



Keep your children safe

Some common causes of injuries to children are falls, being hit by road vehicles and sporting injuries. The following safety advice is provided to help you to keep your children safe.



For all medical emergencies dial Triple Zero (000) immediately and ask for Ambulance

CHILD SAFETY TIPS

The possible risk of injury can be greatly reduced by following these simple guidelines:

- > Teach your children about road safety.
- > Always assist children and hold their hand when crossing the road.
- > Drop children off on the side of the road they need to be on.

- > Adhere to parking restrictions and speed limits around schools.
- > Have soft material below play equipment.
- > Ensure play equipment complies with Australian Standards.
- > Ensure children wear appropriate safety equipment when playing sport, riding bikes and skateboards etc.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

For further information please contact: