

SAFETY BY NUMBERS

What might be safe today is not safe tomorrow.

SAFER LIVING IN YOUR HOME

HOUSENUMBER

- 1 *Clear, concise house numbers.* Your house number should be clearly visible from the street. Avoid the temptation to use roman numerals or fancy lettering that may be hard to read. Reflective numerals are a good idea as they can be seen at night with just a small amount of light. If your house is positioned at a corner, the number should be facing the street named in your actual address. If your house is quite a distance from the road, place your number at the entrance of the property. In an emergency, services such as Police, Fire and Ambulance need to be in no doubt as to the address.

FENCE

- 2 Remember that a large *front fence* obscures the view of the house entrance. Privacy is great, but once over the fence, it is perfect cover for burglars.

LETTER BOX

- 3 Don't advertise the fact that you live alone through *letterbox names*.
- 4 Burglars are attracted by *overflowing mail boxes*.
- 5 If you are on holidays or absent for long periods, ask a *trusted neighbour* to clear your mail box or arrange with the post office to hold your mail. Also, cancel your newspaper delivery and let trusted neighbours know of your movements.

GARDEN

- 6 Keep the jungle down! Beware the *hiding places* in your garden. Housebreakers and prowlers rely on them. Keep your unwanted visitors in view. Keep shrubbery well trimmed. Cut bushes and trees which obscure windows.
- 7 Give serious consideration to install *garden lighting*. Not only does it enhance the appearance of your garden it provides you with additional security lighting at night.
- 8 Keep *walkways* clear of obstructions.
- 9 Paths should be smooth and *steps* well defined.
- 10 Use *lighting* to encourage more passive surveillance.

BUILDINGS

- 11 Plan Buildings according to principles of Crime Prevention Through Environmental Design (CPTED). Much more far-reaching than dead locks on doors and locks on windows, CPTED principles can be applied easily and inexpensively to building or remodelling, and have been implemented in communities around the world. There are four overlapping CPTED strategies: Natural Surveillance, Territorial Reinforcement, Natural Access Control, Target Hardening.
- 12 Are stairs, glazing, balconies, pools and spas comply with current building regulations?
- 13 What if the back-up battery has failed because its use-by-date has been overlooked? What if your cordless phone is dead because the power has been cut? What if an intruder has switched off the power in daylight? Secure your *electric or gas meterboxes* and stop intruders from switching off your power and removing your fuses.

GARAGE

- 14 Keep *ladders* and tools locked away in a garage, garden shed or under the house so that there is nothing handy that a burglar can use to enter your home or that of a neighbour.
- 15 Planning a holiday? Lock the carport and garden shed with security locks.

ROOF

- 16 Attach hinges and a sliding bolt to the *manhole*. Burglars can get into the house through the roof.

WINDOWS

- 17 Ensure all windows are *locked*. Two thirds of all burglars get in through windows, so it makes sense to fit window locks. There are locks for every kind of window, and they can cost very little.
- 18 Consider using *easy exit screens* on windows and reinforce to all inhabitants of the house where the key is located in case of emergency.
- 19 Consider to get *smash proof window film*.

- 20 Make sure the house looks *occupied*. Don't leave curtains, drawn or blinds closed. Study the position of them when you are at home and leave them that way when you leave.

DOOR

- 21 Do not place *spare keys* under door mats, flower pots or in meter boxes. Never leave spare keys outside your home.
- 22 Always be careful who you let into your home. If you have installed a *peep-hole* or door chain, you will be able to see who is at the door without opening it. If your door is not fitted with a peep-hole or chain, look through a window to see who is at the door.
- 23 Always ask who is at the door first before opening it. If it is a *stranger*, only talk to them via a locked security door – you never know their motive.
- 24 Always check the *credentials* of service repair people and tradespeople, and do not allow charity collectors to enter your home. If you are unsure about a person's motives, ask for the name of their company and telephone to check their position with the company. (Do not rely on the telephone number that the person might give, but look it up in the phone book.) Do not open the door to check identification. Don't be fooled by a statement like, "believe me, it's OK".
- 25 If you are *feeling threatened* by someone at the door, a call to a "make believe" partner/companion that "it's okay, I've got it" may seem silly to you, but it could be the action which ensures that you don't become a victim of crime.
- 26 If strangers ask to use your *phone*, direct them to the nearest public phone box, or make the call for them. Do not let them in.
- 27 Just nipping down the street for a few minutes? *Lock up!* Don't try to relate your home security to the length of time you anticipate being away.
- 28 *Messages* left on the door say only one thing: that you are out and when you might expect to return. Ask friends not to leave notes on the door and pay them, the same courtesy. If they must leave a note, pre-arrange that they slip them under the door out of your view.
- 29 Ensure that *delivery men* don't leave packages unattended on your doorstep. If you are having goods delivered and you will not be home, arrange for neighbours to collect them on your behalf. A parcel can be a sign to a thief that you are not home.
- 30 Doors are your first line of defense. Fit good *quality locks* to your front and back door.
- 31 A good quality steel *security door* should be fitted to front and rear entrances as they provide an additional lock plus a barrier between you and a caller.
- 32 Lock all outside doors and don't forget to set the *burglar alarm* when you leave the house.

LOCKS

- 33 Consider locks with *safety releases* which minimise the chance of locking yourself in.
- 34 Be secure but also be fire safe, purchase locks with *status indication*.
- 35 A *security deadlock* is advisable for your main exit doors. This is a lock that can only be opened or closed from both sides with a key. If the burglar enters through a window your property cannot be carried out through the door.
- 36 Some door locks are better than others. The simple *nightlatch*, which you can open from the inside by turning a knob, provides very little security, especially if you have glass in the door or next to it. All a burglar has to do is break the glass, reach in and turn the knob.
- 37 Special locks for *patio doors* are available. A small investment in quality locks will protect your cherished possessions, including those which cannot be adequately replaced by an insurance pay out, as well as giving personal security for you and your family.
- 38 Don't lock *internal doors, cupboards or desks*. If someone break-in, it may mean more damage.

LIVING ROOM

- 38 For the safety inside your home, ensure that *carpets* are well laid.
- 39 Practise safe smoking. Wet down *cigarette* butts before disposing them.
- 40 When away on holidays, automate your TV and lighting to give your home a live-in-look.

BEDROOM

- 41 Never *smoke* in bed.
- 42 Discarded smoking materials can ignite fires at home. Fires can occur when candles and incense burners are left *burning unattended*.
- 43 Install and maintain *smoke alarms*. The location of the smoke alarm is important. The smoke alarm is best located near each bedroom, as you are most vulnerable to fire when you are sleeping. If you or family members sleep with the bedroom door closed, install a smoke alarm in the bedroom and connect it to other alarms in the house. Test your smoke alarm weekly.

Clean your smoke alarm and ceiling around it each month with a vacuum cleaner. Change the battery at least once a year with the battery specified by the alarm manufacturer.

44 A phone in the bedroom is a good idea. Be prepared for an emergency case at any time.

BATHROOM

45 Minimise the risk of injury in your home. Insure that hot and cold *taps* are clearly marked.

46 *Hot water* is controlled to not exceed 50° Celsius.

47 Hard *floor surfaces* are non-slip.

KITCHEN

48 Take care in the kitchen. The kitchen is the most dangerous room in the house for *fires*. Cooking is the major cause of fires in the kitchen. These fires mainly occur in the evening between 5 and 7 pm. Never leave cooking unattended and always turn pot handles in.

