



AMBULANCE FACT SHEET

ISSUED JULY 2009

School safety tips



The first day of school is an exciting time for both parents and children. Following are a few tips to keep children safe especially those starting school for the first time.

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

SCHOOL ZONES

- > School zones are very busy. Always park your car on the same side of the road as the school.
- > If you have to park on the other side of the road escort your children to the school grounds.
- > When exiting from a parked or stationary position near school zones, check all mirrors prior to moving away from the kerb side.

CROSSING THE ROAD

- > Only cross the road at designated crossings and always observe the instructions of the traffic controller on duty.
- > Always observe the 40km/h speed restrictions during school hours.
- > When dropping off or picking up children from school, vehicles must park in approved locations. Stopping, even if only briefly, close to designated crossings increases the risk of children not being visible to other motorists.
- > Ensure children alight from the vehicle on the kerb side of the road.

BICYCLE SAFETY

- > It is compulsory to wear an approved helmet when riding a bicycle.
- > Helmets are designed to protect the head from damage.
- > Ensure bicycles are in good working order.
- > Make sure children are taught the rules of the road for safe cycling.
- > Set a good example when riding with children and wear a helmet.

SUN PROTECTION

Paramedics would like to remind parents to 'Slip, Slop, Slap and Wrap'. Ensuring your child is covered adequately from the sun will decrease the effects of painful burns and dehydration.

MEDICAL CONDITIONS

If your children are on medication or being treated for a medical condition, inform their teacher so they can monitor the children and ensure they take their prescribed medications at the correct time.

If your child has a condition that may need emergency treatment, such as adrenal problems, speak to the Ambulance Service to let them know.

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.

BE AN AMBULANCE HERO: DIAL ZERO ZERO ZERO School Education Program

This program is designed to ensure that every child in New South Wales understands how and when to dial Triple Zero (000) in an emergency.

The program has been rolled out to every primary school in NSW for Kindergarten, Year 1 and Year 2 students.

For more information about the program, please email: community@ambulance.nsw.gov.au or mail your request to:
Public Affairs
Ambulance Service of NSW
Locked Bag 105
Rozelle NSW 2039

For further information please contact: