



# MCH Conference

1st March 2023

Presenter: Mel Courtney

Kidsafe Vic CEO

# Who is Kidsafe?



**SAFE  
K:DS**  
WORLDWIDE™



creating a safer world for kids

# Advisory Committee



Coroners Court  
of Victoria



MONASH  
University

ACCIDENT  
RESEARCH  
CENTRE



the  
**Lowitja**  
Institute



The Royal **Children's**  
Hospital Melbourne

Monash  
Children's  
Hospital



**Ambulance**  
Victoria



VICTORIA POLICE

MAV  
MUNICIPAL ASSOCIATION OF VICTORIA

SCV  
Safer Care  
Victoria

Consultative Council on  
Obstetric and Paediatric  
Mortality and Morbidity



Centre for Excellence in  
Child and Family Welfare



creating a safer world for kids

# The COVID-19 Impact

LIFESTYLE > HEALTH & WELLBEING

## Coronavirus restrictions lead to increase in accidental child deaths

SEPTEMBER 17 2020 - 5:23PM

Vic child deaths spike linked to lockdown

Callum Godde

National

f t e i A A A



A spike in accidental child deaths in Victoria includes three drowning cases.

## Victorian child deaths spike during Covid lockdown after series of home accidents

**Eight children under the age of five die in two months as kids spend more time at home**

Eight young children have died in less than two months across Victoria in a series of incidents experts say have spiked due to COVID-19 lockdown.

SEPTEMBER 12 2020 - 2:54PM

**Warnings over dangers around water after five children die in seven weeks from drowning around Victoria**

Greg Gliddon

Local News

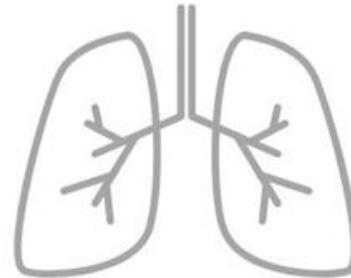
f t e i A A A



# Childhood injury deaths



**Transport**



**Choking/suffocation**



**Drowning**

# Hospital admissions & ED presentations



Falls



Hit/struck/crush



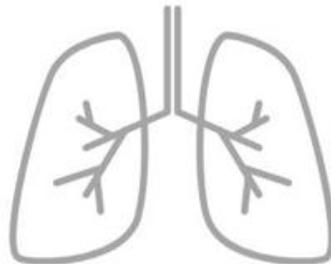
Transport



Burns & scalds



Drowning



Choking/suffocation



Poisoning



Cutting & piercing

# Making Your Home 'Kidsafe' = Supervision + Taking Action



Spot the hazards



Decide how to deal with the hazard



Make the changes



# Brooke's Story

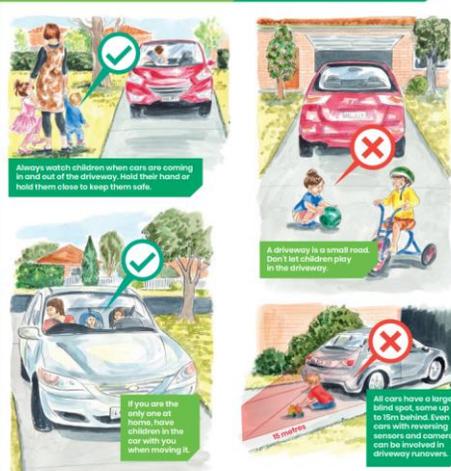
## Oscar's Mum



# Resources

## Driveway Safety Checklist

- Are you aware of your car's blind spot?
- Do you know where children are when you move the car?
- Do they have a safe place to wave bye-bye from?
- Are children safely holding hands with another adult?
- If you are the only adult at home, are children inside the car with you?
- Do you have a safe play area away from the driveway?
- Have you walked around your car and checked before getting in to move it?
- Do you always have children in mind when using your reversing mirrors, sensors or cameras?
- Have you put your hand-brake on before getting out of the car?



## Birth – 9 Months

## Babies from Birth to Crawling

Each baby develops at their own pace, often through similar stages. Your baby will wriggle from birth, may roll in the first few months and may start to sit up and learn to crawl between 4-8 months. They will also start to reach and grasp for objects and put them into their mouth. As baby becomes more mobile, they will have access to a greater range of potential injury hazards in and around your home, so understanding their development as they grow will help you enjoy all these stages while also keeping them safe.



### AT HOME

#### Reduce the risk of burns and drowning when bathing:

- Always check the temperature of the water before bathing your baby. The water should be no more than 38°C. Fill the bath with cold water first, then add hot water and mix well. Run cold water through the tap last so the tap isn't hot.
- Actively supervise your baby in the bath and keep one hand on them when they are in the water. It takes 20 seconds and just a few centimetres of water for a baby to drown; never leave them unsupervised or in the care of an older child around water.

