



# News from Kidsafe Tasmania Autumn 2023



## INSIDE:

- Warning - dangers of button batteries to children
- Getting out and about - prams and strollers
- Can babies sleep in prams or strollers?
- Like Leaves Kids Can Fall Easily. Handy Tips  
- Baby Safety, Toddler Safety, Child Safety
- Top 10 tips for safer travel
- It is getting cooler! Burns Awareness
- Directory of our website & services



## CEO'S AUTUMN MESSAGE



I love autumn, especially the falling leaves changing colour and that crisp freshness in the air. It is a great time to take the kids out for a play and a walk in the park.

Kidsafe Tasmania has put together some articles for you to read with some awareness and safety tips so you and the family can enjoy autumn together.

Having fun, being active and engaging with the kids through play is important.

Here at Kidsafe we strive to provide parents and carers with practical advice to help prevent unintentional injury, disability or death. Accidents happen so quickly and can have lifelong consequences which we want to help you and your family avoid.

Jenny



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## WARNING - DANGERS OF BUTTON BATTERIES TO CHILDREN

It is distressing to hear another child has been hospitalised and is seriously sick due to ingesting a button battery. Remember button batteries can kill! Kidsafe wishes to warn parents of these dangers and provide the following information to help prevent this from happening.



- Reduce the number of products in your environment that are powered by button batteries. Although injury can still occur with cylindrical batteries this is much less common. Can you source products with enclosed batteries (USB rechargeable) or powered by alternative batteries or power sources?
- Secure button batteries and the products they power. Only purchase button batteries in child resistant packaging. Products need to be durable and the battery compartments child resistant. If dropped or the compartment pried open will the battery be released?
- Know which products in your home have button batteries. Regularly check that the battery is still secured in the child-resistant compartment. Where you can, keep them out of reach of small children (though beware climbers!)
- Dispose of spent and unused batteries immediately and safely – 'flat' batteries are still dangerous. Tape them both sides with sticky tape as they come out of the product. This reduces fire risk if you are storing them for recycling and makes them a tricky mouthful to swallow. Kids can be like vultures waiting to pounce!
- Recognise the signs and symptoms of occult ingestion; gagging, drooling, unable to eat properly, noisy breathing, chest pain (grunting) vomiting or passing black or red blood.
- Respond immediately if you suspect someone has swallowed or inserted a button battery. Not every health facility has the capacity to assess or manage a button battery injury, so call the Poisons Information Centre first on 13 11 26 (24/7) for fast expert advice.
- Warn others about the dangers of button batteries.



## GETTING OUT AND ABOUT

Getting out and about with your baby is an essential part of life and most parents already pay particular attention to the mandatory regulations around child car seats. But, when it comes to prams and strollers they are less risk aware. Follow these simple guidelines to keep baby safe.

### What's the best pram or stroller to buy?

No matter what features a pram or stroller has, ensure that the product meets the Australian Standard AS/NZS 2088.

Essential safety features to look for are:

- Must have a 5-point harness (2 shoulder straps, 2 waist straps and a crotch strap) to secure the child
- Must have a tether strap on the handle which goes around the wrist of the person pushing.
- There should be a red braking mechanism that can't be accessed by a child when they are installed.
- If choosing a pram with a bassinet ensure it also has a 5-point harness.



## CAN BABIES SLEEP IN PRAMS AND STROLLERS?

Getting out with your baby in the pram or stroller is good for your mental and physical health and can help settle your baby and also give them stimulus to help their development. If they fall asleep remember:

- Transfer them to their cot as soon as you get home, if out and about lay the seat as flat as possible and closely monitor them.
- Remove additional blankets or clothing that could cause suffocation
- Don't put a cover over the pram or stroller as it puts the child at risk of overheating.

## LIKE LEAVES, KIDS CAN FALL EASILY Some handy falls prevention tips

Falls are the leading cause of hospitalisation for children under 15 years of age. The good news is the majority can be prevented by following these Kidsafe Autumn safety tips:

### Baby Safety

Never leave your baby unattended on nursery equipment or other raised surfaces. Always use the harness provided in items such as prams.

### Toddler Safety:

Consider the placement of furniture (away from windows and hazards) and install barriers on stairs until they have the skills to navigate them safely.

### Child Safety:

Use play equipment that is suitable for your child's age and stage of development. Supervise them while you teach them skills and rules for safe use.



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## TOP 10 STEPS FOR SAFER TRAVEL

### 1. Always buckle up

The use of any restraint is preferable to not using a restraint.

### 2. Rear facing as long as they fit

Infants are safest if they remain in their rear facing restraint as long as they still fit in it.

