



Community Safety Information Booklet

City of Ryde



 City of Ryde



Disclaimer: The contents of this booklet are collected from various Government and local agencies to inform local residents. The City of Ryde, Australian Korean Welfare Association and Australian Asian Association of Bennelong are not legally responsible for the accuracy of the information provided in this booklet.

The information contained within this booklet is current to the best of the author's knowledge as of January 2012.

This booklet was translated by the local community.

Community Safety Information Booklet

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Useful Contacts

HOTLINES

Emergency - Police Fire Ambulance	Triple zero '000'
Police Assistance Line	131 144
Domestic Violence	1800 656 463
Child Abuse Prevention Service	1800 688 009
Crime Stoppers	1800 333 000
Life Line	131 114

OTHERS USEFUL NUMBERS

Local Police Stations

Eastwood	9858 9299
Gladesville	9879 9699
Ryde	9808 7401
Telephone Directory Assistance	12455

This telephone service gives you the option of being connected directly to the person or organisation you wish to speak to.

TRANSLATING AND INTERPRETING SERVICE (TIS NATIONAL)

To access an interpreter immediately, telephone TIS National on 131 450.

This government service assists people with limited English to use translators over the telephone to help them to communicate with service providers.

HOW TO USE THE TRANSLATION AND INTERPRETING SERVICE

1. Call 13 14 50.
2. Request your language (if you can say it in English it is easier, but if you can't the interpreter will work it out.)
3. Hold the line for an interpreter (from 30 seconds to 3 minutes).
4. Tell the interpreter the name of the organisation you want to speak to and they will connect you with the organisation.
5. The interpreter and the staff of the organisation will talk together with you on the same phone line.

Non-English speakers who telephone TIS National should tell the operator the language they speak, as well as the name and phone number of who they wish to contact. Translating for calls to medical practitioners, non government community organisations, local government and some other organisations are free. When calling the service, ask if there is a cost associated with the service. You can then decide if you want to make the call or not.

Telephone interpreting is available 24 hours a day, seven days a week. However, the person or organisation you wish to speak to may not always be available on weekends or after business hours.

CITY OF RYDE

Contact: Road and Community Safety Project Officer
 Address: Civic Centre 1 Devlin Street Ryde NSW 2112
 Phone: 02 9952 8222
 Email: cityofryde@ryde.nsw.gov.au
 Website: www.ryde.nsw.gov.au/safety

AUSTRALIAN KOREAN WELFARE ASSOCIATION

Eastwood: Wednesday, Thursday, Friday 10.00am – 4.00pm
 9858 5662 or 0433 967 972 (3)
 Parramatta: Monday or Tuesday 9.30am – 4.00pm call 9687 9901
 (Say Korean staff please)
 Campsie: Monday – Thursday 10.00am – 4.00pm
 9718 9589 or 0430 559 589 (3)
 Homebush (senior welfare): Monday – Friday 9.30am – 5.00pm
 9746 0797
 Email: koreanwelfare@hotmail.com
 Website: www.koreanwelfare.org.au

AUSTRALIAN ASIAN ASSOCIATION OF BENNELONG

Email: info@aaab.org.au
 Website: www.aaab.org.au

How to Contact the Police

Overall, the City of Ryde is a comparatively safe place to live. However, crime can occur anywhere and it is best to be prepared in case it does.

There are three ways to contact the Police by phone, depending on what is happening and what type of help you need. In each case, if you do not speak English, say 'Interpreter' and the name of the language you speak, for example if you speak Korean, say 'Korean'. As the interpreters can be very busy, it is important that you stay on the telephone until an interpreter is connected to your call and can then help you.

The City of Ryde has three Police Stations, located at Gladesville, Eastwood and Ryde. The stations are places where you can seek help and report crime. Gladesville and Eastwood have a range of specialist police officers. Eastwood has a Multicultural Liaison Officer who works with non-English speaking people and Gladesville has a Gay and Lesbian Liaison Officer, who works with people who are attracted to the same sex. Gladesville and Eastwood have Domestic Violence liaison officers to help those experiencing violence within their home.

EMERGENCY – CALL TRIPLE ZERO '000'

In an emergency dial the telephone number Triple Zero '000'. An emergency is when a crime is in progress, there is a life-threatening

situation or another emergency situation such as a fire. This is a free call from any phone and will connect you to NSW Emergency Services. They will ask you questions about what sort of assistance you need, that is, whether you need Police, Fire or an Ambulance and will arrange for the help to get to you. Your call will immediately be transferred through to the emergency service you request, who will take details of the situation. You can ask for a translator by saying the name of the language you would like help with, e.g. say 'Korean translator' and wait for the operator to arrange for the interpreter to join the telephone call.

In remote locations like the bush, you can also phone '112' on your mobile phone in an emergency, even when your mobile service provider may not have network coverage.

