



POOL SPA & OUTDOOR LIVING EXPO

The Ultimate Outdoor Experience

Rosehill Gardens 13 – 14 February 2010

See the New Wave in Aussie Pools! Dive In for Leading Ideas and Expert Advice! Don't miss Sydney's only Pool, Spa and Outdoor Living Show. For more information visit poolexpo.com.au. Print this newsletter out and take to the show for a **special admission 2 for 1 offer and save \$15.**



Thank you to SPASA who are generously supporting *Kidsafe NSW* by donating a portion of Expo door ticket sales to our organisation.

Kidsafe NSW also wishes to acknowledge the considerable support provided by Compass Pools who are donating the proceeds of a silent auction for a pool (including installation) to be conducted at the Pool Spa & Outdoor Living Expo.

For more information about Compass Pools visit compasspools.com.au



In This Issue:

Pool, Spa & Outdoor Living Expo	Page 1
Swim Between the Flags	Page 1
Child Restraints	Page 2
Child Restraints—Frequently Asked Questions	Page 2
Kids in Hot Cars	Page 3
Pool Safety	Page 3
Swings	Page 4
Spider Bite Prevention	Page 4



Swim Between the Flags



- Only swim between the red and yellow flags at the beach.
- The red and yellow flags indicate the safest place to swim when lifeguards and lifesavers patrol beaches.
- Always swim or surf at places patrolled by life savers or life guards

Child Restraints

In Australia, motor vehicle accidents are the cause of the highest number of deaths and the second highest cause of hospital admissions in children. Australia's Transport Ministers have agreed to a range of new child restraint laws to better protect children when travelling in motor vehicles. These laws are currently being implemented across Australia through State and Territory governments. They will commence in New South Wales from 1st March 2010.

To provide the best protection for your child in a motor vehicle, there are a number of simple principles you can follow:

- Always choose, correctly fit and use the restraint most appropriate to your child's age and size.
- Use a restraint which has been approved to the Australian Standards.
- Place your child in an appropriate child restraint for every single journey.
- Second hand restraints should be used with caution. You should be aware of the history of the restraint and be sure that the restraint has all the appropriate fittings. Any restraint that is more than 10 years old should not be used.
- Children are safest when travelling in the rear of the vehicle.
- Do not move your child to the next restraint before they are ready.

Child Restraints—Frequently Asked Questions

[Is my child required to use an accessory child safety harness with a booster seat?](#)

- The booster seat has been designed to be used with an adult seat belt.
- The child safety harness is an accessory and is not required to be used with a booster seat with a lap/sash seat belt.
- Recent research has shown that the child safety harness offers no better protection than the adult lap/sash belt when used with a booster seat and can reduce the level of protection when misused.
- If there is a lap only seat belt available in the seating position than a child safety harness must be used with a booster seat. For best protection the booster seat should incorporate anti-submarining features to avoid the lap belt riding up on the abdomen.

[How do I fit three child restraints in the back seat of my vehicle?](#)

- Fitting three restraints in the rear of a vehicle can be difficult depending on the make and model of your vehicle. You may need to investigate the range of child restraints available.
- There are booster seats with narrower bases on the market which may be suitable.
- Manufacturers recognise there is a need for child restraints with narrower seats and regularly redesign and develop new child restraints to meet Australian Standards.

[How can I find out more about which child restraint is the most suitable for my child?](#)

- In Australia all child restraints must comply with the Australian Standard. The Child Restraint Evaluation program (CREP) tests and assesses child restraints which have been approved under the Standard.
- The '*safer child restraints—your guide to buying a child restraint*' brochure provides guidelines for consumers to follow when purchasing a child restraint. A copy of the brochure is available from our website kidsafensw.org or rta.nsw.gov.au.



Kids in Hot Cars

With summer well and truly here, it is important to remember the safety risks when combining kids, cars and hot weather. The heat of an Australian summer can be extreme and it can be dangerous for kids.



The thought of running a quick errand and leaving the children in the car for a minute can be tempting however leaving children unattended in a car on any day is dangerous, let alone a hot summer day. It could result in serious injury or death. The younger the child—the higher the risk of dehydration and heat stroke.

In NSW, it is against the law to leave children unattended in a car. In 2009, the NRMA reported 1,857 children were rescued from locked vehicles. Most of these occurred in shopping centre car parks.

