

Safe COMMUNITIES Week.

This week is "Safe Communities Week"

...when the whole community is encouraged to take a close look at it's own living, playing and working environment with a view to improving safety!
It's a lead up to Saferooms the fifth in a series of international conferences on Safe Communities that is to be held jointly in the City of Hume and here in the LaTrobe Shire.

Throughout the week, community groups, schools, community agencies, local industry and government departments will hold open days and -
organise activities and events to promote safety in the home, at work and in the community at large.

Safe Communities Week will culminate in the accreditation of the LaTrobe Shire as a WHO (World Health Organisation) Safe Community on Saturday 24 February; one of only 14 Safe Communities in the world. The community is invited to attend the ceremony which will take place in the Binlshell at Monash University Campus, Churchill, between 9 and 5pm.

All members of the community can take simple action to make their communities safer...report a hazard, go to a training session, check your home and your car for unsafe conditions, seek advice from a safety agency, buy a safety device, or help put on a display. We will all benefit by doing something positive to reduce some of the risks that effect our daily lives.



Congratulations to LaTrobe Shire Residents

The World Health Organisation has now officially recognised LaTrobe Shire as a member of the Safe Communities Network, recognising a commitment to injury prevention.



David MacArthur
Chairman of Commissioners

**Our community can
participate in two ways.**

SAFE COMMUNITIES WEEK 19-24 FEBRUARY, 1996
SPOT THE HAZARD - Enter the Competition
Help stamp out injury

ACCREDITATION CEREMONY, SATURDAY
24 FEBRUARY, 1996
MONASH UNIVERSITY CHURCHILL
in the Binlshell commencing at 6pm
Entertainment - All welcome.

safe communities

FIFTH INTERNATIONAL CONFERENCE

Don't scald your children

HOT water in the home causes a disturbing number of scalding injuries every year — especially to small children.

Scalds account for around 60 percent of burn injuries appearing in our hospitals. They are the third leading cause of hospital bed days among children — an indication of the severity of the injuries.

Tap water scalds — 80 percent of which occur in bathrooms — are usually worse than other types as they typically cover larger areas of the body.

Temperature is obviously the crucial factor in determining whether your bathroom water is dangerous or not.

At 50C, third degree burns (where the skin is damaged beyond repair) take at least five minutes. You can be sure a child will let you know what's happening well before this, however at 60C it's just two seconds before a child will suffer severe burns.

What can be done?

In NSW and some other Australian states, legislation limiting the temperature of water for domestic use has already been introduced.

The problem however is that people quickly go cold on the idea of reducing their hot water supply temperature, if it means rising out on their hot shower.

Fortunately there is a way of keeping the children safe without denying their parents of the pleasure of a hot shower.

Continuous flow Natural Gas water heaters can do this by adjusting the water at set temperature at different outlets.



to eat?

Children under 4 years of age are susceptible to choking on solid foods, as their back teeth may not be fully developed and they are still learning to chew food properly.

To make feeding safer for young children, try the following:

- Cut food into small pieces
- Grate, cook or mash foods like carrot, celery and apple, rather than eat them raw
- Do not give young children popcorn, nuts, hard lollies, corn chips or other similar foods
- Supervise the children's eating
- Soothe children at quietly while eating

Latrobe Community Health Service Inc.

CHURCHILL, Phillip Parade
Phone 22 1400
MCK 42-44 Fowler Street
Phone 22 6956
MORWELL 251 Pinrose Highway
Phone 34 2011
RAIKOVON Paradise Drive
Phone 66 3236
TRARALGON 11 Seymour Street
Phone 74 903

THE LATROBE COMMUNITY HEALTH SERVICE INC. supports Safe Communities Week.

Latrobe Valley to host this year's international safety conference

THE 5th World Health Organisation Conference on Safe Communities is being held in the Latrobe Valley from 22 to 26 February.

The conference is being hosted by the City of Hume and the La Trobe Shire, both of which have extensive Safe Community programs.

This is the first time the conference has been held in the Southern Hemisphere, with previous conferences in Canada, Norway, Scotland and Sweden.

The first two days of the conference are to be held at Monash University Gippsland campus with the final two being held at the Victoria University of Technology/Sunbury Campus.

International, national and local participants will be attending the conference, guests coming from as far as Sweden and South Africa.

The majority of attendees are practitioners in injury prevention rather than academics.

The conference will enable the many individuals who work in the different aspects of injury prevention in communities around the world to meet and share their work in promoting the prevention of injury. It will provide the opportunity to learn from each other and progress injury prevention around the world's communities.