MORE INFORMATION

Eastwood Police Station 9858 9299

Gladesville Police Station 9879 9699

Ryde Police Station 9808 7401

NSW Police – Triple Zero information
www.police.nsw.gov.au/services/triple_zero_000



How to Contact the Police

REPORTING MINOR CRIME OR NON-URGENT INCIDENTS

You can ring the Police Assistance Line (PAL) on 131 444 to report minor crimes that have already been committed (crimes that are not in progress at the time of reporting) which do not require immediate police attention and where no one was injured, for example, property damage.

Please check whether the crime you are about to report belongs to one of the following relevant categories before you ring 131 444 (PAL):

- theft
- malicious damage including graffiti
- motor vehicle theft
- accidents if nobody was injured; nobody was under the influence of alcohol or drugs; personal details were exchanged or no vehicle was towed away. However you might want to ring 131 444 (PAL) if you still wish to report the incident for insurance purposes or you were unable to exchange personal details with the other driver.

When a police response is required, PAL will arrange for police officers to attend.

REPORTING INFORMATION ANONYMOUSLY OR REPORTING INFORMATION ABOUT A CRIME

Contact Crime Stoppers (the National Crime Prevention Unit) on 1800 333 000 (free call) if you have information on suspicious activity,

crimes or criminal activities. Their telephone line is open Monday – Friday 7.00am – 11.00pm and on the weekend 8.00am – 8.00pm. Your information can help Crime Stoppers prevent crimes from occurring or solve crimes and arrest criminals.

You can remain anonymous and your information will be kept in confidence. You do not need to give your name when reporting. If a criminal is arrested, the person who provided the information may be rewarded up to \$1,000.

In 2010 Crime Stoppers has been able to achieve the following thanks to reporting from the community:

- 6,500 arrests; and
- 15,700 charges

MORE INFORMATION

Crime Stoppers www.crimestoppers.com.au or 1800 333 000

Alternatively To report suspicious activity or if you have any questions, contact your local police station (See page 6)

Ryde Police Station 9808 7401

Personal Safety

Safety when travelling at night

There are simple actions you can take to improve your personal safety.

PUBLIC TRANSPORT SAFETY TIPS

- Be aware of your surroundings on public transport.
- Read transport timetables in advance, to avoid long waits at bus stops, stations or terminals. Wait in well lit areas or in a busy place if necessary.
- Travel in the carriage near the driver or in the guard's department (identified by a blue light) when the train is relatively empty.

WHEN WALKING

- Stay within well lit areas, even if this means you must walk a longer distance. Avoid taking short cuts through dark, quiet areas. If you feel unsafe, go to a well lit and busy place.
- Keep aware of road traffic and look left and right to check the roads are clear before crossing the road. Always use pedestrian crossings. Be cautious when crossing the road as drivers may not see you. Never assume that they do. Wait for vehicles to stop before starting to cross the road.
- If you feel threatened or that you might be being followed, go to a shop or house – and ask someone to phone the police for you.

TRAVELLING AT NIGHT

- Travel in groups when possible or let someone know where you are going and

when you will be back

- Ask local people about places to avoid, especially at night.
- Only carry the money you need for the day and avoid using ATMs (bank cash withdrawal machines) when you're in an isolated area at night.
- Keep valuable possessions including computers and music players out of sight.
- Consider not using headphones at night to ensure you are able to listen to sounds around you.
- Be aware of any bags you are carrying and make sure you hold them close to your body at your front with your wallet or purse securely stored inside.

IF YOU ARE ROBBED

- Give the person what they ask for – don't challenge them.
- Report the crime to the Police as soon as you can.



MORE INFORMATION

Roads and Maritime Services (previously Roads and Traffic Authority)
www.rta.nsw.gov.au/roadsafety/pedestrians/howtobeasafepedestrian.htm



Safety for Students

Unfortunately, students can be a target for criminals. Students should be aware of their personal safety at all times.

Some tips include:

- Try to walk with other people, especially at night and avoid travelling around campus alone in the dark.
- Be alert to your environment. Avoid listening to a personal music player or having long mobile conversations when you are walking around as this can distract you from what is going on around you.
- Only carry the amount of money you need for a day and safely store your wallet or purse away.

MORE INFORMATION

Macquarie University Security Emergencies 9850 9999 or Office (24 hrs) 9850 7112

Ryde College TAFENSW Security 9448 6223

Meadowbank College TAFENSW Security 9942 3690

Legal issues

If you are in need of legal advice regarding a personal issue there are a range of free services available that may assist you to resolve your concerns.

