users of products and services in Europe. See www.prosafe.org Under the tab for 'ELibrary' you will find various publications and reports and the site has a useful search facility.

Finally, follow us on social media for all our latest news

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Facebook <https://www.facebook.com/rospa/>

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