49 Have a *fire blanket* ready for use. The fire blanket is best located where it can be easily reached in an emergency. Locate it near your normally used path exit to the kitchen, ideally near the kitchen door.

50 Get *portable fire extinguishers* for your home. Portable fire extinguishers can put out or contain fires that may start in your home. It is important to know which extinguisher to use for a particular fire and how to use an extinguisher correctly. Your local fire service can help you with specific training and advice.

HEATERS

51 *Heat* your home safely. The incorrect use of portable heaters or appliances pose a fire threat, especially during winter in the morning and evening.

ELECTRICITY

52 Consider installing *power point covers*.

53 Never leave your home without turning off *electrical appliances*.

54 Know your home. In some emergencies you may need to turn off your electricity, water or gas. Make a note of where the *main switches* and valves are located.

55 Take care with electricity. Ensure that all electricity cords are in good order. Faulty or *damaged electrical wiring* throughout the house and in home appliances can start dangerous fires.

56 Ensure that the electricity supply is fitted with a *safety switch*.

PHONE

57 Generally, when answering the phone do not give your *name* or number. If you have an answering machine, do not record these details on it.

58 Don't advertise the fact that you live alone through telephone listings.

59 Do not give *personal details* over the phone to strangers, i.e. marital status, working hours, type of employment, number of occupants, etc.

60 Do not let strangers know you are *home alone* or when you will be away from the house.

61 If you receive an obscene or *abusive telephone call*, do not try and talk to the caller – hang up! The majority of such callers enjoy the emotional response from the person they call. Do not enter into conversation with the caller. Remember 'it is your phone', remain in control, be firm, stay calm. Don't let the caller know you are worried. Should you receive a call, place the handset by the phone and ignore it for a short while. Then gently replace the handset without speaking. If the telephone rings again, lift the handset and wait; a genuine caller will speak first. If the calls persist you may be able to change your number, have the operator intercept your calls, or in extreme cases, have calls traced. Contact Telstra and the Police.

62 Going on a holiday? Consider *diverting your phone number* to a friend's while you're away on holidays. Many unlawful entries occur after your phone number has been called a number of times, to ensure you're away.

63 Find out about your *local emergency services* (State and Territory Emergency Service, local council, gas, electricity, water etc.) and keep them near your phone. Program "000" into your phone to be prepared. Remember 000 stands for Police, Fire and Ambulance.

DOCUMENTS

64 Store *important documents* including wills, passports, photos, birth and marriage certificates, powers of attorney and insurance policies in a fire and water-proof container or safe deposit box.

- 65 Review your *insurance policies* to ensure they are current. If you keep them in your home, try to take them with you if you evacuate.

VALUABLES

- 64 It is a good idea to *photograph* items of particular value to you. If you place these beside a matchbox or a ruler it provides a good idea of size.
- 65 If you don't have a photographic record of valuables then make sure you *write down* a description of valuable items and keep the list in a safe place. Details to be recorded are make, model number, serial number and original cost.
- 66 *Mark your valuables.* Your nearest Neighbourhood Watch Co-ordinator will be able to lend you marking pens and engravers. Marked property is less attractive to burglars, and police can return it to owners if it is recovered. The best identification to use is your driver licence number preceded by the initial of your state (eg. "V" 2298 540 8). This is recognised Australia wide. Mark as many valuable items as you can in your home, such as the washing machine, clothes drier, TV, VCR, Hi Fi Equipment, CD player, paintings and rugs.
- 67 To complete the job, put a *sticker* in your window to let thieves know what you have done. Stickers are available through your local Neighbourhood Watch.
- 68 Become a member of *Neighbourhood Watch*. As a member of NW you help to improve people's awareness of their own personal safety, both inside and outside the home / reduce fear of crime in the Neighbourhood Watch area, thus enabling people to enjoy peace of mind.

EMERGENCY PLAN

- 69 Check if your *apartment building* has plans in place for emergency evacuations and who is responsible for those plans.
- 70 Involve your family or household and develop an *emergency plan*: Decide how family members will stay in touch in the event of, or after, an emergency. Agree on how you will contact each other if not at home, who will collect children from school, and who will check on elderly or disabled neighbours. To have a safety plan means thinking about what you would do if you feel unsafe or threatened. It's like a fire drill. To make a plan, you may wish to discuss with family and friends what you would do in a certain situation. Choose the idea/plan that suits you and try to picture yourself actually doing it. Planning ahead or thinking about possible options may enable you to think more clearly when faced with a problem and give you the confidence to carry out the plan. There are no hard and fast rules about what to do. Trust your instincts and do what makes you feel safe.
- 71 Another important aspect of the safety plan is developing a network of people you trust and can contact for advice or assistance in an emergency, or if you feel your personal safety is threatened. Feeling unsafe and *asking for help* is not foolish or irrational. People you might consider for your network may be relatives, friends, neighbours and police.
- 72 Ask someone to be your *key contact*. Choose an out-of-town friend or relative who is prepared to be a point of contact if the members of your household are separated in an emergency. Make a list of that person's contact details (home, mobile and work numbers, e-mail) and provide them to your workplace and to your children's school.
- 73 Have an *evacuation plan* and practice it with your family. Know how you will escape. Draw a floor plan of your home and identify two ways out from each room. Display the escape plan in a central area of your home, such as the fridge or a notice board. Practise your escape plan at least twice a year. Teach all children how to escape individually, without you guiding them. You may have only minutes or less to leave.
- 74 Agree on a *meeting place*. Decide where your group will meet in the event of an incident that makes it impossible for you to go home.
- 75 Make arrangements for *pets*.
- 76 At least one person in the household should be trained in *basic first aid* including Cardio Pulmonary Resuscitation (CPR).
- 77 Consider *self defence training*. It teaches you physical and psychological ways of protecting yourself and deterring physical attacks.
- 78 If you have to remain in your home for several *days following an emergency*, and power, water or gas are not available, you should try to have the following at hand: a quantity of clean water in a sealed container and enough easily prepared packaged food to last for three days + barbecue or portable stove with fuel + duct or other wide tape and a sheet of plastic to seal doors and windows, scissors and a combination pocket knife; and fire extinguisher.

INTRUDERS

- 79 It is always worthwhile *planning in advance* what you would do if you found someone strange in your home, or for that matter, what you would do if you were attacked.
- 80 Activate the *burglar alarm*. Get to the nearest phone if possible and quietly ring the police.
- 81 Don't confront the intruder, but *switch on the lights* and make a lot of noise moving about. Many intruders will leave rather than risk a confrontation.
- 82 If the intruder confronts you, *stay calm*. Shout and scream if you think it might rouse a neighbour, and decide whether you feel you can defend yourself.
- 83 Remember that by putting on an *assertive front*, you can bluff the intruder into thinking that you are, in control, not scared and ready to act.
- 84 If you arrive home and suspect an *intruder is inside* do not enter the house - use your mobile phone or go to a neighbour and phone the police (000).
- 85 Keep out of sight and a *safe distance* from the house and if you see anyone leaving, try and write down or remember what they look like, a description of their car and its number plate.
- 86 Carry a *torch* at night - you can flash the light about if you need to summon aid.

SAFER LIVING FOR YOUR KIDS

KIDS TOGETHER

- 87 Know your children's *playmate* and where they congregate.

KIDS AND STRANGERS

- 88 Instruct your children to report to you any *strangers*, male or female, of any age, who make friendly approaches to them.

