

## Child Safety Action Plan

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### Evidence-based good practice examples wanted

We are hoping to add to our existing list of 13 case studies in the Child Safety Good Practice Guide over the next few months. Below is a list of evidence statements that we are looking for an example programme/policy to allow the development of a case study.

If you are aware of a programme/policy that meets the definition of good practice below and has been implemented and evaluated (both process and outcome evaluations completed) in a European setting and found to be effective please provide us with contact information.

#### Definition of good practice

- 1) A prevention strategy that has been evaluated and found to be effective (either through a systematic review or at least one rigorous evaluation) OR
- 2) A prevention strategy where rigorous evaluation is difficult but expert opinion supports the practice and data suggest it is an effective strategy (e.g., use of personal floatation devices (PFD) to prevent drowning) OR
- 3) A prevention strategy where rigorous evaluation is difficult but expert opinion supports the practice and there is a clear link between the strategy and reduced risk but a less clear link between the strategy and reduced injuries (e.g., secure storage of poisonings) AND
- 4) The strategy in question has been implemented in a real world setting so that the practicality of the intervention has also been examined.

#### Evidence statements for which we are looking for examples

##### Road Safety

- Legislation of safe child passenger restraints leads to increases in observed use.
- Legislation requiring seat belt use in older children leads to increased use.
- Area wide engineering solutions to reduce pedestrian risk (including pedestrian facilities and/or traffic calming infrastructure) lead to reduction in injuries.
- Legislation / policy reducing vehicle speeds in residential areas leads to reduced injuries and/or changes in driver behaviour.
- Enforcement of legislation / policy reducing vehicle speeds in residential areas leads to reduction in injuries and changes in driver behaviour.
- Area wide engineering solutions and traffic calming measures (e.g., speed reduction zones) lead to reduction in child cyclist injuries.
- Area wide engineering solutions to reduce cyclist risk (including cycling lanes and pathways) may lead to injury reductions.
- Legislation of bicycle helmets leads to increased use.
- Cycling skills training has shown promise in improving cycling skills and knowledge and the use of helmets in the children who received training.

### Water Safety

- Expert opinion states that the use of a personal floatation device (PFD) for boating and other water recreational activities is a recommended preventive strategy in the prevention of drowning.
- Expert opinion states that signs regarding safe behaviours displayed in clear and simple signage are an important preventive strategy in the prevention of drowning.
- Community-based education / advocacy around PFD use leads to increased use.

### Home Safety

- Window mechanisms to prevent children from opening windows, such as bars and position lock devices, are an effective strategy to prevent falls.
- Stair gates have shown to assist in the reduction of falls down stairs to young children when used at the top of stairs in households.
- Surfacing materials such as sand or wood chips to a depth of 23-31 cm (9-12 inches) can be recommended as effective injury prevention strategies in preventing playground equipment related injuries. Optimal equipment height is 1.5m (5ft).
- Legislation banning baby walkers OR requiring product modification to remove the mobility issue permanently removes a larger portion of existing risk than parental supervision.
- Enforcement of standards requiring safe depth of specified types of surfacing materials and regular maintenance of those materials is more effective than standards alone in reducing playground equipment related injuries.
- Legislation requiring a safe pre-set temperature for all water heaters or thermo-regulating mixing valves have proven more effective methods of reducing scald burns than education to encourage parents to turn down water heaters.
- Legislation requiring installation of smoke detectors in new and existing housing when combined with multi-factorial community campaigns and reduced price coupons is an effective way to increase smoke detector use.
- Legislation regulating flammability of sleepwear is effective in reducing burn injuries when enforced.
- Legislation banning the manufacture and sale of fireworks combined with enforcement is the most effective way to restrict the supply. At this time there is no study directly linking restricted supply to injury reduction.
- Education / advocacy campaigns around fireworks are useful as supplemental efforts and can be used to build support for legislation.
- Fire safety skills training increases knowledge and behaviour of both children and parents and/or a reduction in injury.
- Secure storage for poisons removes a larger portion of existing poisoning risk than parental supervision and may be an effective means of preventing poisoning injury.
- Poison control centres result in considerable medical savings if the public is well informed regarding the use of their local poison control centre.
- Product banning through legislation permanently removes a larger portion of existing choking/strangulation risk than parental supervision.
- Legislation that requires product warning labels to include an explanation of the specific hazard are more effective than non specific labels.
- Home safety checks (addressing issues such as using window bars, stair gates, other home safety equipment and not using baby walkers, bath seats and other injury hazard producing equipment) can reduce the risk of child injury.

- Home based social support, such as home visiting programmes for new mothers, has the potential to significantly reduce rates of child injury.

Capacity and leadership

- Where capacity building activities, such as conferences, workshops and continuing education programmes, have taken place significant benefits for injury prevention work have been found. (Note we are looking for measurable benefits but have not specified what those might be here as we do not want to limit things until we've heard from partners what might be available to illustrate this point.)
- National leadership is needed to establish direction and develop a vision of the future, develop change strategies, align people, inspire, energise.