



Child Accident Prevention Foundation of Australia

Tasmania

ROAD SAFETY ADVISORY COUNCIL
TOWARDS ZERO

STRENGTHENING OUR WORK WITH FAMILY DAY CARE IN TASMANIA

Presented by Kidsafe Tasmania



2020 - Outbreak of Covid-19

- Vulnerable people - many services in Tasmania were stopped
- This included child restraint fitting services
- Our FDC engagements needed to change, to respond
- **BUT:** children continued to be driven around, babies continued to be born and FDC still much needed



Child Seat Installation Data: Disastrous

- Three years data collected
- 80-90% of all seats we checked needed some form of adjustment
- A lot of children unsafe in the car



A Staggering Figure - need to reduce

- COVID added to the challenge of changing that figure
- A time of community anxiety and uncertainty
- Effects of COVID-19 disruptions increased the dangers to children
- An abrupt halt to our existing approaches (people to come to us; giving talks and fitting checks at places like FDC centres)



Particular Family Day Care issues

- Multiple child restraints in vehicles - transporting children to and from FDC
- Installation and daily (re-) fitting of multiple restraints is a nightmare for parents and carers
- **BUT:** Kidsafe Tas were able to offer a free one-on-one fitting service to FDC parents during COVID



Calls Rolled in for One-on-One assistance

- As Family Day Carers became aware of these new services - calls started rolling in
- We've developed ongoing relationships with many
- Flexible one-on-one services have been appreciated
- We greatly value the strengthening of our relationships with FDC educators



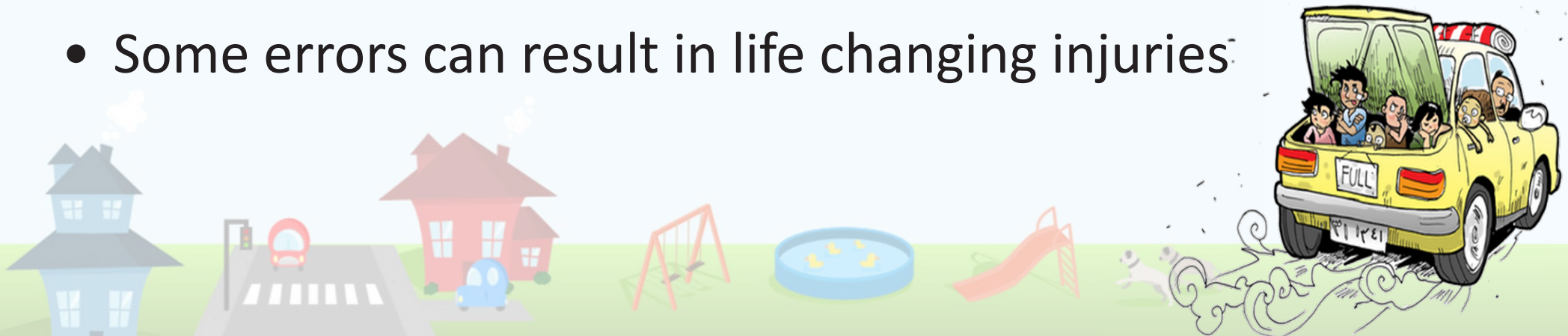
Other Kidsafe Tas offerings to FDC

- Home safety - help maintain safe FDC environments
- How to apply playground regulations
- Reduces the risk of unintentional injury
- The 2020 (7th Edition) of the Kidsafe FDC Safety Guidelines also covers Water Safety, Falls, Burns, Scalds, Lacerations, Cuts, Crushing, Poisoning and Road Safety.



WHY do we restrain children in cars ?

- Road trauma accounts for 40% of childhood deaths
- Approved and properly fitted child restraints reduce the risk of serious injury or death by up to 70%.
- Our workshops and FREE checks continue to find over 80% of child restraints are fitting incorrectly
- Some errors can result in life changing injuries



What happens to a child in a crash?