PLAYGROUND

- 89 The rules are few, but important: *No food or drinks* to be brought onto the premises.
- 90 *Socks* must be worn in Play Area by parents and children all the time.
- 91 Children must be *accompanied* by an adult.
- 92 Equipment for use by children under *supervision* only and at users risk

SCHOOL

- 93 Find out about *emergency plans* at your children's schools — find out if children will be kept at school or sent home on their own and how you can arrange for them to be picked up.
- 94 Walking is a great form of exercise – but remember to exercise caution as well. Know the *safest route* to and from school. Know the length of time this journey will take. Check any delay immediately.

ON THE STREET

- 95 If your children are to arrive home *after dark*, arrange to meet them.
- 96 Point out to your children the *Safety House* sign and find out where these are in your suburb. Safety House can be a house, a shop or a business. Safety Houses provide assistance to anyone in the community especially children, should they feel unsafe, threatened or unsure. The Safety House Programme is a community based network of Safe places in a local area.
- 97 Teach your child to recognise *warning signs* about feeling unsafe.

CAR

- 98 Sit with your kids for a while and persuade them to take a *sip of water* before continuing the trip.
- 99 *Avoid chocolate*, which is messy and can make children feel sick, and potato chips which are almost as messy and encourage thirst.
- 100 Do not *fight* or yell while the car is in motion. This distracts the driver and can cause a collision or a serious mishap, which might bring the holiday to an abrupt end.
- 101 Do keep head, arms and hands *inside* the car.
- 102 Do not *lean out* of the windows.
- 103 To while away the long hours you will spend in the car with your children, here are some games for them to *play*: + *Colour contest*: each child selects one colour, then tries to spot cars of that colour. The first with ten cars wins. + *Alphabet game*: select a letter and ask the

children to spot cars of that colour. The first with ten cars wins. + *Rhyme stories*: one child starts a story, and the next has to take up the story with a line that rhymes. The 2nd child also continues with a line of new rhyme. For example: 1st child: 'I know a man called Sam!' 2nd child: 'He loves to eat ham. The more he eats the more he wants.' + *Number-plate messages*: Take the letters of a numberplate of a nearby car and ask the children to make up a message or conversation from them. For example: MBN: 'more bad news' PRD: 'poison risk danger'.

IN THE HOUSE

- 104 Ensure that *poisons* are clearly labelled and locked away from children.
- 105 *Supervise* children. Unsupervised children playing with matches and lighters can ignite fires that injure themselves and others.
- 106 If clothes *catches fire*, don't try to run away-this will only make the fire burn hotter and faster. Instead remember to: Stop, drop and roll. Teach your children this technique so they know what to do if their clothing catches fire. Children especially need to know and practise fire safety techniques.
- 107 You can further protect your children by selecting '*low fire danger*' clothing for them; particularly for pyjamas, night gowns, and infant sleeping bags.
- 108 Be sure your *babysitter* is a responsible person you can trust.
- 109 Teach your children not to speak to *strangers on the phone*.
- 110 Consider installing child proof locks on *cupboard doors*.
- 111 Check regularly that the *First Aid Kit* is well equipped.

TOYS

- 112 Query *new possessions* and extra money brought home.
- 113 Toys are fun, and they help children learn about themselves and their environment. Some products and toys are dangerous. If you suspect a product is *unsafe* or not suitable for the age group (eg choking hazards), please contact the Consumer Affairs Product Safety Officer phone 8999 1999 or toll free 1800 019 319.
- 114 Balls and other floating toys can attract children to the water. Keep them out of the pool area when not in use.

GARDEN

- 115 Are *play areas* easy to keep supervised, fenced off and away from vehicle movement?

TREES

- 116 This *climbing tree* is not suitable for children. Back packs will hinder climbing.

ANIMALS

- 117 Do not *feed* or play with animals. You might get bitten or scratched.
- 118 Planning a holiday? Arrange for all *pet* animals to be properly cared for.

POOL

- 119 Children should always be *accompanied* in the water by an adult who can swim.
- 120 Guests only, *no bombing*, no running!
- 121 Is your swimming pool *kid safe*? Accidental drowning in private swimming pools is a frequent cause of death and injury for young children under five years of age. You can prevent such an accident occurring in your swimming pool by making sure that your pool is adequately fenced. Don't forget to check your pool fence for broken panels regularly.
- 122 *Objects* like garden furniture, children's toys, shrubs and ladders could be used by young children to climb over a safety barrier to get to the swimming pool. Keep these objects well away from the safety barriers.
- 123 Check if the *pool gate* is self-closing and self-latching in accordance with Council requirements.
- 124 Familiarise yourself with *life saving procedures*.

WATER

- 125 Always Remember: Children should wear a *personal flotation device* when riding in a boat or other vessel and when skiing or tubing.
- 126 Never use *inflatable water toys*, like beach balls or water wings, as personal flotation devices or preservers.
- 127 Keep children away from *flooded drains*, culverts and streams.

- 128 *Swimming lessons* and infant/toddler water familiarisation classes promote water safety, but they do not replace adult supervision.
- 129 Teach your children to wait for *permission* before getting into the water.
- 130 Teach your children not to *run or push* on pool decks, jetties or boats.
- 131 Show your children *safe areas* for swimming.
- 132 Use and enforce water safety rules, as children learn from the *actions of adults*.

TEENAGERS

- 133 *Know* where your teenagers are and what they like to do.
- 134 Drop your child at parties and *pick them up*. Give other people a ride home so you know who your child's friends are.
- 135 Be there for your child. Talk to your teenager about *alcohol* whenever it feels right, such as when they mention it, in the car, at dinner or when you see a TV ad or program about alcohol. Don't give your child small amounts of alcohol as a controlled introduction to alcohol. Research shows the earlier a person starts drinking, the greater the chance of developing an alcohol problem.
- 136 Remind them of the dangers of drinking and driving, swimming, boating or other *risky activities*. Encourage them to alternate alcoholic and non-alcoholic drinks, choose low-alcohol drinks, not drink without eating, resist peer pressure and not accept a lift with a driver who's been drinking.
- 137 Don't assume young people with *substance abuse problems* only come from dysfunctional families.
- 138 Even responsible teens can *forget values* and do things such as take drugs, get in a car with a drink-driver, have sex, become violent and be obnoxious.
- 139 Don't assume your child is using drugs just because they experiment with *alternative behaviour* or attitudes. This is an important part of growing up.
- 140 If your teen is going away, encourage them to *ring home* if anything happens and tell them you'll be there for them.

SCHOOLIES

- 141 One person in your group should stay sober to *look out for the others*. Stay together and agree not to leave anyone behind or alone. Organise transport and stick to meeting times.
- 142 Never drink on an *empty stomach*, pace yourself, stick to the same drink and drink plenty of water.
- 143 Never leave your drink *unattended* or accept drinks from a stranger or anyone else unless you have seen it being poured yourself!
- 144 Most *drugs* are cut several times. You don't know what is in any pill, powder or liquid. No drug is completely safe and your reaction could be bad or even fatal! This is just one week out of your life. Don't make a bad choice. Stick to what you believe is right.
- 145 *Predators* are at schoolies and drink-spiking is commonly used in drug-assisted sexual assault, so stick together.
- 146 Girls and boys should carry *condoms*, using them for all forms of sexual activity. Say no to sex to avoid unwanted sex. You need to be clear and firm in saying no. Remove yourself from any uncomfortable situation.
- 147 Some sexually transmitted infections such as *chlamydia* often show no symptoms. If you have unprotected sex, consider getting tested.
- 148 If you have unprotected sex, emergency contraception or the *morning-after pill* is available over the counter at chemists and is best taken as soon as possible within 72 hours.

