

Safety for Our Little Fellas



Australian Government

Department of Education, Employment
and Workplace Relations



Child Accident Prevention Foundation of Australia

Supervision

- Supervising children is the best way to reduce the risk of them getting injured.
- Remember to stay alert when it's your job to keep an eye on the little ones as they can get into trouble quickly. Make sure an adult watches out for them at all times. Things like drugs, alcohol and medication can all make you less alert.
- If little ones are playing in or near water, an adult needs to be supervising at all times and be within arm's reach so that they can help if assistance is needed.
- Safety products (e.g. cupboard locks and stair gates) can be used along with supervision to help prevent injury, however they should never be relied upon on their own to keep little ones safe. You can buy safety products from your local hardware store, or if you can't find what you are looking for, contact Kidsafe Victoria.



Supervision



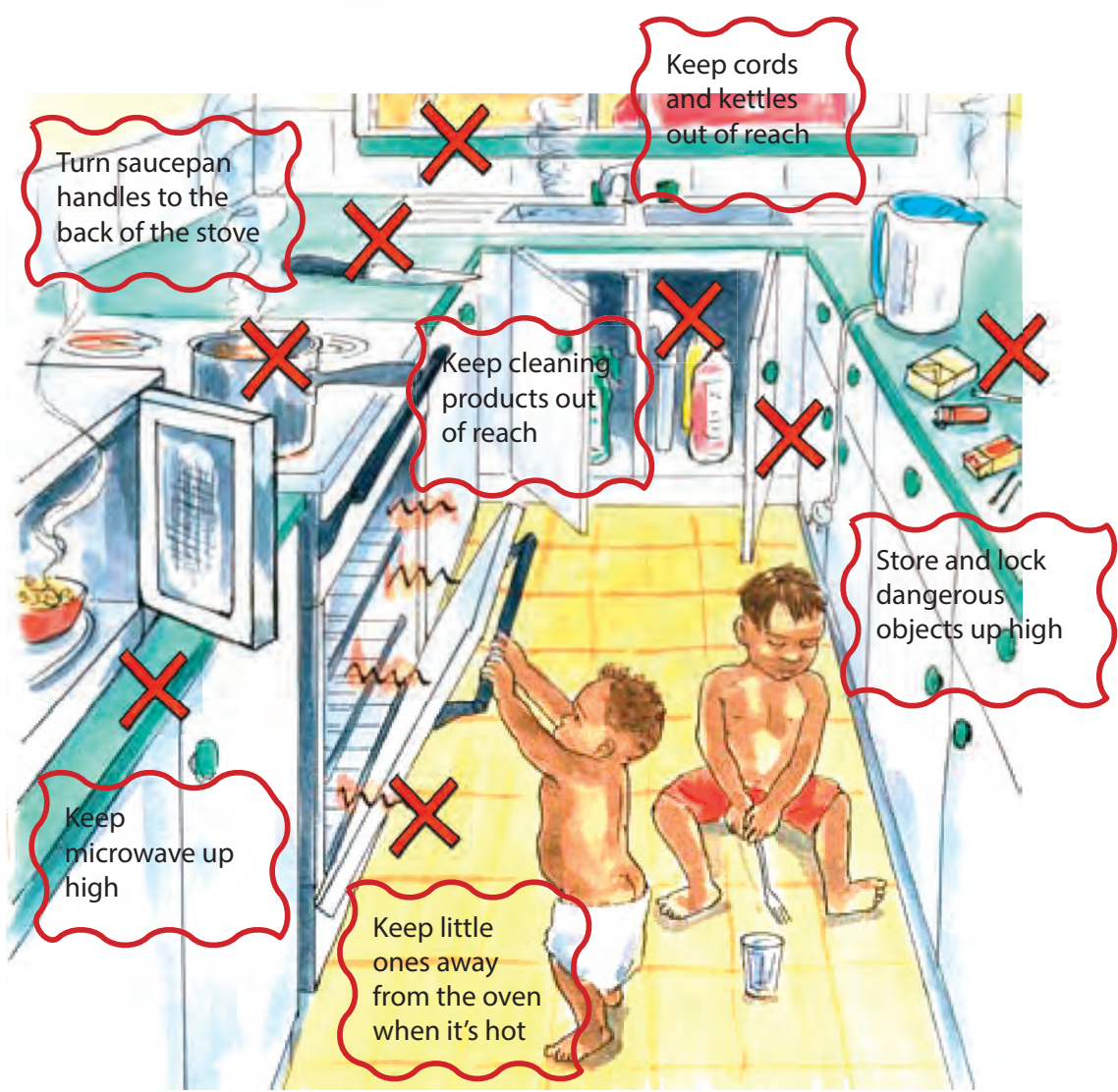
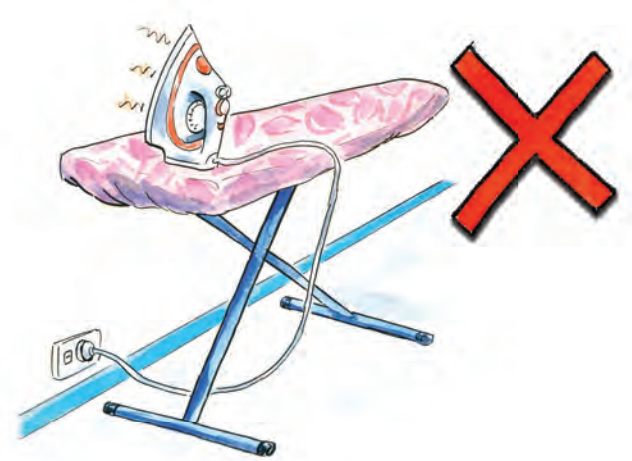
Burns and Scalds: In and Around the Home