Important safety tips to remember

- If you have to leave the car, even to run a quick errand—take the children with you.
- Never use the car as a substitute 'babysitter'.
- Never leave children in a car without adult supervision for any length of time, not even a minute!
- Lock cars and secure keys when at home to prevent children playing inside the car.
- Make 'look before you leave' a routine whenever you get out of the car, checking that a child has not been left behind.

Pool Safety

Backyard pools provide hours of fun and relief from the hot, humid days of summer.

To reduce the risk of injury

- Make sure your backyard pool or spa has compliant fencing and childproof locking gate.
- Find out about pool fencing requirements from your local council.
- A fence that entirely surrounds the pool is best and must have a self-closing and latching gate.
- The gate must be kept in good working order.
- *Never* prop open gates or doors leading to pools and spas.
- Take floating toys out of the pool after use, as they can be a temptation to young children.
- Ensure that there are no ladders and garden furniture or other climbing equipment near the pool or spa, which children can climb on to gain access to the pool.
- Make sure toddlers can't get under your pool fence.
- Start swimming lessons as soon as possible. Learning to swim is to be encouraged, however it is important to be realistic about what babies and young children can hope to achieve, particularly in unfamiliar situations or in the event of falling unexpectedly into water. Swimming lessons for young children provide an opportunity for them to gain confidence ('water familiarisation') or simply to have fun.



Supervise



Children must be within an adult's constant visual eye contact and arm's reach at all times when near water. Older children should not be responsible for younger children. Never leave a child unsupervised in the pool area or backyard containing a pool or spa.

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First aid skills

Parents should ensure they have current training in resuscitation techniques, learning basic first aid and resuscitation skills (CPR). In the event of a child falling unexpectedly into water, quick rescue and resuscitation (if necessary) can make the difference to the outcome. It is a good idea to have a resuscitation chart by the phone or on the pool fence.

In an emergency dial 000

For information on the swimming pool laws visit:

spasa.org.au

For information on safety around water visit:

royallifesaving.com.au

Swings

Children's swings continue to be among the most popular items in backyards. Swings are beneficial for physical, social, and brain development, and they offer certain therapeutic benefits. They promote movement and perceptual skills, general fitness, social interaction, mental representation, and sensory processing, including vestibular development (balance) and spatial awareness.

It is best to purchase your swing set based on the age of your child. Your child should sit comfortably in the swing.

When installing a swing set at home, *Kidsafe NSW* recommends that:

- Swings are free-standing—not attached to any other play equipment
- Swing frames are **well anchored** into the ground. It is recommended that certified undersurfacing be provided in the fall zone of the swing. Refer to the *Kidsafe NSW* fact sheet titled *Undersurfacing*
- Swing seats should be made of a soft flexible plastic. There should be no more than 2 seats per frame and at least 600mm separating the two swing seats
- Chain links should be covered with plastic tubing as chains can entrap and crush little fingers. Alternatively, a short link chain is recommended
- There are no sharp protruding parts around the seat which could injure the child's hand or catch clothing



It is important to regularly:

- ✓ Check the swing set and surrounding area for spiders and insects
- ✓ Check the condition of swings for splinters, rust, detachments or weakening from exposure to the sun
- ✓ Check that the swing frame is securely anchored
- ✓ Check all chains for rust, wear and tear



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Kidsafe NSW is a not for profit, charitable organisation dedicated to the prevention of unintentional injury to children.

child safety is no accident

Spider Bite Prevention



The best way to treat a spider bite is by preventing it. Here are a few things adults can do to help minimise getting bitten.

- Wear gloves if working in an area where spiders are likely to live.
- Avoid wood or rock piles and dark areas where spiders live.
- Look for spiders in low-lying webs in garages, barbecue grills, around swimming pools, and in wood piles.
- Clear away old furniture, tires, junk, newspaper, and old clothes. This will eliminate places spiders like to live.
- Plug openings and crevices into the house.
- Shake out and check clothing and shoes for spiders before putting them on.
- Do not leave your child's toys outside.
- Consider spraying insecticides on any high-risk areas, such as known red back spider webs, indoor cracks and crevices, closets, wood piles, and under eaves and around baseboards and window areas. Repeat treatment is usually necessary.
- Educate your child not to touch a spider and to tell you if they see a spider.
- Supervise children when they are playing or digging in the garden and are around areas that spiders may inhabit.

In an emergency call the Poisons Information Centre

13 11 26

Or dial 000