



National Kidsafe Day 2009

Kidsafe NSW celebrated **National Kidsafe Day** on the 26th October 2009 as part of Children's Week celebrations, providing a great opportunity for the community to consider the safety of our children in our adult focused world during a week that celebrates our children.



You can help Kidsafe "Make a Safer World for Kids" by promoting:

Safety on the Road: Buckle up every child on every trip in a restraint suitable for their age, weight & height;

Safety at School: Ensure your child is wearing a well fitted helmet when riding a bike. Teach children to Stop, Look, Listen and Think before crossing the road;

Safety at Play: Check play equipment and toys are suitable for your child's age and stage of development;

Safety at Home: Complete the *Kidsafe NSW Home Safety Checklist* to help you recognise hazards and make your home a safer place.

Download the *Home Safety Checklist* from kidsafensw.org

Kidsafe would like to acknowledge the significant contribution made by *The Leycester Meares Bequest* to the National Kidsafe Day campaign.

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A Message from the Executive Officer



Welcome to the summer issue of Kidsafe News.

This year Kidsafe is celebrating its 30th anniversary. The Child Accident Prevention Foundation of Australia was incorporated in 1979 with the trading name of Kidsafe being adopted in 1991. Today, Kidsafe is located in all states and territories and has a common mission to "Make a Safer World for Kids".

Kidsafe NSW resides in the Demonstration Safety House located on the grounds of the Children's Hospital, Westmead. Visitors are welcome to tour the Demonstration Safety House Monday to Friday 10am to 4pm. Parents, children's services, family day carers, playgroups, parenting groups, students and communities are encouraged to visit the House where they can view a safety DVD and collect an abundance of safety information. Safety Officers are available to answer specific questions.

It is recommended to contact the office on 02 9845 0890 to book a tour.

I would like to take this opportunity to thank the team at *Kidsafe NSW* who are dedicated to the organisation and to the prevention of unintentional injury to children.

Regards

Christine Erskine



L to R: Christine Erskine, Lori Hawkins, Dr Elizabeth Cotterell, Bev Boland, Vicky Paranomous, Professor Danny Cass, Margaret Cavanagh, Peter Gaydon, Jeannine Grey, David Wilson.



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Kidsafe NSW is a not for profit, charitable organisation dedicated to the prevention of unintentional injury to children.

child safety is no accident

Kidsafe NSW thanks
Ingal Civil Products
for supporting
Kidsafe News



SUPPORT KIDSAFE NSW

Become a hero



You can be a fundraising hero for *Kidsafe NSW* by building your own personal fundraising page. It only takes a few minutes to build and email to all of your contacts to start fundraising.

Your contribution will assist us to continue many of our community education and research programs and to begin new initiatives.

For more information visit -

<http://www.everydayhero.com.au/charity/view?charity=839>



L to R: Dr Elizabeth Cotterell, Margaret Cavanagh, Professor Danny Cass, Peter Gaydon

Congratulations to the Kidsafe NSW award recipients!

National Kidsafe Day is celebrated across Australia on 26 October 2009. This year *Kidsafe NSW*, along with its regional committee in the Hunter area (see item below), recognised those individuals who have made a significant contribution to injury prevention or safety promotion. Awards were presented to the following recipients at a celebratory afternoon tea by Dr Elizabeth Cotterell, Chair of the *Kidsafe NSW* Council:

Professor Danny Cass – CHAMPION Professor Cass currently holds the position of *William Dunlop Professor of Paediatric Surgery, Paediatrics & Child Health, Children's Hospital, Westmead, NSW*. Professor Cass has been involved with *Kidsafe NSW* for over 15 years both as a NSW Council Representative and Chair of the NSW Council. Apart from his demonstrated commitment to childhood injury prevention, through his lengthy involvement and on-going leadership role with *Kidsafe's* governing body,

Professor Cass has a respected profile in the field of Paediatric Trauma with particular interests in trauma service delivery, prevention of drowning & near-drowning events; driveway motor vehicle injuries and burn injuries in children. As a result of his highly regarded contributions to clinical research, Professor Cass is well recognised as an expert in child injury prevention and has represented *Kidsafe's* message to the community via the media as well as to all levels of government through his work in public health advocacy.