Prevention

- Remember, hot water burns like fire. At 60° C it takes 1 second to cause a life threatening scald to an infant, while at 50° C it takes 5 minutes.
- You can reduce the delivery temperature of the water in your bathroom to a maximum of 50°C. A licensed plumber can help you test and set the temperature of your hot water.
- Never hold hot drinks or hot food when nursing or carrying little ones.
- Check the temperature of the bath water using a thermometer before putting little ones in.
- Dangerous objects such as matches and lighters should be kept locked away, safely out of sight and reach of little ones.
- Put a secured fire screen around heaters.
- Do not let little ones play in the kitchen. You can restrict access by using a gate to keep children out of the kitchen, especially during meal preparation time when appliances such as the oven and stove are on.
- If little ones can access the kitchen, make sure pot and pan handles, hot irons, jugs and kettles (including cords) are out of reach.
- Use an oven guard if able and ensure the oven is secured to the wall.
- Install smoke alarms and regularly check that they are working by testing the batteries. The batteries should be replaced at the end of daylight saving every year.



Burns and Scalds: In and Around the Home

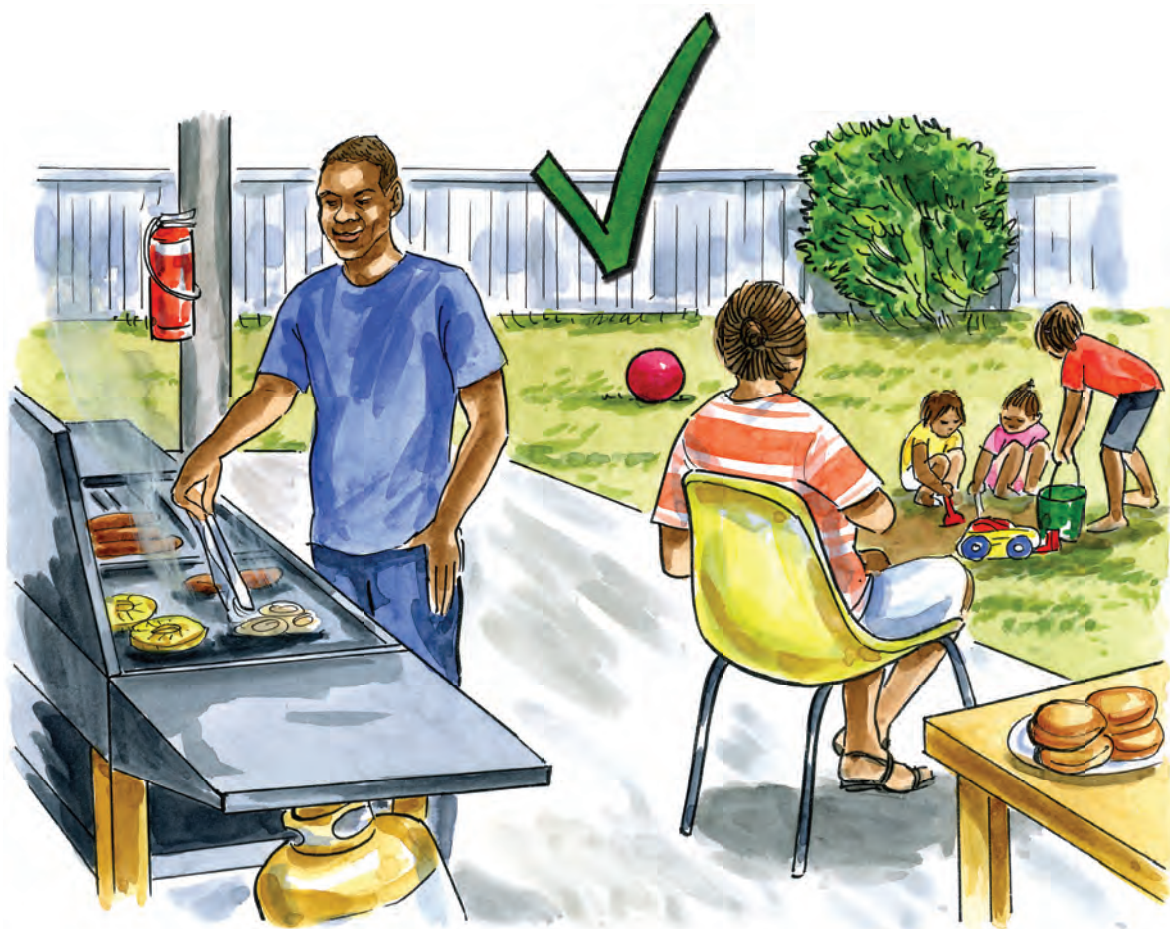


Burns and Scalds: Out and About

- Always closely supervise little ones around camp fires.
- Having the camp fire in a pit or surrounded by rocks can help to prevent your little ones walking into it.
- Never light a fire with petrol or flammable liquids - you may get burnt and your little ones may try to copy you.
- Always put campfires out with water and not sand or dirt.
- Keep little ones well away from the BBQ so that they don't get burnt.
- Keep a fire extinguisher, fire blanket or hose close by the BBQ in case of a fire.
- Make sure that little ones are always closely supervised around BBQ's.