MORE INFORMATION

LawAccess NSW is a free government telephone service that provides legal assistance for people who have a legal problem in NSW www.lawaccess.nsw.gov.au, 1300 888 529

Legal Aid NSW provides information of legal aid services available to the public www.legalaid.nsw.gov.au

Macquarie Legal Centre in Parramatta is the nearest community legal aid centre to www.macquarielegal.org.au, 8833 0911

Domestic violence

Domestic violence occurs when a family member, partner or ex-partner attempts to physically or psychologically dominate or harm the other.

Domestic violence can be perpetrated in various forms, including physical, psychological, sexual or verbal abuse, harassment, intimidation, financial deprivation, stalking or threats of violence. It can happen to anyone – it doesn't matter where you live, what your financial situation is, how old you are, or what nationality you are. Children can be significantly harmed by witnessing domestic violence. Consider seeking professional help if you are experiencing domestic violence as there are a range of support services available to you.



MORE INFORMATION

Domestic Violence Line is a state-wide free-call number and is available 24 hours, seven days a week 1800 656 463

City of Ryde www.ryde.nsw.gov.au/domesticviolence

Ryde Family Support Service provides practical assistance and emotional support to families experiencing crisis or stress in the Ryde and Hunter's Hill council areas. www.rydefamilysupportservice.org.au/ or 9334 0111

Child Abuse Prevention Service
www.childabuseprevention.com.au/ or 1800 688 009



Alcohol and other Drugs

High risk alcohol use is widespread in Australia. It is estimated that about 3,200 people die as a result of excessive alcohol use and around 81,000 people are hospitalised annually.

Due to the different ways that alcohol can affect people, there is no amount of alcohol that can be said to be safe for everyone. People choosing

to drink must realise that there will always be some risk to their health and social well-being. However, there are ways to minimise the risks. Visit www.alcohol.gov.au for more information.

The City of Ryde has Alcohol Free Zones in several places. The aim of Alcohol Free Zones is to reduce alcohol-related crime and anti-social behaviour in identified locations and to promote the safe use of public roads and car parks. Police Officers may request offenders to cease consumption of alcohol and may confiscate the alcohol and issue an infringement notice.

Unfortunately, illegal drugs can be accessed in Australia. Illegal drug use can seriously impact a person's life, their family and community and can begin when a person starts using drugs out of curiosity or through peer pressure.

If you are dependent on a drug consider seeking treatment from a professional organisation.

MORE INFORMATION

Alcohol and Drug Information Service (ADIS) is a NSW telephone service providing information, referral and crisis counselling about illegal drugs such as heroin, ice and cannabis, and legal drugs such as alcohol. Contact them on 9361 8000

Alcoholics Anonymous is a fellowship of people who share their experiences through regular meetings to help recover from alcoholism. Go to www.aa.org.au or contact them on 9488 9820

Alcohol Free Zones in Ryde LGA www.ryde.nsw.gov.au/alcoholfreezones

Lifeline counselling service is a 24 hour telephone crisis support service available to anyone needing emotional support, 13 11 14

G-line (NSW) is a free telephone helpline offering crisis counselling for people affected by gambling problems, 1800 633 635

Scams

A scam is a trick or a fraud when you pay money but get nothing back for it or you get something that is worth much less than the money you paid. Scams can occur anywhere – in the mail, email, internet, in person or over the phone. There are many types of scams, here are some examples:

- **Work offers** – can be found on electricity power poles, newspapers, notice boards, or unsolicited emails. The scammer may ask you to pay an up-front fee into a bank account or send money to a post office box before you can start work. Once you have paid your money, the person offering the work may get you to run similar advertisements to get other unsuspecting victims into the scam.
- **Money transfer** – scammers may trick you into buying or selling something from their fake websites or ask you to donate money to a fake charity that does not exist or promise huge rewards for a small fee. Be very cautious about sending money to someone you do not know.
- **Mobile phone scams** – can be difficult to recognise. Be wary of a stranger who talks as if they know you. Do not redial a missed call from an unknown number, there may be hidden charges.
- **Rental scams** – be aware of fake rental advertisements on the internet, newspapers or power poles which may appear to be real by showing photos and details of a property that is not for rent. Always inspect the property, and check the details are correct. Never pay money in advance without inspecting the property, especially if you are overseas at the time.
- **Online auction scams** – be careful of sellers with poor online ratings or who offer to sell a product cheaper in a direct deal. Use only well known and reputable sites and sellers.



Important: Never send money or personal details to a person or business you do not know.

Protect yourself from scams:

- If an offer sounds too good to be true then it probably is.
- Never send money or give personal details to a person or business you do not know.
- Never use public computers to do shopping or banking online.
- Do not open unknown emails or click on links provided in them.
- Do not be pressured to make a decision on the spot. Take time to do your own research and ask lots of questions.

