

# KEEPING KIDS SAFE

Are you caring for your grandchildren? Do young children visit your home?

Did you know that Mackay has one of the highest rates of childhood injury in the state?

Each year in Mackay, childhood injury results in an average of:

- 4 deaths
- 1,260 hospitalisations
- 3,343 Emergency Department presentations

Leading causes are:

Falls

Poisoning

Burns

Drowning or near-drowning

## Five Home Features That Help Keep Kids Safe

**Barriers** such as gates on stairs and in doorways to keep children away from hazards.

Falls down stairs are common and because young children are ‘top heavy’, head injuries often occur. Babies and toddlers don’t understand ‘hot’. They may touch hot surfaces while simply exploring their world.

**Child resistant catches** fitted to cupboards where dangers like medicines, cleaners, matches and lighters are stored.

Young children are curious and don’t understand danger. Telling them “not to touch” is not enough to keep them safe. Dangerous products need to be locked away safely.

**Play areas** fenced off from the street and the driveway.

Cars and kids don’t mix. Young children have no fear of cars and are not easily seen by drivers. Nearly every month a toddler is killed after being reversed over in a driveway.

**Pools (and spas)** fully fenced with well maintained, self-closing gates

Young children drown quickly and silently. Around 20 children under five drown each year in unfenced pools or pools with poorly maintained fences or gates.

**Hot water** from bathroom taps set at a delivery temperature of 50°.

Hot water burns like fire. Many homes have hot water coming from taps at temperatures that can burn a child’s skin in one second.

# FALLS

## COMMON CAUSES

Nursery equipment  
Stairs and balconies  
Trampolines

Playground equipment  
Windows  
Beds, including bunk beds

## PREVENTION

- ✓ Supervise baby on the change table
- ✓ Use harnesses in high chairs, prams & strollers
- ✓ Buy Australian Standards approved nursery furniture
- ✓ If using bunk beds, ensure guard rails & ladder are secure
- ✓ Cushion sharp corners on furniture
- ✓ Use security gates at top and bottom of stairs
- ✓ Never use baby walkers
- ✓ Install stair and balcony railings 100mm apart

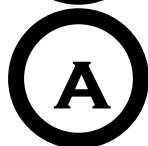


## SAFETY IN THE PLAYGROUND



### SUPERVISE

Can you see your child at all times?



### AGE & ABILITY

Is the playground suitable for your child?



### FALL SURFACE

Is the fall surface soft and clear of objects?



### EQUIPMENT

Is the play equipment well maintained?



### TEMPERATURE

Does the playground have shaded areas?



### YOU

Have you talked with your child about safe play?



**KEEP EMERGENCY NUMBERS BY THE PHONE**

# ***BURNS***

## **COMMON CAUSES**

Hot objects

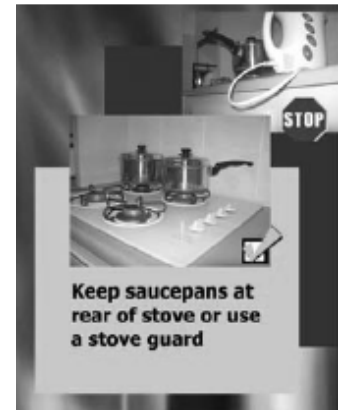
Scalds

Flames

## **PREVENTION**

### **Burns**

- ✓ Install smoke alarms
- ✓ Keep a fire extinguisher or fire blanket handy
- ✓ Fit a gate across your kitchen doorway or place children in a playpen or highchair
- ✓ Use the back hot plates or fit a stove guard
- ✓ Turn pot handles away from the front of the stove or bench
- ✓ Keep matches and lighters out of reach



### **Scalds**

- ✓ Install tempering device to hot water system
- ✓ Never have hot drinks or hot food when nursing baby
- ✓ Keep kettles, jugs, teapots, coffee plungers and cords away from the edge of the bench
- ✓ Use a cordless kettle
- ✓ Use non-slip place mats instead of table cloths

## **FIRST AID FOR SCALDS**

### **Remove Wet Clothes**

- This helps the heat to escape from the skin
- Leave clothing on if stuck to the skin

### **Immediately apply lots of cool water to the scald for 20 minutes**

- Do not use ice or ice water, it will damage the skin

### **Keep the child warm**

- This will help to prevent the child from going into shock.

