



# Be Safe. Take Care.

## Safety is Care

To You, our Early Childhood Educators

You do safety work every day.

You notice the small things, respond in busy moments, comfort children, support families and help create places where children can learn, play and belong.

Your work protects wellbeing, builds trust and matters deeply.

You are helping to build our future through the lives you nurture.

Thank you!

**Remember:** we cannot keep others safe unless we are safe ourselves. Safety is care - for children, for colleagues and for ourselves.

### Top 5 simple ways to keep yourself safe at work



- Pause before lifting, bending or rushing. Use safe body positions and ask for help with heavy or awkward tasks.



- Speak up early if staffing, behaviour, fatigue or the environment makes something feel unsafe.



- Use the right hygiene and infection-control steps, including gloves, hand hygiene and cleaning procedures.



- Protect your mental safety: debrief, report concerns, take breaks when possible and use support pathways.



- Follow policies even when the day is busy. The quicker option is not always the safer option.

### Top 5 daily safety risks in early education practice



- **Inadequate supervision:** blind spots, transitions, sleep and rest, excursions and busy routines.



- **Manual handling injuries:** lifting children, working at low levels, bending, twisting and moving equipment.



- **Slips, trips and falls:** wet floors, cluttered walkways, outdoor hazards and rushed movement.



- **Illness and infection exposure:** bodily fluids, respiratory droplets, high-touch surfaces and nappy/toileting routines.



- **Psychosocial hazards:** high workload, stress, conflict, unsafe team culture, bullying or fear of speaking up.