

News from Kidsafe Tasmania December Quarterly 2020



INSIDE:

- Message from CEO
- Water safety & Summer
- Home safety during the break
- Keeping kids safe over the Christmas holidays
- Directory of our website & services
- Major initiatives to book for 2021



CEO'S MESSAGE

As we head into summer and the weather heats up, we need to be sun smart and think about our behaviour around water.

This issue will cover summer, having fun and being safe, travelling with children during the holiday break, Christmas time and the top ten unintentional injuries to be mindful of.

We are all looking forward to Christmas after such a challenging year, here are some tips and information to make it as safe as possible and avoiding the emergency department nightmare with children unintentionally injured.



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WATER SAFETY & SUMMER

Summer and water are part of Tasmanians lives and we should enjoy it. Some tips to keep as safe as possible:

DROWNING PREVENTION

To help keep children safe in and around water, there are four important steps you can follow – to ensure maximum safety, it is important that all these steps are used together.

1. Supervise

Active adult supervision of children is essential to reduce the risk of drowning. For toddlers, this means having an adult within arm's reach at all times when they are in or around water, while for older children it is important there is an adult within the water area who is ready to enter the water in an emergency.

When there are a lot of adults around (e.g. at a BBQ or pool party) it can be easy to assume that someone else is watching the kids, when in fact, nobody is. That's why it's a good idea to have designated adult supervisors whose role it is to

actively supervise the kids in and around water – this role can be shared throughout the day so that everyone gets a chance to relax and enjoy themselves.

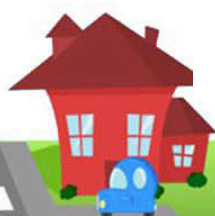
2. Restrict access

Restricting children's access to water can include placing a barrier around the body of water (e.g. a pool or spa barrier) or placing the barrier around a child's environment (e.g. creating a fenced safe play area on a farm that is away from water hazards like dams and animal drinking troughs).

Children are crafty and will try their best to find a way to get over, under or through barriers, so it is important to never rely on barriers on their own to keep children away from water.

3. Water Awareness

Water awareness and learn to swim classes can assist in helping children to become familiar with water, teaching them about water safety and learning how to swim.



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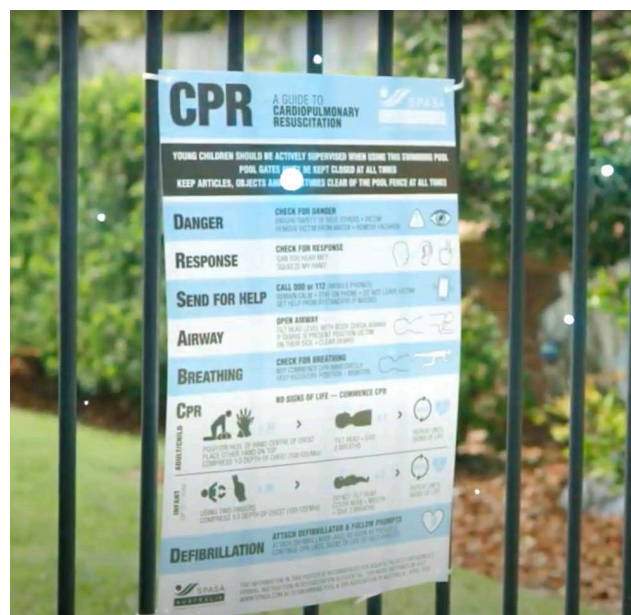
WATER SAFETY & SUMMER cont.

4. CPR/First Aid Knowledge

Having the skills to respond in an emergency can mean the difference between life and death. Kidsafe Tasmania encourages all parents and carers to enrol in a CPR/first aid course and to update their skills regularly. Hopefully, they are skills that you will never have to use, however undertaking a course will assist in ensuring you are equipped to respond if an emergency does arise. It is also a good idea to place a CPR chart in your pool or spa area for easy reference.

For a great Safety Ninja video on pool safety, click on link below, or go to Water Safety page on Kidsafe Tasmania website.

