

Safety First This Festive Season!

Accidents are a major cause of injury and disability in our country. In South Africa thousands of children are injured on a daily basis at home, on the road and in day care or school facilities. 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.

The festive holiday time is upon us again. Holidays are a fun time of year for most children, with the anticipation of getting gifts, seeing family and being out of school. It is also an important time of year to be mindful of your children's safety. Childsafe South Africa would like to remind everyone that as well as fun, there are some dangers out there for children. We would like to ask you to take particular care of children over the next few weeks. Know where your children are and what they are doing. Supervise at all times, especially the young.

The incidence of injury reporting to the Trauma Unit of Red Cross War Memorial Children's Hospital increases every year during the festive season. This is clearly an indication that children are not cared for properly during this time period. Injuries increasing over this time period varies from road crashes, drowning, burns and many more. In this festive season issue we will focus of those three aforementioned main killers of children.



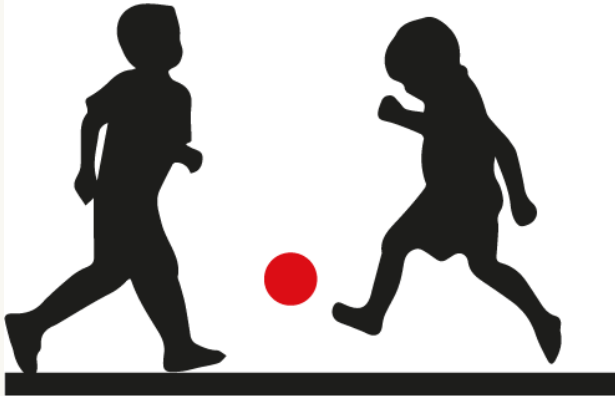
DRIVING SAFETY

- Check for children around the vehicle before moving.
- Look out for children while driving.
- Slow down near schools, parks and play areas.
- **NEVER** drink and drive.
- **NEVER** use your cell phone while driving.
- **ALWAYS** set an example.



PEDESTRIAN SAFETY

- **ALWAYS** supervise young children when near a road.
- **ALWAYS** hold children's hands while near moving vehicles.
- Keep children safe on the pavement before crossing the street.
- Teach children to choose a play area that's away from traffic.
- Teach children to look right, look left and right again, to check for traffic before crossing the road.
- Teach children to **ALWAYS** cross at a marked crossing.
- If there is no pavement, teach children to walk facing traffic so they can see oncoming vehicles.
- Dress children in brightly coloured clothing with reflective strips so they are visible to drivers.



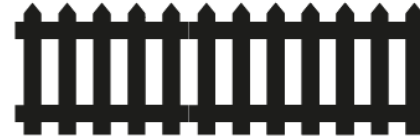
CAR SAFETY

- **ALWAYS** buckle up your children, even for short trips.
- **ALWAYS** use an SABS-approved and correctly installed car seat, suitable for your child's weight and size.
 - **BABY SEAT:** 10 kg or less. (Must face the back of the vehicle.)
 - **TODDLER SEAT:** 9 – 18 kg.
 - **BOOSTER SEAT:** 15 – 25 kg.
 - **BOOSTER CUSHION:** 22 – 36 kg.
 - **SEAT BELT:** 36 kg or more.
- **ALWAYS** place children younger than 12 years in the back of the car.
- **NEVER** put children in the back of a bakkie.
- **NEVER** travel with children on your lap.
- Provide entertainment for children while traveling.
- **ALWAYS** use childproof locks on car doors.
- **ALWAYS** store loose items in the boot.
- Teach children to always get out of the car on the pavement side.



0 – 10 kgs

9 – 18 kgs



PREVENTION AT HOME

- **Always** supervise your children in or near water; give them your undivided attention, even if they know how to swim.
- **Never** leave small children unattended in the bath; ignore the phone/doorbell or take the child with you.
- Immediately empty baths, buckets, containers and paddling pools after use.
- **Always** fit lids firmly on buckets of water.
- **Always** keep toilet seats closed and install toilet seat locks.
- **Always** keep doors to bathrooms and laundry rooms closed.



