

# CHILDHOOD INJURY PREVENTION UPDATE

**Maternal and Child Health  
Conference - 22nd March 2024**

**Jason Chambers, GM Programs  
and Communications**





# WHO IS KIDSAFE?

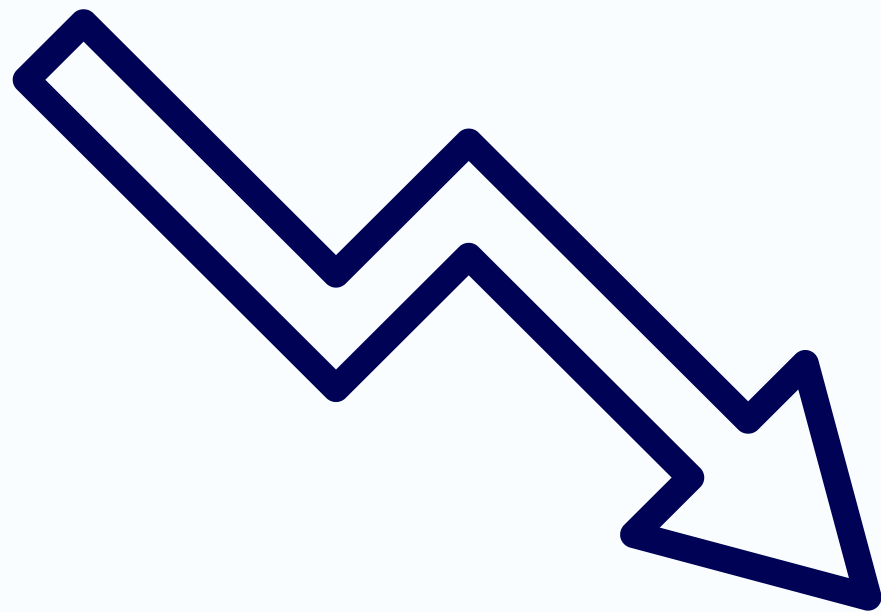
We are an independent, non-profit, organisation dedicated to the prevention of unintentional death and injury to children through education, advocacy and research.





# OUR IMPACT

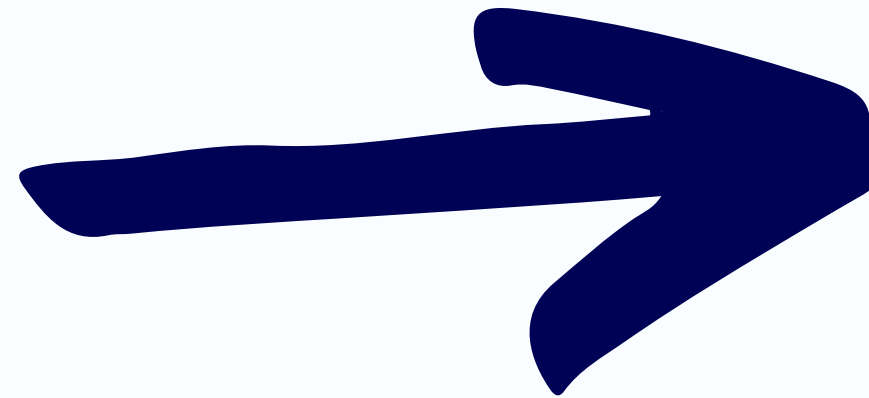
Since Kidsafe's establishment in 1979, the number of children in Australia killed by unintentional injury has **reduced from over 700 deaths per year, to just over 150 deaths per year.**





# UPDATED RESOURCE

A Parent's Guide to  
Kidsafe Homes



**NEW!**



**MAKING  
YOUR HOME  
KIDSAFE**

**A GUIDE  
FOR PARENTS  
AND CARERS**





# UPDATED RESOURCE

Updates to make content more reader friendly

Links to real life stories and useful resources

**WATER SAFETY** 08

Whether it be splashing around in the bath, cooling off in a backyard pool, relaxing at the beach or spending time by a river, creek or dam, being around water is part of everyday life in Australia.