Burns and Scalds: Out and About

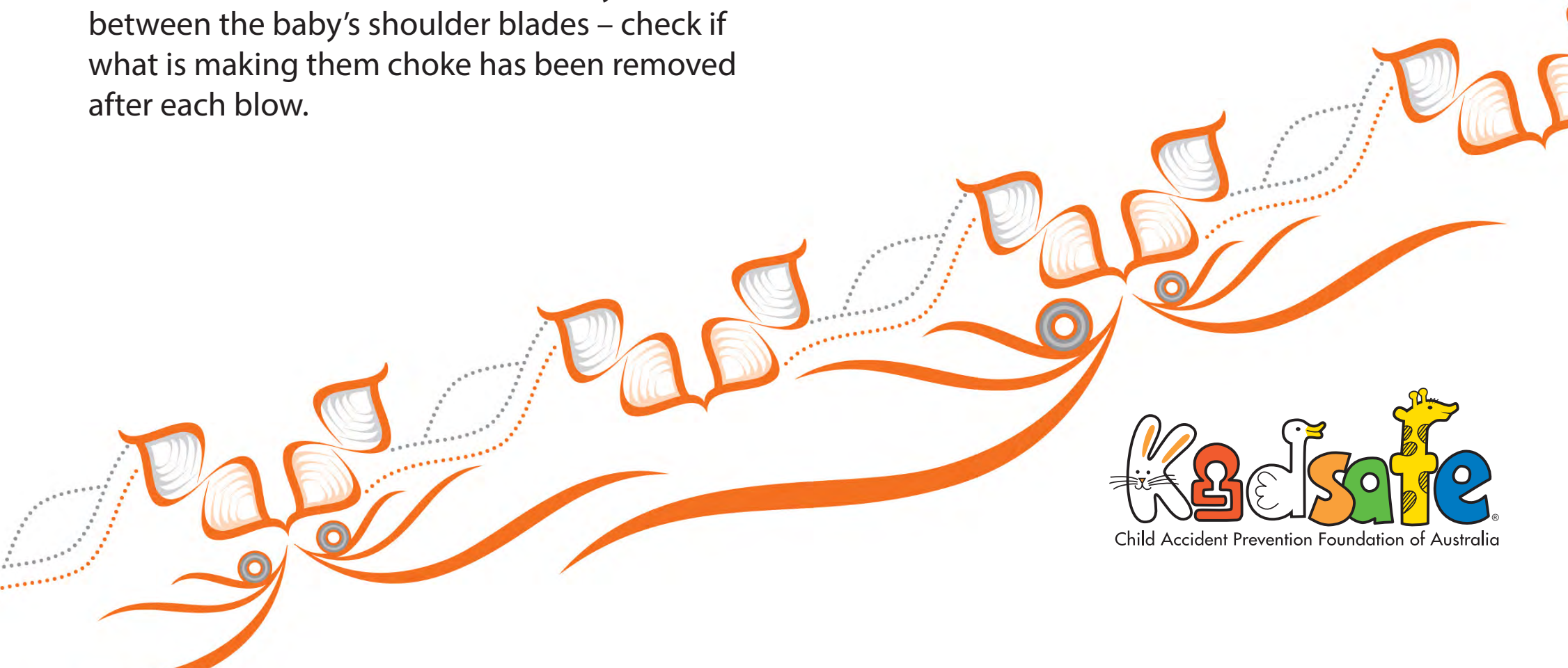


First Aid and Home Fire Escape Plan

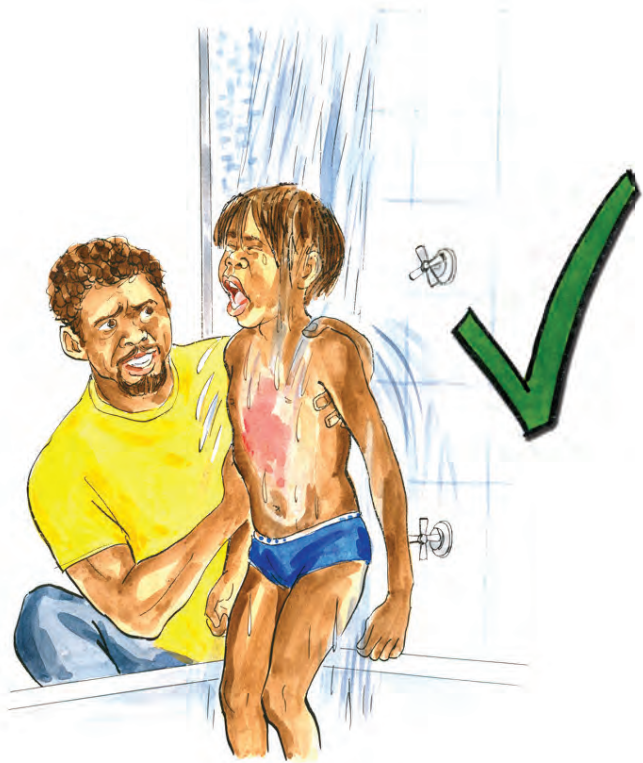
- Call triple zero in an emergency.
- If a little one is burnt, where possible remove any clothing immediately. Clothes can hold the heat and cause a deeper burn.
- Place all burns under cool running water for 20 minutes. This can be done up to 3 hours after the burn has occurred, but it is best to be 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 minutes.
- Do NOT use ice, oil, butter or ointments on the burn. These can further damage the skin.
- Once you have cooled the burn, cover it with a clean damp cloth.
- Seek medical attention if the burn is bigger than a 20 cent coin or the burn is on the face, hands, feet or genital areas.
- 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 to download a free home fire escape plan template.

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.



First Aid and Home Fire Escape Plan



Drowning

- Always closely watch little ones and older children around water.
- Little ones have no sense of danger. They can drown quickly and silently.
- It only takes 20 seconds for a child to drown so never leave little ones alone in the bath, not even for a minute.
- Little ones should always be supervised by an adult and not left in the care of older children.
- Children can drown in as little as a few centimetres of water, so buckets, inflatable pools, baths, fish ponds, water features and pets drinking bowls can all be a drowning hazard.
- Bath seats are not recommended for use. If you do use a bath seat, it is important that you still supervise your little one at all times in the bath.
- Always empty buckets, eskies and wading pools immediately after use and store out of reach of little ones.
- Install fencing around all in-ground and above ground pools and spas. Never take out pool fence panels or prop the gate open. Check the pool fence regularly and fix it straight away if it is broken.
- It is a good idea to learn CPR and have a CPR Chart attached to the pool fence as a reminder.
- For more information on keeping little ones safe around water, please visit:
www.kidsafevic.com.au/safety/outdoor-safety/water-safety