IF A CHILD IS DROWNING

Don't jump in yourself. Whenever possible:

- Throw the child an object that floats to help them float.
- Offer the child a long object they can hold onto and pull them to safety.
- If you have to jump in:
- Take something the child can hold onto, rather than letting them grab onto you.

FIRST AID

All parents and caregivers should be trained in infant and child cardiopulmonary response (ICPRI) by an accredited organisation.

Remember: It only takes a few minutes without oxygen for brain damage to occur and thereafter, death.



DID YOU KNOW?

- Drowning is the second biggest cause of accidental death among young children.
- Drowning is a silent killer; children do not make any noise when it happens.
- A child can drown within 30 seconds.
- A child can drown in just 4 cm of water.



PREVENTION AROUND SWIMMING POOLS

- **Always** make sure an adult is present when children are swimming.
- **Always** ensure that children who can't swim wear approved floating aids, e.g. water wings.
- **Never** just rely on floating aids for drown protection.
- Make sure your swimming pool is completely secured by fencing, a self-latching gate, safety covers and pool alarms.
- Check whether your neighbours' swimming pools are adequately secured.
- Comply with municipal by-laws.
- Make sure toys are not lying around the pool where children can trip over them.



PREVENTION AROUND OPEN WATER

- **Always** adhere to "no swimming" warnings.
- Beware of strong currents; a floating toy is easily swept away with a child on it.
- Children should always wear life jackets when on a boat.

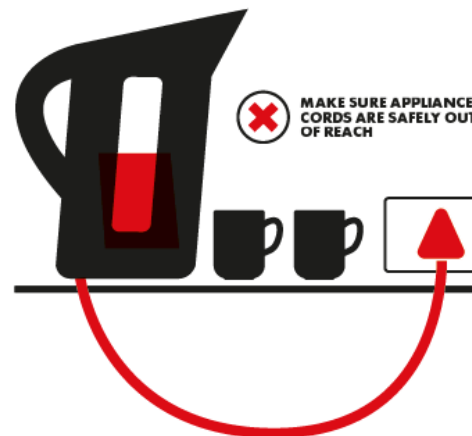


IT ONLY TAKES 4CM'S OF WATER FOR A CHILD TO DROWN



FIRE BURNS PREVENTION

- Teach your child to **STOP, DROP** and **ROLL** if their clothes have caught alight.
- **ALWAYS** supervise children near open fires, candles, paraffin lamps and portable stoves.
- **ALWAYS** store matches and lighters safely, out of reach of children.
- Keep anything that can catch fire, e.g. clothing or tablecloths, away from open flames.
- Immediately extinguish wood and coal fires with water when you have finished using them.
- Immediately extinguish paraffin, oil or petrol fires with sand or a fire extinguisher.



SCALDS AND HOT FLUID BURNS PREVENTION

- **ALWAYS** place hot liquids and food in the centre of the table.
- **NEVER** pass hot liquids and food over a child's head.
- **NEVER** hold a child while cooking on the stove.
- Place kettles and cords at the back of counters and tables.
- Turn pot handles towards the back of the stove.
- **ALWAYS** open microwave containers slowly and test the food before feeding children.
- **ALWAYS** put cold water in the bath first then add hot water.
- **ALWAYS** test the water temperature with your elbow before putting a child in the bath.
- **NEVER** leave small children unattended in the bathroom.
- Teach older children about the difference between the hot and cold taps.

HEATERS NEED TO BE WALL MOUNTED SAFELY OUT OF REACH OF A CHILD



ELECTRICAL BURNS PREVENTION

- Avoid overloading power points and running electrical wires under carpets.
- Cover unused outlets with safety plugs.
- Keep electrical cords, power plugs and electrical equipment away from children.
- Teach children to stay away from electrical substations.



