



BURN FIRST AID

REMOVE– clothing and jewellery.

COOL– the burnt area with running water for 20 minutes.

***DO NOT APPLY AN ICE PACK
OR USE ICE***

COVER– the burnt area by applying a damp cloth.

***DO NOT USE ICE, OILS
OR CREAMS***

SEEK – medical attention. For all burns to children, elderly or for adult burns larger than a 50 cent coin.



WATER SAFETY

Keep your family SAFE near water.

SPOT – Spot the dangers. Always check for hazards such as tides or currents, and always LOOK before swimming. You never know what could be hidden under the water.
Remember to check for Crocs

ADVICE – Take advice and always read the warning signs. ALWAYS swim where it is safe too.

FRIENDS – Never go swimming alone. Go swimming with your friends or family. They can get help if something happens.

EMERGENCY – Shout loudly to get attention. Never enter the water to save someone. Call 000 (Triple zero) immediately.

FIRE SAFETY

Get down low and GO, GO, GO!

If your house is smokey from a fire, you will find it hard to see and breathe and you will start coughing and choking.

Because smoke rises to the ceiling, the best thing to do is GET DOWN LOW AND GO, GO, GO!

Crawl along the ground to the nearest way out and make sure you have a meeting place outside to meet your family.

Wait outside for firefighters to arrive - never go back inside a burning house.



CHILD PROTECTION

*Protecting children is
Everybody's Business*

My Body Rules

I am the **BOSS** of my own
body.

Nobody will **TOUCH** my
body.

I will tell someone I **TRUST**,
for example my Parents or
close Friends.

They will **BELIEVE** me.



5 Steps to Positive Parenting

1. Create a safe, interesting environment

Bored kids are likely to misbehave. Bored teenagers may find trouble. So create an environment that allows kids to explore safely and develop their skills.

2. Have a positive learning environment

If a child or teenager comes to you for help or a chat, they're ready to learn. Give them positive attention, even if only for a minute or so. Encourage their ideas and opinions.

3. Use assertive discipline

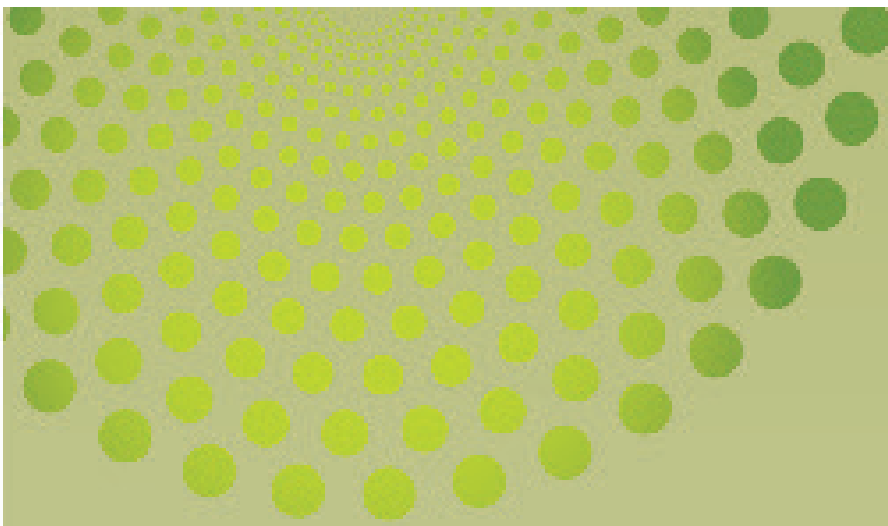
Set clear rules and boundaries and follow through with fair consequences. You can negotiate some of these with older kids and decide on the rules and consequences together. Praise little and big kids to encourage the behaviour you like.

4. Have realistic expectations

Nobody's perfect – kids, teenagers or adults – so don't expect your child to do more (or less) than they're capable of. And remember, we all make mistakes sometimes.

5. Take care of yourself as a parent

It's all about balance. You've got to look after your own needs too, so make sure you're getting some support, time with friends, and maybe even a little time to yourself!



SUN SAFETY

The sun is strongest from 10am - 4pm

COVER UP

Put on a shirt and a hat when going outdoors.

SHADE

Sit under a tree or a shaded area.

