

June is



NATIONAL
BurnsAwareness
MONTH

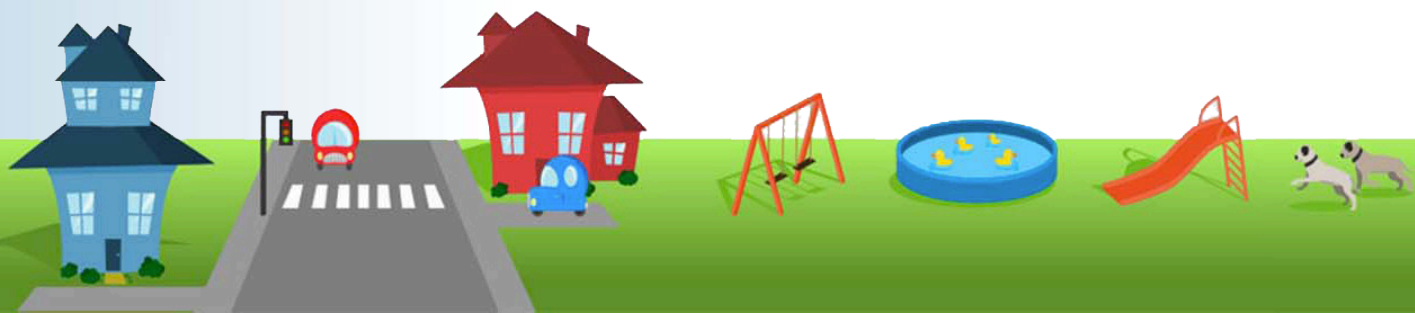


News from Kidsafe Tasmania Winter 2023

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**20 MINUTES TO
COOL (BURNS)
IS THE RULE!**



CEO'S WINTER MESSAGE



BURNS 20 MINUTES TO COOL IS THE RULE!

As the weather cools down and we start the winter months we will focus on unintentional burns and burns first aid.

June 2023 is Burns Awareness month and we hope you engage with us to keep our kids safe!

National Burns Awareness Month is an initiative of Kidsafe Australia, in partnership with ANZBA which is held in June, as there is a significantly increased risk of burns and scalds during winter. We aim to raise awareness of burn and scald injury, prevention measures and the correct first aid.

A series of national educational and awareness initiatives will run throughout June 2023 to raise awareness regarding the prevention and correct first aid treatment of scalds and minor burns through social media.

Regards Jenny



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FIRST AID - PREVENTION AND TREATMENT OF BURNS AND SCALDS

- Prevent burns and scalds. To learn more on prevention, click on the resources below.
- Remove any clothing and jewellery from the burn area unless stuck to the skin.
- Cool the affected area under cool running water for 20 minutes. Items like ice, oil or butter should never be placed on a burn.
- Cover the burn or scald with a clean dressing.
- Seek medical attention if the burn or scald is larger than a 20-cent coin or blistered.

BURNS RESOURCES

For more information about National Burns Awareness Month, burns prevention and first aid resources, please visit:

- [Kidsafe Tasmania website](#)
- [Kidsafe Australia website](#)
- [ANZBA](#) – The peak body for health professionals responsible for the care of the burn injured in Australia and New Zealand.
- [Twitter - @BurnsAwareMonth](#)
- [Facebook - @kidsafeaustralia](#)

Lookout for our winter campaign beginning on the 1st of June.



www.kidsafetas.com.au



ROAD SAFETY ADVISORY COUNCIL
TOWARDS ZERO



Tasmanian
Government

BUTTON BATTERIES

We use electronic devices every day without giving them a second thought.

However, did you know that there is a hidden danger inside many of these devices that poses a serious risk for children?



Powerful coin-sized button batteries are found in many common household devices.

Common items button batteries are found in



watch



car remote



thermometer



calculator



torch keyring



musical card & other novelty items



remote



fake candle



kitchen scales



hearing aid

- Children often have easy access to these devices and many parents/carers are unaware of the dangers as the products commonly come with the batteries already installed.
- If swallowed, button batteries can become stuck in a child's throat and burn through the oesophagus in less than 2 hours. This burning can lead to serious injury requiring surgery, or death.
- In Australia, around 20 children a week present to an emergency department with a button battery related injury – that's over 1,000 children every year.
- Children under the age of 5 years are at the greatest risk.

Simple actions to prevent button battery related death and injury:



Look for items with button batteries



Keep items & loose batteries out of reach of children



Secure the battery compartment



Dispose of them immediately and safely

If you think a child has swallowed or inserted a button battery, urgent action is needed. Do not wait for them to show symptoms, call the Poisons Information Centre urgently for expert advice on what to do, 24 hours a day, 7 days a week on 13 11 26.

RESOURCES

Available on the Kidsafe Tasmania website. https://www.kidsafetas.com.au/button_batteries_dangers/



CHILD RESTRAINT CHECKING AVAILABLE

Don't forget, we are available to check and fit child restraints.