The conference theme will be Mainstreaming Community Safety.

Topics relating to this will be covered in presentations and workshops including safe workplaces, safe transport, safe sport and rural injury and community approaches to violence prevention.

Keynote speakers include Professor Lail Swenstrom, chairman of the World Health Organisation Collaborating Centre on National Safety Promotion, Ms Nowasia Montgomerie who will be speaking on Community Safety in a Democratic South Africa and Henk Harberth, the injury prevention project worker of the Latrobe Valley Better Health Project who will be

discussing examples of Mainstreaming Community Safety in Australian Programs among many others.

A major highlight of the conference will be the accreditation of the La Trobe Shire as one of only 14 Safe Communities in the world today.

The opportunity exists for members of the local community to attend the accreditation ceremony to be held on Saturday 24 February at 6pm in the Binalat at Monash Gippsland.

The ceremony will include the signing of an agreement between the La Trobe Shire and the World Health Organisation ensuring that the shire will continue to pursue methods of implementing injury prevention in the local community.

The ceremony will also include a range of presentations, displays, information, giveaways and entertainment including cultural dances.

SafeComm 6 is planned for Soweto/Johannesburg, South Africa in early 1997.

Health and Safety is Everyone's Business



- ◆ Information on health and safety issues
- ◆ Solutions to health and safety problems
- ◆ Resources for health and safety programs
- ◆ Links with health and safety specialists
- ◆ Network of local contacts
- ◆ Assistance with dangerous goods and other public safety issues.

HSO

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Department of Resources
and Environment
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For information and advice on health and safety matters call an HSO office location.



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Geelong (052) 22 2399
Melissa (054) 72 3176
Sale (03) 144 2598

Metro West (03) 9638 8115
Preston (03) 9481 4455
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PROFILE



Professor L. Svanstrom
Chairman, World Health Organisation
Collaborating Centre on Community Safety
Promotion.

Professor Leif Svanstrom a Swedish national, is chairman of the WHO Collaborating Centre on "Community Safety Promotion". The centre is located within the Department of Social Medicine at the Karolinska Institute in Sundbyberg, Sweden.

This collaborating centre established in 1980, has sponsored the development of an international network of "Safe Communities". There are currently 14 members who share developments in reducing the incidence of injury in their respective communities. Over fifty communities around the world are attempting to satisfy the criteria for membership.

PROFILE



Dr Kent Lindquist
Evaluation and the Credibility of the Safe
Communities Approach.

Dr Lindquist is an experienced practitioner and researcher in community safety.

He has been project leader for the Motala Safe Community Program in central Sweden. The program started in 1984 and Motala municipality was designated as a WHO Safe Community in 1989. Dr Lindquist's MD thesis in 1993 was on the topic: "Towards Community-Based Injury Prevention. The Motala Model".

He is now researcher at Linköping University in the field of injury prevention research including evaluation and cost analyses of injury prevention work.

PROFILE



Henk Harberts
Mainstreaming Community Safety—
examples from Australian Programs.

Mr Harberts has formal qualifications in social science and education. He has a background in teaching and educational consultancy with an emphasis on personal development and especially safety and health consultancy.

Mr Harberts has worked with Latrobe Valley Better Health Project since its inception as a member of the steering committee and since 1982 as the Injury Prevention Project Worker.

He holds membership of many community and advisory committees including the Victorian Injury Control Forum, the State Co-ordinator's Advisory Committee and is co-ordinator of the Australian New Zealand Injury Prevention Network.

Congratulations to the La Trobe Shire Community

For your conscious efforts in creating a safer environment at work, at home, and in the community at large. Your efforts are being acknowledged with the La Trobe Shire's accreditation as a World Health Organisation Safe Community.

A special thank-you to the following businesses and organisations for their concerns for the safety of our community, and for their sponsorship of La Trobe Safe Communities Week and Safecomms.

Health & Community Services
Health and Safety Organisation
Monash University Gippsland
Yallourn Energy
Australian Paper

Central Gippsland Institute of TAFE
Latrobe Valley Business
Loy Yang Power



Spot and fix a safety hazard AND WIN

Take a look around you. Can you identify a safety hazard in your own living, playing or working environment? What could you do to fix it?

In celebration of accreditation by the World Health Organisation of the La Trobe Shire as a "Safe Community", you are invited to enter the "Spot and Fix a Safety Hazard" competition for your chance to win one of three super prizes.

Fixing a safety hazard may be as easy as replacing a front door mat, placing non-slip surfacing on a step, cutting back shrubs or tree branches where they overhang fences and risk injury to pedestrians, removing hose pipes from close proximity to walk and door ways, taking more care when driving in built up areas or instructing learner drivers etc.

