

PRAMS & STROLLERS



Children spend a lot of time in a pram or stroller so it is important to choose one that has an Australian Standard and is safe, comfortable and durable (AS 2088). A Standards Australia sticker should be on the product. If in doubt, ask the trader or owner. The cost of pram or stroller does not always mean it is the safest.

Injuries and even death can occur through unsafe practice with prams and strollers. Children are injured most often in falls. These commonly involve stairs and steps, a child standing up or falling out, or a pram or stroller tipping over.

Injuries involving prams and strollers account for 5% of nursery furniture accidents.

Some injuries involve fingers, toes or limbs getting caught in moving parts (e.g. when a stroller collapses or is being folded up).

fact sheet

'Real Life' Cases

1. Child not correctly secured, stood up and fell out of stroller, injuring head.
2. Left unattended, child became entangled in the harness.
3. A 6 month old girl sleeping in a pram in a quiet corner of lounge. When mother returned, child had moved back and become trapped in the head of the pram and asphyxiated.

Before you Buy or Use

- **Which Product** Will you need a convertible pram or a stroller?
- **Size & Weight** Will it need to fit into your car? Is it lightweight and easy to use?
- **Product Design** Will you make sure the product is stable and has strong components that feel rigid, not rickety?
- **Instructions** Will you learn how to use the stroller/pram before leaving the store from the trader or owner of the product?
- **Safety Check** Will you do a routine safety check before placing a child into the product?

What to Look For

- When selecting a pram or stroller use the Australian Standard (AS 2088) as the guide.
- Select a stable design, with easy-to-use frame locks.
- Make sure there is an easy-to-use 5 Point Harness (crotch, legs, both shoulders & waist)

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- Check whether the pram or stroller folds up for carrying.
- Make sure the frame locks operate properly so it will not collapse.
- Ensure it is easy to steer with solid durable wheels.
- Make sure the wheel locks are effective.
- Make sure there are no gaps for entrapment.
- The adjustable recline position should lock securely at a 30° angle.
- Parcel containers should be positioned **under** the pram or stroller.

Safe Practice

- Use the 5 Point Harness at all times.
- Do not hang shopping bags or parcels from the handles. This will make the pram or stroller unstable and cause it to tip over.
- Use the parcel container underneath the product, which is designed to stabilise the weight in the pram evenly.
- Do not put more children in a pram or stroller than it is designed for – usually just 1.
- Check all frame catches are locked into place and fabric fastenings are secured each time before use.
- Prams are **not** recommended for young babies to sleep in or as a substitute for a proper cot. A number of babies have died after wriggling or falling into positions in which they couldn't breathe. Direct (in sight) supervision is necessary.
- Babies under 6 months of age should not be placed in a stroller unless the back-rest can be adjusted to an angle of more than 30 degrees to the seat.

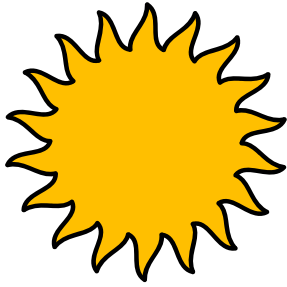


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CHILDREN AND HEAT STRESS



In hot weather, it can be very easy for children to suffer from heat exhaustion, or worse still, heat stroke. Too much activity in the sun, not enough of the right liquids, leaving kids in hot cars and unsuitable clothing put your child at risk.

Important Facts

According to health experts, one of the most dangerous factors during excessively hot weather is the addition of humidity

- 55 to 60 percent of bodyweight is water.
- Healthy body temperature is tightly regulated around 37°
- In hot environments, heat is lost through the skin via evaporation of sweat.

Children cannot regulate their body temperature as well as adults for the following reasons:

- As babies are born with the skin they will eventually grow into as adults, the volume of skin covering a baby is greater. This volume of skin can make it harder for a baby's body to maintain fluids.
- Children generate more heat because they have a higher metabolic rate.
- Children do not sweat as much.

Perspiration (sweating) works to cool the body through the increase in the evaporation of fluids.

The following can speed up the loss of fluids:

- Exposure to the sun or sunburn.
- Beverages with caffeine such as soft drinks.
- High temperatures and humidity.
- Times of high activity.



The Risks of Excessive Heat

The risk of excessive heat is water loss (dehydration) which can impair body function and lead to heat exhaustion or heat stroke that can be life threatening.

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