

# News from Kidsafe Tasmania February 2021



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## CEO'S MESSAGE

Welcome to our first newsletter for the year. We hope you have had a safe and restful break during the holiday season.

## 2021 Kidsafe Tasmania Program

Kidsafe Tasmania welcomes you to our 2021 Program.

We are supporting parents, carers and staff across Tasmania to help prevent, unintentional injury and death in our children.

We provide

- Education
- Free child restraint checks.

We will tailor them to your needs.

We will come to you, just call, or email us on M: 0417 381 721 or [jenny.branchallen@gmail.com](mailto:jenny.branchallen@gmail.com)

Kidsafe helping to make a safer world for our kids!



Enquiries: Jenny Branch-Allen  
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## WHAT'S NEW THIS SUMMER!

Remember even if things seem a bit cooler, sunburn remains an issue so do not forget to wear a hat, sunglasses and also sunscreen!

- **Slip on sun protective clothing.**  
Loose fitting, close-weave clothing that covers as much skin as possible (e.g., sleeves, collars and longer shorts and skirts) is the best choice. Avoid singlet tops and thin fabrics that do not block out sunlight.
- **Slop on some sunscreen.**  
Apply SPF 30+ broad-spectrum, water-resistant sunscreen 15-20 minutes before going outside. It needs to be reapplied every 2 hours. Remember, sunscreen is only one way of protecting your child's skin from the sun.
- **Slap on a sun protective hat.**  
Encourage your child to wear a broad brimmed, legionnaire or bucket style hat whenever they go outside. Baseball caps are not recommended as they do not provide enough protection from the sun.
- **Seek shade.**  
Try to use shade whenever possible. UV radiation can reflect from surfaces such as water, sand and concrete so it is important to wear a hat, appropriate clothing, and sunscreen even when in the shade.
- **Slide on some sunglasses.**  
Choose close fitting, wrap-around sunglasses for your child that cover as much of the eye area as possible. The sunglasses should meet Australian Standard 1067 and preferably be marked EPF (eye protection factor) 9 or 10. Sunglasses that are sold as toys do not meet Australian Standards and are not recommended.



ROAD SAFETY ADVISORY COUNCIL  
**TOWARDS ZERO**



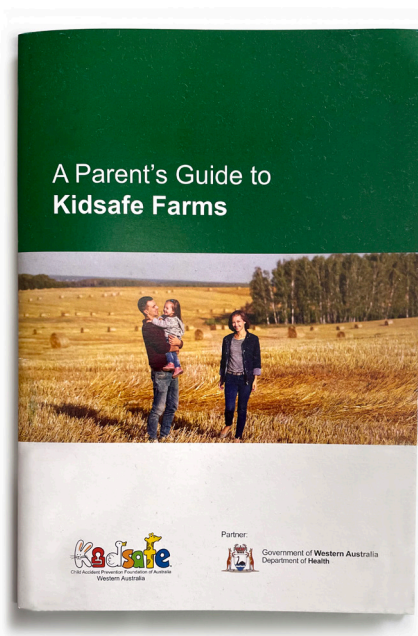
[www.kidsafetas.com.au](http://www.kidsafetas.com.au)

## WE HAVE BEEN BUSY!

We have start 2021 with a flurry of enquiries and request. Our staff have been busy attending to all of these with child restraint checks and fittings zooming along and information sheets and answers to questions on how to prevent unintentional injury to children, flying out the door.

I have included some information in this newsletter based on your enquiries.

You will find some new information on our website in particular "A Parent's Guide to Kidsafe Farms - available now on the Kidsafe Tasmania website



## BACK TO SCHOOL TIPS

Getting your child to school safely starts from home!. The minute you and your child leave the door you need to be aware of preventable injuries on the way to school.

As a child's brain is still developing, they may not have the full understanding of the dangers around the to make a "safe" decision.

Being a pedestrian can be risky business, roads are designed with adults in mind, and our children are not "little adults".

Our first experiences at school are our most important, so we suggest children five and under should:

- **Always hold an adult's hand around traffic**  
Adults need to set a good example, explain what you are doing when you cross the road together,
- **Get in and out of cars on the kerb side**
- Travel in a correctly fitted child restraint, appropriate for their age and size,

### CHILD RESTRAINT SAFETY CHECKING



Be aware of carparks in schools, walk all the way around your car before getting into to reverse. Do not rely only on reversing cameras. Children move quickly and are hard to see.