Simply complete the entry form below and lodge it at any office of the La Trobe Shire, any Latrobe Valley Express office, any Police Station in the region, or post entries to "Spot and Fix a Hazard Competition", c/o La Trobe Shire, PO Box 345, Traralgon 3644. Entries must be received by 5pm Thursday 22 February. Winning entries in the competition will be announced at the Accreditation Ceremony at the Safecomms Conference on 24 February 1986 and advertised in the Latrobe Valley Express, Tuesday 27 February. Additional entry forms are available at your local Shire Office.

Join in the competition and help us to celebrate our Accreditation as a Safe Community, and help build a safer environment. The real winners will be the people in our community.



SAFE COMMUNITIES WEEK SPOT AND FIX A SAFETY HAZARD COMPETITION

I wish to play my part in keeping La Trobe Shire a Safe Community, and in improving our environment.

I found the following hazard:

And fixed it by:

NAME: _____

ADDRESS: _____

TELEPHONE: _____

Remember that the winning entries in this competition will be announced at the Safecomms Conference on 24 February and advertised in the Latrobe Valley Express on Tuesday 27 February.

2 MILLION HOURS WITHOUT A LOST TIME INJURY

Our Safety Record is no accident.



Victoria's largest electricity generation company, Loy Yang Power, has achieved a history making **two million work hours** without a lost time injury.

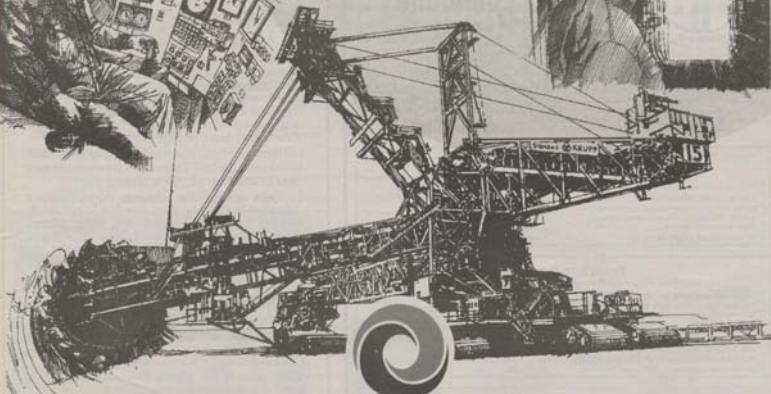
This significant milestone was reached at 3pm on Saturday January 20th, and signals 20 months since the last lost time injury at the Loy Yang power station and mine.

This impressive safety record reflects the combined effort, dedication, enthusiasm and motivation of all 576 Loy Yang Power employees to ensure safe work practices.

Contributing to the success is Loy Yang Power's:

- **Strong emphasis on safety in all aspects of the work environment**
- **Reduction in outstanding health and safety issues**
- **Development of prevention and rehabilitation programs, and**
- **Support by workplace health and safety committees.**

While Loy Yang Power is clearly an industry and community leader in safety performance, the challenge is for us to aim for the continuation of an **injury-free workplace.**



LOY YANG
power
GENERATING SAFELY

Here's your opportunity to participate

FAMILIES

Is your home safe? Make sure by getting a home safety checklist from La Trobe Safe Communities.

- Visit a safety centre like the Safety Centre at the Accident and Emergency Department of the Latrobe Regional Hospital, Traralgon Campus.
- Share your safety concerns with friends and relatives.
- Check the children's car restraints at your own RACV authorised restraint checking station.
- Book into a children's first aid course.
- Give the gift of safety to someone you love — a night light, a helmet, a restraint harness.

WORKPLACES

Carry out a walk through inspection of your whole workplace, from the front gate to the smallest storeroom — get everyone involved, and your whole organisation will benefit.

- Enforce the use of safety equipment whilst working.
- Purchase safety maps from the Health and Safety Organisation, and map out a comprehensive safety strategy to leave your needs.
- Run a manual handling safety training session for your workers.
- Offer a free pair of safety glasses for your workers to use at home, to help "give the safety message home".

Need some ideas?

FARM AND YARDS

- Stow tools out of reach of children.
- Clear rubbish and fire fuel.
- Don't take passengers on tractors or the ride-on mower.
- Fence off the dam, pool and ice from children.
- Secure hazardous mud and eardrum chemicals.

LOCAL BUSINESS, RETAILERS

- Check the safety of your work, environment and facilities.
- Promote your safety goods and services with displays and special deals.