While many people associate drowning with large bodies of water, 20 seconds and a few centimetres of water is all it takes for a toddler to drown.

That means it's not just pools, spas, the beach and dams that pose drowning hazards for children. It can happen in the bath, in nappy buckets, toddler pools, fish ponds and even your pet's drinking bowl.

Brooke learned just how dangerous a small body of water can be when her 13-month-old toddler toppled into an esky while playing outside.

After a couple of minutes, Brooke realised it was too quiet and ran to the backyard and couldn't see her son. Out of the corner of her eye she saw a pair of tiny legs sticking up out of the esky, which had been left outside from a party to let the ice melt.

Fortunately, Brooke had recently completed a First Aid Course and immediately called 000 before starting CPR. Her training and quick action resuscitated her baby boy, who has since grown into a healthy child with no lasting effects.


**KEEPING CHILDREN SAFE IN AND AROUND WATER**

- ✓ Actively supervise babies and toddlers when in or around water – this means always having an adult within arm's reach, with no distractions.
- ✓ Empty baths, buckets, eskies and portable pools as soon as you have finished using them.
- ✓ Enrol your little one in water familiarisation lessons from an early age.
- ✓ Regularly check and maintain pool and spa barriers.

**VISIT THE CHECKLIST AT THE BACK OF THIS BOOKLET FOR MORE TIPS ON WATER SAFETY**

PLEASE SCAN HERE TO WATCH BROOKE'S STORY  
[www.youtube.com/@kidsafevictoria2919](https://www.youtube.com/@kidsafevictoria2919)

MAKING YOUR HOME KIDSAFE



Short list of key tips for each topic

Updated home safety checklist at the end of the booklet



# UPDATED RESOURCE

## FIRE SAFETY

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Every year there are thousands of home fires in Victoria. Children are more at-risk of being injured or not surviving a fire in their home.

The good news is that there are some simple things you can do to help prevent fires and keep your family safe.

Many children are curious about fire. From an early age, you can talk to them about safe and unsafe fires and about the danger of items such as lighters and matches.

### PREVENTING FIRES

- ✓ Open flames and heating elements such as gas and electric stove elements, matches, fireplaces, BBQs, fire pits, braziers, candles, and incense can cause fires and burns. Always supervise open flames and other heat sources and keep children away from them.
- ✓ In homes where someone smokes, keep lighters and matches well out of reach of children, only smoke outside, and fully extinguish cigarette butts in a non-flammable container.
- ✓ Keep flammable material such as curtains and clothing at least 1 metre away from heaters and flames. Turn off heaters and extinguish open flames before leaving the house or going to sleep. If you use a portable heater in a child's bedroom, you should install a smoke alarm in the room.

- ✓ The most common place where fires start is in the kitchen. Never leave cooking unattended and closely supervise children when they are in the kitchen.
- ✓ Charge phones, tablets and other electrical equipment on a hard surface using the charging cable recommended by the manufacturer.
- ✓ Store flammable products such as petrol safely away from ignition sources and out of reach of children.
- ✓ If you live in an area that could be impacted by grass or bushfires, it's important to prepare your home and yard to reduce the risk of damage if a fire occurs. Some simple things you can do include keeping your grass cut to less than 10cm, removing flammable items from decks and verandas, and cleaning out your gutters.



## FIRE SAFETY...

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### SMOKE ALARMS

Smoke alarms are designed to alert you that a fire may have started in your home and to give you time to escape before a fire becomes deadly. All homes in Victoria must have at least one smoke alarm on every level. Victorian fire services recommend installing additional smoke alarms in all bedrooms and living areas.

The best smoke alarms are ones that are interconnected so that when any smoke alarm activates, all alarms will sound.