Peter Gaydon – LIFETIME ACHIEVEMENT Peter Gaydon has recently retired as Treasurer of *Kidsafe NSW* after nearly 20 years of service to the organisation. As a Partner in an international accounting firm, Peter has provided high level expertise in managing and monitoring the *Kidsafe NSW* financial situation. His support will be greatly missed. He joined *Kidsafe NSW* when he was a father of young children and is now a proud grandfather who advocates constantly for Kidsafe and child injury prevention.

Margaret Cavanagh – LIFETIME ACHIEVEMENT Margaret Cavanagh worked for *Kidsafe NSW* for over 10 years from 1997 – 2008, principally as the Manager of the *Kidsafe NSW* Playground Advisory Unit and subsequently as a member of the NSW Council. Margaret established the Playground Advisory Unit in its present form as a leading agency in the development of safe playgrounds and the promotion of creative play spaces for children 0-14yrs. Margaret took on a national leadership role in training representatives from *Kidsafe* divisions and other service providers across Australia. She was also instrumental in establishing the Australian Standard for Playground Equipment. Margaret also contributed to public policy development on safe, creative play spaces at the local, state and national levels of government.

News from Kidsafe Hunter



Judi Geggie accepts the Kidsafe Champion Award

Kidsafe Hunter celebrated Kidsafe Australia's 30th Birthday and Kidsafe Day on the 26th October, 2009 with a breakfast.

Entertainer Llynda Nairn took the guests to the circus before Prime Possum paid a visit and then a National Award for the *Kidsafe Hunter* Champion was made to Judi Geggie, Chair of *Kidsafe Hunter* since 1994.

Judi is the Director of the Family Action Centre at the University of Newcastle. She is currently engaged in research projects in the areas of: engaging fathers, boys' education, family living in caravan parks, vulnerable families, and school and community partnerships. Wherever possible, Judi has included *Kidsafe* initiatives in her programs and research work. Judi has contributed to state, national and international partnerships in order to bring about changes in policy and practice aimed at strengthening support for families and promoting community development.

Additional awards were presented to local *Kidsafe Hunter* supporters: *Who Presentations*, *The Good Guys* Kotara and East Maitland, and *PRIME Television* for their contributions over many years. These businesses have been outstanding supporters of *Kidsafe Hunter* and help *Keep Hunter Kids Safe*.

Children and Barbecues

Children are naturally curious about barbecues! They want to see what's going on, how it works, what's cooking and when will the food be ready to eat! Curious children are drawn to where the cooking is going on, yet it can be the most dangerous place to be.

Supervising Children

Ensure children are supervised well away from barbecues at all times. Tell them of the dangers of going close to the barbecue and that the person doing the cooking needs to have plenty of space to cook safely.

Running about and playing near the barbecue is very dangerous. Organise for an adult to play games with children or supervise them away from the cooking area. If you haven't got much space, perhaps they can be taken to a nearby park whilst the cooking is underway.

Alternately, check out your local council parks and see if they have community barbecue and picnic facilities. This way, children can certainly use up some energy and work up an appetite before they come back to eat!

Barbeque Fire Safety and Total Fire Bans fact sheets can be downloaded from the NSW Fire Brigades website- nswfb.nsw.gov.au



Children in the Garden



A garden is a wonderful place for children, full of interest and excitement where children can work, play and learn. They can be free to run, climb and explore.

Safety first

Adult guidance and supervision is essential when children are in the garden. Digging in the soil and getting dirty, planting seeds, watching them grow and then harvesting the rewards is exciting for many children.

However, there are potential hazards in the garden that need to be identified and managed. Gardens are a place where adults also work and play!!

Parents and carers need to watch out for:

- Gardening tools - don't allow children to use sharp tools unsupervised. Store tools in a secure area or out of reach when not in use;
- Cuts and scratches - inevitably, children will get small cuts and scratches when playing in the garden. Clean cuts and scratches thoroughly with soap and water. If necessary, consult with your family Doctor;
- Pesticides, insecticides and fertilisers - do not allow children to use these dangerous chemicals. Keep them away from children in a locked, child proof cupboard;
- Spiders and insects - not all creatures in the garden are harmless. Some spiders and insects are dangerous especially to children. Contact the Poisons Information Centre or your doctor if your child is bitten by any spider or insect;
- Toxic plants - some plants are harmful to children. Visit the *Kidsafe NSW* website to find out about plants that may be harmful. Contact the Poisons Information Centre or your doctor if your child displays any signs of poisoning;
- Ponds or pools of water - supervise any activity involving water. Children can drown in less than 3cm of water;
- Play equipment – ensure that adequate free space is provided surrounding play equipment. Gardening tools should be kept away from climbing equipment and trampolines;
- Spreading of germs – make sure hands are thoroughly washed after being in the garden to prevent the spread of any organisms that may cause illness or infection.