Drowning

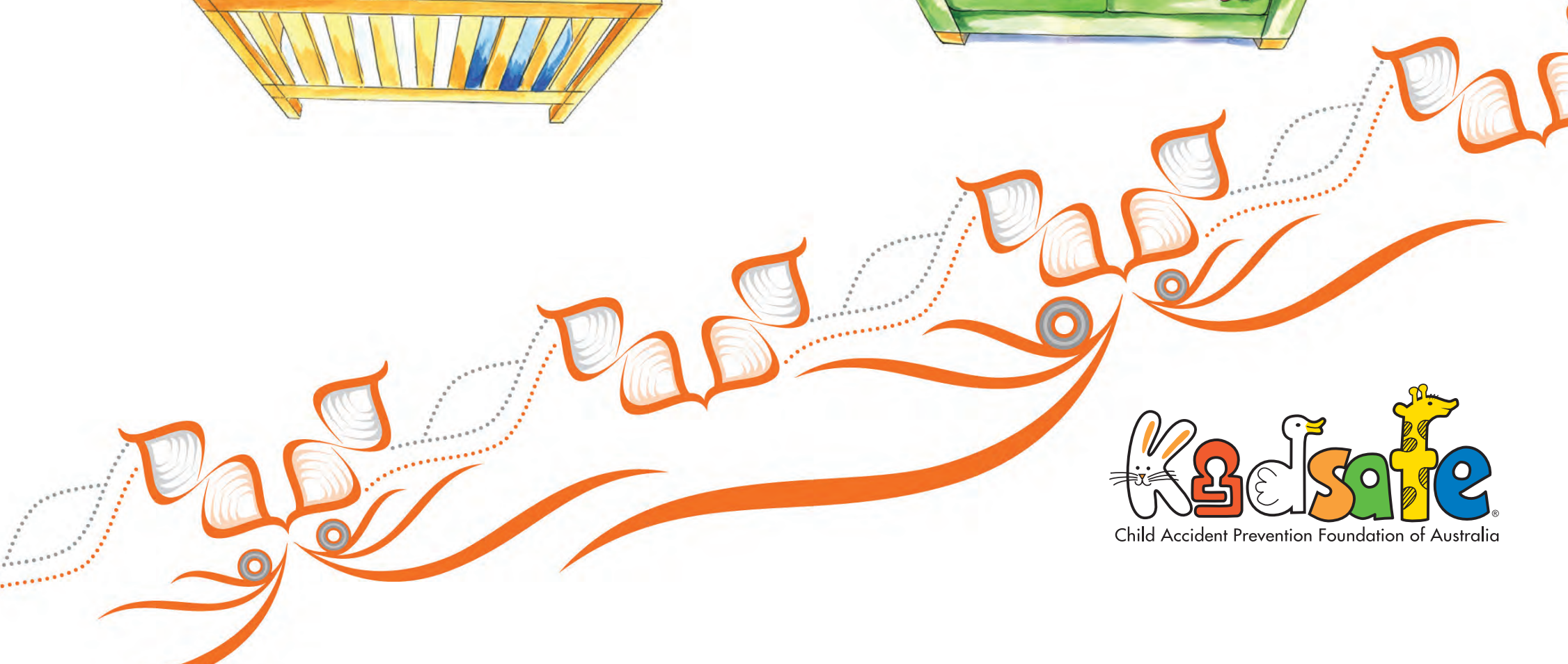
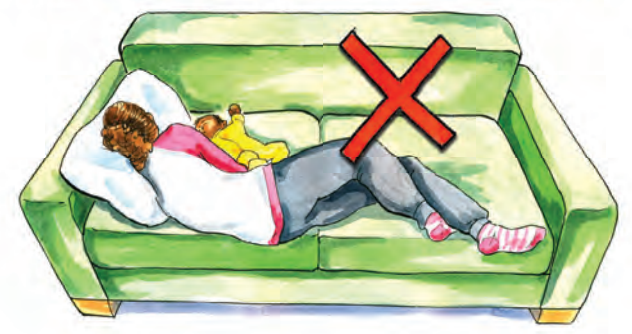
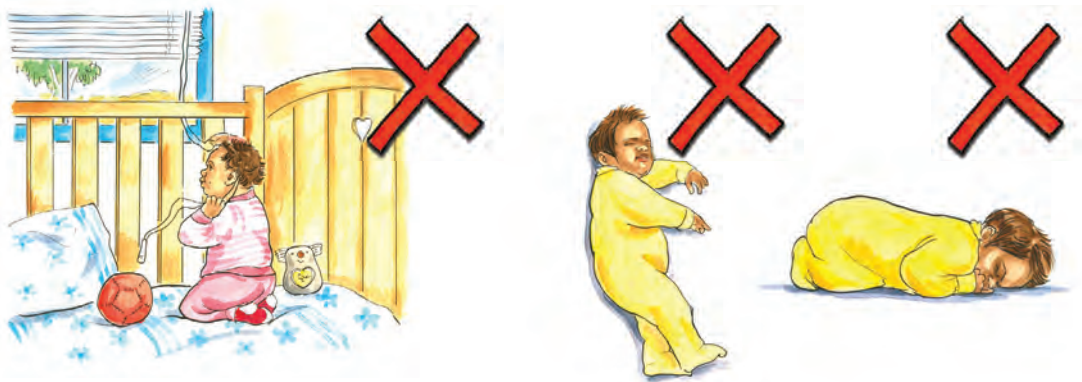