FAMILY AND CHILDREN'S SERVICES

- Put on a safety display.
- Hold children's safety training sessions for parents.

SCHOOLS

- Inspect your play equipment.
- Carry out a safety audit of all outdoor areas at the school.
- Arrange an Aussie Sports Expo, to introduce children to modified sports which are safer and more fun for kids.
- Organise activities that promote safety.

LOCAL GOVERNMENT

- Review safety and injury prevention in Municipal Public Health and other local planning.
- Launch a public safety program.
- Inspect play equipment.
- Conduct a safety audit of arterial roads.
- Provide home safety information for seniors and families with young children.
- Put on safety displays in shopping centres, maternal and child health centres or preschools.

LOCAL ORGANISATIONS

- Carry out a simple safety audit of your facilities, or of a public place where there may be a risk of injury or violence, and report any concerns to the responsible authority.
- Look out for low hanging trees, uneven footpaths, dark spots in public pedestrian areas.

HOSPITALS AND COMMUNITY HEALTH CENTRES

- Provide relevant safety information to clients.

SAFETY ORGANISATIONS

- Launch a special campaign or promotion

during Community Safety Week.

For further information and ideas, contact: Hank Harbarts — Injury Prevention Worker, La Trobe Safe Communities, Phone (051) 34 8783.

David Drake — Sports Safety, Gippsland Sports Assembly, Phone 34 2058.

Carolyn Mould — Sports Safety, Department of Sport & Recreation, Phone 33 7086.

Janet Auchterstone — Rural Farm Safety, FarmSafe, Victoria, Phone 68 1532.

Dore Campbell — Preschool Children Transport/Road Safety, Moracids, Phone 72 2659.

Cathy Thomas — Interpersonal Violence, Family Research Action Centre, Phone 33 0077.

Caroleen Foley — Road Safety, Community Road Safety Council, Phone 72 2694.

Murray Rowenthal — Risk manager, Country Fire Authority, Phone 44 2303.

Greg Ryan — School Curriculum, Road Safety, Vicroads, Phone 72 2640.

Karen Greenberger — Public Health, La Trobe Council, Phone 73 1413.

Lina Verme — Occupational Safety, Health and Safety Organisation, Phone 74 8000.

Jack Danaher — Older People and Ethnic Issues, Latrobe Valley Migrant Resource Centre, Phone 33 7072.

Noreen Nelson — Aged and Disability Issues, La Trobe Council, Phone 73 1460.



The Working Partnership

Providing injury management services to the Latrobe Valley

Prevention is the most effective means of eliminating occupational accidents and illness. Focusing on health and safety in the workplace reduces both direct and indirect compensation costs, as well as improving performance and productivity. CRS provides a wide range of services to employers, disability organisations, doctors and Government departments aimed at promoting sensible and effective injury prevention and management practices. By linking with all stakeholders, the CRS delivers positive, durable results which means jobs for clients and reduced costs to industry and the community.

The CRS is the leading provider of rehabilitation and injury management services in Australia. CRS serves to:

- Facilitate the entry or return of people with injury or disability to the workforce.
- Provide expert assistance to industry in the prevention and management of the risks and costs associated with workplace injury.

CRS MORWELL
Telephone (051) 33 9133
Contact: Aileen Lane
CRS BAINSDALE
Telephone (051) 53 0030



The 42 State Schools in the Latrobe Valley District support "Safe Communities Week" and take pride in the La Trobe Share's accreditation as a Safe Community.

Every child deserves a totally safe environment at school. Our schools give priority to safe playground equipment and to bike and road safety, Aussie sports and modified sports programs.

For further information telephone the District Liaison Principal, Latrobe Valley District, (051) 33 0517.



AMCOR PLANTATIONS P/L

SUPPORTS

SAFE COMMUNITIES

AT HOME

AT WORK

ON THE ROAD

IN THE FOREST

Do you require St John Ambulance Australia at your sporting or community events?

St John Ambulance can provide first aid coverage for spectators and participants at your venue.

Please note our new booking arrangements for the Morwell and Traralgon areas.

Fax request details to (051) 34 5299 or telephone 014 94 1394 for further information.

*FOUR WEEKS NOTICE IS REQUIRED BEFORE DUTY. St John is a non-profit voluntary organisation. Donations and new members are welcome.



safe communities

FIFTH · INTERNATIONAL · CONFERENCE

Why a LV Better Health Project?

THE need for the Latrobe Valley Better Health Project became apparent after the publication of the Latrobe Valley Health Study released in mid-1990.

