

Swimming Safety

Summer holidays are coming up, which is the perfect time for children to play in the pool or the sea. Children love water, but swimming is accompanied by certain risks:

Drowning is a silent killer: it only takes 30 seconds and 4 cm of water.

Please take a minute and refresh your knowledge about water safety prescriptions.

1. Supervise your children in or near water at all times, giving them your undivided attention. This also applies when they know how to swim.
2. Children who don't know how to swim should always wear approved floating devices, such as water wings or life jackets. However, never rely solely on their protection.
3. Teach your children safe behaviour, for example:
 - Only swim when an adult is present.
 - No playing or running around the pool.
 - The dangers of diving into shallow water.
 - Only swim at designated swimming areas and if life guards are present.
 - How to deal with open waters (currents, ocean undertow, uneven surfaces)
 - How to cope when in trouble.
4. Learn rescue methods and first aid (CPR).
5. Empty and store inflatable or portable pools immediately after use.
6. Secure your swimming pool by four-sided fencing, a self-latching gate, safety covers and pool alarms.



Project Updates

Road Safety Workshops

These series of monthly workshops were jointly coordinated by Global Road Safety Partnership South Africa (GRSP ZA), Safely Home and Childsafe and were hosted by Childsafe at their head offices in Cape Town. The workshops started in 2014 and were held every last Thursday of the month. In essence, the idea is for road safety messages to be spread amongst the collectively reached stakeholders. Available data indicates a spike in fatal crashes and fatalities during the pay-day weekend. The last Thursday of each month was therefore deliberately chosen for this reason. The workshops were aimed at identifying individuals with a constituency (e.g. journalists and community leaders) who can help carry the road safety message to the broader society, then engaging with them in an intimate learning environment.



Far from being mere talk shops the workshops were aligned with the road safety calendar of the Western Cape Government through its Department of Transport and Public Works. The calendar covered a whole range of topics. For instance, January covered scholar transport, February-Drinking and Driving; Drinking and Walking, March-Public Transport Safety etc. The workshops therefore also served as a platform of publicising the monthly themes while allowing participants to discuss issues around each topic. While the workshops were informal and relatively small in terms of attendance (average attendance of 20 people with the exception of the May 2015 workshop which was attended by 50 people), the discussions in 2015 were lively and very informative. Another key success for the organisers of the workshops was the favourable media coverage that the workshops received in 2015 with journalists from various media houses, including the Cape Argus and various community newspapers (e.g. Northern News) attending the workshops and reporting on proceedings.



Project Updates

Child Safety Courses

Approximately 80% of injuries to children presenting to the Red Cross War Memorial Childrens Hospital Trauma Unit are sustained in and around child's home, making the home very unsafe for the little ones. This is a matter of concern as most of these injuries can be prevented. Even minor accidents can be traumatic for children, their caregivers and their families, causing immeasurable and avoidable misery and pain.



Nannies and day care workers are entrusted by parents with the safekeeping of their children while they are working. Therefore this gives these workers a major responsibility, both to ensure that children are not exposed to danger while in their care and also to act as role models for children in being safety conscious.

again and gave funding towards completion of this project. Through the funding received from Woolworths Childsafe organised 2 days Nanny training workshops presented over 2 Saturdays. These were conducted on Saturday 22nd & 29th August 2015 and Saturday 5th & 12th September 2015.

These two day courses focused on practical ways to prevent different accidents in and around the home such as: road accidents, poisoning, drowning, choking, burns and general accidents. The course also included a 5hr infant and child emergency care course (First Aid).



The Woolworths Trust came on board

Project Updates

Safe Travel To School Programme

The pilot phase of the Safe Travel to School Programme came to an end officially on the 30th of July 2015 at a grand affair held at the River Club in Observatory. It was at this event where we awarded a brand new Nissan Impendulo mini-bus to the safest driver for the period, Mr Linda Mpani. The event also marked the start of the programme expansion. An evaluation report was presented by the Violence, Peace and Injury research unit of the MRC. The report, which compared the driving behaviour of the Programme drivers to those of general Discovery Insure drivers, concluded that the programme interventions had a definite positive impact.

Since then the team has been hard at work following up learner transport drivers in new areas in the greater Cape Town area. We aim to have at

least 300 drivers on board by the end of 2016, and are already taking new drivers some of initial processes of recruitment such as the roadworthy and device fitting sessions. Expansion into Johannesburg is also underway, with the selection of an implementing partner having already in place. A further development is implementing a small pilot process with 20 drivers, exploring the effect of using smart phones to track drivers driving behaviour.



Project Updates

Safer Candle Project

Safer Candle Project fire prevention demonstrations continued in waiting areas at Red Cross War Memorial Childrens Hospital. Demonstrations were given by AVA interns Vuyani and Nontobeko, as part of their Childsafe work experience.

Since inception in 2006, 9300 jars units and 5900 extra leaflets have been distributed to mothers and carers living over a wide area of the Western and Eastern Cape Provinces. Special events in this reporting period where the Safer Candle was promoted were with City of Cape Town, Langa; Nanny Workshops at Childsafe Training Centre; Safekids Worldwide Conference Washington DC, USA; European Burns Association Hannover, Germany; and at other events in Mandalay and Pelican Park, Cape Town.

