



Safe Summer in Launceston

Tips and resources to keep
safe in the warmer months

2017-18 edition

Message from the 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 sixth year as a resource to provide 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. Bushfire and water safety and 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 and aim 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.



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Contacts

Emergency Services

Use 000 in the event of emergencies that are life threatening.

Police 131 444

If you experience, or witness threatening or suspicious incidents or behaviour, report it to the Police. Your information may prevent something from happening to others.



National Security

Hotline 1800 123 400

Report anything suspicious to the National Security Hotline: If it doesn't add up, speak up!

Crime Stoppers

1800 333 000

Allows you to report crime anonymously.

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 information, health, finances, crises and emergencies, pregnancy, addictions and more.

Equal Opportunities

Tasmania 1300 305 062

This is the Office of the Anti-Discrimination Commissioner. Get information on what constitutes discrimination and how to lodge a complaint, equalopportunity.tas.gov.au

Headspace

6335 3100
Provides help and support for young people aged 12-25 at centres, online or over the phone for mental health, general health, alcohol and drug and work and study issues.

Working It Out

0438 346 122
Tasmania's sexuality and gender support and education service. Working It Out provides counselling and support for lesbian, gay, bisexual, transgender and intersex (LGBTI) Tasmanians and education and training programmes to schools, workplaces, government and non-government organisations.

Relationships Australia

6332 8000
A leading provider of relationship support services that include counselling, dispute resolution and mediation, gamblers help, youth and family services etc with the aim of achieving positive and respectful relationships.

The Salvation Army

6323 7500
Provides a number of pre-loved stores, emergency relief, employment services, assistance with care and parenting, advocacy and support for parenting of children in out of home care and support the Good Neighbour Council of Tasmania.

Translating and Interpreting Service

131 450 (TIS National)
www.tisnational.gov.au
Provides access to phone and on-site interpreting services in over 150 languages.

Women's Shelter, Magnolia Place

6344 5322
Provides short term crisis accommodation for women with children or women without children over 20. This service is for homeless women, including providing safety for women escaping domestic violence.

Snap Send Solve

Snap Send Solve is a free app for iPhones or Android smartphones that lets you report issues and provide feedback to the Council in under 30 seconds. Capture via photo and report on common issues such as litter, broken pavement, damaged playground equipment, etc. Your report is sent from the app using your email address so that the Council can respond directly to you to solve the issue. To install the app simply search for Snap Send Solve in Apple's app store for iPhones, or Google Play for Android smartphones.



Some simple things we can all do to make Launceston a safer place

- Take time to notice other people's courteous and respectful behaviour. Our city is known for its friendliness – make your contribution.
- Show some level of tolerance towards others' sometimes excessive behaviour. Try not to over react, or get overly upset.
- Catch up with friends you have not seen for a while (in town or in the comfort of your home).
- Do your bit towards reducing theft: Lock your home, lock your car and safeguard your keys at all times
- Enjoy your public parks: Go out for walks during the day and enjoy the occasional bit of sunshine.

Have your say

Do you have something to say about upcoming City of Launceston projects and initiatives? Have your say online.

yourvoicemyourlaunceston.com.au

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 those with weakened immune systems.

Tips to help you to prevent food poisoning occurring:

1. Before preparing food, after handling raw meat or poultry, smoking, going to the toilet and handling pets or other animals – wash your hands with soap and warm water and dry thoroughly. If you're not well – don't handle or prepare food.
2. Store potentially hazardous foods such as raw and cooked meat, poultry and seafood, dairy products, cooked rice and pasta in the fridge and 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. Throw out food that is past the use by date.
4. Thaw frozen foods, particularly meats thoroughly in either the fridge or the microwave.
5. Don't over load your fridge; ensure air can circulate freely to keep your food cold.
6. Keep raw and cooked foods separate. Use separate chopping boards. Store raw meat below cooked meat and ready-to-eat foods in the fridge.
7. Wash fruit, salad and garnish items (that are used raw) prior to consuming.
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 at 5°C or below and hot foods at 60°C or above. Reheat leftovers 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.
- Call our Environmental Health Officers on 6323 3000 or email envservices@launceston.tas.gov.au



It's party time!