Remember on a typical Australian summer day, the temperature inside the car can be as much as 30 degrees outside the car. Do not leave other children locked in the car while taking another into school.

## ADMIN. UPDATE

### Advertising

CACSA continue to donate money to support Kidsafe Tasmania to advertise on 7HO radio. This donation will come to an end in March. We thank CACSA for their support over the last twelve months. Donations such as these make it possible to do our much-needed work for our community.

### Update on Funding.

Funding arrangements remain the same for 2021.

### Grants

We have had limited time to apply for grants, but we continue to seek opportunities where appropriate. We love to hear about grant opportunities!

### Donations

We have introduced a brochure for people who might like to donate to Kidsafe Tasmania. You can find information on our website on how to donate.



ROAD SAFETY ADVISORY COUNCIL  
**TOWARDS ZERO**



## SANDPITS

Sandpits are a fun way for children to meet other children and to build and model objects out of sand. To ensure that children gain the best experience from your sandpit it is important to consider a few basic construction and maintenance guidelines.

### Size

Ideally one large sandpit is preferred to several smaller ones. Make it as large as possible in the space available. A general guideline is 15m<sup>2</sup> for 20 children, 30m<sup>2</sup> for 40 children, and 40m<sup>2</sup> for 60 children.

### Setting

Sandpits are part of the quiet play space. Located to discourage other kids from running through them.

Corners against fences are preferable. The inclusion of natural elements such as dry creek beds and plantings has become popular.

Boulders should be large enough to sit on or to be used as small building decks and should measure from 300-700mm across and 300-450mm high.

The rocks should be positioned so they cannot be moved or tilted and not have sharp edges.

Plantings should come up to at least one edge of the sandpit and include groundcovers, strappy plants, and shade trees.

### Construction

The sides can be formed from timber logs or concrete with the edge and paved areas constructed from concrete or pavers. No sharp edges or corners.

### Paved Surround

A 700 mm wide paved edge surrounding the sandpit provides an easy to sweep surface that helps keep the sand in place and is good for pushing kids' bikes or cars around on.

Additional detail on sandpits is available on the Kidsafe Tasmania website from the Playground page.

### Drainage

Water is an essential ingredient in sand play and adequate drainage is essential - including a drainage membrane /geotextile fabric separating the sand from the gravel subbase.

If the site is not free draining, install Ag pipe.

Your sandpit should be inspected daily and maintained regularly.

The sand should be raked over to remove debris, turned over to aerate sand and replenished when the sand level drops.

### Cleaning

The sand should be watered periodically with a solution of sodium hypochlorite of 400grams to 20 litres of water to kill germs. This will treat 8 cubic metres of sand.

### Covers

Sandpits should be protected with a tightfitting animal and vermin proof cover when not in use. Kidsafe Tasmania recommends the use of shade cloth as it allows water to permeate through without pooling on top of the cover.

### Shade

Kidsafe Tasmania recommends that sandpits should be adequately shaded by trees or sails.

Deciduous trees can be used to provide shade in summer with open branches allowing the sun to filter through in winter.

### Sand

Washed beach or river sand is recommended.

## WEBSITE

Our website has new insightful information being put up every week, I encourage you to look at it regularly and feedback is always welcome.

We are trying to keep content up to date and relevant to our users. We have uploaded our 2021 flyer for people who want to book a Kidsafe session during this year.

What you may find useful on [www.kidsafetas.com.au](http://www.kidsafetas.com.au)

### Burns and Fire Awareness

- Home Burns Safety Checklist
- Burns Videos links
- Safety Ninja Burns Safety Clip

### Stages in growing up safely

- Antenatal
- Birth to 6 Months
- Six to 12 Months
- One to Three Years
- Three to Five Years

### In-Home Safety

- Location in House
- Home Safety Checklist
- These Plants Can Kill
- Weighted Blankets information

### Water Safety

- Kids Alive Do the Five

### Road Safety

- Child Restraints
- Driveway Safety
- Pedestrian Safety
- Choosing the Right Car Seat

### Other safety information

- Top Ten Accidents
- Safe Return to School
- Coronavirus Update
- Playground Safety
- Child Farm Safety

### Also

- News - latest child safety updates
- Product Recalls
- News from Kidsafe Australia
- Kids Page
- Events

### Resources

- Data sheets - child safety
- Home Safety Actions Kit

