



# Injury prevention

December 2018

Injuries are a major public health issue in Australia, with preventable injuries being higher in children compared with other age groups. In Australia, more children die from injury than from cancer and diseases of the nervous system combined. Young children (aged 0-4) are most at risk from being injured in the home or backyard. Different environments, different parenting styles and different family situations can influence the number and type of injuries that children may be at risk of having.

Injuries can be minor, they may require a visit to the doctor or health centre or they can be serious and cause life-long disability. However, importantly, many childhood injuries are potentially preventable. Childhood injuries can be reduced by controlling hazards in a child's environment.

There are many different environments and situations that children find themselves in. Each can present different risks and there are specific actions adults can take to keep children safe. Some of these risks include:

- > Falls
- > Poisoning
- > Burns and scalds
- > Sunburn
- > Cars, driveways and roads
- > Dogs and other animals
- > Drowning
- > Choking and suffocation
- > Safe sleeping

## Health messages

- > Children are at risk of preventable accidents and injuries.
- > Children need adults to help keep them safe.
- > There are simple and practical changes to the physical environment that carers can make to keep children safe.
- > If you're the one watching out for the little ones always stay alert<sup>1</sup>.

## Examples of practical actions

- > Kidsafe SA offers the Community Talks Program for new parents and other interested community groups and Workforce Development Training for staff.
- > Organise a first aid course for parents/carers through Australian Red Cross, St John or Royal Life Saving Society.
- > Display and distribute 'injury prevention' health promotion material.
- > Childcare centres can become SunSmart accredited.
- > Organise car-seat fitting/checking session<sup>2</sup>.
- > Distribute Poisons Information Centre Number stickers to put on phones.



<sup>1</sup> Kidsafe (SA). Safety for our little fellas. Retrieved from website: <http://www.kidsafesa.com.au/resources/safety-for-our-little-fellas>

<sup>2</sup> RAA. Book a fitting. <https://www.raa.com.au/motoring-and-road-safety/raa-safety-centre/book-a-fitting>

For more information

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