- It's impossible to hold onto a child in a crash
- In a collision of only 60kmph, a 15kg child produces a force equal to 22 bags of cement
- This happens in only 3/100ths of a second.

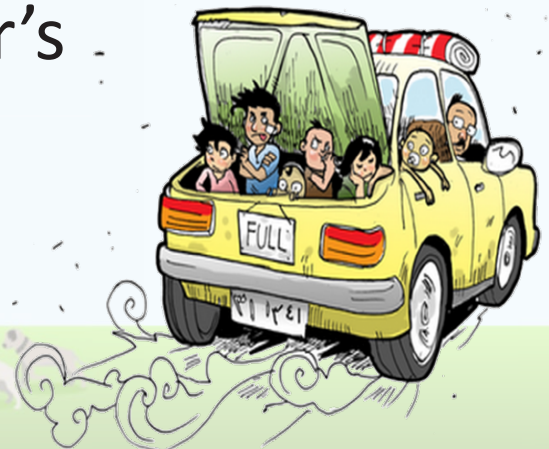


Factors to Consider



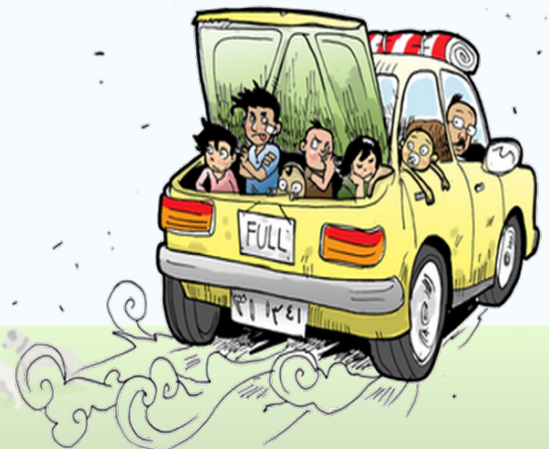
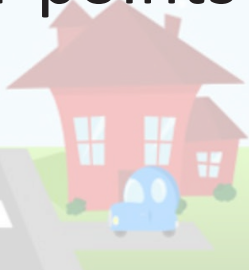
FAIL

- Choosing the most appropriate, approved restraint for the child's size and age
- Installing and using the restraint correctly
- Using the manufacturer's instructions.



What we found with Family Day Care

- Great people who showed passion for the industry
- Solid Knowledge and Know-how, as well as a willingness to learn and take advice
- Restraints kept in a clean well maintained serviceable condition
- Vehicles well maintained, seating and belt and anchor points well thought out.



Legislation & Law - what you need to know

- **Infants up to 6 months** must be restrained in an approved rearward facing infant restraint.
- **Children aged between 6 months and 4 years** - in either an approved rearward or forward facing child seat.
- **Between 4 years and 7 years** - in either an approved child safety seat or a booster seat restrained by a *correctly fitted* seatbelt or child safety harness.
- **From 7 years** must be restrained in an approved restraint or properly adjusted seatbelt.

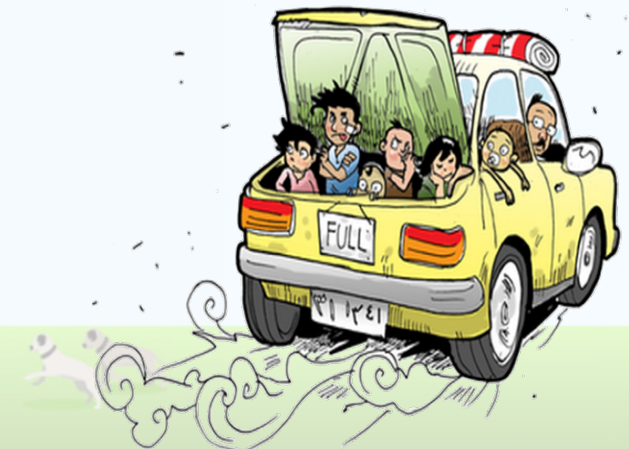


Australian Standards

- An approved restraint is one that meets the requirements of the Australian Standard 1754 and is marked with the following symbol:



- The Australian Road Rules: use only an approved restraint.



Innovation by Family Day Care

Record Keeping going to the next level

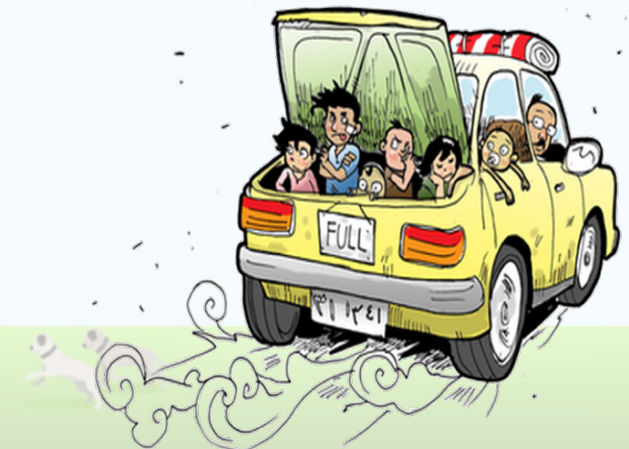
- Restraint manufacture dates
- Seating map and ages of children in care
- Vehicle modifications - forms and mod plates
- Face time - pictures - videos & purchase advice



Working Around COVID 19

This presented a whole new set of obstacles

- What equipment do we need.
- Where do we find a suitable space.
- How do ensure the safety and compliance for all - staff and clients?
- Who are our priority groups?
- What happened - trends and results.



Relationships and beyond

- A tough time for all in our community
- Presented problems and issues that required innovative thinking.
- Kidsafe and Family Day Care from all the corners of Tasmania needed support and access to services
- Kidsafe were able to deliver our services that in turn enabled Family Day Carers to deliver their services



Now that's *getting things done!*

- We both stepped up
- Enabled parents and caregivers to get back to work , school etc





Child Accident Prevention Foundation of Australia
Tasmania

ROAD SAFETY ADVISORY COUNCIL
TOWARDS ZERO

SEAT INSTALLATION ISSUES AND SOLUTIONS



New Policies and Procedures

- Needed to ensure that client and staff were protected against infection during the fitting.

Step-by-Step Cards

- Developed individual step-by-step cards for each major type of child restraint. Supported by Kidsafe ACT
- Eg. forward, reverse and booster.



SIDE 1

Step by Step INFANT CARRIER

STEP 1 Harness to the sides

- Have the straps loose and hung over the sides of the carrier
- This makes it easier to get the child into the carrier and makes it less likely that the harness will get twisted



STEP 2 Buckle child in

- Place the child into the restraint in their normal clothing (not swaddled or in bulky clothing)
- Buckle up the side at a time
- Make sure there are no twists in the harness



A twisted harness is dangerous and will make it harder to get the harness tight enough

STEP 3 Tighten harness

- Pull on the adjuster strap at the front of the restraint
- Sometimes this can take more than one go



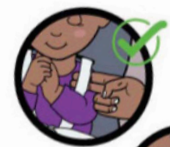
PLEASE TURN OVER

SIDE 2

Step by Step INFANT CARRIER

STEP 4 Check harness is tight

- **Two fingers** - you should be able to fit two flat fingers at the most between the harness and the child
- **Pinch test** - you should not be able to pinch the harness together at the child's collarbone
- **Retighten** - with some infant carriers you can pull the harness at the back of the restraint to help make it tighter and then remove the slack with the adjuster strap at the front



Make sure to loosen the harness every time you take the child out of the car seat