SAFE CITY

SUSPECT PEOPLE

- 149 Use this as a handy guideline to *identify suspect people* in your area.
 Time.....
 Date.....
 Location of incident.....
 Incident.....

- Suspect person.....
- Height.....
- Accent/speech.....
- Sex.....
- Build.....
- Hair Colour.....
- Eye Colour.....
- Complexion.....
- Hair.....
- Clothing.....
- 150 Keep yourself informed. The Australian Government will use *television, radio, newspapers and the internet* to provide critical information and advice on protecting our nation against terrorism. It is important that you try to keep up to date with the news.
- 151 Keep an eye out for anything suspicious. Some of the best people to spot things that are out of the ordinary in a neighbourhood or workplace are those who are there every day. Help protect Australia from Terrorism: The national security information campaign reminds Australians to remain vigilant and *report* possible signs of terrorism to the National Security Hotline on 1800 123 400. Terrorists rely on surprise, so we cannot predict every possible situation. Whether or not something is suspicious can depend on the circumstances. Look at the situation as a whole. If it doesn't add up, ring up the 24-hour National Security Hotline. Trained operators take every call seriously and you can remain anonymous. Information is passed on to Australia's police and security agencies for analysis and further investigation.
- 152 *False or multiple identities:* Terrorists frequently use stolen or fake documents, including passports and driver's licences. They can also have several identities and may give conflicting details to those they come into contact with. Whether or not something is suspicious can depend on the circumstances. Look at the situation as a whole. If it doesn't add up, ring up the 24-hour National Security Hotline on 1800 123 400.
- 153 Know someone with a *lifestyle that doesn't add up?* While planning an attack, terrorists may lead lives that appear unusual or suspicious. Before the 11 September 2001 attacks, terrorists in the US undertook flight training but weren't interested in learning how to take off or land. The leader of that group also paid cash for many large purchases such as the flight training, accommodation, vehicles and air tickets. Whether or not something is suspicious can depend on the circumstances. Look at the situation as a whole. If it doesn't add up, ring up the 24-hour National Security Hotline on 1800 123 400.
- 154 *Suspicious accommodation needs:* The way terrorists use, rent and buy accommodation is often suspicious. In the UK, a rented garage was turned into a bomb factory. A member of the public reported strange comings and goings of men wearing gloves, which led to the arrest of terrorists who had already attacked Heathrow Airport three times. Whether or not something is suspicious can depend on the circumstances. If it doesn't add up, ring up the 24-hour National Security Hotline on 1800 123 400.
- 155 If you have instead any information about a *burglar* or suspect someone is dealing in stolen property, call Crime Stoppers. 1800 333 000. All calls are strictly confidential and rewards are offered.
- 156 Keep your eyes open. Don't get involved – simply report what you see or hear. Report any unlawful, unusual or *suspicious activities*. Do not disturb or remove anything as this could destroy vital evidence.
- 157 If things get dangerous and you're worried about you or someone else getting hurt – call the police on 000 or go somewhere else. Call police also if you are anxious about a *fraud or scam*. Determine which priority category you fit into when calling for assistance. High Priority: emergency assistance because of a life threatening situation. Low Priority: superficial damage that doesn't need immediate attention.
- 158 To help protect Australia and stop drugs coming into our country, you can be part of 'Customs Watch' and 'Watch Out For Australia'. You are familiar with your own environment and the best judge of anything out of the ordinary. Report anything unusual or suspicious to Customs on 1800 06 1800 24 hour free phone number. It is staffed 24 hours a day, seven days a week. "They may have been false alarms this time, but it's nice to know that there are a whole lot of people out there who are prepared to pick up the phone and report their suspicions to us." Remember: No step is too small on the path to community safety. Help Australia and help yourself.

WOMEN

- 159 Prevention is better than cure, whenever possible don't *walk alone*.

- 160 Do not take *short cuts* through dark alleys or across waste ground, plan and tell somebody your route.
- 161 Walk in a safe place *away from bushes* and buildings with recessed doorways and openings.
- 162 Be alert and *walk confidently*; if you think someone is following you, go to the nearest place with people and call the police.
- 163 Consider your *bag* close to you, but if someone snatches it, let go, rather than get hurt. Keep your house keys in your pocket.
- 164 Don't display expensive *jewellery*.
- 165 Are you the only woman in a *crowded bar*? You may be challenging accepted standards and putting yourself at risk.
- 166 Be alert of *drink spiking*!
- 167 If, as a woman, you find you are the subject of *unwanted attention* (e.g. hissing, muttering, pinching, suggestive gestures, invasion of your personal space), keep calm and do not retaliate but remove yourself quickly from the situation by taxi or other transport, or head for the nearest police officer.
- 168 If possible, travel on *busy roads*, again plan and tell somebody your route.
- 169 *Lock* your car after entering or leaving it.
- 170 *Check* the inside of your car before entering it.
- 171 Consider where you are parking, where possible park in *well-lit* busy areas.
- 172 Have your *keys* ready when you go back to your car.
- 173 Carry a *torch*.
- 174 If you have a *date*, don't give out too much personal info if you don't know him too well.
- 175 Use your *own transport* to meet him there. Consider paying your own way.
- 176 Carry *emergency cash* and/or a mobile phone.
- 177 Be *alert* if you find yourself alone with a group of men.
- 178 Learn to recognize the *early warning signs*. But remember – survival is more important than resistance.

PEDESTRIANS

- 179 You can never be too cautious when crossing the road. Here are some basic tips to make crossing the safer way: *Plan your outings* to avoid peak hour traffic.
- 180 If needed, wear your *spectacles* and other aids when walking.
- 181 Use *pedestrian crossings* whenever possible.
- 182 *Scan carefully* in all directions for vehicles before and as you cross the road.
- 183 Some *medications* may affect your judgement – be aware and check with your local pharmacist.
- 184 Take *the shortest* most direct route.
- 185 Avoid crossing from *between parked cars*.
- 186 Make *eye contact* with motorists. Do not assume that a driver has seen you.
- 187 Wait for *suitable gaps* in the traffic flow before crossing the road.
- 188 Ensure that you have *enough time* to cross the road. Wait on median strip if you are unable to cross the whole road in one attempt.
- 189 Wait for *turning* vehicles.
- 190 Wear *light clothes* or carry something bright such as a torch at night.
- 191 Walk on busy or well lit streets and walk *against traffic direction*.
- 192 If you feel uncomfortable about the presence of *someone behind you*, cross the street, go into someone's house or into a shop nearby.
- 193 If someone tries to *snatch your bag*, don't cling on to it, as you could suffer a serious injury. If you get the chance, tip the contents of your bag out, that way the thief might quickly grab only the money and hopefully leave personal valuables like keys, driver's licence and credit cards.
- 194 Always *carry change* for a phone call.

STREETS

- 195 Undercover Police now targeting *kerb crawlers*.

DRIVING IN CITIES

- 196 Plan your trip to avoid *busy traffic times*.
- 197 Be patient and obey all *road laws*.
- 198 Always drive on the *left hand side* of the road.
- 199 When crossing the road look in *both directions* – look right first, then left, then right again.
- 200 Observe *road signs*. They're there for everyone's benefit.