This study was carried out in an attempt to determine whether there was any truth in the general belief that there was a higher rate of death in the Latrobe Valley due to respiratory related diseases caused by air pollution from local industry.

The belief was reinforced by a series of press articles which labelled the region Death Valley.

The study found that the Latrobe Valley does in fact have a higher death rate when compared to Melbourne and the rest of the state. The cause however was related to lifestyle factors.

Specific causes of death showed higher rates for dietary related diseases such as cardiac disease and diabetes. Another major contributing factor was found to be road accidents. In fact these causes were attributed to poor nutrition, smoking, lack of exercise and excessive use of alcohol.

These results are the basis for the Latrobe Valley Better Health Project.

The project consists of two programs which concentrate on areas as identified in study - nutrition and injury prevention. The project is funded by the Victorian Health Promotion Foundation (McKee) which distributes tales collected through the sale

of tobacco products.

An initial community consultation revealed that although nutrition was felt to be a major health concern, that injury was seen to be accidental and consequently inevitable.

The aim of the nutrition program is to implement initiatives which will lead to a reduction in the prevalence of dietary related diseases, by enabling consumers to make informed choices in relation to food and by working with food providers to ensure consumers can make this choice.

In order to do this the nutrition program has concentrated on areas that were identified during the community consultation, these being low rates of breastfeeding in the Latrobe Valley, lack of nutritional and healthy foods available in catering establishments, and the lack of information to make healthy food choices easier.

Accomplishments of the nutrition program to date include:

- The implementation of catering improvement initiatives in various industrial, local government, commercial and school settings;

- Development of catering guidelines to assist food outlets in providing a greater choice of nutritious foods;

- Conducting nutrition education sessions with local schools, community and sporting groups;

- Development of a series of workshops encouraging the use of nutritious foods for fundraising purposes which were attended by representatives from a diversity of local clubs, groups and schools;

- Initiatives to encourage breastfeeding of infants in the Latrobe Valley have included a public forum to discuss barriers to achieving this aim and collaboration between various local agencies involved in infant health;

- Directions for the nutrition program in 1996 will be to work with local government, community health, schools and industry to encourage the development and implementation of policies which address a number of nutrition related issues relevant to their organisation.

The injury prevention program has concentrated on a number of areas that relate to the major causes of injury. These include home safety, playgrounds, sports injury and issues surrounding youth alcohol.

The injury prevention program was developed to prevent injuries, reduce hazards and increase public awareness of measures to reduce the incidence and severity of injuries in the community. In July 1991, the Victorian Injury Surveillance System started a detailed collection of data regarding injuries presented at the accident and emergency department of Latrobe Regional Hospital Tareyton and Moe campuses.

Statistics show that a majority of injuries

are sustained at home (40 percent), at work (15 percent), playing sport (10 percent) or during recreational activities and that they could have been avoided if simple awareness and certain precautions were taken.

The Latrobe Valley Better Health Project closely follows a community-based model of health promotion. A key ingredient of the model is the 'bottom up' method of community development.

Using this model, health changes occur as a result of an educational process in which all of the members of the local community not only participate, but also control and are responsible for their own health and the activities developed around changes in their living conditions. The program utilizes a local management committee with a reference group for injury prevention and working parties which have a focus on individual programs of the project.

The management of the overall project is performed by the management committee, which is chaired by Wallington Shaw, chairman of Commissioners John Day. The other members of the committee are key players in the areas of health, industry and local government within the Valley.

The achievements of the injury prevention program will be rewarded with the Silver of La Trobe being included into the World Health Organisation Safe Community Network.

Yallourn Energy spends as much time on safe working as it does digging coal and generating electricity - in fact, 24 hours around the clock.

That's what it took for Yallourn W power station to complete the past 12 months - more than three quarters of a

Safety - An around the clock issue

million manhours - without a single lost time injury, and still going. And it was a clear focus on workplace safety

which drove Yallourn's miners to become only the second mine in Australia to earn coveted National Safety

Council of Australia five star safety accreditation - and in an unprecedented short time span.

Now the emphasis is extending beyond the workplace to the health and safety of employees at home and in the wider community.

That's why Yallourn, with its proud five star performance at power station and mine, supports Safe Communities Week.

★ ★ ★ ★ ★

YALLOURN

PIONEERS IN POWER!

Hot water burns like fire

AVOID BATHROOM SCALDS WITH YOUR CHILDREN

Come and see the Rinnai Infinity solution to scalds

As part of "Safe Communities Week" Rinnai Australia will have their Water Safe Hot Water caravan on display at

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89 Seymour Street, Traralgon,
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