STEP 5 Tighten tether

- Attach and tighten the top tether to remove slack
- Be sure not to over tighten, this can lift the child restraint to be lifted up from the seat of the car



ROAD SAFETY ADVISORY COUNCIL
TOWARDS ZERO

SIDE 1

Step by Step REARWARD FACING

STEP 1 Loosen the tether

- Loosen the top tether
- This makes it easier to get it in and out of the car



STEP 2 Buckle child in

- Place the child into the restraint in their normal clothing (not swaddled or in bulky clothing)
- Do the buckle up one side of the harness at a time
- Make sure there are no twists in the harness



A twisted harness is dangerous and will make it harder to get the harness tight enough

STEP 3 Tighten harness

- Pull on the adjuster strap at the front of the seat
- Sometimes this can take more than one go



PLEASE TURN OVER

SIDE 2

Step by Step REARWARD FACING

STEP 4 Check harness is tight

- **Two Fingers** - you should only be able to fit two flat fingers at the most between the harness and the child
- **Pinch test** - you should not be able to pinch the harness together
- **Retighten** - with some rear-facing seat you can pull the harness at the back of the restraint to help make it tighter and then remove the slack with the adjuster strap at the front.



Make sure to loosen the harness everytime you take the child out of the car seat

STEP 5 Tighten tether

- Remove slack from the top tether
- Make sure not to overtighten, this can cause the child restraint to be lifted up from the seat of the car



Kidsafe
Prevention Foundation of Australia
Tasmania

ROAD SAFETY ADVISORY COUNCIL
TOWARDS ZERO

Kidsafe

Child Accident Prevention Foundation of Australia

Tasmania

Distribution of new resources

- Distributed the new cards widely together with a guide
- Guide developed in collaboration with the state government: “Car Seat Safety: how to choose and fit the right seat”
- As well as Kidsafe’s “A Parent’s Guide to Road Safety”
- We could reach those in isolation



A Parent's Guide to Kidsafe Roads



such as groceries should be evenly distributed in the cargo area, not in the back seat. The weight should be higher than that of the child.



of a vehicle that has a rearward facing seat. Once the child reaches the age of 4 years and has the ability to sit upright, they can use forward facing seats.



Forward Facing



points to the owner's manual to find out whether the seating positions they are provided for. Child car restraints to vehicles for many years only available in the outboard seating positions. Vehicles will have them in other positions.

Child Restraint Systems (AS/NZS1754:2013) for children up to approximately 4 years of age or the adult seatbelt.

Items must still use the upper tether

Child restraints and vehicles contact



accident occur when children fall off their bike after a fall. This is the main cause of death and disability to children on the road or they are being supervised.

Fit

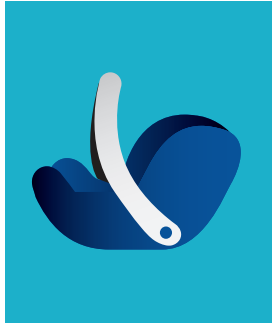
Ensure the child's head before purchasing a helmet to select the correct size.

The helmet should fit firmly on the head and the chin strap securely fastened.

Perform a push test once fastened. If the helmet can be pushed back and forwards, it won't protect the front or the back of the head in a fall. The helmet is too big.



Car Seat Safety



How to choose

Department of State Growth

This table will help you choose the right car seat for your child.
The car seat must suit your child's age and size.

7

How do I

Children over 7 years old can use a standard seatbelt. The 5 S

How do I install a car seat?