MORE INFORMATION

SCAMwatch provides information about the latest scams to avoid www.scamwatch.gov.au

NSW Fair Trading
www.fairtrading.nsw.gov.au

Safety at Home

Home security

Ensure you always lock up your home when you leave. Close and lock windows and doors. Avoid opening your doors to intruders by using a safety chain on a door or installing a view finder so you can view who is at the door before you open it.

At night, keep a light on near the front door to deter burglars and make it easier to unlock the door and enter your home quickly. Consider installing movement sensors for external lights to help to deter intruders.

Fire prevention

Fires can quickly cause serious injury or even death. They can destroy or significantly damage your home and possessions in a brief moment. The elderly, the physically impaired and children are most at risk of death or serious injury in house fires.

It is important that everyone in your home is aware of the dangers of fire and ways to minimise the risk of fires occurring. The most important thing is to be prepared in the instance of a fire occurring. Below are ten safety measures which can help you to prevent fires in your home.

1. SMOKE ALARMS

Smoke alarms have played an important role in saving thousands of lives in Australia and overseas. Smoke alarms provide a warning in the event of a fire. This is particularly important at night, if you are asleep and are not aware of the fire. Each house must have at least one smoke alarm installed at each floor level.

2. EVACUATION

You must evacuate your home if a fire breaks out and is uncontrollable. Never go back to the home to try to save your pets or valuables. There is nothing more precious than your own life.

Ring triple zero '000' or your neighbour as soon as you are able. If you are alone please go to your neighbour's house immediately for help.

Prepare your family and talk to your family members about a safe meeting point (e.g. the letterbox) if a fire was to occur so you know who is missing in the event of a fire. It is a good idea to plan at least two evacuation routes and regularly practice fire drills. If the house is full of smoke you should crawl on the floor when evacuating as there will be less smoke and heat near the floor.



3. DEAD-LOCKED DOORS HOME SECURITY

Many people have died in house fires because their home is dead-locked, preventing escape. In their panic, people could not locate the key to their dead locks and could not open their doors. It is better not to dead lock your own house when you are at home because you may need to flee if there is a fire (or an intruder).

4. HEATERS

Keep curtains, furniture and any inflammables at least one metre away from all heaters as the heat produced by the heater could make them ignite. Never place clothes on or over the heaters.

5. WOOD FIRES

Use properly built stoves and wood stoves to burn wood or wood products and ensure they are in good working order. Always watch a fire until it is completely burnt out or put out the fire with water or sand. Never leave any open flames e.g. candles or gas rings unattended at any time.

6. COOKING

Never place curtains or flammables near a cooking area. Use saucepans with safe and sturdy handles and well-fitted lids. Never pour water onto burning oil if you have an oil fire. Instead turn off the stove, put the lid on and cover with a fire blanket. Never try to take an oil burning saucepan outside the house.

If you cannot extinguish the fire straight away evacuate the house and contact the fire department immediately.

7. CLOTHES

You should wear tight fitting clothes when cooking or when near the source of heat. Loose sleeves or a scarf can catch alight. If that happens, stay calm, lie down on the ground, cover your face and roll your body right to left to put out the flame.

8. SMOKING

If someone in the family smokes, ensure that large ashtrays are available for their use around the home. People should avoid smoking in bed as cigarettes or ashes falling onto bed sheets can cause fires.

9. ELECTRICITY

Hire a professional electrician to check the house electrical circuits and make sure a safety fuse is installed. If any electrical goods smell of smoke, remove the plug from the power points immediately and call an electrician. Avoid overloading power points as this can cause a fire.

10. FIRE READINESS

Make sure to keep a fire extinguisher and fire blanket accessible, preferably near the kitchen, and keep a garden hose connected to a tap at all times.

MORE INFORMATION

In an emergency call triple zero '000'

Fire and Rescue NSW www.fire.nsw.gov.au

Fire Protection Association Australia is a technical and educational fire safety organisation www.fpa.com.au 1300 731 922

National Smoking Quitline is a telephone information and counselling service for people who want to quit smoking www.quitnow.gov.au, 137 848 or 131 848

Pool Safety

All drowning accidents are preventable. Every summer approximately 35 children under the age of five drown in Australia. 50% of all drowning accidents occur in domestic pools and they are all preventable if action is taken quickly. Prevention actions, such as building and maintaining a fence to surround a pool, can prevent drowning accidents by 100%.

RESIDENTIAL POOL SAFETY CHECKLIST

Royal Life Saving provides the checklist below to all pool owners. Please check, repair and maintain pools using this checklist (this information cannot replace a pool inspection and is for information purposes only).

POOL GATE

- It must open outwardly.
- It must shut and lock automatically.
- The lock should be located higher than 1.5m from the ground.

POOL FENCE

- It must be installed evenly and securely.
- It must be higher than 1.2m.
- The gap between the bottom of the fence and the ground must not be more than 10cm.
- There should not be more than a 10cm gap around the fence.

