

News from Kidsafe Tasmania Winter 2021



INSIDE:

- Message from the CEO
- Burns Awareness Month June 2021
- Button Batteries
- Child Restraint Checking available
- Take care on wet roads
- Like leaves, kids can fall easily
- Winter Sports - about being prepared
- Directory of our website & services



CEO'S MESSAGE



As the weather cools down and we approach winter we will focus on unintentional burns that are a danger to young people.

June will be Burns Awareness Month and we hope you engage with us to keep our kids safe!

Lookout for our winter campaign beginning on the 1st of June.



Enquiries: Jenny Branch-Allen
CEO Kidsafe Tasmania
0417 381 721
jenny.branchallen@gmail.com

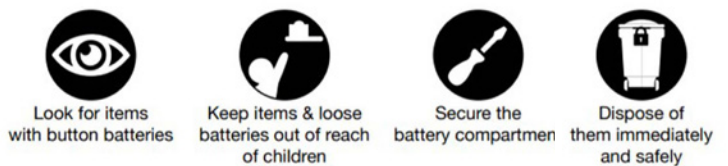


BUTTON BATTERIES

We use electronic devices every day without giving them a second thought. However, did you know that there is a hidden danger inside many of these devices that poses a serious risk for children?

- Powerful coin-sized button batteries are found in many common household devices.
- Children often have easy access to these devices and many parents/carers are unaware of the dangers as the products commonly come with the batteries already installed.
- If swallowed, button batteries can become stuck in a child's throat and burn through the oesophagus in less than 2 hours. This burning can lead to serious injury requiring surgery, or death.
- In Australia, around **20 children a week present to an emergency department with a button battery related injury** - that's over 1,000 children every year.
- Children under the age of 5 years are at the greatest risk.

To prevent button battery related death and injury:



Common items button batteries are found in



If you think a child has swallowed or inserted a button battery, urgent action is needed.

Do not wait for them to show symptoms, call the Poisons Information Centre urgently for expert advice on what to do, 24 hours a day, 7 days a week on 13 11 26.



ROAD SAFETY ADVISORY COUNCIL
TOWARDS ZERO

Tasmanian Government

CHILD RESTRAINT CHECKING AVAILABLE

Do not forget we are available to check and fit child restraints. You can have us at your childcare centre, playgroup, or parent group for free checking sessions.

Fittings can be done for a fee.

CHILD RESTRAINT SAFETY CHECKING

RIGHT RESTRAINT

RIGHT AGE

RIGHT ADJUSTMENTS

RIGHT INSTALLATION

RIGHT BY US - KIDSAFE TAS

Kidsafe
Tasmania
CALL FOR FREE INSPECTIONS OR FITTINGS
www.kidsafetas.com.au
0417 381 721

TAKE CARE ON THE WET ROADS

With colder weather comes more rainy days. Please take care when driving.



LIKE LEAVES, KIDS CAN FALL EASILY

Falls are the leading cause of hospitalisation for children under 15 years of age. The good news is the majority can be prevented by following these Kidsafe Autumn safety tips'.



Baby Safety:

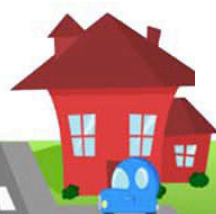
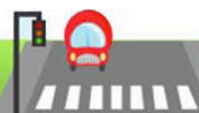
Never leave your baby unattended on nursery equipment or other raised surfaces. Always use the harness provided in items such as prams.

Child Safety:

Child Safety: Use play equipment that is suitable for your child's age and stage of development. Supervise them while you teach them skills and rules for safe use.

Toddler Safety:

Toddler Safety: Consider the placement of furniture (away from windows and hazards) and install barriers on stairs until they have the skills to navigate them safely.



ROAD SAFETY ADVISORY COUNCIL
TOWARDS ZERO



Tasmanian
Government



WINTER SPORTS - IS ABOUT BEING PREPARED

The presentation of children with sporting injuries has continued to rise over the last five years.

Older children aged between 10 and 14 years are at greater risk of sustaining a sporting injury.

Males account for more of sporting injury presentations than females.

Injury risks are often perceived as a barrier to participation.

Australian Rules Football is the most commonly recorded activity for sporting injuries.

This is followed by soccer, basketball, netball and rugby.

Common injury presentations include fractures, sprains and strains, bruising, cuts, dislocations and internal injuries.

These are most commonly sustained to the upper and lower limbs as well as the facial, head and neck/torso areas.

Sporting injuries most commonly occur in the cooler winter months of May and June.

This coincides with the winter organised sporting season. At this time many children are developing new or refreshing old skills.

Not surprisingly, injuries most commonly occur over the weekend on Saturday and Sunday.

Minimising the Risk of Sports Injuries

How to stay active and safe It is important that parents, carers, coaches and participants are aware of common sporting injuries and the ways in which they can be prevented, including:

- Ensure your child wears the appropriate protective equipment including mouthguards, eyewear, helmets, protective padding, footwear and gloves.
- Stay well hydrated.
- Provide adequate shade and sunscreen, clothing and hats.
- Always warm up and cool down.
- Young children should participate in sports that have modified rules and appropriate equipment.
- Do not play sport while tired, ill or injured. Ensure that appropriate recovery time is allocated.
- Improved fitness and skill level will reduce your chance of injury.
- A first aid officer should be present at all games.
- Schools should have rules and guidelines for children playing sport at recess and lunch.

If an injury does occur seek immediate medical attention.

Treating Sports Injuries

Early treatment of injuries can often reduce the severity of the injury and prevent any further damage:

- All parents, sporting officials and coaches should learn basic first aid and resuscitation.
- Have a fully equipped first aid kit at the sporting club, in your home and in the car.
- Have emergency contact numbers handy.
- Give children basic education on injury treatment and management.
- Prohibit injured players from returning to the sport without the consent of their doctor.

If in doubt - DO NOT PLAY

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

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

