



HOLIDAY SAFETY



The 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.

Holiday decorations, travelling, new toys, and visiting homes that may not be childproofed, can put your children in danger. Some simple precautions can help to make sure that your children have a fun and safe holiday.

ChildSafe reminds you of the following:



Be A Mindful Driver

- Always keep within the speed limit.
- Keep an eye out for pedestrians, especially now with children home and playing outside.
- Check that there are no children playing around your car before you drive off
- Remember that children are safer in the back seat.

Check Your Child's Car Seat Before You Travel

- 73% of car seats are not used or installed correctly, so before you hit the road, check your car seat.
- Also, ensure that all passengers are buckled up, even for short trips.

Use Booster Seats

- Safety in the car goes beyond your little ones. Children who have outgrown a forward-facing harness seat are not ready for a seat belt or front seat yet. They are safest in a booster seat that enables the adult seat belt to fit properly.
- Even when children have graduated from booster seats, they should remain in the back seat (firmly buckled up) until they reach the age of 12.

At The Beach And Swimming Pools

- Never leave children unsupervised near or around water.
- Actively keep an eye on your child near water, even if they can swim or wear safety gear.
- Stay close to your child near water, in case they will need help.
- Restrict children's access to pools; use a fence with a locking gate.
- On the beach, always have children swim where there is a lifeguard.
- Even good swimmers can be swept out to sea by currents.
- Check warning signs near water before entering the water.



Consumption Of Alcohol

- Parents and caregivers to be responsible when consuming alcohol because numerous injuries to children occur when caregivers are under the influence of alcohol.
- Alcohol consumption impairs self-control and adequate supervision of children cannot take place.
- Being a smart party host or guest should include being sensible about alcoholic drinks.
- Most traffic fatalities are alcohol-related, therefore, please use designated drivers, people who do not drink, to drive other guests home after a party.

Preventing Burns

- Children love to reach, so to prevent burns from hot holiday food or liquid spills, simply use the back burner of your stove and turn pot handles away from the edge.
- Do not hold small children while drinking hot beverages.
- Always start with cold water first when running a bath and remember to test the temperature with your elbow and never leave a child unattended to in the bathroom.
- Put our braai fires with cold water and not sand.
- In case of a fire emergency, please call 10111.



Blow Out Candles And Store Matches Out Of Reach

- In case of load shedding or any power outages, remember to use a safer candle (filling a recycled glass with 1/3 dry sand, placing half a candle in it and using another to light it) see image.
- Keep holiday candles at least 30cm away from anything that can burn, and do not forget to blow them out when you leave the room or before you go to sleep.
- Make a habit of placing matches and lighters in a safe place, out of children's reach. Avoid novelty lighters or lighters that look like toys.

Keep Harmful Plants Out Of Reach

- Plants can spruce up your holiday decorating, but keep those that may be poisonous out of reach of children or pets. This includes berries, plants and mushrooms.
- In a poison emergency, call the Poisons Information Helpline – 0861 555 777.





Find The Perfect Toy For The Right Age

- Consider your child's age when purchasing a toy or game this holiday season. It is worth a second to read the instructions and warning labels to make sure the gift is just right.
- Before you have settled on the perfect toy, check to make sure there are not any small parts or other potential choking hazards.

Keep Button Batteries Away From Young Children

- Keep a special eye on small pieces, including button batteries that may be included in electronic toys. While these kinds of games are great for older children, they can pose a potential danger for younger, curious siblings.



Do Not Forget A Helmet For New Bikes Or Other Toys

- If your child's heart is set on a bike, skateboard, or scooter this holiday season, be sure to include a helmet to keep them safe while they are having fun.

Decorate Your Tree With Your Children In Mind

- Children are curious and will want to play with the ornaments on the tree, so you might as well prepare.
- Move the ornaments that are breakable or have metal hooks towards the top of the tree. That makes room at the bottom for the ones that are safer for young children.



Check The Lights

- Lights are one of the best parts of holiday decorating. Look at the ones on your tree and in and around your home for exposed or frayed wires, loose connections or broken sockets.

Keep yourself and your children entertained, keep them safe, and have a happy, enjoyable summer holiday! In case of an emergency call 10177 or 112.

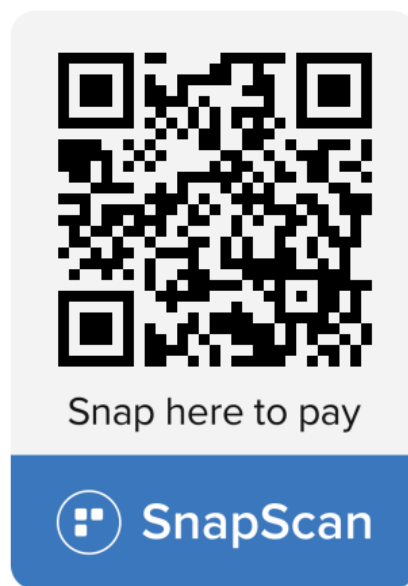
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About ChildSafe

ChildSafe, an injury prevention unit based at the Red Cross War Memorial Children's Hospital is a non-profit organization that aims to reduce and prevent injuries of children through research, education and recommendations to legislation. We work with other non-profits, government, corporates and communities to achieve this. Our core focus though is the prevention of unintentional injuries that are usually regarded as accidents, such as, burns, falls, drowning, road traffic crashes, choking and poisoning.

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