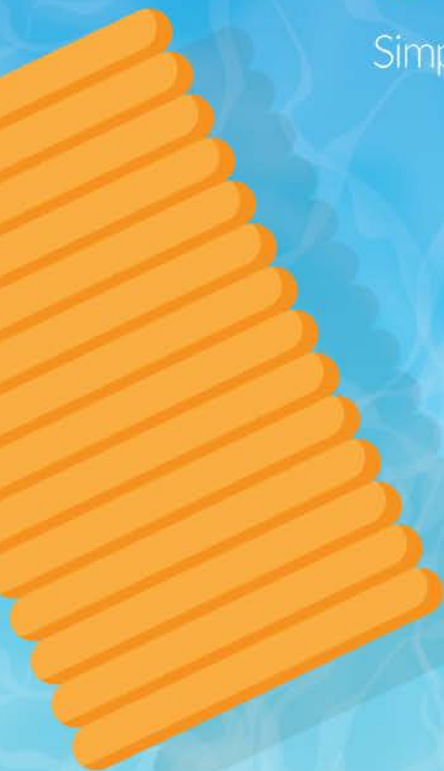




Launceston
Safer Communities
Partnership

Safe Summer in Launceston

Simple things we can all do to make Launceston
a safer place to be this summer.



Our Vision

General Safety

Food Safety

Parties & Alcohol

Water Safety

Preventing Theft

Snake Safety

Going Away

Bushfires & Emergencies



Who we are:

Members of the Launceston Safer Communities Partnership are representatives committed to addressing community safety issues as they relate to the greater Launceston area. They include local government, state government departments, community based organisations and the business sector.

Our Vision:

For people to be safe and feel safe.

Our Mission:

We work in partnership to enhance community safety (real and perceived) outcomes for everyone by:

1. Promoting community safety;
2. Mobilising resources in the community; and
3. Providing informed advice, input, comment and feedback.

Message from our Chairman

The Launceston Safer Communities Partnership is an inter-organisational committee that addresses community safety issues related to the greater Launceston area.

As the end of year draws near, the days heat up and the Christmas festivities are in full swing, it is a timely reminder about the importance of staying safe this Summer.

Safe Summer in Launceston is in its fifth year as an online tool providing simple reminders on what we can all do to improve our safety over the summer months.

It is a concise collection of some practical tips and ideas to keep you and your family safe. The content is diverse. Fire and Water Safety and then, simple reminders like keeping your car secure, that are relevant at all times of the year but even more so in the frenetic lead up to holidays.

There are many organisations that undertake wonderful work within our community; aiming to improve our personal and collective wellbeing. Working in collaboration, we can make our Launceston a safer and more welcoming place to live.

Please take a few moments to consider some of the tips included. They will assist or remind you of some simple things to keep in mind. That way you are sure to enjoy good times with friends and loved ones in Launceston this Summer.

Alderman Danny Gibson
LAUNCESTON SAFER COMMUNITIES PARTNERSHIP




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Simple things we can all do to make Launceston a safer place to be this summer:

- Respect our urban environment and public spaces.
- Show some level of tolerance towards others' sometimes excessive behaviour. Do not over react, do not get overly upset.
- Take time to notice other people's courteous and respectful behaviour.
- Be welcoming to our summer visitors.
- Catch up with friends and neighbours.
- Have fun and celebrate but respect others.
- Report street lights that are not operating or other domestic faults to Aurora 13 2004 (24hrs a day).



Reach out for assistance

www.findhelptas.com.au

It's as simple as entering your postcode and selecting the service you require. There is access to support for:

- Housing;
- Legal stuff;
- Health;
- Finances;
- Crises and emergencies;
- Pregnancy;
- Addictions; and
- Many more.



Report crime to Police



- Report all crime and threatening or suspicious incidents to the police.
- Police can only act if they have information from the public.
- Your information may prevent something happening to others.
- Police assistance, non-urgent: 13 1444.
- Emergencies: 000 (Police, Fire, Ambulance).
- Crime Stoppers – report crime anonymously to 1800 333 000.


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Food safety

With the upcoming warmer weather, food safety is very important. Food poisoning can cause vomiting and diarrhoea and can be serious for unborn babies, young children, older people and people that have weakened immune systems.

Below are some tips to help you to prevent food poisoning occurring.

