

Skills Your Child is Learning

Your child is now becoming increasingly independent and adventurous. At this age your child still has little understanding of danger. Favourite pastimes include climbing and exploring. The best way to prevent injury is through adult supervision.

Common Causes of Injury

The major causes of hospital-treated injuries are:

Falls in the home, and from bicycles, scooters or play equipment.

Cutting, piercing and bruising from running into hard objects or sharp corners. Being hit, struck or crushed by an object or person and running into low branches on trees and bushes.

Animal related injuries. Children under five are particularly at risk of dog bites and often require hospital treatment.

Transport and pedestrian injuries from children running across or playing near the road and from car accidents.

Burns and scalds from touching hot objects such as stoves, fireplaces, heaters, irons and from hot water.

Poisoning from medicines, cleaning chemicals, personal hygiene products and alcohol.

Drowning in backyard swimming pools, bathtubs and other sources of water in and around the home is the highest cause of death in children under five.

At Home

Teach your child about safety around the home.

Don't leave handbags and groceries containing personal hygiene products, detergents and household cleaners lying around. These potential poisons are easily accessed by children.

Keep medicines up high, out of reach and locked away. Where possible, purchase medications with child resistant lids. However remember that these are child resistant, not child proof.

Bed sharing with young children is not recommended. It is difficult to apply SIDS and Kids safe sleeping guidelines, and babies can be injured by rolling out of bed or by adults rolling on top of them.

Use safety glass or shatter resistant film in low windows and doors, and place brightly coloured stickers at the child's head height so they can see there is glass in their path.

Work out a fire escape plan in case of an emergency and practice it regularly.

Keep matches and cigarette lighters out of reach.

Teach your child how to GET DOWN LOW and GO, GO, GO if caught in a fire and how to STOP, DROP and ROLL if the child's clothes catch on fire.

At Play

Install gates to reduce the risk of your child running out onto the road or driveway.

Install playground equipment and cubbies away from hazards such as hard paths, garden edging and stakes. Place impact absorbing material underneath and around equipment. The fall height from play equipment should be less than 1.5 metres.

Trampolines can be dangerous. If purchasing a trampoline buy one that conforms to the Australian Standard (AS4989-2006) or retrofit your trampoline with a frame padding system. Install in a pit surrounded by softfall or purchase an above-ground trampoline that has safety net walls. **The rule is: 'One child at a time'.**

Always supervise children and babies around animals, and separate them at the animal's feeding time.

Choose play equipment suitable for your child's age, size and stage of development, especially for bicycles, skateboards and scooters.

Supervise all bicycle, scooter and skating activities and don't allow children to ride or skate on the road.

Ensure your child always wears a helmet when skating or riding a bicycle, skateboard or scooter, and that the bicycle and helmet are the right size for your child. Children should also wear wrist guards, elbow and knee pads when skating.

Provide an appropriately sized bike with two hand brakes.

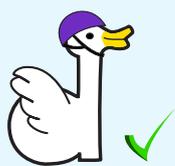
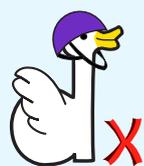
Watch out for low branches at children's eye level from trees and bushes.



Helpful Tips on Buying Safety Helmets

Involve the child when choosing a helmet. They need to try it on to test that it fits them correctly and that they are happy with its appearance.

- Make sure the helmet meets Australian Standards
- Be wary of second-hand helmets – it can be hard to see any damage caused by previous impacts
- The helmet should:
 - ✓ fit snugly - if it is too big it will not protect the child
 - ✓ not move forward obstructing vision
 - ✓ not move backward exposing the forehead
- Don't forget to replace helmets every 3 years or sooner if subjected to any impact
- Hats (especially ball caps) should not be worn under helmets - They can cause scalping and can block peripheral vision
- Adjust the head band inside the helmet and the side straps so that the side buckle sits below the earlobe and the straps form a V directly below the earlobe
- The straps should adjust so there is enough room for only two fingers between the chin and the strap



For more information

Kidsafe ACT www.kidsafeact.com.au	(02) 6290 2244
SIDS and Kids www.sidsandkids.org	1300 308 307
Cancer Council www.cancer.org.au	13 11 20
ACT Fire Brigade www.firebrigade.act.gov.au	(02)6205 2927
Poisons Information Line	13 32 40
St Johns Ambulance www.stjohn.org.au	1300 360 455
Royal Life Saving Society www.royallifesaving.com.au	(02) 6260 5800
TAMS www.tams.act.gov.au	13 22 81
ACCC www.accc.gov.au	1300 302 502 www.productsafety.gov.au

In the Car

Use a child restraint that is less than 10 years old and meets the requirements of the Australia/New Zealand Standard (AS/NZS 1754).

By law, children under 4 years of age must be in a forward facing child restraint with an in-built harness (a car seat) or a rearward facing restraint.

Children between 4 and 7 years of age must be in either a booster seat with a h-harness or lap/sash seatbelt or in the earlier stage of restraint (a car seat).

Ensure your child stays in their current restraint until they have outgrown it.

Make sure the restraint is installed correctly to your vehicle and that the harness is adjusted to the size of your child each time you travel.

Never leave your child alone or unsupervised in the car. The temperature inside your car can increase by more than 30 degrees within fifteen minutes. When you leave your car, take your child with you - even for small errands.

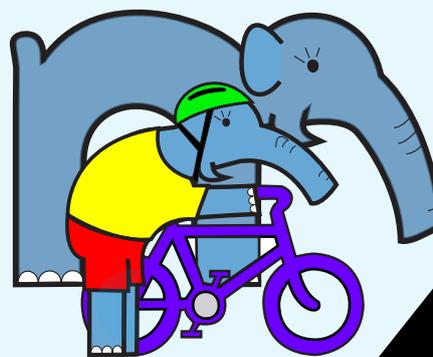
Ensure children are in the habit of entering and exiting the car on the kerb side to minimise their exposure to traffic.

On the Street

Children of this age should only ride in off street areas, such as backyards and parks, and should always be supervised. Teach your child about STOP, LOOK, LISTEN and THINK.

Always hold your child's hand when near the road and explain what your child should look for.

Never allow your child to skate or ride a bike, scooter or skateboard on the road.



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