

Keeping Safe

This is quick and easy advice about how to keep safe in and out of the house.

Below is a list of who can help you in certain situations.



Police - Call the Police on 999 if there is an emergency and you feel in danger or a crime has taken place.

Social Care Direct - Call 0345 60 80 191 if you think someone might be at risk of abuse. If it is an emergency, call 999.

You can find out more about adult abuse at:
www.eastsussex.gov.uk/StopAdultAbuse



Social Care Direct can also help if you or a friend is having trouble managing daily tasks in the home.

Trading Standards - Call Trading Standards on 0345 60 80 197 if you have been:

- Phoned by someone you don't know (this is cold-calling)
- been involved with a scam, or
- if you are having trouble with something you have bought.



Ambulance service - Call the Ambulance Service on 999 if you are hurt or someone you are with is hurt and needs medical help.



Fire Service - Call the Fire Service on 999 if there is a fire or a car accident.



Lifeboats

Coast Guard and Lifeboat Service - Call 999 if you get in to trouble at sea, or see someone else having trouble at sea or in the water.



For **more** help and advice please contact Citizens Advice consumer service on 08454 040506.

Remember if receive a suspicious letter or someone calls at your door that you do not know, do not let them in and call the Police or Trading Standards on the numbers above.

Below are some of the things to be aware of when trying to keep safe.

At Home

A lot of accidental injuries happen at home and in the garden. The four most common types are:

- Falls
- Hitting or bumping into with a person or an object
- Burns and Scalding
- Poisoning

On the Road

By taking care, and using common sense most accidents can be prevented. Most accidents happen in built-up areas in daylight, and involve cars, vans, motorbikes, bicycles and people on foot.

It is very important to take care when crossing the road. If you are in a car you should always wear your seat belt, and if you are the driver you must pay attention to the road at all times and avoid distractions.

Fireworks Night

Despite safety warnings, Fireworks Night still ends in disaster for far too many people. However, fireworks and bonfire evenings can be fun as long as everyone follows the right safety rules and remembers that fireworks can be dangerous if misused. Below are some useful rules to follow:



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- 1 Light sparklers one at a time and wear gloves**
- 2 Never give sparklers to a child under 5**
- 3 Buy fireworks marked BS 7114**
- 4 Keep fireworks in a closed box**
- 5 Follow the instructions on each firework**
- 6 Light them at arm's length using a taper**
- 7 Stand well back**
- 8 Never go back to a lit firework**
- 9 Never put fireworks in your pocket**
- 10 Never throw fireworks**
- 11 Keep pets indoors**



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