

News from Kidsafe Tasmania September 2020



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THANKS FOR MAKING US WELCOME!

We've been very active in this COVID-19 period, with some new challenges along the way. Along with our regular services we've been working on a number of new initiatives, including:

- A focus on Burns Awareness, following reports from the Royal Hobart Hospital Burns Unit of a doubling in admissions for burns related incidents in younger people during COVID-19. We've developed a comprehensive program to deliver safety messages to prevent burns.
- Establishing a Facebook and YouTube for Kidsafe Tasmania to get out safety messages on unintentional injury during lock down due to COVID-19 out to our clients.
- Making major changes to our website to ensure unintentional injury safety information is available to those caring for their children at home during COVID-19.
- Developing a new business model, policies, and procedures to meet the changing environment brought about by COVID-19.



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WEIGHTED BLANKETS – ARE THEY SAFE?

Weighted blankets are becoming popular and readily available on the market.

Sometimes called calming, sensory or anxiety blankets, weighted blankets are essentially quilts with pockets of beads, sand, barley, or other small round objects.

There is very little research on safety aspects of the blankets, Kidsafe make the following observations based on expert advice:

- Pediatricians and sleep experts do not recommend weighted blankets for infants. Sadly, we now know now that sleep positioners can be associated with infant suffocation.
- Most blankets come with an age range of 4 years and up, but we would not recommend that any kids use them while sleeping, as they can be too heavy for a child to move.
- Only parents, with advice from a trained occupational therapist or paediatrician, should consider using weighted blankets for their child.
- Other people caring for a child should not use them without the parents' consent.
- We believe the risk of SIDS may be relevant to the issue of using these blankets.
- We would be cautious if the blanket came undone and the content came out - it could be a choking hazard or something that could be inhaled up the nose of a child.
- Blankets should be bought only from a reputable distributor, come with a list of precautions, and have higher safety standards than other blankets on the market.
- There is much information available on safe-sleeping practices for parents, including *Raising Children* website that offers good information on kids sleep across age groups

For further information:

<https://rednose.org.au>



ROAD SAFETY ADVISORY COUNCIL
TOWARDS ZERO



Tasmanian
Government

www.kidsafetas.com.au

BUTTON BATTERIES

Button batteries are small, round, silver batteries. They are attractive to young children because they are shiny, bright and easy to swallow. Coin or button batteries can be found in ear thermometers, hearing aides, singing cards, toys, flameless candles, torches, bathroom and kitchen scales and novelty items.

If a child swallows or inserts a button battery, it can lead to burns, resulting in serious injury, internal bleeding or death.

If you think your child has swallowed or inserted a button battery, immediately call the 24 hour Poisons Information Centre 13 11 26 for fast, expert advice. Do not let your child eat or drink, and do not induce vomiting.

It can take as little as two hours to cause severe injury once a button battery has been ingested. Tell your family and friends about button battery safety. Ask retailers for safer alternatives and source safer products for any school or community events.

Identify all items in your home that contain button batteries. Examples include children's toys, remote controls, watches, cameras, bathroom scales, musical greeting cards and flashing novelties.

Secure the battery compartment. Make sure the battery compartment can only be opened with a screwdriver or by applying two distinct and separate movements.

Elevate button batteries and items containing button batteries out of reach of children.

Eliminate button battery items from your home by buying alternate products that use regular batteries or a different power source. Safely dispose of any items you no longer need. Dispose of used button batteries immediately. Flat batteries still contain enough charge to generate an electrical current once ingested and cause serious injury.

Contact: Poisons Information Centre 13 11 26

CHOOSING THE RIGHT CAR SEAT

The Tasmanian Government have prepared this brochure to assist parents to keep their child safe in the car by always using a correctly fitted, properly fastened car seat that meets Australian standards.

This booklet will help you to find the answer to these questions:

- Why use a car seat?
- Which is the right car seat for my child?
- How do I fit and install a car seat?

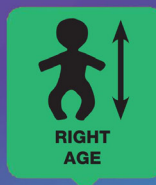
To download the brochure go to www.kidsafetas.com.au then click on *Choosing the right Car Seat* in the menu

Your car seat must meet the Australian Standards. It will have the AS/NZS 1754 code on the label.

If you don't have your child in a correctly fitted, properly fastened car seat suitable for their age and size it could cost you a fine and demerit points.

More information: www.kidsafetas.com.au

CHILD RESTRAINT SAFETY CHECKING



ROAD SAFETY ADVISORY COUNCIL
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BURNS AWARENESS

Kidsafe Tasmania is encouraging parents and carers to download and use their Burns Safety Checklist to prevent burns around the home, and to ensure they are aware of the correct first aid steps to take in the event that someone sustains a burn:

- Remove - remove yourself from danger. Remove any clothing and jewellery from the burn area unless well stuck to the skin.
- Cool - place the burn under cool running water for 20 minutes. Never use items like ice, oil or butter as these can make the burn worse
- Cover the burn with a clean dressing
- Seek medical attention if the burn or scald is on the face, hands, feet, genitals or buttocks, is larger than a 20-cent coin or blistered.

Recently released data from the Burns Registry of Australia and New Zealand (BRANZ) shows that in 2018/19, 906 children aged under 15 were admitted to burns units across Australia and New Zealand - approx. 17 per week.

The statistics also reveal that nearly one third (28.7%) of children, 37% of adults (16-64 years) and 50% of older adults (65 years +), did not receive the recommended 'gold standard' initial first aid treatment for their burn injury, underlining the importance of continued

education on burns first aid.

The home is the most common location for childhood burn injuries, with the majority occurring in the kitchen (45.9%) and over a third when the child was near someone cooking (34.7%).

Kidsafe Australia spokesperson, Holly Fitzgerald, highlighted the importance of burns prevention, especially coming into the winter months when there is an increased risk of burns and scalds.

"It's important as parents and carers that we remain vigilant and take action to help reduce the risk of burns to children.

Along with active adult supervision, important prevention steps include keeping children out of the kitchen when meals are being prepared, placing hot food and drinks out of reach and restricting children's access to potential burn hazards including heaters, treadmills and household appliances", said Ms Fitzgerald.

A series of national educational and awareness initiatives were delivered throughout the month of June to raise awareness regarding the prevention and correct first aid treatment of minor burns and scalds.

Videos for Burns Safety, Prevention and Treatment can be viewed by going to www.kidsafetas.com.au then click on *Burns Video Links* in the menu.

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 SEPTEMBER INITIATIVES

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

