

## Broncos Dads given lesson by Kidsafe

Dedicated fathers Darren Lockyer, Corey Parker, Ben Hannant and Dane Carlaw were given a lesson in injury prevention that applied to their most valuable assets - their children.

The four NRMA Insurance Broncos players were given a guided tour of the Kidsafe Demonstration House in Herston last month. Kidsafe Queensland is a 2011 Charity Partner of the Broncos.

During the tour the players - who have a combined seven children between them - learned about the hazards that face children in their homes, gardens and playgrounds.

Most importantly, the young dads learned what they can do to minimise or eliminate the hazards to prevent injuries or injury death.

Broncos captain, Darren Lockyer appreciated the opportunity to participate in the tour. "As a father it is important for me to identify the hazards children face in their own home and how easily it can be avoided," he said.

"You just don't realise how many dangers there are lurking around the house and this facility opens your eyes to that."



## 'Baby it's cold outside...'

*As the temperature drops we bring out all the winter woolies, blankets and hot water bottles from the back of the cupboard but their period in hibernation over the summer may have left them worse for wear.*

Hot water bottles are an effective and inexpensive means of heating in winter, but families need to be attentive when it comes to maintaining them.

Injuries occur from overfilling the bottle, contact burns, the walls of the bottle not being thick enough, the seams not being strong enough and natural deterioration of the bottle from age, overuse and incorrect storage.

**There have been a couple of cases recently of recalls for 'plush knitted' not water bottles that were sold without required warning labels which must be permanently and prominently displayed to warn of the dangers of burns if used incorrectly.**

Affected customers are advised to stop using these hot water bottles and to return them to the place of purchase for a refund.

A couple of safety tips:

- Replace your hot water bottle each winter
- Check the condition of the bottle before filling it
- Never use boiling water directly from a kettle to fill a hot water bottle
- Do not use a hot water bottle without a wrap or a cover
- Never place weight or pressure on a hot water bottle as it may burst

## Miracle cure debunked

Chain emails are nothing new. We all get them; those emails that claim that we have thousands of lost super or that we are the winners of thousands of dollars in the lottery; but a recent email claims a miracle cure for burns and puts at risk more than your alleged lost super.

The email tells that flour was recommended to soothe burns in the "good ol' days", and advises to cover the wound in flour to prevent scarring and blistering.

This advice comes from the early 1900's when deep burns were also covered in oil!

The correct first aid for burns:

- Cool the burn under cold running water for 20 minutes whilst keeping the patient warm
- In the case of a scald, remove any clothing or jewellery that may hold heat
- Apply a clean, non-sticky bandage or cloth to cover and protect the burn and seek medical help
- Do not use ice, creams, butter, or oils.

## Buying a cot

*You're still up in the wee hours of the morning, and have only just managed to soothe your little one back to sleep. The last thing you need to be worrying about is the safety of the cot you're placing them in, when all it takes is a few steps when first making your cot purchase to let you sleep easy.*



You should check that :

- the mattress fits snugly to within 20mm of sides and ends
- when the mattress base is set in the lower position, the cot sides and ends need to be at least 500mm higher than the mattress
- the spacing between the bars or panels in the cot sides and ends needs to be between 50mm and 95mm. Gaps wider than **95mm can trap a child's head**. If the bars or panels are made from flexible material, the maximum spacing between the bars or panels should be less than 95mm
- there are no spaces between 30mm and 50mm that could trap your child's arms or legs
- that there are no small holes or openings between 5mm and 12mm wide that small fingers can be caught in
- Check there are no fittings (including bolts, knobs and corner posts) that might catch onto your child's clothing and cause distress or strangulation.

Whether you buy a new or second-hand cot, it must always comply with Australian standards that specify the safety of the bars, panels, mattress bases and drop sides.

There have been 24 cot complaints investigated since 2002 and there have been product safety recalls of eleven household cots and three portable folding cots between 1998 and 2011.

To be completely sure that your purchase is a safe one, take a tape measure with you when shopping and check the dimensions of the cot meets the Standard before you buy.

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## Rock-a-bye safely

A new standard has been established following two coronial inquests into two infant deaths in South Australia.

It addresses a number of concerns about potential suffocation hazards and ensures the safety of the infant within the cradle.

Kidsafe stresses to parents and carers that particular attention should be paid to ventilation and the infant's breathing space when the cradle is being used.

The mattress and cushioning should not be too soft, but firm so as to prevent the child from being smothered

## Amber teething necklaces

Amber teething necklaces are being purchased by parents because of unsubstantiated claims the beads reduce pain. These necklaces pose risks including strangulation and choking.

The necklaces consist of rounded amber chips, a natural resin which range in colour from yellow to white and beige to brown.

It is claimed that these necklaces have been worn for many **centuries and soothes the infant's teething pain by releasing** small amounts of healing oils which are then absorbed through the skin into the bloodstream.

Despite not being intended to be chewed, as we know well here at Kidsafe, small objects like these beads inevitably end up in the mouths of our young ones and pose a potential hazard.

As well as this, there is a possibility of strangulation if the infant has the amber teething necklace on permanently, especially when they are sleeping.

There is no substantial evidence to suggest that these necklaces provide any pain relief from teething, however, if you do intend to use them we recommend the following steps to ensure that they are used safely:

- supervise the infant when wearing the necklace
- remove the necklace when the infant is unattended and while sleeping
- do not allow any chewing of the necklace

We recommend that day care providers encourage parents to leave these necklaces at home as they pose a high risk for all children in the centre.



## JUMPING CASTLE SAFETY

*To many of us the mention of jumping castles triggers memories of local fairs, petting zoos and carousels, of fairy floss and dagwood dogs but jumping castles are making their way into backyards throughout the country bringing with them serious safety concerns.*

Jumping castles now grace many a toy-store shelf but unlike their commercial counterparts they are not subjected to the same rigorous testing and are often sub-standard.

These backyard jumping castles can be sold under the classification of **'toy' allowing manufacturers to sell** products with reduced anchorage and lower stability.

In addition to this, the likelihood of accidents is increased when the equipment is being operated out-

side a commercial setting by parents and carers instead of trained professionals.

In a recent incident in Adelaide an eight-year-old girl died and several others were seriously injured after a jumping castle was picked up by strong winds.

This follows previous incidents in 1997 and 2000 where numerous people were injured when jumping castles were not anchored correctly and collapsed under strong winds.

Kidsafe believes that an adjustment to the current standard would be the most effective method of ensuring child safety and has joined a number of other organisations to push for these changes.

We believe that no parent should have to worry about some simple fun on a jumping castle ending in serious injury.

Kidsafe cautions parents considering the purchase of a toy jumping castle of the potential for injury.