### 3. Inbuilt harness as long as they fit

Once a child is too tall for their rear facing child restraint, they should use a forward facing child restraint with an inbuilt harness as long as they still fit in it.

### 4. Booster seat as long as they fit

Once a child is too tall for a forward facing child restraint, they should use a **booster seat with a lap-sash seat belt** until they are tall enough to fit properly into an adult seat belt.

### 5. Seat belt? Check 5

Have you taken the **5 step test**? Your child will fit the seat belt in different cars at different ages. Does your child meet the **5 step test**? If not they should remain in their booster seat.

### 6. Correctly fitted and adjusted

All child restraints and booster seats must be installed correctly and the child buckled in correctly, according to the manufacturer's instructions.

### 7. Safest in the back seat

Children 12 years of age and under are safest in the rear seat.

### 8. Is your car right for the job?

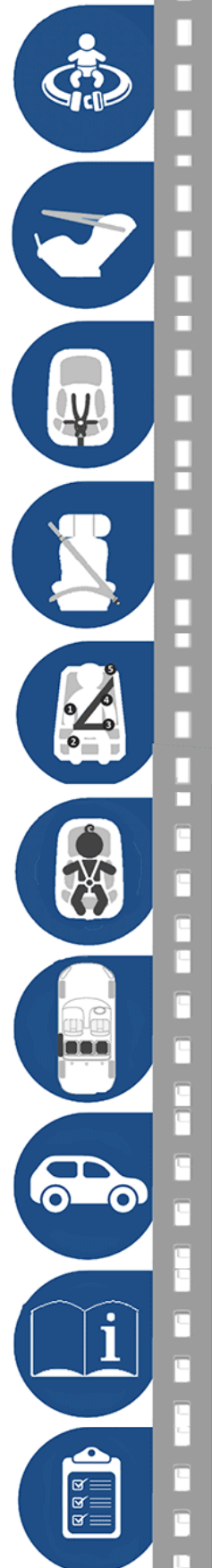
When planning any journey with children, use a motor vehicle which allows each child to be in the appropriate restraint for their size.

### 9. Accessorize correctly

Never add accessories to the restraint that were not provided by the manufacturer with the restraint.

### 10. Regular car seat check ups

Check your restraint regularly to ensure it is still installed correctly and adjusted for the child – an accredited restraint installer can help with this.



# IT IS GETTING COOLER! BURNS AWARENESS

## In the Kitchen

- Never leave a child unattended in the kitchen or bath.
- Do not carry a child on your hip, or nurse a baby while cooking, drinking hot drinks or heating a baby's bottle.
- Always make sure that all hot liquids are well out of reach.
- Keep kettle cords out of reach of children.

## In the living areas

- Always use a guard around wood heaters, fireplaces, furnaces, radiators, electric heaters.
- Supervise young children at all times when a heater is in use.
- Ensure space around a heater is safe.
- Make sure rug corners are not lifting and toys are not lying around.
- Tripping often results in burn injuries.
- Do not allow young children to stoke, touch or stand close to fire places, wood heater, furnaces, radiators, panel heaters or electric heaters

## Correct First Aid Steps



- Remove - remove yourself from danger. Remove any clothing and jewellery from the burn area unless well stuck to the skin
- Cool - place the burn under cool running water for 20 minutes. Never use items like ice, oil or butter as these can make the burn worse
- Cover the burn with a clean dressing
- Seek medical attention if the burn or scald is on the face, hands, feet, genitals or buttocks, is larger than a 20-cent coin or blistered

## WEBSITE

Our website has new insightful information being put up every week, I encourage you to look at it regularly and feedback is always welcome.

We are trying to keep content up to date and relevant to our users. We have uploaded our 2023 information for people who want to book a Kidsafe session during this year.

What you may find useful on [www.kidsafetas.com.au](http://www.kidsafetas.com.au)

### Burns and Fire Awareness

- Home Burns Safety Checklist
- Burns Videos links
- Safety Ninja Burns Safety Clip

### Stages in growing up safely

- Antenatal
- Birth to 6 Months
- Six to 12 Months
- One to Three Years
- Three to Five Years

### In-Home Safety

- Location in House
- Home Safety Checklist
- These Plants Can Kill
- Weighted Blankets information

### Water Safety

- Kids Alive Do the Five

### Road Safety

- Child Restraints
- Driveway Safety
- Pedestrian Safety
- Choosing the Right Car Seat

### Other safety information

- Top Ten Accidents
- Safe Return to School
- Coronavirus Update
- Playground Safety
- Child Farm Safety

### Also

- News - latest child safety updates
- Product Recalls
- News from Kidsafe Australia
- Kids Page
- Events

### Resources

- Data sheets - child safety
- Home Safety Actions Kit