IF A CHILD IS ELECTROCUTED

1. Switch off the power supply before you touch the child.
2. Move the child to safety using non-conductive protection like rubber gloves or a wooden plank. **DO NOT USE METAL OBJECTS** as you may electrocute yourself.
3. Start CPR if the child is not breathing and has no pulse.
4. Cover the burnt area with a clean, non-stick dressing.
5. Take the child to the clinic or hospital immediately.



IF A CHILD'S CLOTHES CATCH ALIGHT

1. Tell the child to stop moving, drop to the ground and roll to extinguish the flames.
2. Cover the child with a blanket to smother the flames.
3. **Never** remove clothing that has stuck to the skin.
4. Remove all other loose clothing from the burn area.
5. Cool the burn with cold running water for 20 minutes.
6. Cover the burn with a clean, non-stick dressing.
7. Seek medical advice immediately.

OTHER BURNS PREVENTION

- **ALWAYS** protect children from sunburn using sunscreen, hats and umbrellas.
- **ALWAYS** store chemicals away from children.
- Keep your children safe from fireworks.

 **ALWAYS RUN COLD WATER BEFORE THE HOT WATER**



 **TEACH CHILDREN WHICH TAP IS HOT**

During this year a number of momentous changes have taken place in Childsafe South Africa.

We have been active now for almost 4 decades to transform South Africa to a safer place for all its children, irrespective of social class, income group or race. The local, regional and national government has been slow to develop an interactive plan for the prevention of injuries in South Africa.



Childsafe South Africa has been active in trying to fill this policy vacuum and has been aiming to reduce and prevent intentional and unintentional injuries of all severity through action and empowerment based on Research, Education, Environmental change and recommendations for Legislation.

Among the momentous changes at Childsafe South Africa over the last year are:

1) Consolidation of our national and international position as the major role player in child safety issues in South Africa. While always known for our 3 programmes of Research, Education and Advocacy there has been a significant interest of high profile global organisations to partner with Childsafe South Africa. We are currently working on finalising the various proposals.

2) Appointment of Shenaaz Raiman as Consultant Executive Director. The Childsafe National Board has long recognised the necessity of appointing a *National Director* to extend our activities nationwide. Shenaaz started her full-time activities in July 2017.

3) Celebration of the Discovery Foundation Excellence Award for 2016. This is one of the greatest honours Childsafe has received during its decade-long tenure and pays great homage to all of its current staff and Board Members for their ongoing efforts to create a safer South Africa.



Chairperson's message

4) Appointment of an extra bookkeeping consultant. Due to our rapid growth in size and funding, Childsafe needed support on the bookkeeping front. We have appointed Shelley de Wet since the beginning of this year and this has made a significant improvement in the way we keep abreast of new developments.

5) Childsafe became an official partner of UNICEF. Established in 1946, the United Nations Children's Fund (UNICEF) promotes the rights and wellbeing of every child, in everything they do. Together with their partners, they translate that commitment into practical action, focusing special effort on reaching the most vulnerable and excluded children, to the benefit of all children, everywhere. An official partnership with such a prestigious international organisation is a huge feather in Childsafe's cap and opens the way to raise our national and international profile.

The various programmes have been successful only due to continued support from the Red Cross War Memorial Children's Hospital Administration, the Provincial Government of the Western Cape and generosity of our large corporate donors, local and international.

Without their ongoing support *Childsafe South Africa* would not have been able to perform its important task and South Africa would also be a much more dangerous place for its children.

I would like to end this message by extending my sincere thanks to all of Childsafe's Staff, Project Staff, National Board and all other supporters.

Next year promises to be once again a very exciting and productive year for Childsafe; a year in which we hope to celebrate our **40th Anniversary!**

Sebastian van As



Chairperson



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A Campaign by the Child Accident Prevention
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