AROUND THE POOL FENCE

- All swimming equipment and toys should be kept safely and out of sight to prevent unsupervised access by children.
- Any potential items that can be used as a ladder to climb over the fence should be removed from near the fence area. This includes



chairs, boxes, tables, toys and vegetation.

FOR EMERGENCY

- Learn how to do CPR (cardiopulmonary resuscitation) and general first aid.
- Displaying emergency resuscitation information near the pool.

ELECTRICITY

- Ensure there is no chance of any contact between electricity, electrical appliances and water.
- Ensure that an electricity safety fuse is installed at the home for fast termination of electricity.

SUPERVISION

- Adult supervision and a pool fence are the most effective preventative measures against children's pool drowning.

CHEMICALS

- All chemicals should be kept safely and out of reach of children.

MORE INFORMATION

Royal Lifesaving Pool Safety www.poolsafety.com.au

Safewaters is an information website that provides information about community water safety www.safewaters.nsw.gov.au/poolchecklist.htm

Safety at Work

Keeping safe in the workplace

Occupational Health and Safety (OH&S) refers to the laws, procedures and activities that aim to protect the health, safety and welfare of all employees and visitors within a workplace. These laws require that a high standard of safety must be provided at your workplace and that you are not injured or harmed because of your work.

Employers have a responsibility to provide a safe workplace. This is called a 'duty of care'. Employees also have a duty of care to work safely and not adversely affect the safety and health of others.

Safety issues that may affect you or your workplace include:

- bullying, harassment and similar issues
- chemicals and dangerous goods
- electrical safety
- manual handling and ergonomics
- noise
- plant - machinery and equipment.

There are different ways to participate in ensuring safety and health at work. You can do this by talking with your employer and co-workers about any concerns you have and notifying the employer of any potential hazards or injuries in the workplace. You can participate in training, ask questions about work issues you do not understand and raise issues or concerns with safety representatives or a safety committee if you have one at your workplace.

WorkCover is the NSW agency with powers to enforce health and safety laws and investigate



unsafe workplaces. WorkSafe also has an information advisory line, which you can ring if you require information or advice – 13 10 50. You can request that your enquiries remain confidential.

New Work Health and Safety laws are effective from 1 January 2012 onwards. These laws outline the safety and health protections and responsibilities for workers and employers. You have a right to a safe workplace and should seek assistance from Workcover if you have any questions or concerns about your work environment or your safety.

MORE INFORMATION

WorkCover authority of NSW www.workcover.nsw.gov.au or 13 10 50

Workers Health Centre is a workers health information, medical testing and training centre
www.workershealth.com.au or 9749 7666

Safety for young people at work

OH&S is important for all workers, but it is particularly important for young people. Young workers between the age of 15 and 25 are more likely to be injured at work than any other age group. 1 in 10 young workers who are injured have to take time off school or work. It is vital that young people know and understand OH&S in their workplace and there are some easy ways to help them.



Encourage young people to:

- Point out any OH&S hazards they may identify while working.
- Know any emergency procedures relevant to their job.
- Find out who to speak to if they are injured at work or have any safety concerns.

Young people's employers must provide

- A safe working environment.
- Information, instruction, training and supervision.
- Time to discuss any decision affecting

workplace health and safety.

- Safe machinery and safety equipment.

Young people must:

- Participate in orientation and training.
- Use safety equipment and protective gear.
- Follow safety rules and procedures.
- Report any risks or hazards immediately.
- Understand and follow emergency procedures.

HOW PARENTS CAN HELP KEEP THEIR TEENAGER SAFE AT WORK

Familiarise yourself with your teenager's job. Chat about OH&S practices at your workplace. To start a conversation, you could ask:

- Tell me about the things you do during your shift – what does a typical day involve?
- Has anyone spoken to you about the ways you could be hurt at work? Is there anything that seems dangerous to you?
- Has anyone been hurt at your work? What happened? How would you do it differently?
- Have been given any safety equipment or protective gear? Do you have to wear it all the time? Do you know how to use it properly?

BULLYING AND HARASSMENT

Bullying and harassment in the workplace can affect the physical and mental wellbeing of a young person. Encourage young people to understand to treat these issues in the same way as any other safety concern by talking to someone who can help.

MORE INFORMATION

Youthsafe is an organisation for preventing serious injury in young people aged 15 to 25 years in NSW www.youthsafe.org or 9817 7847

Kids Helpline is a counselling service for Australian children and young people aged between 5 and 25 years www.kidshelpline.com.au or 1800 55 1800

Bullying. No way!
www.bullyingnoway.com.au

Safety on the Road

Car safety

Cars can be a target for stealing crimes. It is wise to always lock your vehicle when you leave it and keep valuables such as mobile phones, GPS navigation devices and bags out of sight. Ideally you should take any valuables with you if you leave your car.

