

# Supervision



- Supervising children is the best way to reduce the risk of them getting injured.
- Stay alert when it's your job to keep an eye on the little ones as they can get into trouble quickly.
- An adult needs to be supervising and within arm's reach of little ones at all times near water.
- Safety products should never be relied upon on their own to keep little ones safe – they should be used along with supervision.



# First Aid

## Choking:

If your baby is choking:

- Call triple zero (000).
- Place the baby on your lap or forearm, with their head lower than their body - make sure you have a tight hold on them.
- Give five back blows with the heel of your hand between the baby's shoulder blades – check if what is making them choke has been removed after each blow.

## Burns and Scalds:

- Remove any clothing immediately if possible.
- Place all burns and scalds under cool running water for 20 minutes. This can be done up to 3 hours after the burn has occurred, but it is best to be done as soon as possible.
- If cool running water is not available, use a bucket and cloth - put a clean damp cloth over the burn and keep wetting it with cool water from the bucket for 20.
- Once you have cooled the burn, cover it with a clean damp cloth.
- Do NOT use ice, oil, butter or ointments on the burn. These can further damage the skin.
- Seek medical attention if the burn is bigger than a 20 cent coin or the burn is on the face, hands, feet or genitals.



New Image  
- First Aid for  
Choking Child

# Home Fire Escape Plan

- If any clothing catches on fire STOP, COVER, DROP and ROLL:
- **Stop** to prevent the flames getting bigger.
- **Cover** your face to protect your eyes, mouth and nose.
- **Drop** to the ground and **roll** the flames out.
- When your little ones are older, show them how to stop, cover, drop and roll.
- If the room fills with smoke, get down low and go, go, go!
- It is important to have a home fire escape plan that you practice regularly with your little ones.



Visit [www.homefiresafety.com.au](http://www.homefiresafety.com.au) to download a free home fire escape plan template.



# Dogs and Children

- Never leave little ones alone with a dog.
- Always separate children and dogs during feeding and sleeping times.
- Remember that any dog can bite.
- As little ones get older you can teach them how to interact with dogs.



# What to do if something bad happens

- Call 000:
  - If you have someone with you, get them to call 000.
  - Tell them to come back and help you.
  - Stay with the person who's been hurt.
- When you get through to the 000 operator they will:
  - Ask you where you are calling from for example, what town you are in, your street and number.
  - Give you clear instructions about what to do next.

## Poisoning

If your little one has swallowed something you think might be poisonous, do not make your child vomit. Either:

- Ring the Poisons Information Centre on 13 11 26.
- Or go straight to the clinic or hospital.

If possible, have the item your little one swallowed with you so you can tell the Poisons Information Centre what it is.



# Emergency Contact Numbers

It's good to keep these numbers near your home phone and in your mobile phone in case you need to send someone off to call for help in a hurry.

## Useful Contacts

Emergency – Police, Fire or Ambulance: 000

Poisons Information Centre (24 hours a day): 13 11 26

Nurse on Call (24 hours a day): 1300 606 024

Mobile phone emergency number (this overrides a locked phone): 112

Maternal and Child Health 24 hour helpline: 13 22 29

Kidsafe Victoria: (03) 9251 7725

Consumer Affairs Toy and Nursery Safety Line: 1300 364 894

Parentline Vic: 13 22 89