1. Wash your hands with soap and warm water and dry thoroughly – before preparing food, after handling raw meat or poultry, smoking, going to the toilet and handling pets or other animals. If you're not well – don't handle or prepare food.
2. Store potentially hazardous foods such as meat, seafood, dairy products, cooked rice and pasta out of the **Temperature Danger Zone**. Harmful bacteria grow more easily when food is stored between 5 and 60 degrees Celsius.
3. Throw out food that has been in the Temperature Danger Zone for a total of 4 hours or more, especially poultry, meat, seafood, cooked rice and cooked pasta. If food is past its Use-By Date, throw it out.
4. Thaw frozen foods thoroughly, particularly meats, in either the fridge or the microwave.
5. Don't over load your fridge so that air can circulate freely to keep your food cold.
6. Keep raw and cooked foods separate – use separate chopping boards and store raw meat below cooked and ready-to-eat foods in the fridge.
7. Wash foods that aren't cooked, such as salad items and garnishes.
8. Get cold and frozen food home quickly and put into the fridge or freezer – take insulated containers with frozen ice bricks when shopping.
9. Keep cold foods very cold and hot foods very hot. Reheat left-overs quickly until steaming hot.
10. Don't leave hot food to completely cool at room temperature – as soon as food has stopped steaming put it in the fridge.

Like more information?

- Visit the I'm Alert free online food safety training at www.launceston.imalert.com.au
- Visit the Food Standards Australia New Zealand website for food safety fact sheets safety at www.foodstandards.gov.au – translated versions are also available.
- Or call our Environmental Health Officers on 03 6323 3000, or email envservices@launceston.tas.gov.au




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Play it safe

Before you head out

- Let your parents or room-mates know where you're going and what time you're getting home.
- Put money aside for the bus or taxi.
- Make sure you have phone credit.

While you're out

- Stay with your friends – there is safety in numbers.
- Look out for your mates.
- Stay in populated or high visible areas.
- Walk away if confronted.



Getting home safely

- Don't let friends drink and drive.
- Know how your friends are getting home.
- Don't change your plans without letting someone know.
- Don't leave a mate on their own or with people they don't know.

Looking for a 'party safe checklist' covering the following aspects?

- Before the party;
- The venue;
- Transport to and from the party;
- During the party;
- Supervision and security;
- Drug and alcohol issues; and/or
- Crowd management techniques.

Visit www.safeparty.com.au/party-safe-checklist

As a parent or teenager you should be aware of your rights and responsibilities. Visit

www.dhhs.tas.gov.au/service_information/information/party_-_but_party_safe

For your free *Just in Case* card with important phone numbers, please call our Youth Development Officer on 03 6323 3219.

Name	D.O.B	Taxi.....	13.2227.or.131.008
Your home number		Police.local.....	131.444.(non-emergency)
Medical conditions		Metro.....	Info.hotline.13.2201
.....			or.Office.6336.5888
Last bus home		Emergency.....	000
Parent/guardian number		Call.connect.....	12456
Your mobile		Kids.Helpline.....	1800.55.1800
		RACT.roadside.assist.....	13.1111
		Alcohol.and.drug.....	1800.811.994
		Headspace.....	6335.3100.or.text.0458.610.022
		Poisons.Information.Centre.....	13.1126
		Lifeline.(24.hour.counselling.service).....	13.1114
		1800.REVERSE.....	(1800.7383773)
	
	

Important numbers/information


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Family water safety

Remember to stay safe at home, at the local pool and out and about. Different water situations can be both fun and dangerous in different ways, but the best way to keep your family safe is through supervision. The Royal Life Saving Society recommends these four elements of active supervision:

Be prepared: Ensure you have everything you need before getting into the water, such as towels and dry clothes.

Be close: Always be within arms' reach of your child.

All of your attention: Focus all of your attention on your child and get into the pool and talk and play with them.

All of the time: You should never leave your child alone in the water, nor should they be left in the care of an older child or with the assumption that your responsibility diminishes due to the presence of lifeguards.

The City of Launceston Leisure and Aquatic Centre (LAC) runs the Royal Life Saving Society Swim and Survive Program, which ensures that the essential components of personal survival and water safety are provided, in addition to a process of developing strong and effective swimming technique.

