

Kidsafe News

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President: Dr Anne Johnson

Patron: His Excellency Rear Admiral Kevin Scarce AC CSC RANR

Summer 2009/2010

CHIEF EXECUTIVE OFFICER'S MESSAGE

Welcome to Kidsafe News – Summer 2009.

National Kidsafe Day was held this year on Monday 26th October, and was a particularly important celebration as it was also the 30th Anniversary of Kidsafe's establishment in Australia. We used the opportunity to highlight & celebrate our major achievements in child injury prevention.

Awards of recognition were given to two individuals who have worked tirelessly to help raise awareness of child safety, and to reduce the burden of child injuries, during the past 30 years.

In South Australia, these awards were presented by His Excellency the Governor's Wife, Mrs Liz Scarce, to Dr Anne Johnson, Lifetime Achievement Award and to Judge Wayne Chivell – the Champion for Child Safety Award.

In conjunction with these awards, The Honorable Jay Weatherill launched a series of culturally appropriate child injury prevention resources for Aboriginal families and communities. These resources were developed by a Steering Committee chaired by Kidsafe SA – the project is entitled 'Safety for our Little Fellas'.

These events were followed by a morning tea, where a birthday cake to celebrate the 30th Anniversary of Kidsafe was cut. In all, it was a thoroughly successful and enjoyable National Kidsafe Day – we look forward to the next 30 years being just as rewarding!

With the hot weather already upon us in this early start to summer, we have included information on keeping children safe around the pool in this Newsletter.

Take care and keep safe.

Helen Noblet

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GLIDEROL
GARAGE DOORS

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Keep Safe around the Pool

Reduce the risk of childhood drowning.

According to *The National Drowning Report 2009*, published by the Royal Life Saving Society of Australia, drowning is one of the major causes of death for children who are less than five years of age. In 2008/09 there were 32 drowning deaths in young children and many more children suffered near drowning experiences and were treated in hospital.

Most of the drowning deaths resulted from the child falling or wandering into the water and as was the case in previous years, the swimming pool is the most common location.

HOW TO KEEP YOUR POOL SAFE

Most people love to swim or relax around water, so it is important to 'spot the potential hazards' and manage the risks so that families can enjoy the fun and friendship that we associate with outdoor recreation. This can be achieved by following some basic safety rules in and around water. For example:

- **Never** leave a child unsupervised around the water, even just for a moment.
- If you must leave the pool area, take the child with you
- Always keep your fence in good repair and gates, doors and window locks in good working condition.

Remember – children can drown in fenced pools.



- Always leave your filter covered so small children can't get into it, or get hair or limbs caught in it.
- Don't leave objects near the fence as children may use them to climb over.
- Don't leave any gates or doors propped open. Small children are curious.
- A secure pool is no substitute for responsible adult supervision. Children in or around the water must be watched at all times. No matter what their swimming ability, children should always be supervised closely.
- It is essential that children are taught to swim from an early age.
- Never rely on flotation aides (e.g. bubbles, floaties etc) unless under the supervision of a capable adult. Remember, they are not life saving devices.

- Training in resuscitation techniques will give adults the skills required for emergency situations. Make sure at least one person supervising is trained in CPR, and ensure there is a resuscitation chart attached to your pool fence.
- Appoint a 'LOOK OUT' when pool parties are in progress so that someone is watching the children at all times. Change the 'LOOK OUT' regularly, making sure that the responsible adult remains alert and vigilant. **Remember – never mix alcohol and water!!**

For further information check out the following useful websites www.royallife.com.au www.stjohnambulance.com.au www.redcross.com.au www.surfrescue.com.au

Changes to the Australian Standard for Prams and Strollers – due late November

Standards Australia is in the final stages of revising the Australian Standard for prams and strollers and expects to publish the new edition by the end of November 2009.

The new edition of *AS/NZS 2088-2009 Prams and Strollers – Safety requirements* includes more detailed requirements for accessories such as bassinets and toddler seats and more stringent stability testing of strollers. It also includes a test for hazardous gaps and openings which may pose finger entrapment risks to occupants of strollers.

The new requirements promote improved safety and protection against risks and hazards which may cause injury to children.

AS/NZS 2088 provides manufacturers, authorities and others with guidelines on the minimum safety requirements for materials, construction, performance and labelling of prams, strollers and their accessories. In the new edition, particular attention is given to accessories and toddler seats which have become increasingly popular attachments on some prams and strollers.

The Standard will include more than 20 test methods for different aspects of prams and strollers, including durability tests, tests for hazardous edges, points and finger entrapments, and security and stability tests. New stability tests for strollers have also been included.

In order to address concerns highlighted by accidents or tragedies involving runaway strollers or other incidents, other new requirements include:

- the inclusion of a brake actuator to be red, revised warnings and the option for an automatic brake;
- the addition of new stability tests to ensure that infants who wriggle to the end of the vehicle cannot cause the vehicle to over balance;

- a revision of harnessing requirements in order to prevent loops being created by the harness that could cause strangulation as well as ensuring that the harness fits the occupant securely;
- new tests involving the pram or stroller running down a ramp and stopping abruptly to ensure that a seat or accessory does not disengage;
- retention and test requirements for add-ons such as bassinets, child restraints and toddler seats; and
- testing of toddler platforms that are used for an additional toddler to stand on.