Safe Sleeping

- Sleep little ones on their back from birth, never on their tummy or side.
- Sleep little ones with their feet at the bottom of the cot.
- Make sure your little ones head and face remain uncovered during sleep.
- Keep little ones away from any type of smoke such as cigarette smoke, before and after birth. If you or a family member do smoke, protect your little ones by going outside to smoke. Have a jacket that you only wear when you smoke - take this jacket off and wash your hands every time after smoking, as second hand smoke can stay on your clothes for up to 4 hours.
- Sleep little ones in a bassinet or cot in the same room as the parents or carers for the first 6-12 months, not in the bed with you. Little ones need to sleep in a space of their own so they don't get too hot or get rolled on.
- Provide a safe cot, safe mattress, safe bedding and safe sleeping place away from hazards such as curtain or blind cords.
- There should be nothing soft in the cot. No pillows, quilts, cot bumpers, sheepskins or large soft toys.
- Don't let little ones sleep on couches, bean bags or pillows as they can suffocate or be rolled on by a bigger person.
- Consider using a baby sleeping bag that is the right thickness for the temperature, with a fitted neck, arm holes and no hood, instead of blankets or rugs. This is a safe way to sleep your little one as you won't need to use extra bedding.
- Don't leave little ones to sleep where you can't keep an eye on them, for example in prams, strollers or in the car. Keep them close so you can see and hear them.
- For more information on safe sleeping please visit the SIDS and Kids website: www.sidsandkids.org



Safe Sleeping



Choking and Suffocation

- Little ones don't have the back teeth they need to chew and grind up lumps of food properly. They are still learning to eat solid food so you should not feed them small or hard foods which they can choke on such as nuts, popcorn, corn chips, whole grapes and hard or sticky lollies.
- Make sure you grate or mash all hard fruits and vegetables and cut meat into small pieces before feeding it to little ones.
- Watch little ones while they are eating and make sure they sit down to eat.
- Little ones can choke on small things. As they like to put objects in their mouths, make sure that you pick up and put away things like marbles, small toys (e.g. Lego pieces), small batteries and loose coins.
- Make sure there are no loose curtain or blind cords near little ones cots or in areas where they might be crawling or playing. Little ones can injure or even strangle themselves on the hanging cords. You can secure curtain and blind cords by tying them up out of reach of children, at least 1.5 meters above floor level. You can get a free curtain and blind cord safety kit by contacting Kidsafe Victoria.



Choking and Suffocation



Poisoning

- Most little ones are poisoned from swallowing medicines and cleaning products/chemicals around the home.
- It is safest to lock away poisons, medicines, petrol and dangerous items in a cupboard up high, at least 1.5 metres above ground level, out of the sight and reach of little ones.
- If you have dangerous items in lower areas (e.g. under the sink), it is important to make sure these cupboards and drawers do have a lock on them.
- Always store poisons in their original containers and never in old drink bottles.
- Remember that child resistant caps take longer for children to open but are not child proof. These products still need to be locked away.
- Don't leave bags around where little ones can get in to them. Often there are dangerous medicines in handbags. Remember this when friends and family are visiting as well and put their bags out of reach.
- If your little one has swallowed something that you think might be poisonous, pick up your child and the product that they have swallowed and take them to the phone with you. Ring the Poisons Information Centre on 13 11 26 and follow their advice, or take your child to the hospital.
- Little ones put everything in their mouths. Some plants are poisonous so check what plants you have at home and get rid of the dangerous ones.
- Children can sometimes be poisoned after being given too much medication. Read instructions carefully and where possible, record when and what dose of medicine you give your child to reduce the chance of unintentional overdose.