Ensure that your family Doctor and the Poisons Information Centre telephone numbers are located close to the phone in case of emergency

POISON INFORMATION CENTRE
13 11 26

Detox Your Home

The average home is filled with hazardous chemicals that can be detrimental to a young child's health and wellbeing. Many cleaning products contain hazardous chemicals including solvents, bleach, ammonia and chlorine.



Safety Tips

- Replace chemical cleaners with natural alternatives. There are many non toxic, environmentally friendly cleaning products available. Visit The Total Environment Centre website tec.org.au for more information;
- Purchase only what you need and buy concentrates or refills wherever possible;
- Don't put chemicals in the bin. Check with you local council for a household chemical collection service or call 13 15 55;
- Read product labels carefully and follow all safety instructions; and
- Keep potentially hazardous substances up high and locked away.

POISON INFORMATION CENTRE
13 11 26

Pool Chemicals

It is always good to make sure that your pool area is safe, especially if you haven't used your pool in a while. So, before the weather gets too warm, make sure that your pool area is a fun and safe place.

Many people keep their chlorine tablets, PH balance kits, and other pool chemicals in the pool area. However, you should always make sure that these chemicals are securely locked away from the pool area, out of reach of children.

All pool chemicals should be stored in a garage or shed in a dry, well ventilated area away from other chemicals or substances including hydrocarbons (petrol, kerosene, oil etc.). This will keep them out of the reach of children and yet still close at hand.

If you spill chemicals follow the safety directions on the container label. If any chemicals contact your skin, follow the first-aid instructions. If skin or eyes are burnt or, if a chemical has been swallowed or fumes inhaled - seek immediate medical attention.

A *Pool Chemicals* fact sheet can be downloaded from the NSW Fire Brigades website at nswfb.nsw.gov.au

Urgent Recall for Dangerous Dummies

In October 2009 the New South Wales Government issued an urgent recall of 14 brands of dummies that pose a potential choking hazard for babies.

The dummies failed safety tests and could become stuck in an infant's mouth, cutting off their air supply.

The dummies were manufactured overseas and sold in a variety of discount stores across the country.

All the dummies in question have been taken off shelves and parents are advised to return any of the following brands for a full refund:

- Pinkie Baby's Best Need D014 Dummy;
- Pinkie "Oh, my first kiss" D006 Dummy;
- Apple Healthy Baby Pacifier BW2235; and
- Pigeon Silicone Pacifier "Step 2" 5 months plus.

Be Aware

Dummies are required to comply with the safety requirements of Australian Standard AS 2432-1991.



When shopping for baby dummies make sure they have the following features as required under the product safety standard:

- a safe shield size and shape (must be at least 35mm wide);
- ventilation holes;
- secure teat attachment;
- structural integrity; and
- packaging and label warning together with the distributor's details.

For more information visit recalls.gov.au

- Crib Mates 2 Pack Pacifier;
- Soother Baby Pacifiers;
- AQIN Potato Dummy;
- Toys Dummy;
- Apple Baby New Series of Infant Necessities Baby Dummy;
- Smile Bear 3 Piece Nipples Soother and Chain BN1061;
- Happy Angel Dummy;
- Smile Bear Baby Necessaries Pacifier;
- Apple Baby Necessities 333;
- Ai-Non PN 129;

Child Restraint Laws Across Australia

Are you travelling interstate? If so you need to be aware that the laws and regulations governing child restraints may be implemented at different times over the next twelve months, depending on the State or Territory.

In January 2008 all States and Territories agreed on national reform relating to child restraints in line with the following principles:

- Children aged under 6 months must wear an approved, properly fastened and adjusted, rearward facing child restraint;
- Children aged between 6 months and 4 years must wear an approved, properly fastened and adjusted rearward facing child restraint or a forward facing child restraint with an inbuilt 6 point harness; and
- Children aged between 4 years and 7 must wear an approved, properly fastened and adjusted, forward facing child restraint with an inbuilt 6 point harness or an approved booster seat which is properly fastened and adjusted.