As before, Childsafe Safer Candle Project is grateful for generous donations from Woolworths Trust; to Sister Jenny Knobel and Oasis Association for generous donations of washed and label-free jars; and to Caryl Hodgson and the Constantia Crafters for their generous donations of recycled jars and packets of candles.



Referrals

Childsafe runs an education program for mothers or caregivers whose children were admitted due to preventable injuries at Red Cross War Memorial Childrens Hospital. They are referred to the centre by the doctors and or social workers on a daily basis for basic home safety education. The aim of this program is to teach parents of the dangers within the home so that they prevent the same accident or something similar from occurring. Also, we have groups of children coming from Primary Schools whom we teach on safety in and around the home.



Project Updates

Walk this Way Project

The Walk this Way project is set along two phases: firstly, to improve school learners road safety knowledge and introduce environmental modifications; and secondly, to explore childrens perceptions of their school traffic environment using the Photo voice methodology.

On 13 November 2015, 350 school learners partook in the Walk to School Day holding road safety posters while marching the high risk route of Stellenbosch Arterial, chanting slogans *“Keep our road safe! Keep our children safe”* during peak traffic hours so as to promote road safety awareness. The march was supervised by the Road Safety Inspectors, alongside school staff and caregivers. The march was well received by the motorist community.

It is anticipated that the Photo voice exhibition takes place April 2016. Environmental modifications are expected to be completed early 2016. For staffing, Natasha Hendricks joined the team in June 2015 as assistant manager.



Donation of car seats

In November Childsafe received a generous donation of car seats from Wheel Well.

These were distributed successfully to parents from different areas as well as patients from Red Cross War Memorial Childrens Hospital.

Childsafe would like to thank Wheel Well for their continued support in creating a safer place for children in South Africa.



President's Message

2015 has been an exciting year for Childsafe in which we expanded our activities to make South Africa a safer place for children. With the support of Woolworths and the Red Cross Childrens Hospital Trust we have been able to take occupancy of a purpose-built and completely new accommodation in 2014. The Woolworths Childsafe Research and Educational Centre has now become a reality and has benefited our organization and enabled it to grow its staff, functions and projects.

Childsafe South Africa has grown a lot in 2015. We have long be aware that Child Safety is an issue for all, be it individuals, government, NGOs or corporates. Childsafe has been very privileged that in the present climate of global economic contraction, several corporates have been supporting our activities increasingly in spirit and financial. Our campaigns over the last year have been predominantly focusing on the prevention of accidents within the home as well as on the top accidental killers of children in South Africa: Road traffic crashes. Currently we are running three major programs targeting Road Traffic Crashes:

1. Discovery Insure funded Safe Travel to School Programme (in its second year); run very successfully by our Project Manager Kay Jaffer and her team.
2. Janssen & Janssen, through the FIA funded Safe Schools Project; also in its second year and run by our Director and Deputy Director, Pumla Mtambeka and Chiedza Mavengere)
3. The new Safekids and FedEx funded Walk This Way Project; run by Najuwa Arendse and her team.

With our exponential growth we also have identified a number of serious issues to be addressed. In February 2015 the complete Childsafe Board took part in a strategic workshop discussing the future of Childsafe in South Africa. The lack of a dedicated Childsafe Executive Director was identified as a one of the major threats and we are working hard to address this issue with the assistance of our corporate supporters. We are currently involved with this process and hope to report back in Childsafe News' next issue. We are extremely grateful to the Hospital Management, Dr Mukosi in particular and the Provincial Government of the Western Cape, both of these have continuously supported Childsafe, in particular with the building of our new centre at the Red Cross War Memorial Childrens Hospital premises and also with the signing off of the Memorandum of Agreement.

We owe a tremendous amount of thanks to our dedicated team of staff members, Pumla Mtambeka, Chiedza Mavengere, Yumna Abrahams, Dorothy Schulman, Kay Jaffer, Cheryl Jason, Thulani Nxumalo, Siphon Xakekile, Najuwa Arendse, Natasha Hendricks, Vuyisanani Samuel, Nontobeko Nyeka, Kallista Kemink, Jenny Nobel, and Sandra Mkosi who all worked tirelessly and with much dedication to create a safer South Africa.

We hope and trust that 2016 will shine even brighter on child safety in South Africa.

Professor Sebastian van As



About

THE ORGANIZATION

Childsafe South Africa

Address

Red Cross War Memorial
Children s Hospital
Klipfontein Road
Rondebosch, 7701
Cape Town, South Africa

Tel

(021) 685 5208

Fax

(021) 685 5331

Email

capfsa@pgwc.gov.za

www.childsafe.org.za



A Campaign by the Child Accident Prevention
Foundation of Southern Africa, a member of Safe
Kids Worldwide



CONTRIBUTORS

Prof AB (Sebastian) van As
Pumla Mtambeka
Chiedza Mavengere
Dorothy Schulman
Yumna Abrahams

Thulani Nxumalo
Kallista Kemink
Najuwa Arendse
Patrick Muchaka

NEWS, INFO OR COMMENTS?

Write to

The Editor
Childsafe News
P.O. Box 791
Rondebosch, 7701
Cape Town, South Africa

How to donate/become a member?

Get in touch via email,
phone or mail for more
Information.