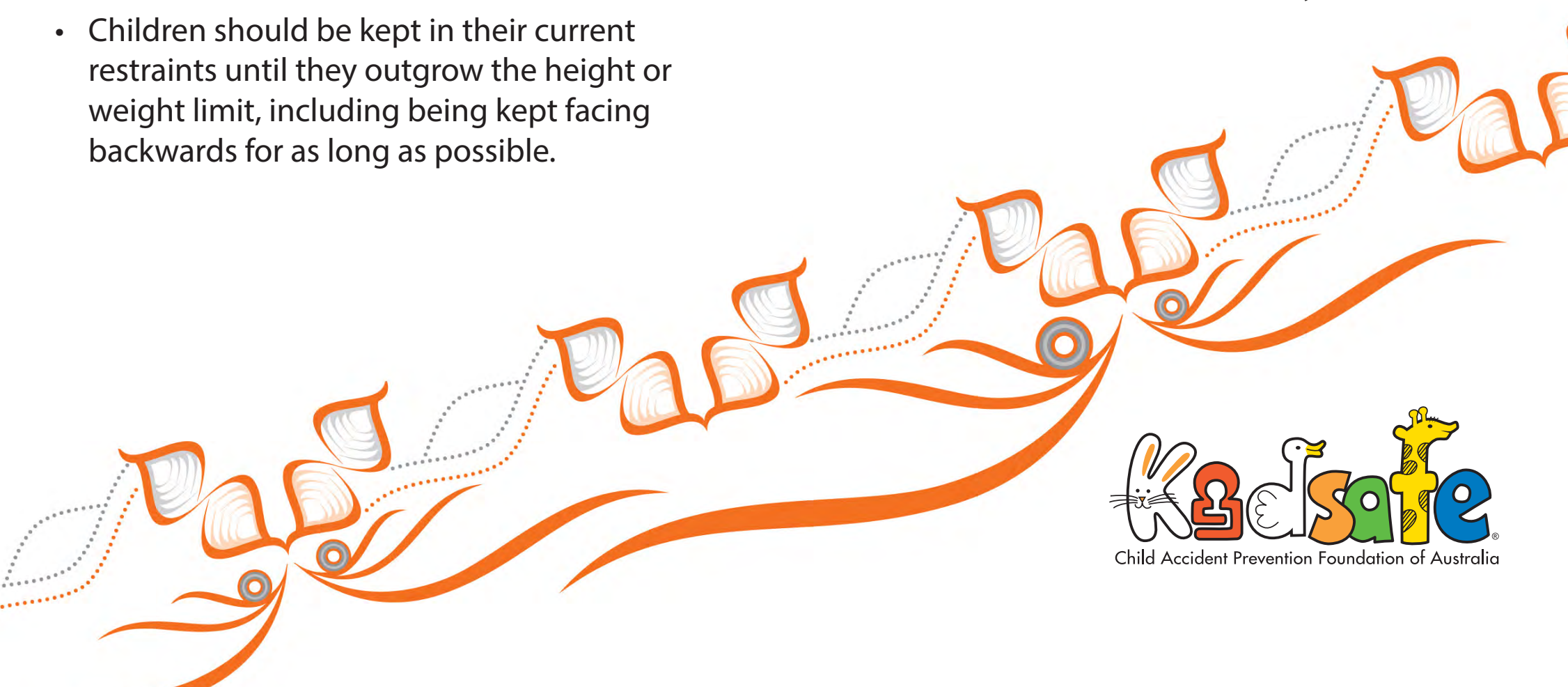
Poisoning



Car Seats and Driving With Kids

All children must be seated in an Australian Standard's approved child restraint, suitable for their size and age, on every trip, no matter how short:

- Little ones up to a minimum of six months old:
 - » Must be restrained in a rearward facing infant restraint or capsule- keep them in this as long as possible.
 - » Must be seated in the back of the vehicle.
- Little ones and young children aged between six months and four years:
 - » Must be seated in either a rearward or forward facing child restraint with an inbuilt harness.
 - » Must be seated in the back of the vehicle.
- Young children from age four to seven years:
 - » Must be seated in a forward facing child restraint with an inbuilt harness or in a full booster seat.
 - » May only be seated in the front of the vehicle if all back seats are filled with younger children. Be careful when there are airbags fitted- read the car's handbook for more advice.
- Children should be kept in their current restraints until they outgrow the height or weight limit, including being kept facing backwards for as long as possible.
- If your car has been in an accident, replace your little ones car seat- even if you can't see any damage as it can be hard to tell.
- Never let little ones or children travel in the back of station wagons or utes.
- Remember it is against the law to smoke in cars when little ones and children are with you.
- Never leave children alone in a car.
- Driveways can be very dangerous places for little ones. All cars have a large blind spot which makes it harder for parents/carers to see little ones. To keep them safe make sure that you:
 - » Supervise: Know where little ones are at all times and if a car is being moved, make sure they are with an adult.
 - » Separate: Where possible, keep the little ones play areas separated from the driveway or any other road ways.
 - » See: Look around the car before driving off and make sure there are no little ones close by - remember they can move quickly. Reversing cameras and sensors can be used as a guide to help you, however they should never be relied upon on their own to keep little ones safe around driveways.