Listed below are the relevant links for up-to-date information

Victoria: new laws from 9 November 2009. If you are travelling to Victoria by car you will need to comply with the new laws. For further information go to vicroads.vic.gov.au

NSW: the new regulations will commence from 1 March 2010. There will be an amnesty on enforcement of the new regulations for the first four months. For further information go to rta.nsw.gov.au

Queensland: the new child restraint legislation will come into effect from 11 March 2010. For further information go to transport.qld.gov.au

Tasmania: staged implementation from 30 November 2009. For further information go to transport.tas.gov.au

Other States and Territories: no dates for implementation have been announced to date. Relevant websites for future updates are:

- South Australia – dtei.sa.gov.au
- Western Australia – ors.wa.gov.au
- Australian Capital Territory – tams.act.gov.au
- Northern Territory - roadsafety.nt.gov.au

For further information visit the *Kidsafe NSW* website at kidsafensw.org or contact the Road Safety Unit on 02 9845 0890 or email kidsafe@chw.edu.au



Safe Boating

According to the Royal Life Saving Society of Australia – 32 people drown every year while taking part in watercraft activities. It is therefore important, when the weather and the waterways look so inviting, to remind ourselves that children must be supervised at all times in and around water.

Boats of all shapes and sizes are being launched from jetties and marinas all around the state and it can be somewhat alarming to see young children wandering or 'lurching' around boats without wearing a life jacket.

According to water safety and boating experts,



- Lifejackets are perhaps the single most important safety item on any boat and there should be one on board for each person;
- In the case of children and poor swimmers it is recommended that they wear a life jacket at all times when afloat;
- It is important that all safety gear is in good condition and ready for use; and
- Check your craft thoroughly before heading out on the water.

For more information on safe recreational boating visit:

- The Royal Life Saving Society at royallifesaving.com.au
- NSW Government Safe Waters Initiative at safewaters.nsw.gov.au
- The NSW Maritime Authority maritime.nsw.gov.au

Stronger NSW Swimming Pool Laws Announced

The NSW Government will soon introduce changes to the Swimming Pools Act 1992. All backyard swimming pools will have to have a four-sided barrier regardless of the size or location of the property they are on. This will remove previous exemptions for four-sided barriers for new pools on large, small and waterfront properties.

Pool owners may face up to \$5,500 in fines for failure to comply.

Other proposed changes to the Swimming Pool Act 1992 include:

- An increase for on-the-spot fines for pool owners who fail to meet safety standards;
- Allowing Councils to fix pool fencing when there is an immediate risk to public safety and the owner refuses to fix the problem; and
- Mandatory investigations by Councils of any complaint received about a potential breach of backyard pool safety.

The Government will also be examining ways to have pools that currently have exemptions from four sided fences, such as those built prior to 1990, to become compliant in the future.

For further information visit safewaters.nsw.gov.au



Travelling on Trains—Stroller and Pram Safety

If you are travelling with a stroller or pram, it is recommended to either strap the infant into the stroller or pram, or remove the infant from it completely to board the train.

Safety Tips:

- Always keep a firm hold of your pram anywhere on the station or on the train;
- Always use the tether strap now required on all new prams;
- Always apply stroller or pram brakes when you are at the station or on the train;
- Ensure your child is securely strapped into the stroller or pram;
- Park the stroller or pram sideways, parallel to the platform's edge. Never point the stroller or pram towards the tracks;
- Get on and off the train near the train guard - so they can see you when closing the train doors;
- Mind the gap between the platform and the train doors;
- Enter the train front wheels up;
- Exit the train back wheels first;
- Keep other children close by as you get on and off the train;
- Don't rush - allow plenty of time for your journey; and
- Do not hesitate to ask rail staff or someone else for assistance.



Visit— http://www.cityrail.info/travelling_with/safety_and_education/children for more information and to watch the pram safety video.



Train travel can be an exciting and educational way for children to experience the environment in which we live. Don't be overly ambitious with the time. Children get bored easily – even older ones – and they may need plenty of distractions on the way. Take plenty of snacks and do activities or play games (such as eye spy) to alleviate boredom.



Join the Dots to find *Kidd Safe!*



SPOT THE HAZARDS

