



# Northamptonshire Safety matters

Northamptonshire Highways

Working together to keep you safe  
**Safety ~ Prevention ~ Protection**



Issue 2: July 2017

## #BeWaterAware

On average, more than 400 people drown in the UK each year and nearly 60% of these are children and young people.

Most drownings are preventable. Water may look safe, but there can be hidden dangers.



Learn to spot dangers and keep away from them. You may be a good swimmer in a warm indoor pool, but that does not mean that you will be able to swim in cold water. Learn and follow the **SAFE** code around water:

**S Spot the dangers** - Check for hazards such as strong currents. Consider what could be hidden under the water - hidden rubbish, shopping trolleys, broken glass. Be careful of unsafe banks and stay well away from the edge.

**A Advice** - Always read the safety signs. Only swim where there is a lifeguard and wear buoyancy aids and life jackets.

**F Friends** - Swim with your friends and family. Never swim alone, friends can get help if you get into trouble.

**E Emergency** - What to do in an emergency



**Call 999 - DO NOT ENTER THE WATER**

**Talk** - can you see, and speak to the casualty?

**Throw** - is there anything you can throw to help them?

**Reach** - is there anything you could use to reach out?

**Be careful not to put your life in danger trying to rescue others (humans or animals)**

For further information and resources:

[www.rlss.org.uk/water-safety/water-safety/](http://www.rlss.org.uk/water-safety/water-safety/)

[www.rospace.com/leisure-safety/water/advice/children-young-people/](http://www.rospace.com/leisure-safety/water/advice/children-young-people/)

[www.kidshealth.org/en/teens/water-safety.html](http://www.kidshealth.org/en/teens/water-safety.html)





## How to be fearless?

From graffiti to gangs we want to let young people know about the choices they have and consequences they face if they become involved in, or associated with, crime and criminal activity.

What makes us unique is the fact that the site enables young people to pass on information they might have about crime. They can do so via an anonymous online form on our **www.fearless.org** website or through a mini version of the form compatible with their smart phones.

**"Fearless, the charity that safeguards our young people".**



## Recruiting now!

Northamptonshire Fire & Rescue Service has launched a new volunteers' scheme.

By volunteering not only do you help your local community but you can also improve your CV, meet like-minded people, boost your confidence and improve your communication skills.

There are a variety of roles that can you could match your skills to!

For more information please email: **volunteers@northantsfire.org** or follow our Twitter account: **@NFRSvolunteers**

**my county council**

**Northamptonshire Fire and Rescue Service**  
**Volunteers - Recruiting now for a variety of roles!**  
 Events - Project Support - Administration - Media - Safety Advocate  
 Contact us: **Volunteers@northantsfire.org.uk** Tel: **07787 261189**

Northamptonshire County Council  
 www.northantsfire.org  
 @NFRSvolunteers



## Is your child playing with fire?

Contact the Arson Task Force for advice and education.  
**arsontaskforce@northantsfire.org.uk**  
**01604 797160**





# Train Track Safety

Trespassing on the railway can have tragic consequences. Every year people are killed after taking shortcuts or trespassing on the railway track. Trains are powered by electricity carried through overhead lines or a conductor rail, sometimes called the third rail. The third rail has 750 volts passing through it. Overheadlines carry 25,000 volts – that's 100 times greater than the power supply in your home.



**ANOTHER  
TRAIN  
COMING**



## The facts

- The 'third rail' looks like a normal railway rail, but is electrified. The electricity is so strong that if you touch the rail, you will be seriously injured or killed.
- The third rail and overhead lines have electricity flowing through them at all times and are never switched off.
- Electricity in overhead lines can 'jump'. You don't have to touch the overhead lines to get electrocuted. If you fly a kite or dangle things from bridges near the overhead power lines, the electricity can arc like lightning or jump up to 3 metres.
- Young people have been seriously burnt or killed by climbing on trains which has brought them close to the overhead lines.
- Others have been hurt by touching objects in contact with overhead lines or conductor rails.

## Keep safe

- **Never** walk (or run) on the railway track – you can't tell which rail is electrified. Whenever you're on the track you're at risk of serious injury or death from trains and high voltage electricity.
- **Always** use a level crossing to cross the railway.
- You may see danger warning signs at train stations and along the tracks. They are there to keep you safe. **Never** ignore a railway sign.
- **Never** climb over or through a fence by the side of the railway tracks.
- Trains produce wind turbulence so powerful that it can drag somebody standing next to the tracks under the wheels of the train.
- **Never** climb on a bridge over the railway tracks.
- **Never** play with a ball or any other toy on a railway station platform.
- **Never** play with a kite or balloon near electric cables over the railway tracks.
- **Never** throw stones at a train or put anything on the railway tracks. not only are you in danger but you could cause an accident which may hurt or kill people. Even a small object can derail a train.
- Graffiti is criminal damage and carries a prison sentence of up to 10 years.

**If you see someone trespassing on the railway tracks call 0800 40 50 40, text 61016 or dial 999**



## Date for your diary!

On **Saturday 19th August 2017**, Rockingham Circuit in Corby is playing host to another Open Roads event this time combined with the National Bike Safe show!

It is an amazing event that brings together the very best of the national BikeSafe show and track experience with the Northants Police, Northants Fire and Rescue Service and Northants Highways 'Open Roads' event.

The aim is to provide a fun day out for **families, non-drivers and drivers, young and old**, but the motivation for the day was also to help cut the number of people being killed or injured on Northamptonshire's roads.