TRAFFIC ACCIDENTS AND ROAD RULES

Traffic accidents can happen to anyone. Do not panic when an accident occurs. Ring triple zero '000' for the police and/or ambulance if anybody is injured or killed.

If it is a minor accident, make sure to check your safety first before getting out of your car. If no one is injured you can simply exchange your personal details with the other driver involved in

the accident and contact your car insurer.

For your records, make a note of the other driver's licence, insurance number, car registration number, vehicle colour and make. If you need to move your vehicle to a safer area so that it does not interfere with the flow of traffic, you can take a photo to be used as evidence.

If your vehicle has comprehensive car insurance, your insurer will act on your behalf. However if you have only third party property insurance, you need to negotiate with the other driver's insurer.

Ensure you are up to date with the current road rules by checking information available from NSW Roads and Maritime Services (RMS).



MORE INFORMATION

NSW Roads and Maritime Services www.rta.nsw.gov.au

Motor registries in Ryde LGA

Ryde Motor Registry, at corner of Blaxland and North Roads, Ryde

North Ryde Motor Registry Macquarie Shopping Centre, Corner Herring and Waterloo Roads, North Ryde

Driveway safety

Children under the age of five years are often injured in off-road accidents. This means that children have been injured or killed in car parks, farms, private roads and in their own home driveways.

Off road accidents can result from everyday incidents when:

- The driver has no idea that a child is behind the vehicle.
- The adult who is supervising the child is unaware that the child has slipped away and moved into the path of a moving vehicle.

- A relative or family friend is driving off or returning home.
- The car is reversing or even moving forward.
- A child is playing in an unfenced play area, driveway or in the street. These are never safe places for children to play.

Always expect children to do something unexpected. Always hold a child's hand or hold them close when cars and other vehicles are – or could be – around, even at home.

Young children don't yet know they need to move out of the way of an approaching vehicle. They always need an adult to be with them to keep them safe.



MORE INFORMATION

Kids and Traffic Early Childhood Road Safety Education Program
www.kidsandtraffic.mq.edu.au

Kidsafe NSW is an information service providing advice on children's safety issues
www.kidsafensw.org

Child restraints for vehicles

In NSW, children up to the age of seven years must be correctly restrained when travelling in a vehicle in an approved child restraint, suitable for their age and size. A child who is properly secured in an approved child restraint is less likely to be injured or killed in a car crash than one who is not. A significant number of families who install child restraints themselves do not fit them correctly. This means that the restraint will not protect the child properly in the event of a crash.

There are two fitting stations around Ryde that can help you find the best restraint for your child's age and size and can correctly fit it for you. They can also confirm whether the restraint you have is Australian Standard approved.

The City of Ryde also conducts free checking days every year, with an RMS Authorised Restraint Fitter available to check that restraints are fitted correctly and are suitable for the age and size of the children using them.



MORE INFORMATION

Child restraint fitting stations in Ryde LGA

Pearce's Fitting Station, Ryde Hospital, Ryde 9997 4602

Tuffy Mufflers, 2 Epping Rd, Epping 9868 1177 (a mobile service is also available)

City of Ryde www.ryde.nsw.gov.au/childrestraints 9952 8222

NSW Roads and Maritime Services www.rta.nsw.gov.au

Child Restraint Evaluation Program www.crep.com.au

Outdoor Safety

Bushwalking and general outdoors safety

Before you begin a bushwalk or a trip outdoors, ensure that you are properly prepared.

Follow these simple steps to help enjoy your adventure:

- Check weather forecasts and fire danger warnings before leaving home.
- Let someone know where you are going and when you will be back.
- Carry a first aid kit and mobile phone and check that the battery is charged.
- Dress for the environment and the weather

- especially in winter - and be prepared for a variety of weather conditions as the weather might change suddenly.

- Stay on marked tracks and paths.
- If lost, stop your walk, don't keep going, as you may move further off track.
- Stay behind safety barriers and beware of slippery surfaces and steep drops. Ensure you wear sturdy shoes for rough terrain.
- Drink plenty of water and carry at least one litre for every hour you expect to be walking or hiking. Bring food to sustain you.



MORE INFORMATION

NSW Office of Environment and Heritage provides information about national parks and park safety in NSW www.environment.nsw.gov.au/parksafety



Brown snake

Venomous insects and animals

What would you do if you are stung or bitten by a dangerous insect or animal? The first aid procedure is the same for all venomous bites and stings except for jellyfish.

SNAKES

Australian venomous snakes are some of the most dangerous snakes in the world. The safest approach to snakes is to leave them undisturbed if you come across one and stay on paths if you are walking outdoors. If you are bitten by a snake you should seek medical

attention immediately as it can be fatal. Not all snakes are deadly but it can be difficult to know which ones are venomous and which ones are not.

