

It is Australian law that all swimming pools be fenced and never under any circumstances leave the gate open.

- Learn first aid, including resuscitation.
- Teach your child to swim.
- Put the lid on the nappy bucket.
- Secure appropriate gauge wire mesh over fishponds, aquariums or birdbaths.
- Never leave your child alone in the bath, and be sure to empty the bathtub.
- Warn children of the dangers of swimming in dams and rivers. There could be submerged objects, so check water depth before diving in.
- At the beach, teach children to swim between the red and yellow flags. Watch out for rips.

Other safety suggestions include:

ALWAYS be adult supervised when there is a child near water. Drowning is the number one cause of death for children under 5. One third of these deaths happen when a child wanders off unsupervised and falls into water. It only takes a few seconds for a curious child to fall into water and drown. There must

Water safety

Blind & Curtain Cords brochures are available by calling 1300 305 866 or online at www.comsurrenforcing.gov.au

Safety Alert!



The Federal Government recently announced an updated toy mandatory standard for children up to thirty-six months. The new standard sets out to reduce the risk of young children choking on toys or small parts. Children under three have not fully developed their reflexes and are incapable of coughing. Our items that may obstruct the breathing passage when placed in the mouth.

Parents would know that babies and toddlers often examine objects by putting them in their mouths, and little ones do not understand about serious personal dangers such as choking. Therefore they are especially vulnerable to ingestion, inhalation and choking hazard.

When buying toys check the following:

- Take note of the age labelling on toys.
- A toy labelled 'not suitable for a child under 3' means the toy contains small parts that may be a choking hazard.
- Check for sharp edges and rough surfaces that can cause cuts or splinters.
- Only choose projectile toys that have soft, one-piece darts or non-removable suction caps.
- Be wary of toys that make loud noises (e.g. walkie talkies and toy mobile phones) as they can be harmful to hearing.
- Check for ventilation before buying tents, masks and helmets.
- Make sure that ride-on toys are stable and suitable for the child's age.
- Bikes should have effective brakes that can be operated by your child. Always buy the 'whole present' and include the helmet.
- Check there are no gaps or holes which could entrap a child's finger.



Safe Toys for Toddlers

Blind Cord Safety

Babies and young children can accidentally strangle or hang themselves on looped curtain and blind cords.

A child can entangle their head in the loop created by a blind cord. If the child then tries to sit or falls down, they can hang themselves in the loop.

The Federal Government recently launched a national blind cord safety awareness campaign as 11 toddlers have died this way in Australia. The Government has worked with the states and industry to have new blinds and curtains incorporate safer design features and include warning labels.

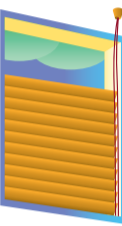
To ensure your house is safe, remember:

DON'T put your child's cot or bed near a window with corded blinds or curtains.

DON'T leave your child unsupervised near a corded blind or curtain.

DO check with the manufacturer/supplier to see if you can modify your blinds or curtains.

DO make sure that all cords are kept well out of the reach of children. Wrap the cord around a clear (available from hardware stores) attached to the wall near the top of the curtain or blind.



On average, each day 5000 Australian children seek medical attention as a result of accidents.

Of these, 170 are hospitalised and one to two children die.

This Community Service Guide focuses on important child safety and accident prevention information. You will also find the latest information about: Safe Toys for Toddlers, Blind Cord Safety, Hot Weather Awareness, Bites and Stings, Reducing the Risk of Children's Injuries, Child Car Safety and Child Water Safety.



Malcolm and his niece Clemency.

Useful Numbers

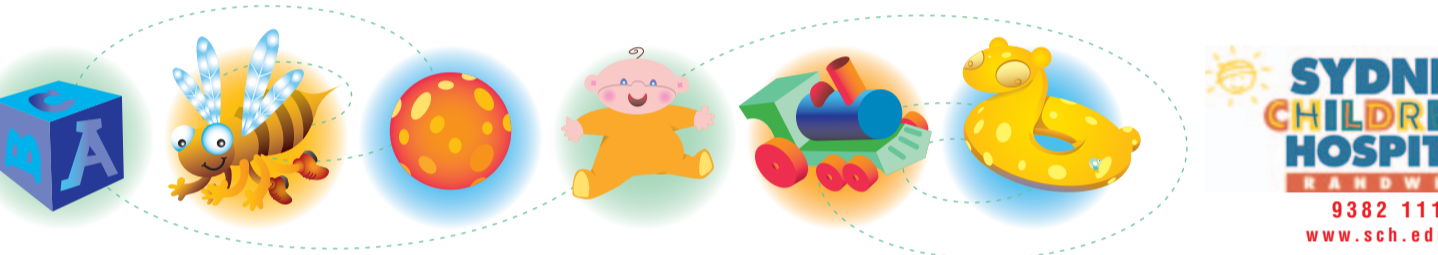
000	Ambulance, Police or Fire
132 245	Gas
139 090	Water
131 003	Integral Energy
131 126	Poisons Advice
881 1 700	SES
9845 0890	Kidsafe