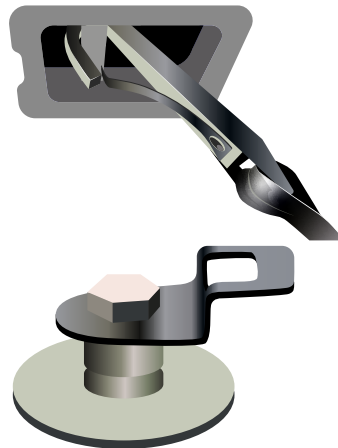
- To keep your child safe the car seat must be properly installed in your car.
- A new car seat will come with instructions on how to install it. You should follow the instructions step by step.
- All car seats (excluding some booster seats) have a top anchor strap. This needs to be connected to an anchor point in your car. To find the anchor points in your car, check your car owner's manual.
- If you have a car seat that is compatible with ISOFIX, check whether your car has ISOFIX low anchor points. These car seats must also use a top anchor strap.

- Once your child is over 7 years old, you can use a booster seat with an adjustable seatbelt.
- Some booster seats are suitable for children up to the age of 12.



Can your child sit all the way back against the seat?

or



There are qualified people that can help you fit car seats.
Visit www.transport.tas.gov.au for more information.

Media - elevated usage for greater reach

- Social media & radio advertising to reach those in isolation
- Our Radio ads worked particularly well - increased the number of calls and feedback after they went to air
- Facebook posts - our media person kept rolling them out
- Website - key messages on the Home and News pages



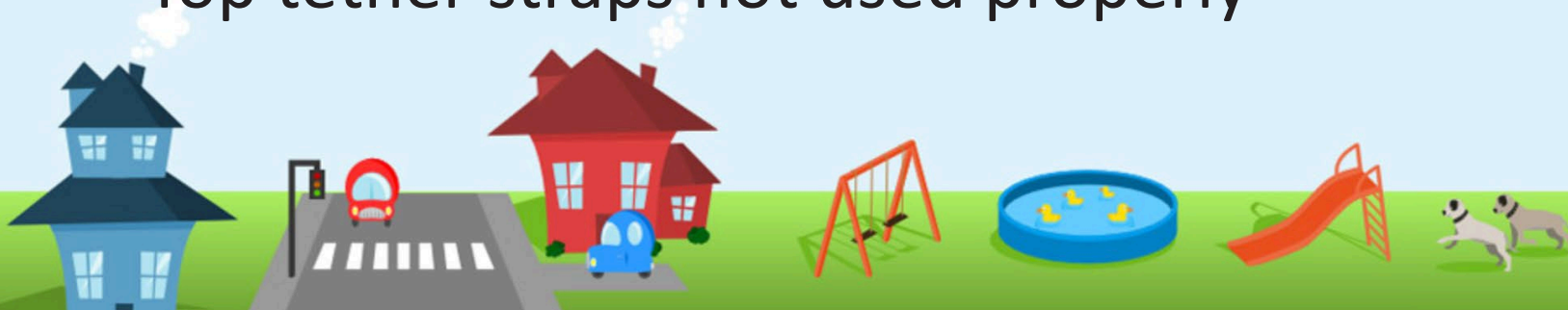
New strategies working

- Facetime calls - our child restraint fitter provided parents with facetime calls so he could guide them through solutions to the simpler problems they had
- Tassie is an island state of about 500,000 people with two major urban centres and many widely scattered small communities.
- About 6,000 babies are born each year



Common Child Car Seat Fitting Issues

- Moving from child car seat to adult seatbelt too soon
- Twisted straps
- Straps too high
- Loose straps
- Bulky clothing
- Top tether straps not used properly



Other Common Issues

- Check the height markers
- Out of date restraint – don't use if more than 10 years old or has been involved in a crash.
- 5 step Test – ready to move to an adult seat?
- Correct fitting



5 Step Test - Ready for Adult Seatbelt?

- Can sit with their lower back against the back of the seat
- Their knees can bend over the edge of the seat
- The sash part of the seatbelt goes across the middle of the shoulder and not across the neck
- The lap belt sits low across the hips and touches the thighs
- Your child can stay like this for the whole trip and can sit upright without slouching





Presented by Kidsafe Tasmania

ROAD SAFETY ADVISORY COUNCIL
TOWARDS ZERO 