

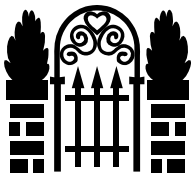
BACKYARD SAFETY

The most common place for childhood injury is in and around the home. Each year, many thousands of these injuries occur in the backyard and garden. The majority of these hospital presentations are children in the 0-4 age group.

Common injuries are fractures, cuts, bruising and lacerations from swings, trampolines and toys

Safety tips for the backyard

- Ensure a fence with a self-closing, self-locking gate securely encloses the garden. A child resistant catch will help to prevent young children from escaping into the driveway or street.



- Play equipment should be placed over a soft fall surface with a recommended 2m-fall zone around it. Regularly check play equipment for wear and tear.
- Use non-slip surfaces for walkways and ensure they are cleared of obstructions, such as toys and garden tools.



- Steps and stair areas should be broad and shallow with a non-slip surface.
- Isolation fence swimming pools from the house. Ensure pool gates are self-closing and self-locking.
- Cover garden ponds with wire mesh that is strong enough to hold the weight of a young child and high enough above the surface of the water to keep their faces out of the water.
- Safely store all flammable liquids, plants, chemicals and garden dusts out of reach of children or in a lockable garden shed.

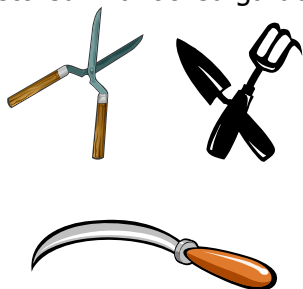


- Remove any poisonous plants. The Poisons Information Centre can provide assistance if suspected poisoning has occurred.

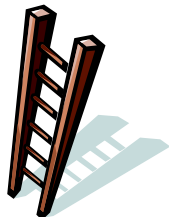


child safety is no accident

- Garden tools should not be left plugged in or running. Gardening tools and equipment should be stored in a locked garden shed.



- Tree branches that overhang or might break should be removed.



- Ladders should not be left where a child can climb them. Store ladders out of reach, such as in a locked garden shed.

- Know the correct first aid for bites and insect stings.



FIRST AID FOR BITES AND STINGS

1. Look closely for the sting.
2. If present, gently scrape it out sideways.
3. Place something cold over the area.
4. Don't place ice directly against the skin.
5. Call for help.

Trampolines

Many children are presented to hospital for treatment following trampoline accidents. The injuries range from minor bruises and cuts, to major fractures.



If you own a trampoline, here are some tips to remember:

- Be aware of the potential for injury related to playing on the trampoline
- Purchase safety padding when you purchase the trampoline
- Decrease the height of the trampoline by sinking it to the ground
- Paint the legs of an underground trampoline with anti-rust
- Supervise children under six when they are using the trampoline
- Provide a soft surface under and around the trampoline
- Regularly check trampoline for wear and tear and any safety hazards
- Ensure that the trampoline has no holes, loose springs or a bent frame
- Set your rules. Don't let more than one child at a time to jump on to the trampoline
- Teach children to jump in the centre of the mat

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Pools

On average in Australia, 1 child drowns every week in pools in the back yard. It is now a legal requirement to have a secure fence around the pool.

If you own a pool, **here are some tips to remember:**

- Always watch children carefully when they are around the pool. Children drown quickly and quietly
- Pavement surrounding pools can get slippery so be aware of and clean up any spillages
- Set your rules: No running, no bombing
- Remove the ladder if an above the ground pool is not being used
- Ensure feet are washed before entering the pool
- Place a resuscitation chart on the fence of the pool
- Lock pool chemicals away out of reach of children
- Supervise children while they are swimming at all times. Supervise from within the pool area, not from in the house.
- Do not use floatation devices unsupervised
- Do not use a partially covered pool. Remove the cover completely.
- Keep toys away from pool area
- Remove chairs and tables from pool surroundings to prevent children using them to climb over the fence
- Learn CPR



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