With compliments of and authorised by Malcolm Turnbull MP, Suite 1, Level 1, 53 Cross Street, Double Bay, Tel: 9369 5221 Fax: 9369 5225 Email: malcolm.turnbull.mp@aph.gov.au Website: www.malcolmunturnbull.com

Further information can be found from www.healthcare.gov.au - a Federal Government resource. Important health information from government and community organisations. Our own Sydney Children's Hospital is also a wealth of practical information for parents.

Malcolm Turnbull Federal Member for Wentworth

Summer Safety for Kids



A Community Service Guide brought to you by Malcolm Turnbull MP, Federal Member for Wentworth

Bites & Stings



Local backyards and parks have many animal and insect species that bite or sting. The following is advice on basic first aid procedures only. In all instances, it is important to seek proper medical treatment.

Land Creatures:

Bees – remove sting by sliding or scraping your fingernail across it, rather than by pulling at it. Wash the area and apply ice to reduce swelling. If the person has an allergy to beesstings, it can be life threatening. Immobilise the person, apply pressure to the bite and seek immediate medical help.

Funnel Web Spider – Seek immediate medical help. Bandage the wound firmly (see inset article). Use a second bandage to wrap the arm or leg and splint the affected limb. Antivenene is required.

Red Back Spider – Wash the affected area well and soothe the pain with ice packs or iced water. Don't bandage the area. Seek immediate medical help.

Snakes – Seek immediate medical help. Not all Australian snakes are venomous however, you should follow the basic first aid techniques just in case. Don't wash the skin, as traces of the venom left behind might be needed by medical personnel to identify the snake. Bandage and splint the limb (see inset article). If the person was bitten on the torso, make sure your bandaging doesn't restrict their breathing.

Tick – if a tick has burrowed into the skin, carefully pull it out with tweezers, making sure you remove the entire body of the tick. In the case of the Australian paralysis tick, seek immediate medical help.

Use the Pressure Immobilisation Method Where Indicated Above:

The Pressure Immobilisation Method is designed to slow the movement of venom through the lymphatic system. Bandaging the wound firmly helps to prevent the venom from leaving the puncture site.

If you don't have any bandages at hand, use whatever is available, including clothing, stockings or towels. Firmly bandage – but not tight enough to cause numbness, tingling or colour change to the extremities. Immobilising the limb is another way to slow the spread of venom, sometimes for hours at a time. Splint the limb, if necessary. In general, try to keep the patient calm and reassured. Always seek immediate medical help. Don't tourniquet or cut the wound or suck out the venom – research has shown that these are not the best methods to use. Don't give the patient alcohol to drink.

Never hesitate to call an ambulance if your child is injured. Throughout Australia, the emergency number is 000.

Children's Injuries – Reducing the Risks

Keep a first aid kit at home, in the car and when you go on holidays. Include these items in a first aid kit:

first aid book, adhesive tape, band-aids, sterile gauze pads of various sizes, wide gauze bandages, crepe & triangular bandages, absorbent cotton, antiseptic liquid or soap, liquid paracetamol, insect repellent, calamine lotion, SPF 30+ sunscreen, thermometer, blunt ended tweezers, safety pins or clips, hot/cold packs

First Aid Kits are available from Australian Red Cross, Tel: (02) 9229 4111. Or you can e-mail: info@nsu.redcross.org.au or visit: www.nsu.redcross.org.au

For information about first aid and cardiopulmonary resuscitation (CPR) courses in your local area contact:

Australian Red Cross Society
Tel: (02) 9229 4111

St John Ambulance
Tel: (02) 9212 1088

The Royal Life Saving Society of Australia
Tel: (02) 9879 4699



Falls:

Falling is the most common cause of injury for children of all ages. The seriousness of an injury depends on the height of the fall and the hardness of the landing surface.