- ✓ Test your alarms monthly by pushing the test button to make sure they beep. Dust the alarms at least once every year, and if you have a smoke alarm with a 9-volt battery, replace the battery every year.
- ✓ All smoke alarms have a limited lifespan and should be replaced after 10 years.
- ✓ If you live in a rental property, it is the responsibility of your rental provider to provide at least one smoke alarm on each level of the home, to check it is working every year, and to replace smoke alarms that aren't working.

### HOME FIRE ESCAPE PLAN

A home escape plan is your family's plan for what to do if a fire starts at home. It's important that:

- ✓ Your plan includes a safe meeting place which is outside and out of the way of emergency service vehicles, such as the letterbox.
- ✓ Your plan includes who will collect younger children (e.g. those under 5) and help them escape.
- ✓ You write down your home fire escape plan and practise it with your family. You can teach older children what smoke alarms sound like and how to get out of the home safely.

You can visit [frv.vic.gov.au](http://frv.vic.gov.au) or [cfa.vic.gov.au](http://cfa.vic.gov.au) for more information and advice.



Fire safety information updated in collaboration with with FRV and CFA



# BATH SAFETY

In 2023/24, baths were the equal leading location where Australian toddlers drowned (along with swimming pools)



**बाथ समय सुरक्षा जांच-सूची**

ठंडे पानी वाले नल को सबसे पहले चलाया और सबसे अंत में बंद किया जाना चाहिए

आपको जिन वस्तुओं की आवश्यकता हो सकती है, उन्हें अपने आस-पास रखें

बच्चे को बाथ में अकेला न छोड़ें - चाहे आप बाथ एड का प्रयोग कर रहे/ही हों, तो भी - या उसे किसी बड़े बच्चे की देख-रेख में न छोड़ें

ऐसी बातों को अनदेखा करें, जिनसे आपका ध्यान भटक सकता है और यदि आपको वहाँ से चले जाने की ज़रूरत है, तो अपने बच्चे को अपने साथ ले जाएँ

पानी के स्तर को कम रखें

जब आप बाथ का प्रयोग पूरा कर लें, तो सारा पानी निकाल दें, प्लग निकाल दें और इसे पहुँच से दूर कहीं ऊपर रखें

पानी का तापमान 38°C से ऊँचा नहीं होना चाहिए


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# DRIVEWAY SAFETY


Development of a statewide strategy to reduce the number of low speed vehicle runovers involving children



 Daily Mail Online

[Shocking figures reveal a small child is run over and killed in their driveway every MONTH](#)

Shocking figures reveal at least one child in Australia is killed every month by being run over, usually by cars reversing their cars slowly...

 Australian Broadcasting Corporation

[Police investigate as toddler dies after being struck by car in driveway west of Melbourne](#)

An investigation is underway after an infant was struck by a car in regional Victoria on Monday. Major Collision Investigation Unit...

 The Guardian

[Toddler dies after being hit by a car in a Melbourne driveway](#)

A toddler has died after being hit by a car in a driveway in Craigieburn, in Melbourne's north. Victoria police are investigating and said a male driver is...

 News.com.au

[Girl, 1, hit and killed by dad's SUV](#)

A toddler has died after being struck by a car her father was driving while he was reversing in his driveway.



# AMANPREET'S STORY - SEPTIC PITS



Trigger warning

The next video contains content about a childhood injury death that some viewers may find distressing



Kidsate



**MUM'S**

**WARNING**





# SEPTIC PITS

Kidsafe Victoria have identified 2 key priorities that will help save future lives:

- The installation of a child resistant screen under the lid as a secondary backup option if the lid fails
- A Certificate of Compliance for septic systems when a property is sold or rented





# PLEASE GET IN TOUCH

**Email:** [info@kidsafevic.com.au](mailto:info@kidsafevic.com.au)

**Website:** [www.kidsafevic.com.au](http://www.kidsafevic.com.au)

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