SPIDERS AND INSECTS

Australia has a great variety of spiders and insects – with some that are very dangerous and can cause fatalities. There is a range of wasps, bees, mosquitoes and ticks which can sting or bite. Ticks can best be managed by checking your clothes and body after you have been outdoors and keep alert of any itchiness.



Funnel web spider



Red back spider

THERE ARE DO'S AND DON'TS WHEN SOMEONE IS BITTEN BY A SNAKE OR SPIDER:

DO'S

- Prevent the snake or spider from conducting further bites.
- Stop the person moving.
- Apply pressure bandage and immobilise the limb with a splint.

DON'TS

- Run or panic.
- Try to catch the animal/insect.
- Elevate the limb.
- Rinse, suck or cut the bitten area.

RED BACK SPIDER

The Red Back Spider is very common across Australia. Female Red Back Spiders have reddish stripes on the back and is venomous while the male Red Back Spider is very small without the red stripes and is not venomous. It can be very painful once bitten by a Red Back Spider and the bitten area will turn red and will discharge a clear liquid.

FUNNEL WEB SPIDER

The Funnel Web Spider is large and black. Unless treatment and antivenom is administered, a bite from this spider can be fatal. The bitten area will be painful and the patient will experience severe sweating, dizziness, vomiting, breathing difficulties and muscle spasms.



Bluebottles



BLUE-RINGED OCTOPUS

Blue-ringed octopuses are highly venomous and can cause paralysis and breathlessness. Seek medical assistance immediately if a bite has occurred or is suspected.

TROPICAL JELLYFISH

Stings from jellyfish require a different first aid procedure. Some Australian jellyfish are very dangerous and can cause death. If someone is stung by a jellyfish:

- Take the person out of the water.
- Pour vinegar onto the stung area.
- Remove the tentacle(s) carefully.
- Never use a pressure bandage.
- If pain persists take the person to hospital or call triple zero '000' for emergency assistance.

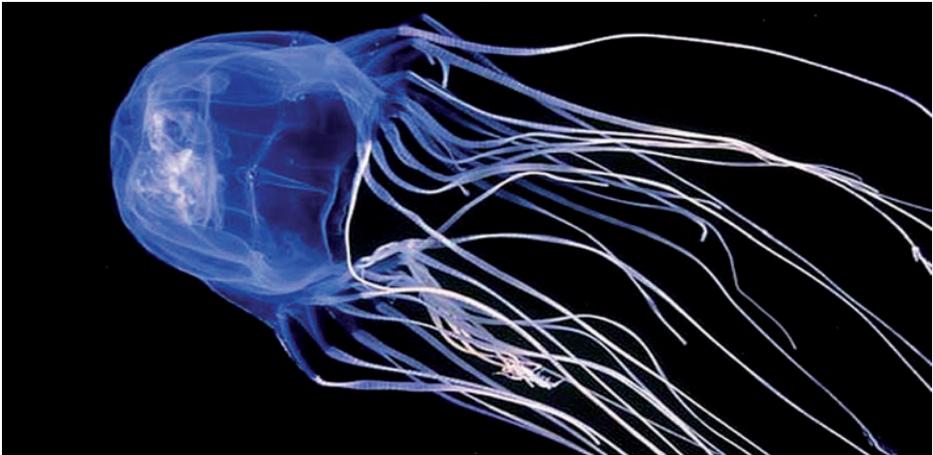
- If the person loses consciousness or stops breathing, commence CPR (cardiopulmonary resuscitation).

BLUEBOTTLES

Bluebottles (also known as Portuguese Man o'War) are a type of Physalia marine animal and can cause a very painful sting like a jellyfish. If bluebottles are present in the ocean, perhaps avoid swimming. If you encounter one in the water keep away from its tentacle.

Basic first aid for a blue bottle sting:

- Carefully remove any remnant of the animal and wash the stung area with seawater.
- Soak the affected skin in hot water or take a hot shower for 20 minutes to relieve the pain.
- If pain persists consult a doctor.



Box jellyfish

MORE INFORMATION

Ambulance Service of NSW www.ambulance.nsw.gov.au

Westmead Children's Hospital www.chw.edu.au.

NSW Toxicology Information Centre 13 11 26

Ryde Hospital 9858 7888

FIRST AID FOR VENOMOUS SPIDER AND ANIMALS BITES

1. Call triple zero '000'.
2. Secure the affected person. If possible make the person lie down to prevent walking or movement.
3. Wrap a crepe bandage tightly around the bitten area (stretchy bandage is preferable).
4. Wrap a crepe bandage over the whole arm or leg (from arm to shoulder or leg to hip) – try to wrap as tightly as possible.
5. Apply a splint (wooden panel, tree branch or a roll of paper) to the affected limb.
6. Keep the person still until transported to a nearest hospital or emergency.
7. If the person loses consciousness or stops breathing, commence CPR (cardiopulmonary resuscitation).
8. To reduce panic, reassure the victim and keep them warm.