For information on mandatory pram and stroller safety requirements under the Australian Trade Practices Act, visit the ACCC's website www.accc.gov.au

Keeping Kids Safe around Poisons

POISONING: THE STORY IN AUSTRALIA

Data from 1999-2003, shows that there was an average of 5 child deaths due to poisoning every year in Australia¹. Each year, almost 3000 children present to hospital emergency departments around the country as a result of unintentional poisoning, and the Poisons Information Centre receives 140,000 calls from concerned parents around Australia. The majority of unintentional poisoning incidents occur to children in the 1-4 year age group².

TODDLERS ARE MOST AT RISK

As children become increasingly mobile they are eager to explore their world. They will start to put everything in their mouth, and discover previously inaccessible cupboards, handbags and storage spaces. They are curious yet unaware of the dangers of medications and chemicals – potentially a lethal combination.

LEADING CAUSES OF POISONING

Parents are often surprised to find that medicines are the most common causes of child poisoning, with paracetamol at the top of the poisons list along with cough syrup, heart pills, sedatives and blood pressure tablets. Children often mistake pills as lollies. Chest rubs and vaporiser fluids that contain camphor are also dangerous to children.

ACCIDENTAL POISONING

Poisoning typically occurs when medicines and other potentially poisonous products are being used, or before they are put away. Unintentional poisoning is most likely to occur due to unintended access or accidental overdose. An accidental paracetamol overdose can occur when young children are given incorrect dosage, or the time left between doses is incorrect.

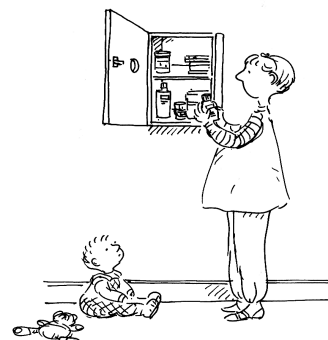
Changes to normal routines can heighten the risk of unintentional poisoning. For example, visitors may hang their bags on chairs, or leave them in easily accessible places such as the floor. This greatly increases the chance of a crawling baby or toddler accessing medicines

or poisons kept in handbags. Grandparents may have a number of medications for such ailments as heart conditions or blood pressure contained in their handbags.

WHAT YOU CAN DO TO REDUCE THE RISK OF POISONING

Parents/carers need to identify the potential poisons in and around the home and keep them out of reach of children. Tips to help 'poison proof' your home include:

- Store poisons in a lockable cupboard that is at least 1.5m off the ground.
- Ensure that a child can't climb draws or furniture and that the poisons cupboard is out of reach.
- Use child resistant locks on cupboards and cabinets that store poisonous products.
- Do not leave medications on bench tops or bedside tables.
- Keep poisons in their original, labelled container.
- Do not leave the dishwasher door open, as residual detergent can be harmful.
- Check that your house and garden are free of poisonous plants, or that they are out of reach.
- Make sure that sheds and garages are locked and not accessible to children.
- Model safe behaviour and never refer to medicines as lollies.
- Avoid taking medication in front of your children and store it away immediately after use.
- Have visitors store their handbags or luggage out of reach of children.
- Administer medication in a well lit room. Make sure that the label is legible and that the medication is given according to instructions.
- Keep the **Poisons Information Centre** number, **13 11 26**, close to the phone. If you suspect a poisoning has occurred, take the child and the product with you to the phone.
- Encourage at least one member of the family to successfully complete a first aid course.
- Talk to older children about the emergency services and calling '000' if a serious health problem develops.



For further information, please contact Kidsafe SA on (08) 8161 6318, or visit the website at www.kidsafesa.com.au

¹ ABS, 2005, *Australian Social Trends 4102.0*

² NISU, 2007, *Hospital Separations Due to Injury and Poisoning, Australia 2003-04*

What services and resources does Kidsafe SA offer?

Kidsafe SA provides an education and information service for parents and carers of children on all aspects of child safety and injury prevention. We operate the Kidsafe Centre, where a range of brochures, Fact Sheets, DVD's and booklets are available. Information is available on a wide range of topics including playground safety and the prevention of burns and scalds, drowning, falls, choking, poisoning etc.

Kidsafe SA offers a 'Community Talks Program' on child safety and injury prevention to new parents and other interested community groups. Bookings are essential, contact Kidsafe SA on 8161 6318 for more information.

A wide range of safety products are available to inspect and purchase directly from the Centre. A mail and phone order service is also available.

Kidsafe SA also offers a Playground Audit & Inspection Service (fee-for-service), playground safety and general child safety telephone advisory service on (08) 8161 6318.

Kidsafe SA contact details

Location and Postal Address

The Kidsafe Centre
Women's and Children's Hospital
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Opening Hours

Monday to Friday 9:30am – 4.00pm

Website address

www.kidsafesa.com.au

Contact us with your comments, concerns or queries on child safety issues on
(08) 8161 6318 or sa@kidsafe.org.au

Please send me the Kidsafe News electronically.

My e-mail address is:

Becoming a member of Kidsafe

I would like to make a tax deductible donation to Kidsafe SA. My details are provided below.

I would like to become a Member of the Foundation. My payment details are provided below. (\$44.00 for individuals, \$165.00 for organisations. Subscriptions are due and payable on 1st January each year).

Enclosed is a cheque payable to Kidsafe SA **OR**

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