- 201 Be watchful. Be aware of *other drivers*.
- 202 Keep a look out for *pedestrians* in towns and on rural roads – particularly at night.
- 203 Don't drive if you are *tired or upset* / under the influence of alcohol / or judgement is impaired by medication.
- 204 Avoid driving at *night*, if possible.
- 205 Consider driving with the *doors locked* and passenger windows wound up.
- 206 If you are *being followed*, find a place where you can get help/attract attention such as a police station/convenience store/open service station.

PARKING CARS

- 207 Be aware of *suspicious vehicles* near significant buildings or in busy public places. Terrorists use vehicles for many different purposes, from surveillance to planting bombs. Vehicles may be parked for an unusually long time, sometimes in no-parking areas. Explosives can be heavy, so cars and vans may sit abnormally low on their suspension. They may be out of registration, or have false or missing number plates. Whether or not something is suspicious can depend on the circumstances. Look at the situation as a whole. If it doesn't add up, ring up the 24-hour National Security Hotline on 1800 123 400. Trained operators take every call seriously and you can remain anonymous.
- 208 Don't have personal address on tags attached to *car keys*. Do not hide a second set of keys anywhere on your car.
- 209 Close all *windows*, lock all doors before leaving your car unattended.
- 210 Do not leave *personal items in sight* - lock them in the boot or take them with you. Don't leave registration papers, drivers licence or other papers or cards within view in an unattended car. If it can be seen it can be stolen. If you hide valuables do not do it when you have already parked ; thieves could be watching you. Paperwork found within could advise a thief that the home address of the owner is unattended at that time.
- 211 Of course never leave *animals or children* locked in your vehicle.
- 212 At *night* park in a well-lit and secure area, thieves target cars at night.
- 213 If you have *off-street parking* use it. If you are away from home, park in a secure attended car park. Almost 50% of vehicles are stolen from the street.
- 214 Returning to your car: Have your *keys ready*. Be alert to dangers.
- 215 Always *look inside* your car before you get in.
- 216 Remember, any security is better than no security. But if you want maximum protection, a self *alarming electronic immobiliser* is the most effective vehicle security you can have.

PUBLIC TRANSPORT

- 217 *Avoid travelling alone* in public transport.
- 218 Plan ahead and have a *timetable* - avoid long waits at platforms or isolated bus stops, particularly in the evening.
- 219 *Be prepared* if you have a long wait for your train, tram or bus. Stay in well lit areas or wait near local shops.
- 220 *Arrange to be met*.
- 221 Where possible *sit with others*: pick a carriage with lots of people in it. If possible, and if they make you feel comfortable, sit near them.
- 222 If you feel *threatened*, harassed or assaulted, draw attention to it, don't ignore it and hope it goes away. Complain loudly to draw attention to yourself, move closer to others or get off at the next stop and call for help.
- 223 Ring 000 if *emergency assistance* is needed. Be aware, be safe.
- 224 Park your car as *close to the station* as possible. Have your car keys ready when you are leaving the station and lock your car as soon as you get in.

PUBLIC PLACES

- 225 Always be careful who is present when you are *sharing private information* about yourself. Be discreet about discussing your financial or living arrangements loudly in public. Do not give your telephone number to unknown people.
- 226 Exit signs your life: Take note of the *nearest exit*. The way you enter may not be the safest exit in an emergency.
- 227 Use extreme caution in public spaces. All *public chairs/seats* should be inspected with vigilance and caution before use. There might be hidden needles sticking out of the seat. We all have to be careful at public places!
- 228 *Don't drink* in public places. Special Events 24 hour ban. December 31, January 1 and from 5 March to 15 March. Fine \$100.

PARKS

- 229 If you find yourself *locked* inside the Gardens, please call our Rangers on 0419 270 279 who will let you out.
- 230 For your own safety – don't climb the fence.
- 231 If you witness *tree vandals* at work, please make detailed notes concerning the persons & vehicles involved including dates, times, etc. Photos would also be of value. To report tree vandals please phone: 5986 0 200.
- 232 Caution: *Magpie-Larks* in this area may swoop (from above or below)! Protect yourself by a) being alert to their presence, b) raising an umbrella / stick / arm, c) wearing a hat / bike helmet, d) if cycling, gett off bike & walk. Do not throw anything at Magpie-Lark; it may attack more vigorously.

CHURCH

- 233 Any complaints of *sexual misconduct* by clergy or other Church workers are dealt with by the Independent Professional Standards Committee. To make a complaint, or seek advice please contact: The Director of Professional Standards – Tim Ridgway. Mobile: 0418 847 571. Email: tridgway@sa.chariot.net.au. Or write to : The Director of Professional Standards, PO Box 96 Gladstone SA 5473. Or Phone Crimestoppers on 1800 333 000.

CORPORATE BUILDINGS

- 234 Please be aware there is a slight vibration when using the *lift*. Please use it sparingly.
- 235 *Weapons detection procedure*: a) All Bags/Parcels must be placed onto conveyor belt, b) All cigarette packets and metallic items from pockets must be placed in bowls. Notice: Please remove steel cap boots (place boots on belt for scanning). Thank you for your co-operation.

WORKPLACE

- 236 Your workplace — check if your workplace has plans in place for *emergency evacuations* — and find out what you are meant to do.

SHOPS

- 237 Conditions Of Entry: Upon request, all *bags* will be presented for inspection prior to leaving.
- 238 Please remove *helmet*.
- 239 *Security warning*: Minimum cash at counter. Time delay cash devices. Safe can only be opened by armed guards.
- 240 Please do not leave your valuables unattended in your *shopping trolley*.
- 241 Choose carefully. *No exchanges*.
- 242 *Unusual purchases* of large quantities of fertilizer, chemicals or explosives: Fertilizer is a widely available product that has been used in many terrorist bombs. Whether or not something is suspicious can depend on the circumstances. Look at the situation as a whole. If it doesn't add up, ring up the 24-hour National Security Hotline on 1800 123 400. Trained operators take every call seriously and you can remain anonymous.

PUBS

- 243 *Dogs, cats, firearms* prohibited.
- 244 As your hosts, we are responsible for your safety. If you are drunk, disorderly or offensive we will not serve you and you will be *asked to leave*.
- 245 No more. It's the Law. No more drunks. No more *underage drinking*. No more violence. No more drink driving.
- 246 There are *non slip mats* provided for your safety. Please place under your cup on the table.
- 247 *Smoking* kills: Call the Quitline on 137 848.
- 248 Keep a careful eye on your *drink* - spiking is common everywhere.
- 249 Be aware that potential offenders may try to *isolate* you from friends.

VIDEO

- 250 *Video surveillance* and recording devices have been installed in this area. Footage will be used for prosecution. For Information call 9265 9781.

CAMERAS

- 251 Videotaping or *photography* is one of the ways terrorists gather information about a target. In 2001, a major terrorist plot in Singapore was averted when videotapes of buildings to be

attacked, including the Australian High Commission, were discovered. If you see something suspicious, ring up the 24-hour National Security Hotline on 1800 123 400. Trained operators take every call seriously and you can remain anonymous. Information is passed on to Australia's police and security agencies for analysis and further investigation.

PUBLIC PHONES

- 252 Call *Crime Stoppers*: 1800 333 000.
253 *Help* is as close as the telephone: dial 13 11 14.
254 *Whatever the problem*, help is just a phonecall away: 1800 653 203.
255 Call *Phone Watch* - the community payphone protection program. Report payphone damage now: 180 22 44.

AUTOMATIC TELLER MACHINES

- 256 Remember, in an emergency some ATM machines may not be working and banks could be closed, so consider to have a *small amount of money* in small denominations in your house.