SUNSCREEN

Always put on sunscreen before going outdoors.

SHADES

Wearing sunglasses protects your eyes against UVA and UVB.

HYDRATE

Drink plenty water.





YUMI ONE, MEPLA WAY AGAINST DOMESTIC VIOLENCE

There are many support and referral agencies available to provide assistance.

In an emergency dial Triple Zero (000)

DV Connect (women's line) **1800 811 811** (Toll free 24 hours, call cannot be recorded on your telephone account)

DV Connect (men's line) **1800 600 636** (9am - 12 midnight, 7 days)

Relationships Australia **1300 364 277**

Crisis Care **07 3235 9999**
or **1800 177 135**

Legal Aid Queensland **1300 651 188**

Lifeline (Counselling Service) **131 114**



BECOME A FOSTER OR KINSHIP CARER

Keep Yumi Pikinini In Our Communities, Become a Foster or Kinship Carer. When you go become a carer, you go help all pikinini blong yumi stap lo yumi own community.

Types of care

E gad all different types of care where all foster and kinship carers e can provide.

Short Break – care for yumi pikinini for short time, for example on weekends or holidays.

Emergency Care – care for yumi pikinini for short time and e only short notice.

Short-term Care – care full-time for up to two years, while Department of Communities (child Safety Services) e work for gede the pikinini baigen where em pamle.

Long-term Care – ongoing full time care for pikinini up to 18 years old.

Specialist Foster Care - care for pikinini with prapa high support needs.

If you want to become a carer, contact Safe Pathways on 40 831 900.



WHO TO CALL IN AN EMERGENCY

If you need Police, Fire or Ambulance in an emergency call triple zero (000)

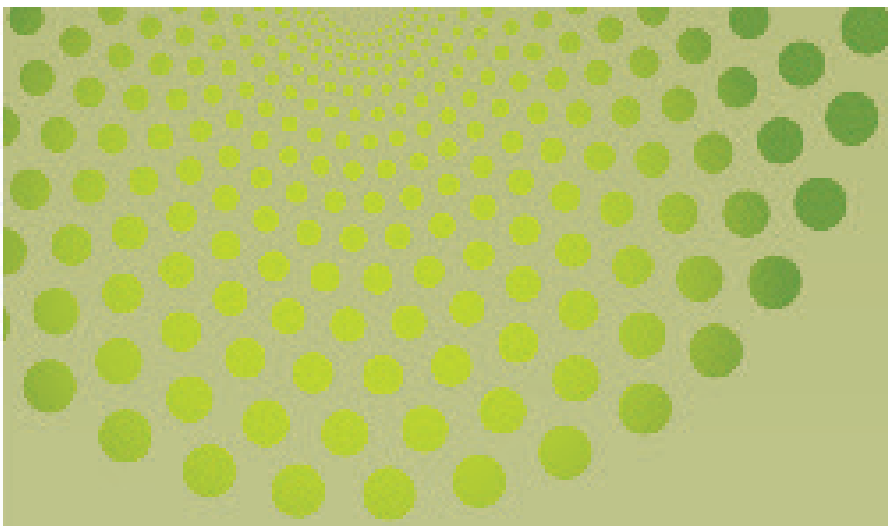
When should you call triple zero (000)

- If a crime is happening now.
- When a life is threatened.
- When the event is time critical, for example a fire.

Poisons helpline 13 11 26

Police Link: 131 444 – is the number in Queensland to report non-urgent incidents.

Crime Stoppers: 1800 333 000 – to report any information that may assist in community safety.



BOAT SAFETY

Check weather before heading out.

Always tell someone where your going and when they can expect your arrival or return.

Carry your Boating Safety Kit.





BIKE SAFETY TIPS

Always wear a helmet.

Look both ways for traffic.

Wear bright clothes.

Make sure your tires have air in them.

Always lock your bike up.

Always ride with a friend.



CPR RAPID ACTION PLAN

Danger – check for hazards to Yourself, Bystanders and the Casualty.

Response – check response:
'ARE YOU OK?' SQUEEZE HAND

Send for Help – phone 000 (triple zero) if no response.

Airway – check airway.

Breathing – Look, Listen and Feel.

Compression – immediately begin compressions.