Information for parents and young people

Safe partying over the holidays and warmer months is not only a consideration for adults, but also one for parents of young people. Get to know your respective rights and responsibilities and access tips that will help you communicate with your young people on the subject of partying and drinking to ensure they have a safe experience www.dhhs.tas.gov.au/service_information/information/party_-_but_party_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 are 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 alone or with people they don't know

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



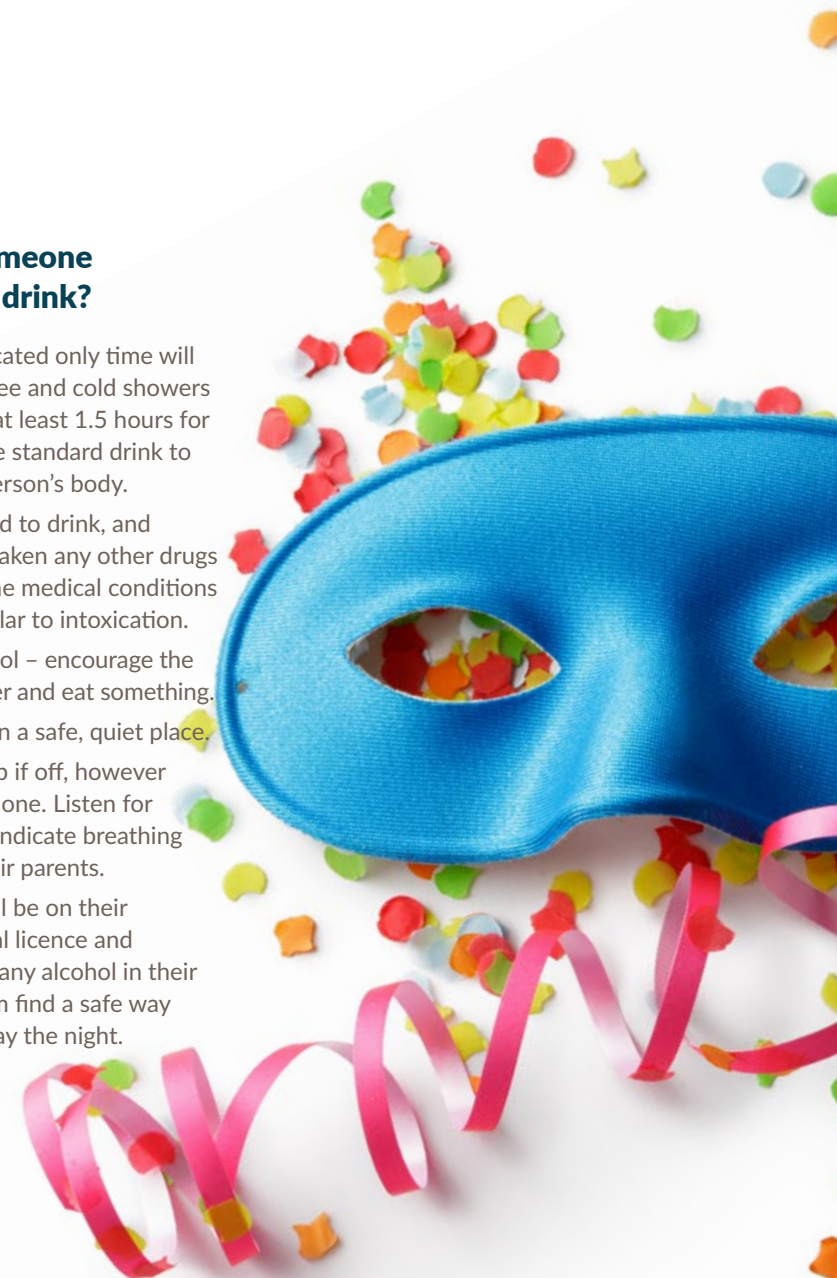
Alcohol and under 18s

Alcohol is the most widely used social drug in Australia. As teenagers grow up, their use of alcohol and other drugs often develop to be more like that of their family and friends. Peer preference (choosing one role model over other role models) can be a potent force for and against safe behaviour.