#### Prevent burns, choking and falls when feeding:

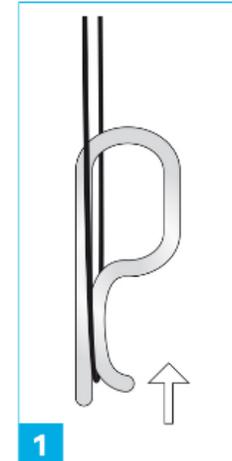
- When bottle feeding, always check the milk temperature before giving it to baby. Microwaves heat milk unevenly so always shake the bottle to mix the contents.
- Always supervise baby when feeding – never prop up a bottle for baby to feed alone. When starting solids, finely mash foods.
- Secure baby in their high chair with a 5 point harness.
- Always read medication labels carefully and never give more than the recommended dose.

#### Prevent sleeping accidents:

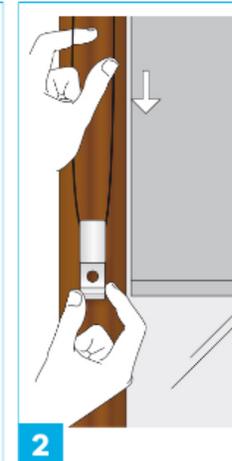
- Provide a safe sleeping environment night and day in a cot that meets Australian Standards (AS/NZS 2172:2003) or a bassinet, with a firm, fitted mattress and fitted sheet.
- If using a portacot when travelling, make sure it is locked securely and that no extra padding or mattresses are used.
- Sleep baby on their back from birth with their head and face uncovered and their feet at the foot of the cot or bassinet.
- Make sure the cot or bassinet is away from curtain and blind cords, mobiles and other hazards.
- Never use or place soft items in the cot such as bumpers, pillows, quilts or soft toys.
- Dress baby appropriately for the room temperature – comfortably warm, not too hot, not too cold.
- For more information on safe sleeping, please visit [RedNose](#).

#### Reduce the risk of falls, choking and burns when dressing:

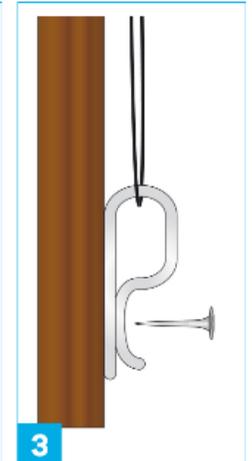
- Never leave your baby alone on the change table or other raised surfaces.
- Choose clothing that has a low fire danger label and avoid clothing with long drawstrings, ribbons or cords.



1 Pull cord through device.



2 Pull device downward until cord is tight.



3 Screw into window frame.

# Resources cont.

## CAR SAFETY

Every time you put your little one in their seat, check that everything is buckled up and fits them properly

## BUTTON BATTERIES CAN KILL

Keep all batteries out of children's reach

# BABY SAFETY GUIDE

BUY Safe  
USE Safe  
THINK Safe

## YOUR ONE STOP SAFETY SHOP

## Home Safety Checklist

[kidsafevic.com.au](http://kidsafevic.com.au)

