

WATER SAFETY &

DROWNING PREVENTION

As we enter into summer and school holidays, families will head to the water with their children, whether it is the beach or their backyard pool. Therefore, it is particularly important to update families on how to safely conduct themselves and monitor their children when in and around water.

AUSTRALIAN TRENDS

- Two children drown every week
- 19% of all child deaths between 1999 and 2003 (286 children) was drowning
- The most common cause of death for toddlers aged 1-3 years is drowning.

These alarming statistics highlight the need to act now to encourage safe water behaviours and preventative techniques. There are a few simple measures that can help prevent drowning.

PREVENTATIVE MEASURES

Discuss these points below with family, friends and children to help promote safer swimming.

At the beach

Find the flags and swim between them.

Look at the safety signs and warnings.

Ask a surf lifesaver for advice.

Get a friend or adult to swim with you.

Stick your hand up for help.

In and around the pool

FENCE: Self closing and latching.

SUPERVISION: At all times.

EMERGENCY: Know what to do.

HOLIDAY TRAVELLING

When travelling by car, there are a few things to consider for the safety of drivers and children:

- Child restraints/seats are appropriate.
- Children are wearing comfortable clothes
- Toys and books are available to occupy children, rather than distract the driver.
- Water and snacks are available.
- Children are not left unattended in cars.
- Driver is not tired. To avoid micro sleeps, avoid travel between 10pm and dawn.
- STOP, REVIVE, SURVIVE
Plan rest areas using RTA website maps.

NEW TOYS & EQUIPMENT

Child injuries occur mostly over holiday periods. Many children will soon receive new toys and equipment which need to be used in a safe and responsible manner to avoid injury:

- Assist and educate children in using new equipment, particularly bicycles.
- Supervise at all times and set limits.
- Ensure appropriate safety equipment is worn. Supervision is key.
- Helmets are worn during sports such as cricket and baseball.
- Trampolines should be avoided by younger children. Padded and in ground trampolines are recommended



MORE INFORMATION

BEACH SAFETY: www.slsa.com.au

POOL AND TOY SAFETY: www.kidsafe.com.au

NSW ROAD SAFETY: www.rta.nsw.gov.au

TRAVEL SAFETY: www.infrastructure.gov.au