Safety suggestions include:

- Never leave a baby unsupervised on a change table.
- Put bouncinettes on the floor, not on a table or high surface.
- Don't use baby walkers.
- Always use the full five-point body safety harness in prams, strollers and high chairs.
- Don't allow a child to walk or run while carrying sharp objects such as scissors.
- Pad the edges of coffee tables.
- Barricade any stairs.
- Put non-skid rubber mats in the bath and shower stall.
- Make sure that a child can't access and fall out of any windows.
- Put a 30cm layer of tan bark underneath outdoor play equipment.

Fire:

It is recommended you install smoke alarms in the house and check them regularly.

Safety suggestions include:

- Keep matches and cigarette lighters out of reach.
- Use guards at least 70cm high around all heaters, open fires, radiators and potbelly stoves.
- Keep a fire extinguisher in the kitchen.
- Buy non-flammable children's clothing by checking for labels such as "low fire danger" or "styled to reduce fire danger".
- Warn children about the hazards of fire.
- Work out a fire evacuation plan and make sure your child understands what to do.
- Teach your child to roll on the floor if their clothing ever catches on fire, and to crawl low in smoke.

Poisoning:

Young children tend to put every object they find into their mouths. Medicine is the most common cause of poisoning.

Safety suggestions include:

- Keep all medicines out of reach.
- Whenever possible, choose medicines with child-resistant caps.
- Put detergents, bleaches, cleansers, paints, insecticides and other household chemicals in a cupboard with a child-resistant lock.
- Never transfer chemicals into other containers (such as drink bottles).
- Some garden plants are poisonous if eaten - check with nurseries or the Poison Information Centre.
- Tell your children never to pick up or touch any insects they find in the garden (such as bees, wasps or spiders).
- Poisons Information Centre: 131 126

Scalds:

A severe scald can kill a small child, since their skin is much more vulnerable than the skin of an adult. Two out of three burns are caused by hot liquids.

Safety suggestions include:

- Don't drink a cup of tea or coffee if your child is sitting on your lap.
- Don't use a tablecloth because a child can pull it.
- Don't carry hot drinks when children are playing on the floor.
- When running a bath for your child, run the cold water first and then add hot water to the required temperature.
- Make sure the cords of appliances like kettles don't hang from benches.
- Turn all pot handles away from the edges of the stove.

Child Safety in Your Driveway

One child is run over in the driveway of their home every week in Australia. Small children can be impossible to see from inside a car, especially if they are immediately behind it.

- Always supervise your children whenever a vehicle is to be moved – hold their hands or hold them close to keep them safe.
- If you're the only adult at home and need to move a vehicle, even only a small distance, place children securely in the vehicle with you while you move it.
- Discourage children from using the driveway as a play area.
- Make access to the driveway from the house difficult for a child – consider security doors, fencing or gates.



Children Need Care in Hot Weather

Babies and young children should be watched carefully during hot weather. They can quickly lose body fluids which can lead to dehydration.

Warning Signs of Dehydration:

- Not eating or drinking
- Irritable or crying
- Hot and dry skin
- Vomits or has diarrhoea
- Sleepy
- Fewer wet nappies
- Dry mouth
- Has a rise in temperature
- Body temperature near 40°C

If you notice one or more of these signs, take your child to a doctor or hospital.



Keep Children Cool:

It is often better to stay indoors on a hot day.

If you must go outside:

- Dress your baby in a nappy, light top and a well-fitting sun hat. Dress children to promote airflow around their bodies ie: lightweight, loose and light colours.
- Use baby sunscreen and reapply it regularly.
- Take plenty of drinks and keep in the shade.
- If your child suffers from sunburn, cool down by having a lukewarm bath or use wet cloths. Use soothing lotion (not soap that can irritate). If the skin comes up in watery blisters seek medical advice.

Keep Children Cool When They Sleep:

Your children will sleep more comfortably if you:

- Let them sleep in the coolest place in the house.
- Make sure the air can circulate around them - eg: don't leave babies to sleep in a pram.
- Hang wet towels over chairs or windows to cool the air.
- Use fans, but not directed at the child.
- Cover mattresses and waterproof sheets with thick layers of cotton and sheets to prevent prickly heat rash.

Keep Children Cool in the Car:

On a typical Australian summer day, the temperature inside a parked car can be 30°- 40° hotter than outside. 75% of the temperature increase occurs within 5 minutes of closing the car. Having the windows down 5cm only marginally improves the temperature.

- Do not leave a child in a car without adult supervision.
- Provide plenty of cool water regularly during your journey.
- Plan to stop every two hours so all passengers, including the baby, have an opportunity to move freely.