Home Environment	YES	NO	Bathroom	YES	NO
• Is there an electrical safety switch to prevent electric shock?	<input type="checkbox"/>	<input type="checkbox"/>	• Does the bath and shower have a non-slip surface and handrails affixed?	<input type="checkbox"/>	<input type="checkbox"/>
• Are electrical appliances, plugs and cords in good condition?	<input type="checkbox"/>	<input type="checkbox"/>	• Are sharp objects, (eg razors), kept in a locked cupboard out of reach of children?	<input type="checkbox"/>	<input type="checkbox"/>
• Are safety plugs fitted in unused power points?	<input type="checkbox"/>	<input type="checkbox"/>	• Are hairdryers and electric razors unplugged when not in use?	<input type="checkbox"/>	<input type="checkbox"/>
• Is the hot water delivery temperature for your home at a maximum of 50C?	<input type="checkbox"/>	<input type="checkbox"/>	• Are medicines in a lockable cupboard 'Locked up and Away'?	<input type="checkbox"/>	<input type="checkbox"/>
• Have you removed any potentially poisonous house plants?	<input type="checkbox"/>	<input type="checkbox"/>	• Is there a child resistant lock on all toilet and bathroom doors?	<input type="checkbox"/>	<input type="checkbox"/>
• Are working smoke alarms installed outside sleeping areas?	<input type="checkbox"/>	<input type="checkbox"/>	• Is the bath water temperature always 'tested' before putting the child in? (start with cold, add hot, then finish with cold - recommended temp 38C)	<input type="checkbox"/>	<input type="checkbox"/>
• Do you change the battery in your smoke alarm every year at the end of day/light saving?	<input type="checkbox"/>	<input type="checkbox"/>	• Are shampoos, soaps and cosmetics out of reach of children?	<input type="checkbox"/>	<input type="checkbox"/>
• Do you have a home fire escape plan which you practice regularly?	<input type="checkbox"/>	<input type="checkbox"/>	• Are all water containing devices (such as baths, buckets) emptied immediately after use?	<input type="checkbox"/>	<input type="checkbox"/>
• Have long curtain or blind cords been secured with a safety device, such as cleats or tension devices?	<input type="checkbox"/>	<input type="checkbox"/>			
• Are heaters and fireplaces guarded, and candles not left unattended?	<input type="checkbox"/>	<input type="checkbox"/>	<b>Kitchen</b>	<b>YES</b>	<b>NO</b>
• Are there barriers or gates on steps, stairs and changes in floor levels to prevent falls?	<input type="checkbox"/>	<input type="checkbox"/>	• Are electrical appliances (eg kettles, toasters and microwaves) positioned out of children's reach? Do your electrical appliances have short cords that do not dangle over the bench?	<input type="checkbox"/>	<input type="checkbox"/>
• Are railings free of footholds that children could climb?	<input type="checkbox"/>	<input type="checkbox"/>	• Is the kettle out of children's reach and emptied after each use?	<input type="checkbox"/>	<input type="checkbox"/>
• Is all top heavy furniture such as bookcases, tall boy drawers, televisions and TV cabinets secured to the wall to prevent them from tipping over if climbed on?	<input type="checkbox"/>	<input type="checkbox"/>	• Is the microwave positioned out of reach of children?	<input type="checkbox"/>	<input type="checkbox"/>
• Is your swimming pool or spa fully enclosed by a safety fence with a fully functioning self-closing, self-latching gate?	<input type="checkbox"/>	<input type="checkbox"/>	• Do you use the back hot plates and turn pot handles around to prevent pots being pulled from the stove?	<input type="checkbox"/>	<input type="checkbox"/>
• Is the ground around the house and gutters kept clear of material that burns?	<input type="checkbox"/>	<input type="checkbox"/>	• Are lighters, matches, knives and other dangerous objects such as cleaning products stored in a place where a child cannot reach them?	<input type="checkbox"/>	<input type="checkbox"/>
• Are all balcony entry points locked and are the rail heights at least 12m high?	<input type="checkbox"/>	<input type="checkbox"/>	• Are plastic bags out of reach or tied in the middle?	<input type="checkbox"/>	<input type="checkbox"/>
• Are windows locked and shielded with firm screens, no footholds or nearby furniture to climb?	<input type="checkbox"/>	<input type="checkbox"/>	• Do you have locks on cupboard doors and pantries?	<input type="checkbox"/>	<input type="checkbox"/>
• Are button batteries and items that contain button batteries secure and kept out of reach of children?	<input type="checkbox"/>	<input type="checkbox"/>	• Does the highchair have a five point harness and is it stable?	<input type="checkbox"/>	<input type="checkbox"/>
			• Do you have a fire extinguisher and fire blanket stored within easy reach but away from the cooking area? (The fire services recommend that you only use a fire extinguisher or fire blanket if you feel physically and mentally able to use this equipment safely.)	<input type="checkbox"/>	<input type="checkbox"/>
			• Is there a barrier across the doorway to prevent your child access to the kitchen?	<input type="checkbox"/>	<input type="checkbox"/>
			• Are curtains away from the stove?	<input type="checkbox"/>	<input type="checkbox"/>

The home is the most common location where children are injured

# Safe Seats, Safe Kids



**Safe Seats  
Safe Kids**

**IS YOUR CHILD  
TRAVELLING SAFELY?**

**FREE CHILD CAR RESTRAINT  
FITTINGS & SAFETY CHECKS** ✓

find out more at [safeseatssafekids.com.au](http://safeseatssafekids.com.au)

[www.facebook.com/safeseatssafekids](https://www.facebook.com/safeseatssafekids)



creating a safer world for kids

# MCHN Resources



## A PARENT'S GUIDE TO CHILD INJURY PREVENTION



**CHILD INJURY PREVENTION E-LEARNING TOOL**  
For Victorian Community Organisations

Welcome to Kidsafe Victoria's child injury prevention e-learning tool for Victorian Community Organisations!

If this is the first time you are accessing our e-learning tool, we recommend that you complete each module in order by using the next button.

If you are returning to the e-learning tool to pick up where you left off or to review a certain module, you can advance to certain modules using the menu.

This e-learning tool features audio so it is recommended that you use headphones or complete the modules in a quiet space.

- INTRODUCTION
- HOME SAFETY
- PRODUCT SAFETY
- ROAD SAFETY
- SAFE PLAY
- WATER SAFETY
- CERTIFICATE



creating a safer world for kids

A child sees magic where  
we see danger

# Please get in touch

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 Kidsafe Victoria

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