Car Seats and Driving With Kids

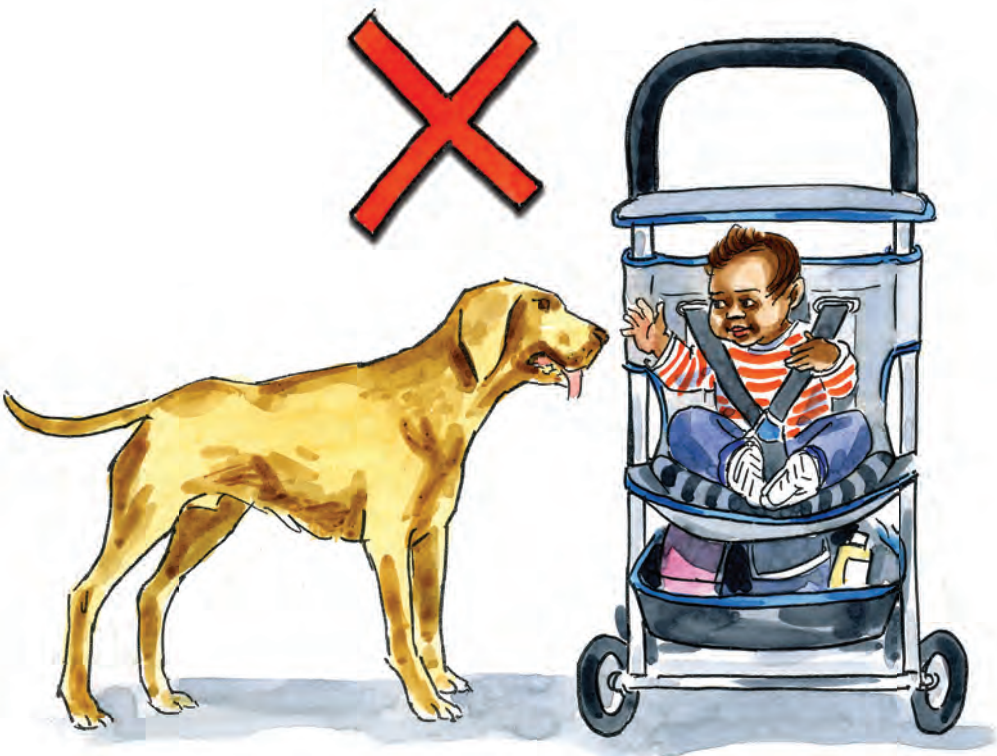


Dogs and Children

- Dogs can be a great part of the family, however it is important that precautions are taken to keep little ones safe.
- Little ones and young children should never be left alone with a dog. If little ones and dogs are in the same area, they must be closely supervised by an adult.
- Always separate children and dogs during feeding and sleeping times.
- As little ones get older you can teach them how to interact with dogs.
- Remember that any dog can bite.
- It is a good idea to take your dog to training classes to help them learn to socialise with humans and learn basic commands such as 'sit' and 'come'.



Dogs and Children



Falls

- Baby walkers are not recommended because they may affect the normal development of your little ones legs. They can also be dangerous because they make little ones taller and allow them to move a lot faster; this means that they are able to access more hazards than they would normally be able to.
- Bunk beds can cause nasty falls - they are not recommended for use with children under 9 years old.
- Always use a five point harness for little ones when they are in a high chair- most injuries happen because little ones are standing up or trying to climb out of the chair. Never leave them on their own in a high chair.
- Many injuries happen when little ones roll off the change table. You can change little ones on the floor where possible so it doesn't matter if they roll. Never leave a little one on their own on a change table.
- Little ones love to climb and will often climb on furniture - sometimes this can cause it to fall over and cause a serious injury. To prevent this, make sure all drawers and bookshelves are secured to the wall using brackets or anchors.
- Televisions can easily over balance and tip forward, particularly the new flat screen TVs. Make sure they are on a stand that fits and that the TV is secured to the wall or cabinet.
- Do not put remotes or other items children may want on top of TV's or furniture as little ones may try to climb to reach them.
- Trampolines can be lots of fun - where possible, use a spring free trampoline with safety nets. Make sure trampolines are set up on a flat surface with bark or mulch underneath.
- Have clear safety rules such as 'one at a time', 'jump in the middle of the mat' and 'no jumping on to or off the trampoline'.



Falls



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.

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

Consumer Affairs Toy and Nursery Safety Line: 1300 364 894

Parentline Vic: 13 22 89

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The resources for the 'Safety for Our Little Fellas' project were adapted and reproduced with permission from Kidsafe South Australia, who developed the initial resource in 2010.

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For further information:

To enquire about the availability of the project resources, or to obtain an order form, please contact:

Kidsafe Victoria

Email: info@kidsafevic.com.au

Website: www.kidsafevic.com.au

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