Check what the Tasmanian law says regarding the supply of alcohol to under 18s and get support in how to organise a safe party at home. <http://interactive.den.org.au/flipbooks/partyrules/#p=1>

What to do if someone has too much to drink?

- If someone is intoxicated only time will sober them up. Coffee and cold showers won't help. It takes at least 1.5 hours for the alcohol from one standard drink to leave the average person's body.
- Ask what they've had to drink, and whether they have taken any other drugs or medication – some medical conditions have symptoms similar to intoxication.
- Stop providing alcohol – encourage the person to drink water and eat something.
- Let the person rest in a safe, quiet place.
- Enable them to sleep if off, however do not leave them alone. Listen for snoring as this may indicate breathing difficulties. Alert their parents.
- Drivers under 18 will be on their learner or provisional licence and must not drive with any alcohol in their system, so help them find a safe way home or let them stay the night.



Safe socialising this summer

Summertime is a great time to get out and about and catch up with friends and family in a social setting. We ask everyone to think about safety and behaviour when getting out and about in the summer months. Tasmania also has a high proportion of young people who drink alcohol at risky or high risk levels. It is a reality that anti-social behaviour is linked to the abuse of alcohol. Anti-social behaviour includes, but is not limited to; assault, disorderly conduct, fighting, trespass, disobeying police directions, offensive behaviour, refusing to leave licensed premises, threatening or intimidating behaviour or being loud and abusive.

What can you do to avoid being a victim or the cause of antisocial behaviour?

- Plan your evening and organise transport to and from the venue
- Carry photo identification
- Avoid excessive drinking
- Remain alert and observant
- Stay in well lit areas and walk in groups
- Avoid loud, obnoxious people
- Look after your friends and don't let anyone wander off by themselves
- Make sure everyone gets home safely
- Don't let your friends drink and drive

Get along with the police

If asked by police to move on, comply with the direction, don't argue, or you may be arrested and have to attend court to explain your actions.

Behaviour at licensed venues

Respect the right of staff at licensed premises to restrict access of people to their premises and leave when asked or leave the area when refused entry. Again don't argue, their decision is final and if you don't comply they will have security remove you or call the police if you become abusive or violent.

Carrying alcohol in public

Do not carry open bottles of liquor in public places. The alcohol can be confiscated and you will be fined \$159.

How do I get help?

If you are harassed, abused or assaulted call 13 14 44 immediately and report it or 000 if it is urgent.



Water safety

Whether at home, around the swimming pool, in the sea or out and about, stay vigilant around water.

Being in and around water in the summer is fun but there are life threatening dangers. 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 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 phone 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. If you have any questions, call City of Launceston Customer Service on 6323 3000.

River safety tips:

1. Never swim alone
2. Avoid alcohol around water
3. Wear a lifejacket
4. Learn lifesaving skills

www.royallifesaving.com.au/programs/respecttheriver/rivertips

Surf safety tips:

www.surfthecoast.com.au/Beachandsurfsafety



Theft prevention

Lock your house while making it look 'lived in'

Some of us will be heading off to the beach or countryside for a few days this summer. To deter unwanted visitors and prevent your house from being broken into:

- Ensure your house looks 'lived in'.
 - Make sure that all doors and windows are locked, don't forget to set the alarm before you leave.
 - 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, no 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. Arrange for someone to do this if you are away for a while.
 - 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.
 - Neighbours are precious: look after them and they'll look after you. 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.
 - Don't mention going away on vacation in your social networking status updates. Consider changing your privacy setting or deleting messages from friends who comment on your holiday.
 - Avoid geotagging photos. Most smartphones and many digital cameras automatically attach the exact location where a photo was taken – and when you share it online, the geotag can give away your address or let criminals know that you're on vacation, which could make your home a target for break-in.
 - If you leave a car behind, lock it, lock the garage and hide the car keys well away from sight.