Experienced Road Safety Manager, Peter Gillon, has built up a statewide car seat fitting service, with fitters in Hobart, Launceston, Devonport and Burnie.

Services of the unit include:

- Correctly fit child restraints and inspect existing installations, with much work being done with groups such as Family Day Care. Details of fees on application.
- Car seat consultations - advice/problem solving
 - Advise on correct child restraint use
 - Assist clients in selecting suitable car restraints
 - Identify vehicle and restraint suitability
- Design and install transport solutions for kids with special needs, incl. postural and behavioural support
- Training and education - of parents and carers, as well as professionals who work with kids
- Advocacy for safe child transportation
- Free seat fittings available for individuals and families - conditions apply.



Pete Gillon demonstrating correct seat fitting

Enquire about having us at your childcare centre, playgroup, or parent group for free checking sessions for people who come along.

Contact Pete Gillon: 0407 692 403 Email: pgillon14@gmail.com

CHILD RESTRAINT SAFETY CHECKING



- RIGHT RESTRAINT**
- RIGHT AGE**
- RIGHT ADJUSTMENTS**
- RIGHT INSTALLATION**
- RIGHT BY US - KIDSAFE TAS**

Kidsafe
Child Accident Prevention Foundation of Australia
Tasmania
CALL FOR FREE INSPECTIONS OR FITTINGS
www.kidsafetas.com.au
0417 381 721



TIPS FOR WINTER

- Kids should wear sunscreen and stay hydrated when playing outdoors during winter.
- When playing outside in cooler temperatures, kids should dress in layers to stay warm.
- Encourage kids to wear hats/beanies and gloves, especially as the temperature falls.
- Parental supervision is critical under extreme conditions due to the risk of hypothermia.



KIDS' RECIPE OF THE QUARTER



INGREDIENTS

- 375g macaroni
- 60g butter
- 1/3 cup (50g) plain flour
- 2 tsp Dijon mustard
- 2 1/2 cups (625g) milk
- 1 cup (120g) coarsely grated cheddar
- 1/2 cup (35g) panko breadcrumbs
- 1/2 cup (40g) finely grated parmesan

METHOD

Step 1

Preheat oven to 180°C. Cook the macaroni in a large saucepan of boiling water following packet directions or until al dente. Drain well.

Step 2

Meanwhile, melt the butter in a large saucepan over medium heat. Add flour and mustard. Cook, stirring, for 2 mins or until the mixture bubbles and is grainy. Reduce heat to low. Gradually add the milk, stirring constantly. Cook, stirring, for 5 mins or until the sauce boils and thickens. Remove from heat. Add cheddar. Stir to combine. Season.

Step 3

Stir the macaroni into the sauce. Spoon into a 10-cup (2.5L) ovenproof dish. Combine the breadcrumbs and parmesan in a small bowl. Sprinkle evenly over the macaroni mixture in the dish. Spray with olive oil spray. Bake for 15 mins or until golden.



Happy Winter

Preview



WINTER PLAY, INCLUDING IN THE SNOW

Winter offers kids a range of different play and recreational activities that come with some unique hazards due to the environmental and weather conditions. Snow is at the more extreme end of risk, but a great source of pleasure as it's a rare opportunity as a child. kunanyi/ Mt Wellington and other Tasmanian peaks bring a fascination to kids when the first snows appear.

Activities such as snowboarding, skiing and even mountain bike riding are great fun in winter, but the proper preparation is critical to the kids' safety.

Prevention of injury from winter activities

- Wear suitable clothing and footwear for the conditions. If going to the snow, extra layers are needed and non-slip footwear.
- Hydration is a problem with the extra clothing, as the child's activity heat them up and they perspire under the clothes.
- In very cold, icy and snow conditions, there is a risk of hypothermia and even frostbite, so parental supervision is critical under these extreme conditions.

PREVENTING COLDS, FLU AND COVID

Colds are mainly caused by viruses that your children are often exposed to in winter. School is where the risk is greatest for children through respiratory droplets in the air and on their hands, spread by close proximity to other students. A cold can easily spread through the whole class.

We should all be:

- Washing our hands frequently, and using hand sanitiser.
- When coughing or sneezing, cover your mouth by doing so into your elbow.
- Have your flu vaccination and COVID booster. They work.

DRIVING SAFELY ON WET AND ICY ROADS

- Slow down on wet roads - you could lose control without warning if you hit a patch where water is laying on the road.
- After an extended dry spell the roads become really slippery the first time it rains.
- Make sure everyone is correctly buckled up, your tyres are good and brakes working properly.
- Slow down and be alert when visibility is reduced from fogged up windows, heavy rain and sleet as well as fog.
- Double the normal space between you and the car in front.
- Not every car driver drives for wet conditions – so expect others not to be using the same precautions that you are.
- If roads and highways are icy in spots, you may want to defer your travel if possible.



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

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