BAGS

- 257 If you see an *unattended package* or bag in a public place, with no apparent reason for being there, here's what to do: Ask if anyone owns it.
259 If no one does, *don't touch it*.
260 *Alert others* to keep away.
261 If in a shopping mall or building, *contact security*.
262 Or *call local police* or the National Security Hotline. Whether or not something is suspicious can depend on the circumstances. Look at the situation as a whole. If it doesn't add up, ring up the 24-hour National Security Hotline on 1800 123 400. Trained operators take every call seriously and you can remain anonymous. Information is passed on to Australia's police and security agencies for analysis and further investigation.

PAPERS

- 263 *Wedding and funeral notices* which include an address can tell a thief when to strike. It is a wise precaution to have someone at home to keep an eye on your property if you are out at such a published event.

BE SAFE IN EMERGENCIES

PREPARING FOR EMERGENCIES

- 264 The best way to handle emergencies is to avoid them. So think about what might happen. *Talk with your family*, household members and neighbours about things you could do, bear in mind that you may be in a situation where:
- you may be separated from each other
 - normal communications might be difficult or impossible
 - power supplies may be cut
 - you may be injured, and others may be injured or deceased; and there may be fire or other dangerous elements present.
- 265 Prepare an *emergency kit* and keep it handy. It should include
- battery-operated radio (with spare batteries)
 - torch (with spare batteries), candles and waterproof matches
 - first aid kit and manual
 - personal medications, toiletry and sanitary supplies
 - special needs for infants, the aged and people with disabilities
 - spare clothes and sleeping equipment, including strong shoes, broad brimmed hat, leather gloves and sunscreen for each household member
 - a mobile phone, spare battery and charger and a phone card
 - strong plastic bags (for clothing, valuables, documents and photographs)
 - extra car and house keys
 - car emergency repair kit
 - copies of important family documents (birth certificates, passports and licences)
 - contact details for your agreed out-of-town contact

- a pen and note pad
- playing cards or games

WHAT TO DO IF AN EMERGENCY OCCURS

- 266 Stay *calm* and reassure others.
- 267 Check for *injuries*. Attend to your own injuries first so you are then able to help others.
- 268 Ensure your *family members* and neighbours are safe, especially children, the elderly, those who are living alone, disabled or who may not understand English well.
- 269 Call 000 and request attendance by *emergency services*. Do not assume others will do this.
- 270 Apply the *basic first aid tips* until professional medical assistance arrives.
- 271 Seek reliable *information* about what is happening and advice from emergency services. This information may be provided in person by emergency services at the scene or via radio, television or by telephone from call centres set up to advise people about the specific event — telephone numbers will be broadcast over radio and television.
- 272 A *wailing siren sound* may be broadcast to indicate that an urgent safety message is about to be made. Do not call 000 for information, as the operator will not be able to provide it.
- 273 Call your *out-of-town contact* to let them know you are safe but keep the conversation unless the situation is life-threatening, to avoid overloading phone lines.
- 274 Use a *landline* to call essential contacts if mobile networks are down.
- 275 Check for any *damage* to your home, including fires and gas leaks, and shut off electricity, gas and water if necessary. In darkness, use a torch to find them — Do not light matches or candles or turn on electrical switches.
- 276 If you smell *gas*, turn off the main gas valve if it is safe to do so, and quickly move everyone outside.
- 277 You may be advised to *stay in your house or to evacuate* — in either case, follow the advice given by emergency services as it will be tailored to the circumstances. If you are told to evacuate take your 'emergency kit' and use travel routes specified by the authorities to the designated assembly or relief areas.

EMERGENCY SERVICES AND EVACUATION

- 278 Listen for emergency warnings and safety advice on *radio or television*.
- 279 When directed by *emergency services*, turn off the electricity, gas and water, unplug appliances, lock doors and windows.
- 280 If you are asked to *evacuate* your area, do so. Leave as quickly as possible as you may become more endangered the longer you stay.
- 281 Take your *emergency kit* with you, including important documents, or as much as you can manage.
- 282 Allow for *special needs* of infants, the aged and people with disabilities.
- 283 Do not forget your *pets*.
- 284 Wear long-sleeved shirts, long pants, a hat and sturdy shoes so you can *be protected* as much as possible.
- 285 If you have a *mobile phone*, take it with you.
- 286 Use travel routes *specified* by emergency services. Do not use shortcuts because certain areas may be impassable or dangerous.
- 287 *Collect family members* or go to your agreed meeting place.
- 288 If you go to an *evacuation centre*, register your details at the registration desk.
- 289 If you evacuate to a relative or friend's house, *consider registering* with the local evacuation centre to help others find you.
- 290 Call your *out-of-town contact* and let them know where you are going.
- 291 *Follow the instructions* issued by emergency services.
- 292 When you return to your home after being told it is safe to do so, *open windows* to provide ventilation.

HOW TO COPE EMOTIONALLY

- 293 You will need to understand your emotions and help others to cope with theirs. Natural reactions can include: shock and disbelief, fear and anxiety, horror, and depression, anger and grief. What to do? *Remain calm* so you can control your fear and actions.
- 294 If you are feeling particularly anxious or frightened, follow this advice: *Keep your family together* wherever possible.
- 295 Ensure *shelter and safety* is maintained in the coming hours and days.
- 296 *Comfort* each other and support those who are with you or have come together during or after the emergency.

- 297 Focus on your *feelings* and any irrational thoughts — talk calmly about them with family or friends.
- 298 Focus on what *practical tasks* you and your family can do — practical actions are helpful and will lessen anxiety.
- 299 Take some *satisfaction* in having come through a very stressful and threatening situation.
- 300 *Monitor information* from emergency services by listening to your radio or television — but *do not continuously watch* disturbing footage on television. Take turns listening to the news with other adult members of your family or household.
- 301 If separated from family members, find out where they are and arrange to *reunite* with them when it is safe to do so.
- 302 When the danger has passed, check if your *neighbours* are distressed — talk to them about their experiences.
- 303 Following the emergency you may experience a range of physical and emotional reactions. This is normal. However, should they continue for an extended period, consult your *local health service*. State and Territory health authorities have professionals who can help you deal with the psychological aspects of the emergency.

HELPING CHILDREN IN EMERGENCIES

- 304 After an emergency, children are most afraid that the event will happen again, someone will get hurt or injured, they will be separated from the family, or that they will be left alone. To help children cope: Comfort and *re-assure* them.
- 305 Keep them *with you*.
- 306 *Explain* what is happening and what they may be feeling.
- 307 *Encourage* them to talk about what happened, and respond simply and clearly to their questions.
- 308 Let them *help*.
- 309 *Avoid exposure* to excessive television replays of events.
- 310 Provide *normal activities* such as school and shared family activities as soon as possible, when safety is assured.

BOMBS

- 311 If a bomb explodes: Get out of the building to an *open space* or protected area as quickly and calmly as possible.
- 312 *Stay away* from tall buildings, glass windows and parked vehicles.
- 313 In the event of *falling debris*, shelter under a sturdy table or desk until the situation has stabilised enough for your safe passage. When safe, leave quickly, watching out for weakened floors and stairs.
- 314 If *trapped in debris*, do not light a match. Cover your mouth with a handkerchief or clothing. Rhythmically tap on a pipe or wall so rescuers can hear where you are.
- 315 Ensure your *own safety* before trying to help others.
- 316 Follow the *instructions* of the emergency services.
- 317 If you have any *information* that may help apprehend suspects or identify a vehicle involved, contact the police or the National Security Hotline at once.

