



## Injuries from everyday objects

**KEEPING OUR TAMARIKI SAFE FROM EVERYDAY OBJECTS  
WITH RENEE SOLOMON-TAUHINU**

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# Haere mai

Nau mai, mauri, afio mai, susū mai, welcome.

Injuries from objects are caused when a child is unintentionally struck by, cut or otherwise injured by an object. It includes being caught, crushed, jammed or pinched between objects, for example a child's fingers being caught between a door and door jamb. It can include sports injuries, injuries from sharp objects such as knives, scissors or glass. This category of injury is the second leading cause of non-fatal injury among children aged 0-14 years.

Younger children are particularly at risk of being crushed, jammed or struck by objects at home like furniture and TVs that can tip over onto them. The older age group, of school-age children, are vulnerable to piercing and cutting from glass and injuries from contact with garden equipment.

You can't stop your child from climbing, but you can make sure that the things they climb on are stable.

This toolkit is designed for anyone who engages with whānau. It brings together a range of resources to help protect our tamariki from injury.

## **This toolkit includes:**

- Key safety and first aid messages for whānau
- Video resources and social tiles from our campaign to share
- Injury prevention resources, research and policy
- Links to information from other organisations

# Who we are

## Safekids Aotearoa

**"Ko te tamaiti te pūtake o te ao."**

The child is at the heart of all that we do.

Our mission is to reduce the incidence and severity of unintentional injuries to children aged 0 to 14 years. Our vision is that every child in Aotearoa New Zealand enjoys a childhood free from traumatic, unintentional injury.

## About Our Tamariki Injury Prevention Campaign

This campaign is centered around injuries from objects in the home. In this campaign we share a video from Renee Solomon-Tauhinu who shares her experiences of raising her tamariki. She also recalls a frightening incident involving her young daughter, whose fingers got caught in a car door. We also provide tips and resources to help support you to keep tamariki safe from object related injuries in the home. It is our mission to protect our tamariki from unintentional injuries in Aotearoa.



## Renee Solomon-Tauhinu

Renee Soloman-Tauhinu is a mother of three beautiful tamariki aged eleven, eight and six months old. Born and raised in the South Auckland suburbs of Māngere, Papakura and Manurewa, Renee and partner, Simon now reside in West Auckland. Renee's understanding of te ao Māori, mātauranga Māori, pūrākau and maramataka inform her daily work with Waipareira Trust but also in her role as a māmā to her three tamariki.

Rona and the Moon is an important pūrākau that Renee has used to draw wisdom from and reflect upon her role as a kaitiaki for her children. Renee describes travelling in the dark without the moon's light as dangerous because you are unable to see the obstacles and pitfalls ahead of you. She also compares the moon's light to the role of a parent and their ability to see potential dangers that tamariki may not be aware of. Renee states that one of the many roles of a parent is to create a safe environment for children to explore and learn.

Renee recalls an incident where she strapped her daughter in the car and shut the door. It wasn't until Renee opened her driver's side door that she realised that her daughter's hand had been caught in the door. Upon further reflection, Renee believes that this incident was in part due to being in a rush, and not being 'fully present.' She compares this to Rona and the Moon where the moon's light was blocked by the clouds, similarly Renee's ability to prevent the accident from occurring was hindered.

# Key messages



## TOOLS AND SHARP OBJECTS

Remember to check for and remove sharp and pointed objects around the house and in play areas.



## FURNITURE

Our homes should be a safe space for our tamariki. Falling furniture can pose a real risk so it's a good idea to use brackets, braces or wall straps to secure unstable or top-heavy furniture to the wall.

## SAFE SLEEP

To keep your pēpi safe while sleeping make sure nothing can tip or fall onto them or into their sleep area.

# Key messages



## KITCHENS

It's a good idea to teach children about the dangers of kitchen equipment and keep them out of reach when in use.



## TV TIP OVERS

Firmly mount TVs to a wall or a piece of furniture or place older models onto low stable furniture that is able to hold the weight. You can secure the base with screws for extra stability.



## DOORS

The best way to protect our tamariki from being caught, crushed, jammed or pinched between objects is to check that door stoppers or guards are on before leaving the room. Tea towels are also a great alternative to door stoppers.



