

SPOTLIGHT ON Summer safety

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WATER SAFETY

It only takes **20 seconds** for a child to drown

To keep children safe around water:

- Provide constant, active supervision
- Restrict access to water
- Learn CPR
- Increase water awareness

SUN PROTECTION

Children can get sunburnt in less than **10 minutes**

Teach your child to be SunSmart:

- Slip on clothing
- Slop on sunscreen
- Slap on a hat
- Seek shade
- Slide on sunglasses

BURNS FIRST AID

1 in 4 parents don't know the correct first aid for a burn

If your child gets a burn, place the area under cool running water for 20 minutes and seek medical advice. Do NOT apply ice or any other lotion or ointment

HOT WEATHER

Never leave kids in cars

On a hot day the temperature inside a parked car can reach 60°C in minutes. To avoid dehydration, offer your child frequent drinks on hot days

CHOKING FIRST AID

1 in 4 parents don't know the first aid for a choking child

If a child is choking:

- First, tell them to cough. Continue to check for breathing
- If coughing doesn't help or they stop breathing, call 000
- Give 5 sharp back blows with the heel of your hand between the shoulder blades
- If unconscious, start CPR