**Free entry!**

For more details see [www.bikesafe.co.uk](http://www.bikesafe.co.uk)

 @bikesafeuk  
#bikesafe2017



A celebration of motorcycling - fun and thrills for the whole family

# NATIONAL BIKESAFE & OPEN ROADS SHOW

**Saturday 19th Aug 2017**  
**10am - 5pm**  
Rockingham Circuit, Corby  
Northamptonshire NN17 5AF

**FREE ENTRY & PARKING**

More than 30 activities, stands and demos

-  **Motorcycle Displays**
-  **Motorbike basic training skills session**
-  **California Superbike School**
-  **Pre-driver assessment taster sessions**
-  **Driving simulators incl. Discovery and Lotus**
-  **Police pursuit demonstration**
-  **Motorcycle safety & crime prevention talks**
-  **Advanced Motorcycle Practical Session**
-  **Helmet park facility on site**
-  **Cycle safety**
-  **Staged road collision rescues**
-  **LORRY EXPERIENCE**
-  **Bouncy Castle**
-  **Face Painting**
-  **Family Zone**
-  **Skid training in Renault cars**



**£35 for an assessed ride & track session - for more info and to pre-book visit [www.bikesafe.co.uk](http://www.bikesafe.co.uk)**

# FREE!



Now booking for September 24th  
at the Porsche Experience Centre,  
Silverstone



Do you know a non-driver aged 15+ or a driver aged 17 - 30?

Get them to book a place on a free Carkraft session.

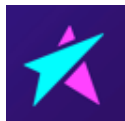
For more information see [www.carkraft.info](http://www.carkraft.info)



## Online Safety

The internet is an amazing and useful resource but sadly does come with a number of risks, especially to children and young people who are often vulnerable to online sexual exploitation, in particular through the social media. Northamptonshire Police regularly promote ways to keep children safe when online and would like to highlight the following updates:

### App 'Live.me'



"Live.me" is a streaming service where users can post live videos of themselves as well as watch live videos posted by others. Although the app requires its users to be over 18 years old or have parental permission, some users are able to find a way around those requirements.

We have been made aware of an out of force investigation where a child has been led by a suspect to engage in sexual activity over the app and has been viewed over 15000 times.

### Snapchat



The latest Snapchat update allows users to publish and view other user's exact location – it produces a map and is accurate down to the house a person is in.

Snapchat "hotspots" allow anyone worldwide, not just friends, to see snapchats that are set to public.

### Tips to keep your family safe:

- **Set up smart-phone free zones and times, for example, no phones at the dinner table or in children's bedrooms.**
- **Children to play online games in the communal area of the house, like the living room; no game consoles in children's bedrooms.**
- **Be a strong digital role model and practice what you preach. If you are always on a phone or tablet, your children may potentially imitate your behaviour.**
- **Digital sunset: no technology or devices for at least 30 mins before bed.**
- **Buy an alarm clock and leave phones, tablets etc downstairs.**



We appreciate that the online and social media world is constantly changing and might be overwhelming, but we ask all parents and teachers to repeatedly reiterate the importance of online safety to children and students. If you require any guidance around online safety, below are a number of websites that may assist:

[www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online](http://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online)

[www.internetmatters.org](http://www.internetmatters.org)

[www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology](http://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology)

If you identify that your child has been a victim of an online crime please contact Northamptonshire Police on 101, ensuring that you secure any devices used without deleting any correspondence.



### Do you have I.C.E. in your phone?

It means 'In Case of Emergency' - so you put a friend or family phone number into your mobile phone and call it ICE. If you're in a situation where you are unable to make a call, the emergency services can use your phone to contact someone who knows you, by looking for ICE.



## Do you have a contingency plan in an emergency? Know what to put into a grab bag ready in case you ever needed to evacuate your home in a hurry?

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a emergency, but they cannot reach everyone immediately. You could get help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days, or longer.

### Recommended Items to Include in a Home Emergency Kit:

- Water, for drinking and sanitation, 4 litres of water per person per day for at least three days
- Food, at least a three-day supply of non-perishable food
- Battery-powered or wind up radio and extra batteries
- Torch and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Wet wipes, bin bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Mobile phones with chargers
- Grab Bag -

You should also try to put together an emergency bag that you can quickly "grab" if you are evacuated from your home. You may already have the beginnings of one at home, somewhere containing a first aid kit or torch should the power fail. An emergency bag holds vital information and items that may be useful in an emergency. The bag should be small enough to carry and be stored in a safe and secure place where family members can find it. The bag should be checked regularly.

There are lots of handy guides on the County Council website.

[www3.northamptonshire.gov.uk/councilservices/fire-safety-and-emergencies/emergencies/](http://www3.northamptonshire.gov.uk/councilservices/fire-safety-and-emergencies/emergencies/)

**Northamptonshire County Council**

**PREPARING FOR EMERGENCIES IN NORTHAMPTONSHIRE**

### Home Emergency Kit Checklist

Prepare a Home Emergency Kit in case you need to be self sufficient during an emergency incident.

**Recommended items to include:**

Water - for drinking and sanitation (4 litres of water per person per day for at least three days)	
Food - at least a three-days supply of non-perishable items, eg, canned and tinned food that will not get contaminated or go off quickly	
Battery-powered or wind up radio and extra batteries	
Torch and extra batteries	
First aid kit	
Whistle to signal for help	
Dust mask - to help filter contaminated air	
Plastic sheeting and duct tape - in case temporary shelter is required	
Wet wipes, bin bags and plastic ties for personal sanitation	
Wrench or pliers to turn off utilities	
Can opener for food to open canned food	
Local maps	
Personal medication	
Mobile phones with chargers	
Warm and waterproof clothing and suitable footwear	
Blankets	
In Case of Emergency Grab Bag	



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Northamptonshire Highways

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**Safety**

**Prevention**

**Protection**