FIRE

- 318 If you are *caught in a fire*: Stay low to the floor, as the smoke, poisonous gases and heat will rise to the ceiling.
- 319 *Cover* your nose and mouth with a wet cloth and protect any exposed skin.
- 320 *Vacate* the building as quickly and safely as possible and proceed to the agreed assembly area.
- 321 Use the emergency exit to get out of the building as quickly and safely as possible — *do not use the lift*.
- 322 Do not go through *closed doors* that are hot — there may be fire on the other side.
- 323 If you cannot escape, hang a light coloured sheet out the window to *alert rescuers* to your presence.

SUSPICIOUS PACKAGE

- 324 If you *receive* a suspicious package that appears to be out of the ordinary, for example, from someone you do not know, or if it is badly wrapped, or if it has unusual contents, follow the steps below.
- 325 *Call 000* and ask for Police. If applicable, alert the building security staff or floor warden.
- 326 If you have not opened the package — *Do not open it*. Leave the package where it is.

- 327 If you have opened a suspicious package leave it where it is and *cover it* if possible.
328 *Get everyone out* of the room and close the door. Isolate the room and prevent others from entering. If you are able, *turn off air conditioning*.
329 If possible, *wash your hands* or shower with soap and water. Do not touch your mouth and eyes with your hands.
330 If you are experiencing any immediate *physical symptoms* call 000 and ask for Ambulance.
331 Make a *list of persons* who were in the room to give to authorities when they arrive.
332 *Wait* in a safe place until emergency services arrive and follow their instructions.

HAZARDOUS CHEMICALS RELEASE

- 333 Hazardous chemicals can be released by accident or by a deliberate criminal act. They range from household chemicals and more toxic industrial chemicals through to highly toxic chemical warfare agents. Exposure could cause serious or fatal injury. Emergency services will identify the hazard. Whatever chemical it is: *Stay away* from the scene.
334 If you believe a toxic chemical has been released in a *closed space* such as a tunnel, underground railway or a building: Move away quickly to an upwind location nearby to avoid the spread of contamination and try not to inhale fumes.
335 If you believe a toxic chemical has been released in an open space, *stay inside* and close and lock all windows and external doors — however, ensure your keys are readily available, or that you have an accessible escape route if you need to evacuate.
336 *Call 000* and ask for Fire.
337 If advised by emergency services, *turn off all fans*, heating and air conditioning systems. Also close the fireplace vent.
338 *Close internal doors* to reduce air movement.
339 Gather your *emergency kit* and make sure the radio is working.
340 Go to an internal room, ideally one at *ground level* with no windows.
341 If advised to do so, use duct tape or other wide tape to *seal all cracks* around the doors and any vents into the room — seal over windows with plastic and tape; and continue to monitor your radio or television until you are told all is safe or you are advised to evacuate — emergency services may later call for the evacuation of specific areas in your community and issue specific instructions.
342 If you have any of the chemical on you or your *clothes*, avoid touching your mouth and eyes — remove your outer clothing and do not leave the area — for your own safety and that of others you will then need to be decontaminated by emergency services before you receive any medical treatment that may be necessary.
343 To assist emergency services to identify the chemical, *keep track of your symptoms* including your breathing, heart rate, perspiration, dizziness, blurred vision, skin tones and deliriousness, and report them as soon as possible; and use caution in helping others who may be contaminated as you may become affected.

RADIOLOGICAL INCIDENT

- 344 The likelihood of a radiological incident of any kind is extremely remote due to the stringent controls in place for the movement and use of radioactive materials. However, a radiological emergency could result from either an accidental or deliberate release of radioactive materials. If you are outside at the time of the incident: *move away* and upwind of the incident site.
345 *Call 000* and ask for Fire.
346 *Wait for instructions* from emergency services.
347 If you think you have been *contaminated*, ensure you advise emergency services on their arrival.
348 You may have to undergo *preliminary decontamination* under supervision of emergency services, including removal of your outer clothing and rinsing your hair and body in a shower.
349 If you are inside at the time of the incident, *remain inside* and follow the instructions about a chemical release. Public health authorities will assess the risk from radiation exposure quickly and will implement measures to limit the dangers.

BIOLOGICAL AGENTS RELEASE

- 350 Biological agents are bacteria, viruses or biological toxins that can be released by accident or deliberately dispersed in a population to cause injury or death. Some are infectious and can be passed from person to person. If biological agents are released without any warning, the

- first indication that a release has taken place may be the reporting of symptoms by those affected. If you experience any *unusual symptoms*, you should seek medical attention.
- 351 If you are at a site where emergency services advise that there has been a deliberate release of a biological agent, you should *comply with their directions*.
- 352 You may need to be *decontaminated* to remove any agent from your clothing and skin. Emergency services and health authorities will assess and manage the risks for anyone who has potentially been exposed to a biological agent.
- 353 Health authorities may recommend *treatment* with antibiotics if you have been exposed. Pay close attention to all official health instructions.

BUSH AND OUTBACK SAFETY

SUN SAFETY

- 354 Sun Smart Tip: Apply sunscreen *15 minutes before* going to the sun.
- 355 Lager on sunscreen like icing a cake. Reapply *every two hours*.
- 356 Skin cancer rates are increasing - Don't become a statistic. Avoid the sun in the *middle of the day* (10am-3pm)
- 357 "Windburn" is really sunburn from *reflected UV radiation*.
- 358 *Sunglasses* should sit close to your eyebrow.
- 359 *Hats* offer much better protection than sunscreen. Make them your first choice.
- 360 Remember: A *broad-brimmed* hat is much better than a cap.
- 361 Cover all exposed skin with *protective clothing*. Cover up in style. Great ideas look cool.

GRASS

- 362 Do not park in thick grass as *hot exhausts* start bushfires.

EARTH

- 363 Notice: Commonwealth of Australia. *Trespassing* upon this land is prohibited.
- 364 Notice: Commonwealth of Australia. Shooting upon or over this land is prohibited.
- 365 JGGS *Buried Cable*. Before excavating in this vicinity contact JGGS HQ. Phone Alice Springs 522044

HILL

- 366 Registered Sacred Site: Beyond this point lies a site of sacred significance to Aboriginal women. Please respect the sanctity of this area. No men are permitted entry. Lawful entry by women to this area can be made only with the permission of the Registered Abotiginal Custodians and/or the Aboriginal Areas Protection Authority. Penalty for unlawful entry up to \$20,000.
- 367 Registered Sacred Site: Beyond this point lies a site of sacred significance to Aboriginal men. Please respect the sanctity of this area. No women are permitted entry. Lawful entry by men to this area can be made only with the permission of the Registered Abotiginal Custodians and/or the Aboriginal Areas Protection Authority. Penalty for unlawful entry up to \$20,000.

BUSHWALKING

- 368 *Handy items* for long bushwalks include food, warm clothing, first aid supplies, a torch and a map.
- 369 Always run a *current road map*. Read maps and signs carefully.
- 370 Stay on the *marked tracks* and behind safety barriers all the time.
- 371 Never walk alone. Always walk or climb *with another person*.
- 372 Carry and drink *one litre of water for every hour* you walk or climb in hot weather.
- 373 *Wear* sturdy, rubber-soled boots or shoes, a hat with a secure strap, a long sleeved shirt, and maximum protection sunscreen.
- 374 In very hot weather walk only *in the coolest part of the day*.
- 375 Do not climb or do a strenuous walk *if you have*: high or low blood pressure, heart problems, breathing problems, a fear of heights, or if you are not reasonably fit.
- 376 Do not try to retrieve things that have *dropped or blown away* from the climbing track.
- 377 Do not drink alcohol or eat a large meal *before* you walk or climb.
- 378 *Obey* all safety directions, notices and warning signs.