CAR THIEVES GO TO GREAT LENGTHS TO STEAL YOUR KEYS FROM HOME

Car security begins at home.



carsecuritybeginsathome.com



carsafe.com.au

Help stop car theft. A message from CAR-SAFE and your local council.

On the roads

December and January are busy times on Tasmanian roads.

Be a responsible driver. You owe it to yourself, your passengers and other road users.

- Do not consume alcohol and/or drugs before you drive.
- Do not use your mobile phone at all whilst driving – not even to check social media, navigate, scroll music lists or send messages.
- Avoid driving if you're tired.
- Stop for rests if you become tired.
- Be aware of the speed limit at all times.
- Adjust your driving to the conditions – consider traffic, weather, road surface.
- Ensure EVERYONE in the vehicle is wearing their seatbelt correctly.
- Particularly over summer be watchful of other drivers. Some road users visiting the state are unfamiliar with our road conditions and easily distracted by tourist attractions.



Snake alert!

All Tasmanian snakes are dangerous

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:

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

All snakes in Tasmania are venomous and should be avoided.

How to avoid snakes at home

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

- Mow lawns regularly
- Keep your wood heap away from the house and/or elevated 0.5m 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
- Keep a good eye on your pet's drinking bowl as snakes are happy to share but can be deadly

Recognising snake bite symptoms

Signs are not always visible on the area bitten but puncture marks, bleeding or just scratches may be seen. Bite symptoms developing within an hour may include:

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

Snake First Aid

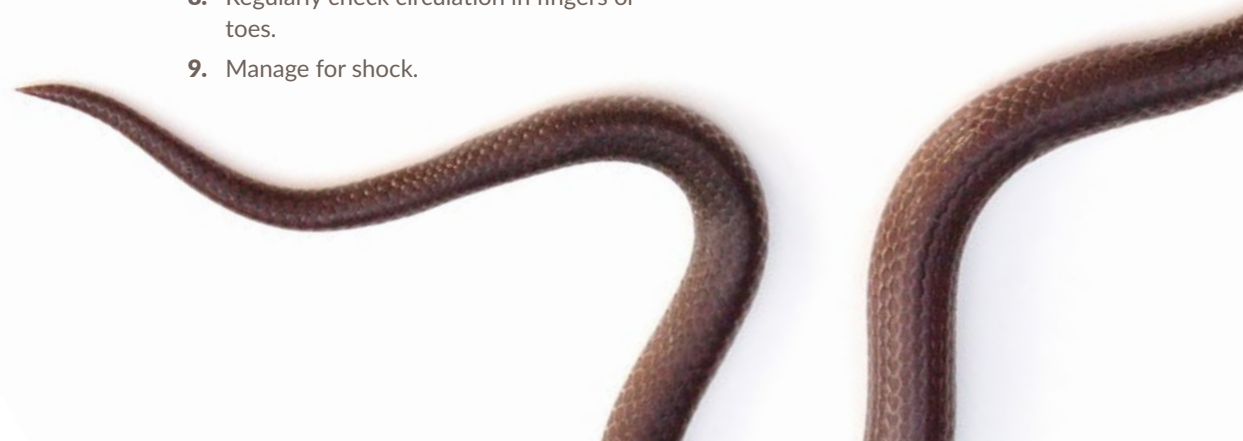
1. Follow DRS ABCD (Call 000 for medical assistance).
2. Reassure the patient and ask them not to move.
3. Apply a broad crepe bandage over the bite as soon as possible.
4. Apply a pressure bandage (heavy crepe or elasticised roller bandage) starting just above the fingers or toes of the bitten limb, and move upwards on the limb as far as can be reached, include the snake bite. Apply firmly without blocking 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.

DRSABCD stands for:

Danger
Response
Send for help
Airway
Breathing
CPR (cardiopulmonary resuscitation)
Defibrillator

NEVER

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



Natural disasters

Be prepared for a natural disaster

Are you prepared for an emergency event (bushfire, flood, storm etc)?

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

Have you got a pet pal?