FIRST AID

Consider preparing yourself so that you know what to do in an emergency. First aid can save lives and prevent serious injuries. For more information on first aid or CPR (cardiopulmonary resuscitation) training courses contact the Australian Red Cross or St John Ambulance.

MORE INFORMATION

St John Ambulance www.stjohnnsw.com.au or call 1300 360 455

Australian Red Cross www.redcross.org.au



In Australia more than 15,000 people are rescued from drowning every year and about 120 people drown every year.

Not all beaches in Australia are patrolled by lifesavers. Be very cautious swimming at beaches which are not patrolled. Surf conditions can be deceptive and conditions can change rapidly. On patrolled beaches during summer, lifesavers assess surf conditions and install two red and yellow flags to define safe swimming areas on the beach. The flags mean that surf lifesavers are watching people in the water between the flags to help if needed. Only swim between red and yellow flags and never swim alone. If you have difficulties in the water, raise your arm to signal for help.

People who cannot swim are more likely to drown and need to be aware of safety signs and warnings and be extremely cautious.

Swimming lessons are conducted regularly at many public pools throughout Australia including City of Ryde Aquatic and Leisure Centre (RALC).

Never dive into rivers or lakes as there may be hidden rocks or submerged trees underwater which you cannot see.

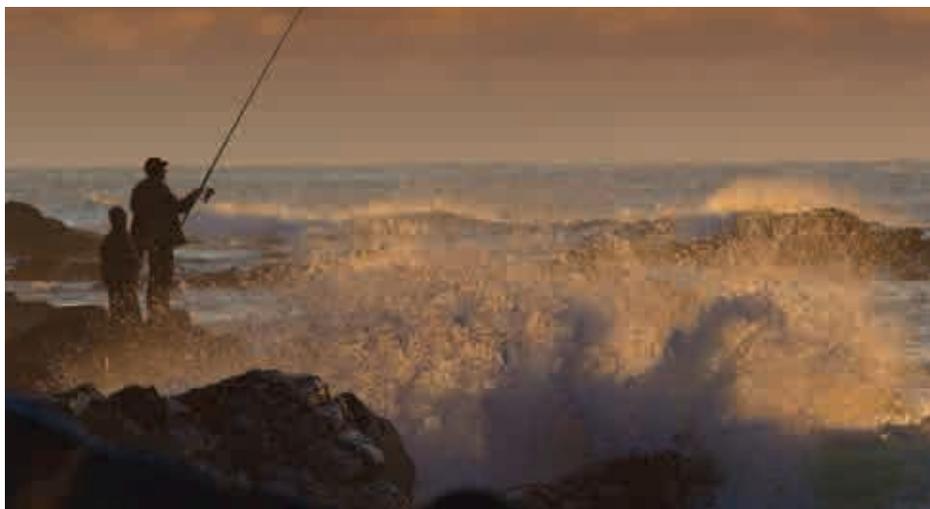
Prolonged exposure to heat and sun can cause medical problems including heatstroke and painful sunburn as well as skin cancer which can cause death. Always wear sunscreen, clothing and a hat when outdoors to protect yourself from the sun.

MORE INFORMATION

Surf Life Saving Australia is Australia's major water safety, drowning prevention and rescue authority, www.slsa.com.au 9300 4000

Ryde Aquatic and Leisure Centre
www.ryde.nsw.gov.au/Ryde+Aquatic+Leisure+Centre 8878 5111

Sunsmart www.sunsmart.com.au



Before you commence fishing activities, it is advisable to set aside 30 minutes to check the safety of your surroundings and your equipment including safety jackets, the suitability of your shoes and flotation equipment.

In an emergency, if someone has fallen overboard while fishing from a boat, you must not go into the water after them but use ropes or floats to rescue the person instead. To seek help, please dial triple zero '000' or '112' from your mobile phone.

ROCK FISHING

Rock fishing is a very dangerous activity and a number of people die rock fishing each year in Australia. A high level of care needs to be taken at all times when fishing directly off rocks into the ocean.

Key considerations:

- Choose the safest location.
- Take time to observe the conditions.
- Never fish alone.
- Always watch the waves.
- Be aware of the tides and weather and that they can change quickly.
- Wear appropriate footwear, clothing and head protection.
- Always wear a safety vest especially if you are not a strong swimmer.
- Carry a float and line to help if anyone is swept into the ocean.

MORE INFORMATION

Safe fishing website provides safety information for rock fishing www.safefishing.com.au
Translated information sheets in Korean, Chinese and Vietnamese are available on the website.

Safewaters is an information website that provides information about community water safety www.safewaters.nsw.gov.au



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