# First aid

## Bleeding



- Apply firm pressure over the wound. Use a sterile or clean bulky pad and apply it firmly with hand pressure. Apply a bandage to keep the dressing in place.
- If bleeding is severe DO NOT waste time looking for suitable padding. Be prepared to use the patient's hand or your hand to hold the wound together if the patient is unable to do this unaided.

## Crush Injury

- Call 111 for an ambulance.
- Remove the crushing force if possible because permanent tissue damage may occur with severe crushing force.
- If the crushing force has been in place for some time, be prepared to give prompt first aid. Removal of the crushing force may cause a sudden collapse or deterioration in the patient's condition

If your child is injured you can find out more about ACC support at [www.acc.co.nz/im-injured](http://www.acc.co.nz/im-injured). ACC Claims: 0800 101 996 or email [claims@acc.co.nz](mailto:claims@acc.co.nz).

For detailed references on the data and information contained in this card and to download additional copies visit <https://starship.org.nz/safekids/reference-cards>

# First aid

## Puncture Wound

- Clean the wound with warm soapy water and allow it to penetrate the puncture track because tetanus spores may be trapped deep in the wound.
- Allow the wound to dry thoroughly in the air before covering it.
- If a protective dressing is needed, use a porous adhesive dressing and change it daily to keep the wound healthy and dry.
- Contact a local doctor for advice about tetanus immunisation.



## Fractures

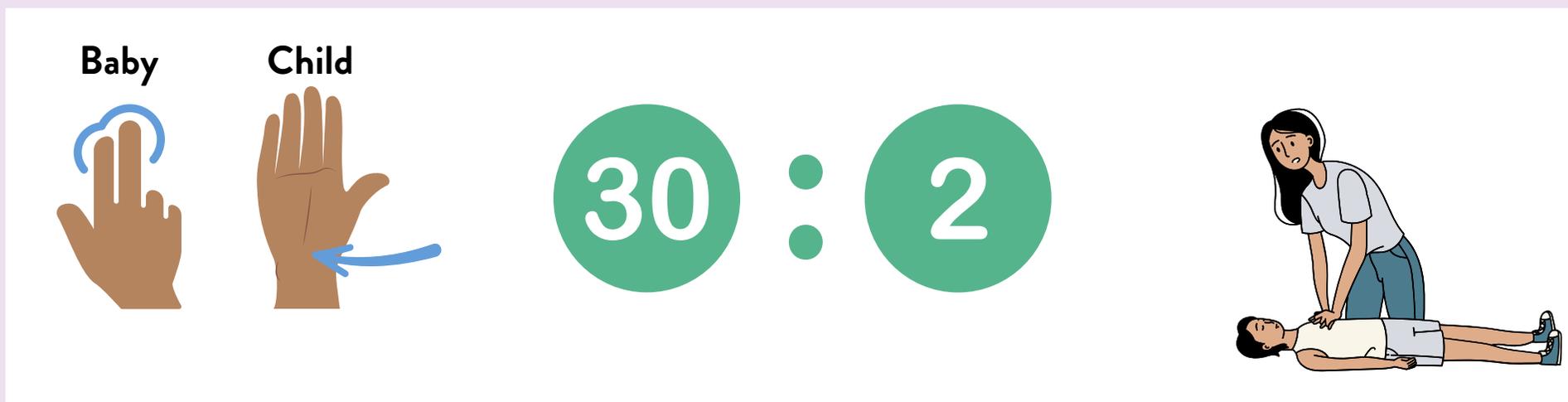
- Keep the injured arm or leg still. Someone who knows how, should use a splint to keep it still.
- You can support the injured arm or leg with a pillow or sling.
- Raise the arm or leg higher than the heart to help reduce swelling.
- Your child will need pain relief.
- If your child does not need an ambulance take them to the nearest hospital Emergency Department.

## Loss of Consciousness

- If the child is unconscious start CPR immediately.
- See [Kids Health CPR instructions](#) or go to page 8 for CPR instructions.

# CPR instructions

The CPR advice is from the KidsHealth website and the Basic Life Support Flow Chart. The Basic Life Support Flow Chart is developed by the New Zealand Resuscitation Council and Australian Resuscitation Council. For more information see <https://www.resus.org.nz/>.



- Put the child on a firm surface.
- Place 2 fingers of one hand (for a baby) or the heel of one hand (for a child) in the centre of the chest just below the nipples.

- Push down hard and fast (compression) 30 times in about 15 seconds (push down one-third of chest depth).
- Once you have completed 30 compressions (pushes) on the chest, breathe into the baby's mouth 2 times.