More information on the LAC Swim School can be found at www.launcestonaquatic.com.au or by calling 03 6323 3636.

Home pools and spas

Before installing a swimming pool or a spa at home this summer check its compliance with Australian Standards. A building permit may also be required - even for inflatable pools - to ensure safety for all.

If you have any question, call **City of Launceston Customer Service** on 03 6323 3000.



What can you do?

Lock and hide valuables

- Always lock your vehicle, including the boot and sun roof and remember to fully close the windows.
- Take all valuables with you if you can. If you cannot, then lock them in your boot. Do not leave Christmas presents, wallets, phones, ipads, ipods or medication on display, in door pockets, centre consoles or gloveboxes.
- Always check the back seat for technology items that children may have left on display before leaving your car.
- Wherever possible use off street parking or secure parking, otherwise park your vehicle in a well-lit and highly visible area.



Secure your car keys

- Remove keys from the ignition if your vehicle is parked or unattended – even if only for a minute.
- Do not hide spare keys on the vehicle – thieves know where to look.
- Take your keys with you if you are going out, even if you are leaving your vehicle at home.
- Car keys should not be marked with names, addresses or registration numbers – use your Driver Licence number.
- Do not leave vehicle keys lying around on kitchen benches or bedside tables – keep them out of sight.



Secure your vehicle

- When parking in a garage, ensure both the garage and the vehicle are locked and the garage door remotes are secured.
- Consider using the following to help protect your vehicle – car alarm, immobiliser, ignition shield, steering wheel lock, window etching, microdots or GPS tracker.
- Use lockable devices – such as lockable fuel caps, wheel nuts, spare tyre covers, roof racks.
- Adequately secure registration plates – these are frequently stolen. (e.g. affix with one way screws).

Summer safety message on snakes

Tasmania has three species of snake that can be encountered during warmer periods as they move about feeding on frogs, insects, and small prey such as mice and small birds. The land snakes commonly encountered in Tasmania are the

- Lowland Copperhead *Austrelaps superbus*;
- The Tiger *Notechis scutatus*; and
- White-lipped *Drysdalia coronoides* (less common).

All snakes in Tasmania are venomous and should be avoided.

Avoiding snakes at home

Snakes occur naturally in our environment and if you live on the urban fringe and have quite undisturbed area in your garden you can expect they may share your habitat. To minimise your chance of social interaction I suggest:

- Keep your grass mown;
- Keep your wood heap away from the house and/or elevated 0.5 m above ground level;
- Keep garden debris to a minimum;
- Make sure the area under your house is well sealed or very clear and dry;
- Ensure standing water and wet spots are kept to a minimum; and
- Keep a good eye on your pets' drinking bowl as snakes are happy to share but can be deadly.

If you have a visiting snake you would like relocated,
call the City of Launceston Council Rangers on 03 6323 3000.
We will pick the reptile up and find it a new home away for built-up areas.

Snake bite symptoms

You may see **puncture marks**, **bleeding** or just **scratches**. This said, signs are not always visible on the area bitten.

Symptoms developing within an hour may include:

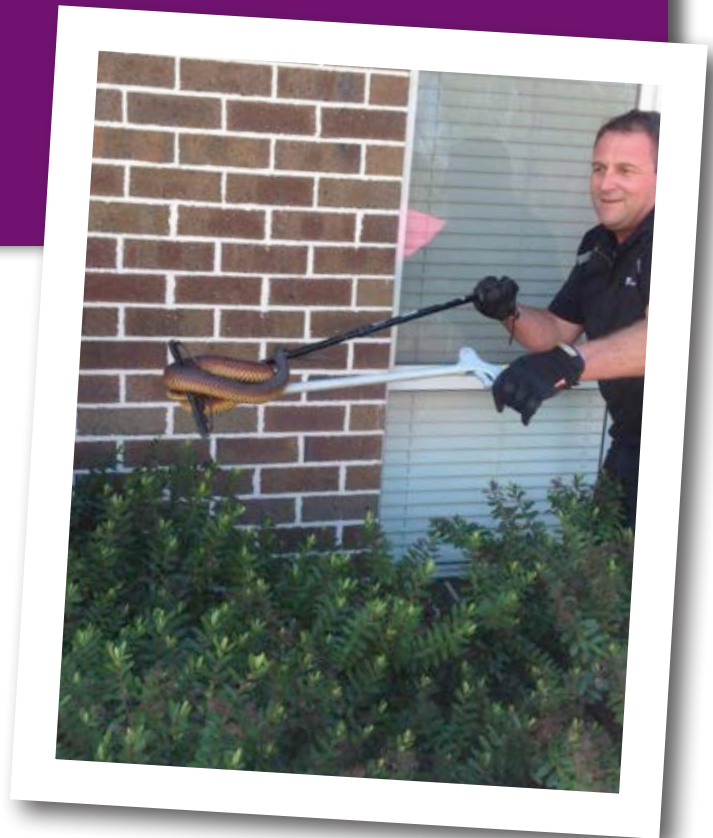
- Headache;
- Impaired vision;
- Nausea;
- Vomiting;
- Diarrhoea;
- Drowsiness;
- Faintness; and/or
- Difficulties breathing, speaking or swallowing.