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/Emergency Management](http://www.launceston.tas.gov.au/Emergency-Management)

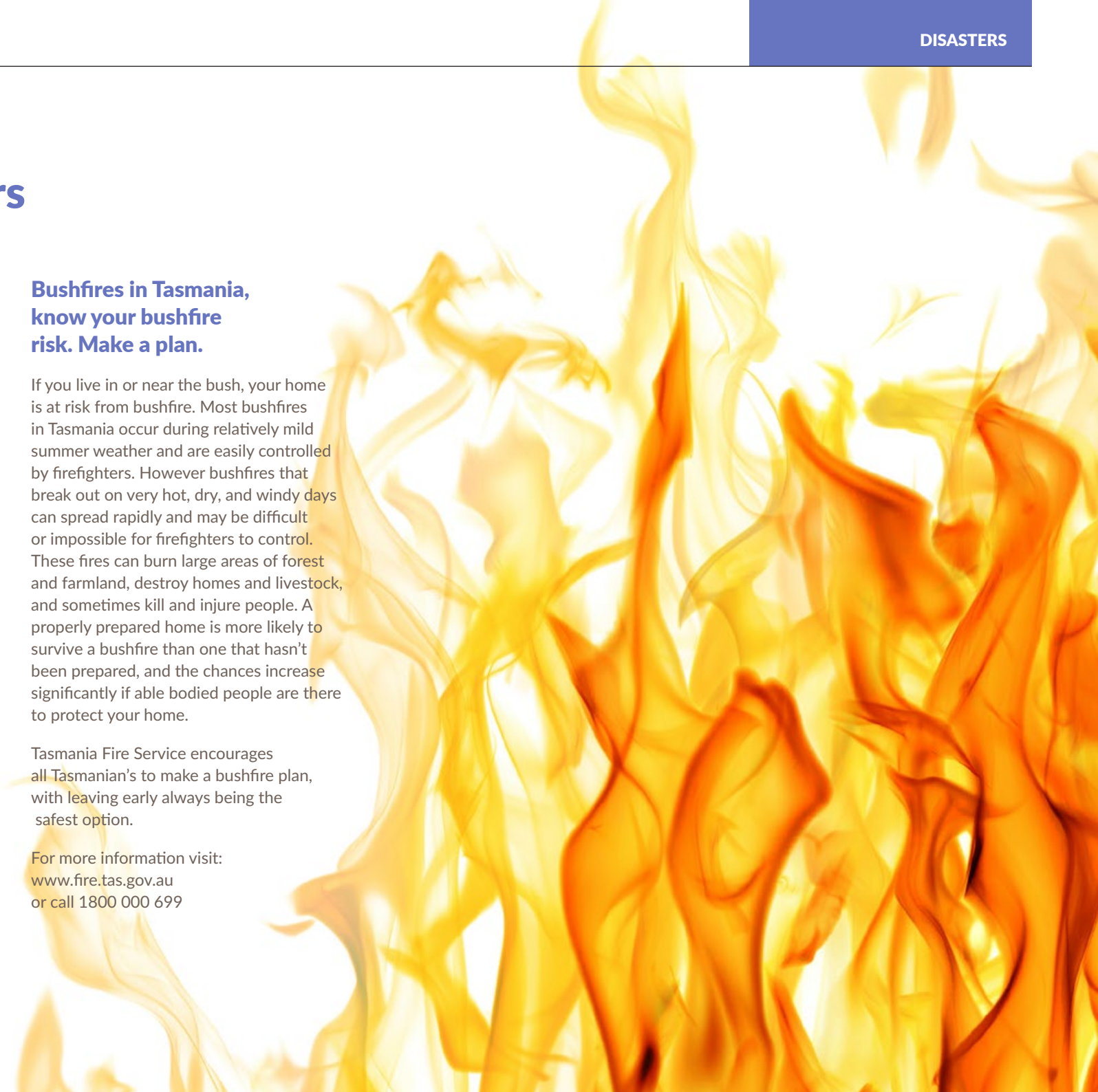
Preparing for emergencies is everyone's responsibility.

