



## Kidsafe Tasmania Winter Newsletter June 2026

### Keeping Tasmanians *Kidsafe* This Winter

As winter settles across Tasmania, families are spending more time indoors, winter sports are back in full swing and heating appliances are being used more frequently. It is the perfect time to revisit important safety messages to help keep children safe from preventable injuries.

#### **National Burns Awareness Month – June 2026**

This June, Kidsafe Tasmania is proud to support National Burns Awareness Month alongside the Royal Hobart Hospital Burns Unit and Kidsafe Australia.

Burn injuries continue to be one of the leading causes of injury for children, with many occurring in the home. Of growing concern are friction burns caused by treadmills, scooters, e-bikes and other e-rideables.

Simple steps can help prevent serious injuries:

- Supervise children around treadmills and exercise equipment
- Keep hot drinks and cooking areas out of children's reach
- Check heaters and fireplaces have appropriate guards
- Test smoke alarms regularly
- Keep children away from hot water, kettles and heated styling tools

**Remember the correct burns first aid:  
Prevent - Remove - Cool - Cover - Seek**

**Cool the burn under cool running water for 20 minutes as soon as possible.**

**Never use ice, butter or toothpaste on burns.**



Use a securely attached fire screen

## Free Child Restraint Checks and Education

Kidsafe Tasmania continues to deliver free child restraint checking and education sessions across the state to help ensure children are travelling safely every trip.

Our team regularly finds restraints that are incorrectly fitted or not adjusted appropriately for the child. Even small changes can make a big difference in protecting children during a crash.

Parents and carers are encouraged to:

- Check harnesses are adjusted correctly
- Ensure restraints suit the child's age and size
- Regularly inspect restraint installation
- Book a professional restraint check if unsure with Kidsafe Tasmania

Look out for upcoming community free checking days and education sessions on our social media pages and website.

*Supported by Towards Zero*



**Slow down around school zones.**

## Winter Sports Safety - Protect Your Head

With football, hockey, mountain biking and other winter sports underway, Kidsafe Tasmania is reminding families about the importance of protecting young heads.

Concussion and head injuries can have serious impacts on children and young people. Make sure children:

- Wear approved helmets where required
- Use well-fitted protective equipment
- Stay hydrated during training and games
- Follow return-to-play advice after any head injury
- Speak up if they feel dizzy, unwell or confused after a knock to the head

## Hydration Matters - Even in Winter

Children can still become dehydrated during winter, especially while playing sport or being active outdoors.

Encourage children to:

- Drink water regularly throughout the day

- Take water bottles to school and sport
- Limit sugary drinks
- Drink before, during and after physical activity

Keeping hydrated helps children stay focused, active and healthy.



Children love playing winter sport

## Safe Sleeping for Infants

Winter is also a timely reminder about safe sleeping practices for babies.

To reduce the risk of sudden unexpected death in infancy:

- Always place babies on their back to sleep (unless under the advice of a medical expert)
- Use a safe cot with a firm mattress
- Keep the cot free from pillows, toys and loose bedding
- Avoid overheating babies during sleep
- Ensure babies sleep in a smoke-free environment

Layer baby clothing rather than using heavy blankets and check babies are comfortably warm, not hot.



## Button Battery Danger Warning

Button batteries remain a serious hidden danger in many homes. These small batteries can cause catastrophic internal injuries if swallowed.

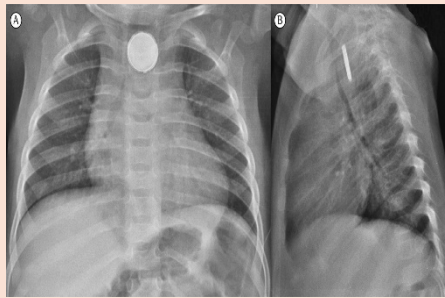
Common household items containing button batteries include:

- Remote controls
- Toys
- Key fobs
- Candles and decorations
- Thermometers and musical greeting cards

If swallowed, a button battery can burn through tissue in as little as two hours.

Safety tips:

- Keep devices with button batteries out of children's reach
- Check battery compartments are secure
- Dispose of used batteries safely and immediately
- Seek urgent medical attention if a child may have swallowed a battery



*Do not wait for symptoms to appear.*

Thank you to all the families, schools, organisations and community partners who continue to support Kidsafe Tasmania's work in preventing childhood injuries across our state.

Together we can help keep Tasmanian children safe this winter.

Jenny Branch-Allen  
CEO