- Seal your lips around the baby's mouth and nose.
- For a child over 1, you may need to breathe into their mouth and pinch their nose closed. Gently puff into the child until you see their chest rise.
- Continue with the cycle of 30 chest compressions and 2 breaths until the ambulance arrives.

# Campaign digital resources



## Whānau story with Renee Solomon-Tauhinu

We are honoured to share this story from Renee Soloman-Tauhinu who shares her experiences of raising her tamariki. She also recalls a frightening incident involving her young daughter, whose fingers got caught in a car door.

[Watch on YouTube](#)

[Watch on Facebook](#)



## Social Tiles

These social tiles include our key messages for keeping our tamariki safe from unintentional injuries from objects in the home.

[Download and share social tiles](#)

# Community resources

We've created educational resources that you can share with whānau around the motu. Check out our Furniture, TVs & Sharp Objects reference card linked here. Below are some infographics from the [reference card](#) on the topic.

## THE CAUSES



Cuts from glass and knives



Fingers caught in doors



TV and furniture tip-overs.



Climbing on unstable or top-heavy furniture.

## WHO IS GETTING INJURED?



0-4 YEARS

Account for around 50% of injuries from furniture, TV's and sharp objects.



BOYS

Are 1.5 times more likely to be injured than girls.



MĀORI & PACIFIC

Are 2 times more likely to be hospitalised than other ethnicities.

## SAFETY DEVICES



- TV and furniture straps
- Safety gates
- Door jams
- Safety glass

## WHERE IT HAPPENS

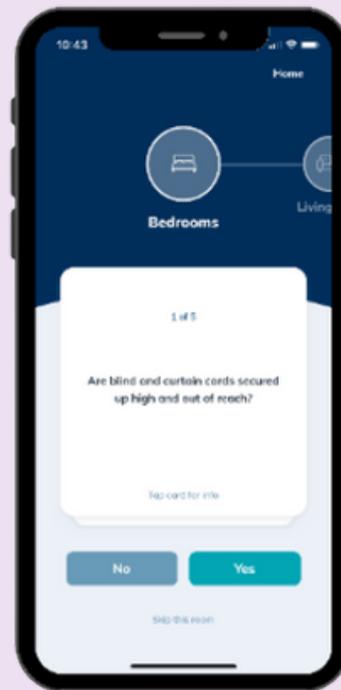
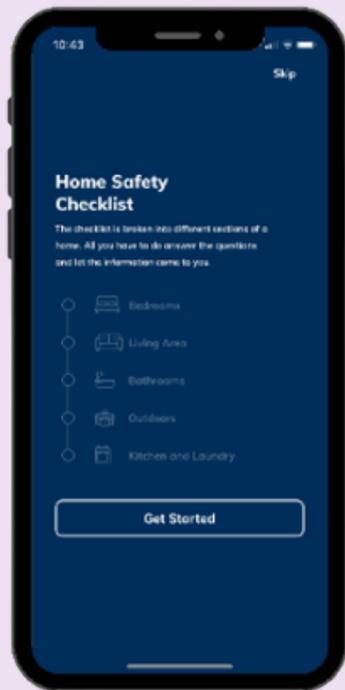


Around two thirds of these injuries happen at home.

# Community resources - Whare Kahikā

Whare Kahikā is a free home safety app that allows users to identify potential injury risks to tamariki in their homes. The app provides educational information, solutions and links to sellers of safety devices. The app works room by room, providing questions and recommendation lists for improving the safety of each space. The app is offered in Tongan, Samoan, te reo Māori & English.

## Whare Kahikā



Click on the images on the right to download.

# Research and other information



## Infant-furniture-related injuries among preschool children in New Zealand, 1987–1996

This paper describes the epidemiology of furniture related injuries in infants. A large proportion of hospitalisations included beds, with bunks, cots, walkers, high chairs, prams, and push chairs also being common.

## Plunket Whānau Āwhina: Baby-proofing your home

Plunket provides tips on how to baby proof each room of your whare. A great way to figure out the household hazards your child will face is to get down to their level. Hazards will vary slightly according to what they can reach when they're crawling or walking – and as they grow taller, too.

## Safekids Worldwide: TV and Furniture Tip-Overs

Safekids Worldwide provides tips for TV Safety. Suggestions include securing TVs to the wall, using brackets and storing heavy objects lower down.