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 may be 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



Floods

Launceston is located at the junction of three major rivers, the South Esk, the North Esk and the Tamar River. The South Esk and North Esk rivers drain approximately 14 per cent of the entire state of Tasmania.

Much of early Launceston was built on a flood plain. As a result, Launceston has suffered a number of floods throughout its history. The 1929 flood left 4,000 homeless. Flooding can cause devastation to homes and properties.

A system of flood levees was built during the 1960s to offer some protection for the city. They have been difficult to maintain, as the land they were built on is mostly silt.

The flood levees have been repaired and re-built, however, the adequacy of any levee system cannot be guaranteed and water may flow over the top of them or they may break. Should this happen some properties in Launceston may be affected by flood waters entering or isolating the property.

How to be prepared and safe in floods

- Have an emergency kit prepared and ready. Include in your kit a battery operated radio, torch and spare batteries.
- Keep a list of emergency phone numbers handy
- Never drive in flood waters.
- Never swim or wade in flood waters – you don't know what's under the surface
- Have a supply of strong plastic bags or pillow cases filled with earth or sand. These can be placed in toilet bowls to prevent sewage entering your property
- Put plugs in sinks and baths and weigh them down with the bags filled with earth
- Place furniture on beds and personal items on the furniture. Electrical equipment should be placed on top
- Secure items that may become hazardous and cause damage if moved by flood water e.g. refrigerators and other large household items.
- Tie and anchor outdoor garbage, wheelie and recycling bins to minimise the spread of disease.
- The gaps around windows and door frames can be sealed with duct tape and plastic available from most hardware stores. Duct tape and plastic well applied on a dry surface is far more effective than sandbagging.
- Similarly, air bricks can be sealed with duct tape or a sheet of plastic and duct taped. Do not permanently seal your air bricks.
- Well in advance of any flood it's recommended that you seal gaps between door frames and brick work or the structure, with silicone or approved water resilient filler.
- Keep on hand stocks of plastic, duct tape, bags filled with sand or dirt and silicone sealant. This will assist with protecting your home in the event of any flooding taking place.
- Move any outside belongings to high locations. This includes car oils, pesticides and chemicals which can be very hazardous to the environment when mixed with floodwaters.
- Listen to ABC Radio 91.7FM to keep up to date with current situations.
- If you live in Invermay be aware of your nearest flood marker (erected on power poles). Emergency Services and ABC Radio will advise you how high the water is expected to reach on the flood marker.
- Be prepared to evacuate if Emergency Services require you to do so. Police and SES personnel will be in the area to assist you.
- If you live in Invermay and are required to evacuate to a safer location because of an approaching flood, an emergency flood siren will be activated. This sounds like an air raid siren.
- Identify evacuation routes and centres. If you live in the suburb of Invermay and you are required to evacuate, evacuation centres are located at the Silverdome, Prospect and University of Tasmania, Mowbray. You should go to these locations if you are unable to stay with friends or family.
- Contact the State Emergency Service (SES) phone 132 500 if you are concerned about flooding in your area.

For more information please call the City of Launceston's Emergency Management Officer on 6323 3224





Launceston Safer Communities Partnership

The Launceston Safer Communities Partnership (LSCP) is an external committee of the City of Launceston and is committed to addressing community safety issues as they relate to the greater Launceston area. Members include local government, state government departments, community based organisations and the business sector.

LSCP addresses crime by using a cooperative approach, involving all levels of government and the whole community. The long term aims of community safety are to strengthen communities, reduce the likelihood of problems occurring and respond to those problems effectively.

Community safety is broader than crime prevention and encompasses efforts to reassure communities and influence perceptions about safety issues and crimes. It aims to address the causes of crime and what influences people to get involved in crime. It also looks at the factors that contribute to the fear of crime, which include not just criminal activities but also antisocial behaviour, perception, stereotypes, personal experience and environment factors.

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

Contact us

T 6323 3000

E contactus@launceston.tas.gov.au

**Large print copies
of this document are
available on request.**

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Publication prepared by City of Launceston in collaboration with Launceston Safer Communities Partnership. Every effort has been made to ensure the information is correct.



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