### **See a doctor if the scald is:**

- On the face, hands, feet, genitals or buttocks
- Larger than a 20c coin or blistered
- In an emergency phone 000 for an ambulance

**HOT WATER  
BURNS LIKE  
FIRE 60°C =  
a major burn  
in 1 second**

**Install  
tempering  
device to hot  
water system**

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# ***POISONING***

## **COMMON CAUSES**

Medications	<i>Panadol, sedatives, liquid drugs, ointments, cough and cold preparations</i>
Chemicals	<i>Cleaning products, bleaches, dishwasher detergents, eucalyptus and essential oils</i>
Pesticides	<i>Moth balls, rat or mouse baits</i>
Other	<i>Petrol, kerosene, small batteries, alcohol, cosmetics and perfumes</i>

### **Did you know?**

Poisons can be swallowed, inhaled, absorbed through the skin or rubbed into the eyes

## **PREVENTION**

- ✓ Keep medications and household products out of reach in a locked or child resistant cupboard
- ✓ Dispose of “out of date” and unwanted medications
- ✓ Store medications and poisons in their original containers
- ✓ Return medications and poisons to your safe storage place immediately after use
- ✓ Do not refer to medications as “lollies” to children
- ✓ When purchasing medications or chemicals ask for child resistant lids
- ✓ Use non-toxic household products where possible
- ✓ Remove poisonous plants from the garden plants

## **FIRST AID FOR POISONING**

- Do not immediately induce vomiting – phone the Poisons Information Centre on 131126 first
- Take the bottle or container to the phone for product information
- Advise the Poisons Information Centre about what was taken, how much was taken and when it was taken
- Follow the instructions from the Poisons Information Centre
- If directed to a hospital or medical centre, take the bottle or container with you

If you believe your child has been poisoned, phone immediately – do not wait for symptoms to occur. Delays could be fatal.

## **LOLLY OR TABLET?**

**Can you tell which is a lolly and which is a tablet?**

**Could a child?**



**KEEP EMERGENCY NUMBERS BY THE PHONE**

# ***DROWNING***

## **COMMON CAUSES**

- Collections of water such as swimming pools, bathtubs, ponds, buckets, dams, rivers, lakes, oceans, tanks, are all potential drowning hazards for children.
- Children are naturally attracted to water; they have little fear and no understanding or awareness of the danger
- Children under 2 years can topple easily into water hazards as their heads are heavier than the rest of their body
- Where children drown in a fully fenced pool, the barrier is usually found to be faulty, non-compliant or the gate has been propped open
- Sometimes parents and carers mistakenly believe that a child can safely be left unattended for short periods of time

## **PREVENTION**

- ✓ Always supervise children around water
- ✓ Install and maintain Australian Standards approved pool fence
- ✓ Never leave gate open
- ✓ Provide a secure play area away from dams & ponds
- ✓ Empty paddling pools after each use
- ✓ Install barriers in water features
- ✓ Keep up to date with resuscitation techniques

### **PRIORITIES FOR PREVENTION OF CHILDHOOD DROWNING**

## ***Keep Watch***

**A CHILD CAN DROWN IN  
5 CENTIMETRES OF  
WATER!**



**A CHILD CAN DROWN  
IN 2 MINUTES!**

### **SUPERVISE**

Constant adult supervision and ensuring children in your care are within arms reach, not occasionally glancing at your child while you read or snooze.

**KEEP EMERGENCY NUMBERS BY THE PHONE**