[Ninja Video-water safety video](#)



HOME SAFETY DURING THE BREAK

So how do you make your home 'Kidsafe'?

The good news is that there are some simple actions you can take to make your home a safer place for children. There are three main steps that Kidsafe recommends you follow:

Spot the hazards

It might sound a bit strange, however we recommend that if safe to do so, to get down on your hands and knees and look at your house from your child's perspective. You can download and print our booklet 'Parents Guide to Kidsafe Homes' which helps guide parents and carers through the common injuries that occur in homes.

Decide how to deal with the hazard

Depending on the hazard, this may involve removing the hazard or installing barriers to restrict children's access to the hazard. It's important that safety devices are never relied upon on their own to keep children safe and are always combined with appropriate supervision.

Make the changes

Act immediately - children are not protected until the changes have been made.

What are some of the hazards I should look out for?

Our 'Parents Guide to Kidsafe Homes' booklet contains a Home Safety Checklist which provides a

comprehensive list of hazards inside and outside the home for you to check for - some of the hazards you may not have thought about before include:

- Items like button batteries and powerful magnets - both of which can cause severe injuries and even death if ingested
- Loose curtain and blind cords which can pose a strangulation hazard
- Unsecured televisions or furniture such as drawers and bookshelves, which could tip on to a child
- Medications, including over the counter medications such as paracetamol, household cleaners and disinfectants, all which can pose a poisoning hazard
- Buckets filled with water, eskys with melted ice and even pet drinking bowls - toddlers can drown in as little as a few cm of water, which means that all of these common household items can pose a drowning hazard, along with larger bodies of water such as baths, pools and spas

During the school holidays, you can also turn this into a fun family activity by involving older children in undertaking the safety checklist with you. This helps them become aware of hazards to take note of and actions we can take to help keep us safe.



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KEEPING KIDS SAFE OVER THE CHRISTMAS HOLIDAYS

As families begin to relax and celebrate the Christmas holidays, children become at greater risk of injury. During this time, many families will be on the road heading to holiday destinations, travelling to and from gatherings, spending time at the beach or in the pool, and trying out new gifts. Due to the excitement and busy nature of Christmas, it is important to be aware of the injury risks to children during this time of year.

To reduce the risk of injury to children, we recommend the following safety tips to keep children safe this Christmas:

Road Safety

- Ensure all children are using a correctly fitted child car restraint for their age and size.
- Take care when travelling on busy roads during the holiday period.
- Make sure children are always supervised near driveways, roads and footpaths.

Water Safety

- Always actively supervise children within arm's reach around any depth of water.
- Never leave young children in the care of older children around water.
- Check that pool fences and gates are in good working order and are never propped open.

Toy Safety

- If buying children skateboards, bicycles, or scooters, remember to also provide appropriate safety equipment such as helmets, wrist guards, and knee and elbow guards.
- Choose toys that are suitable for children's age and stage of development.
- Be aware of button batteries in toys, novelty items or decorations, ensure children do not have access to these.

Playing around dogs safety

- Remember any dog can and may bite.
- When visiting friends and family at Christmas time ask them to keep dogs away from children.
- Stay in reach if a dog is near a child.
- Train your dog to obey commands.
- Buy the right dog for your family.
- Children under five are at the greatest risk of dog bites.

Furniture Safety Tips

- Top Five Tips to Reduce the Risk of Furniture Tip Overs
- Select furniture with broad and stable bases.
- Secure any unstable furniture such as bookcases and televisions to the wall or floor with brackets.
- Do not leave any items such as bottles, toys, or remote controls on top of furniture that may tempt young children to climb up to reach them.
- Only place TVs on furniture designed specifically to hold them.
- Use locks on drawers to prevent children opening them and using them as steps.

ALWAYS ensure there is a responsible adult supervising children.

WEBSITE

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

MAJOR INITIATIVES TO BOOK FOR 2021

Contact us with a date and time for:

UNINTENTIONAL INJURY PREVENTION PRESENTATIONS

Phone: 0417 381 721 or email jenny.branchallen@gmail.com

FREE CAR RESTRAINT CHECKS AND FITTINGS

Phone: Road Safety Manager on 0407 692 403