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FIRST AID (Source: St John First Aid)

1. Follow DRSABCD. (Call 000 for medical assistance.)
2. Reassure the patient and ask them not to move.
3. Apply a broad crepe bandage over the bite site as soon as possible.
4. Apply a pressure bandage (heavy crepe or elasticised roller bandage) starting just above the fingers or toes of the bitten limb, and move upwards on the limb as far as can be reached (include the snake bite). Apply firmly without stopping blood supply to the limb.
5. Immobilise the bandaged limb with splints.
6. Ensure the patient does not move.
7. Write down the time of the bite and when the bandage was applied. Stay with the patient.
8. Regularly check circulation in fingers or toes.
9. Manage for shock.



NEVER

- Wash venom off the skin;
- Cut the bitten area;
- Try to suck venom out of wound;
- Use a tourniquet; or
- Try to catch the snake.


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If you are going away this summer:

- Ensure your house looks 'lived in', this will deter intruders from breaking in.
- Make sure that all doors and windows are locked and don't forget to set the alarm.
- Let your neighbours know where, and for how long, you are away. Leave them a contact number if possible.
- Have a friend or neighbour collect your mail or organise for the post office to store it for you.
- Use a 'No junk and un-addressed mail' sticker on your letter box to avoid it filling up while you are away.
- Tidy up your garden and mow the lawns before you go. Ensure someone can do that while you are away.
- Don't leave Christmas packaging (e.g. the box of your new TV) outside the house, cut them up and recycle them.
- Get your neighbours to put the bins out and away. Exchange the favour when they go away!
- Thank your neighbours for their vigilance.
- Neighbours are precious: look after them and they'll look after you.
- Ensure all vehicles on the property are locked and all valuables including loose change are removed.
- Check *Meet the Neighbours* on www.launceston.tas.gov.au and get together with those people living near you that you may not have had the opportunity to meet. Help and support may be next door!



Drive Safely

The end of year and Christmas season are busy times on Tasmanian roads.

As a motorist:

- DO NOT drink/drug and drive.
- DO NOT text and drive.
- Slow down.
- Stay focused and avoid distractions.

The consequences of taking risks on the road are shattering - not just physically, but emotionally.


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Bushfires in Tasmania - Know your bushfire risk. Make a plan.



If you live in or near the bush, your home is at risk from bushfire.

Most bushfires in Tasmania occur during relatively mild summer weather and are easily controlled by firefighters. However bushfires that break out on very hot, dry, and windy days can spread rapidly and maybe difficult or impossible for firefighters to control. These fires can burn large areas of forest and farmland, destroy homes and livestock, and sometimes kill and injure people.

A properly prepared home is more likely to survive a bushfire than one that hasn't been prepared, and the chances increase significantly if able bodied people are there to protect your home.

Tasmania Fire Service encourages all Tasmanian's to make a bushfire plan, with leaving early always being the safest option.

For more information visit: www.fire.tas.gov.au or call 1800 000 699.



Emergencies

Are you prepared for an emergency event?

Do you have plans in place should you need to leave your home for an extended period of time?

Have you prepared an Emergency Kit?

You can have a kit ready to assist in any emergency situation. Suggestions of what your emergency kit could contain can be found at:

**www.launceston.tas.gov.au
> Environment > Emergency Management.**

Preparing for emergencies – it's everyone's responsibility.




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