FIRE PLACE

- 379 Use fire places provided or ensure there is a *4 metre break* from vegetation.
- 380 *Extinguish* all camp and cooking fires thoroughly and cover with dirt.
- 381 Do not light fires on extremely *windy days*.

ANIMALS

- 382 *Snakes* occur naturally in this area. To avoid snakes please keep to the path. If you see a snake remain calm and avoid disturbing it.

NATURAL DESASTER

BIOSECURITY

- 383 Phylloxera can cause devastation to grapes, due to a small aphid which spreads with the *assistance of humans*.
- 384 Marine pests reach our coasts attached to ships' hulls or surviving in ballast water. Boats should be *properly washed* and make sure weed species like salvinia or water hyacinth do not reach the drain system.

EARTHQUAKE SURVIVAL AND DAMAGE REDUCTION

- 385 Know your *local area*, particularly if there is a history of earthquakes.
- 386 *Be prepared*: Have containers of fresh water, a first aid kit, an emergency kit (including a battery operated radio, torch and spare batteries) and basic first aid knowledge.
- 387 Keep a list of *emergency numbers* handy.
- 388 Identify a *meeting place* in case you become separated from loved ones.
- 389 Watch for possible warning signs: *Erratic animal behaviour* - watch for frightened or confused pets running around, or a birdcall not usually heard at night.
- 390 *Ground-water levels*: watch for sudden changes of water level in wells or artesian bores.
- 391 Act safe: If indoors, when an earthquake strikes - *stay there*.
- 392 Seek shelter under a *door frame, table, or bench*.
- 393 *Keep away* from windows, mirrors, chimneys, overhead fittings and tall furniture.
- 394 In high-rise buildings, *stay clear of windows* and outer walls. Get under a desk near a pillar or internal wall.
- 395 Stay clear of *roof and wall fittings*.
- 396 If outdoors, *keep well clear* of buildings and other structures, power lines, trees etc.
- 397 If in a vehicle, *stop in the open* until shaking stops. Avoid driving unless for emergency.
- 398 Beware of downed *powerlines* and damage to roads, overpasses or bridges.
- 399 Do not use elevators or *lifts*.
- 400 Stay vigilant: *Expect aftershocks*.
- 401 Keep your *radio* tuned to local media for advice.
- 402 Turn off *electricity, gas and water*.
- 403 Only use *landline telephones* in an emergency.
- 404 *Evacuate* if house is badly damaged.
- 405 Stay calm and *help others* if possible.
- 406 Do not move *the seriously injured* unless in danger.
- 407 Do not go *sightseeing* or enter damaged buildings.

FLOOD SURVIVAL AND PROPERTY PROTECTION

- 408 Don't be fooled by a flood – they can happen in a flash. Take these simple steps to ensure the safety of you and your family during a flood. First of all: Know Your Local *Flood History*.
- 409 Identify *evacuation routes* and centres.
- 410 Have an *emergency kit* on hand, that includes: a) a portable radio and torch with fresh batteries, candles and waterproof matches, b) reasonable stocks of fresh water and tinned food, strong shoes and rubber gloves, c) a first aid kit and good supplies of essential medication, d) a waterproof bag for clothing and valuables and emergency contact numbers.
- 411 Stay alert: Stay tuned to *local media* for current weather advice and warnings. Check that your neighbours know of the warning.

- 412 *Stack furniture* and possessions above the likely flood level (on beds, in the roof etc.), with electrical equipment at the top. Secure heavy objects that could float and cause damage.
- 413 *Move garbage*, chemicals, poisons, fuel etc. to a high, secure place.
- 414 *Protect/relocate stock* and equipment in commercial/industrial premises.
- 415 *Move livestock* to high ground.
- 416 *Check your car* and fill the fuel tank.
- 417 *Don't delay*: Always follow instructions and directions from local authorities.
- 418 Be ready to *evacuate* if necessary, but if you plan to leave of your own accord tell the police or state/territory Emergency Service and neighbours.
- 419 In either case, you should if possible, *empty freezers* and refrigerators and leave the doors open.
- 420 Collect and *secure your valuables*, papers, photo albums and mementos.
- 421 Place a sandbag in the *toilet bowl* to prevent backflow of sewage.
- 422 Turn off *electricity, gas and water*.
- 423 If you remain in your home or when you return: Do not eat *food* which has been in contact with floodwater and boil all water until supplies have been declared safe.
- 424 Don't use gas or electrical appliances which have been *flood-affected* until safety-checked.
- 425 Avoid *wading*, even in shallow water, as it may be contaminated.
- 426 If you must enter shallow flood water, wear *solid shoes*.
- 427 Never swim in *flood waters*.
- 428 Beware of *snakes* and spiders which may move to drier areas in your house.
- 429 *Continue to monitor your local media* and heed all warnings and advice.
- 430 Never *drive* in flood waters. Check with police for safe routes before driving anywhere and don't enter water without checking depth and current.
- 431 Unless you are sure of the water depth, flow rate and any road damage, do not attempt to cross *flooded bridges* or causeways.
- 432 If you find yourself stranded in deep water: Do not panic. *Wind up* all windows, to slow down or prevent water entry. If the car does not sink, but drifts, wait until it reaches shallow water or is close to the bank, then open the door or window and climb out.
- 433 If the car is sinking, it will be necessary to wait for the water pressure to equalize before you can open the doors or windows. As a last resort, kick out the windscreen or rear window.

HEATWAVE PROTECTION AND SURVIVAL

- 434 Although the effects of heatwaves can be serious, they are one of the easier hazards to protect against if you are in *good health*.
- 435 If global warming increases, heatwaves will become hotter, longer and even more frequent, so it is important to be aware of how to cope and survive: Wear lightweight, light-coloured, loose, porous *clothes* and a wide-brimmed *hat*.
- 436 Avoid *direct sunlight* if possible.
- 437 Use *strong sun screen*, as sunburn limits the body's ability to cope with heat.
- 438 Give animals access to *shade and water*.
- 439 If you have a baby or *children under four years old*, pay particular attention to the above advice and consult a doctor if they appear uncomfortable.
- 440 If you are *elderly* or suffer from a *chronic condition*, illness, or just feel unwell, see a doctor immediately.
- 441 *Avoid strenuous activities*.
- 442 Drink *two to three litres of water* per day, even if you are not thirsty.
- 443 Do not consume *alcohol* or *carbonated drinks*.
- 444 *Avoid heavy protein foods* (e.g. meat, dairy products) which raise body heat and increase fluid loss.
- 445 Do not take *salt tablets* unless prescribed by a doctor.
- 446 Keep your home cool with *curtains*, shutters or awnings on the sunny sides and leave windows open at night.
- 447 If you don't have *air-conditioning*, use fans and damp *towels* to stay cool and have frequent cool showers.
- 448 During the day spend as much time as possible in *air-conditioned buildings* (e.g. shopping centres, galleries, museums).
- 449 Check on *elderly neighbours* and relatives to ensure they are comfortable and coping.

HOW TO STAY SAFE DURING STORMS

- 450 You should *be prepared* before the storm hits: *Purchase* masking tape (for windows), plastic sheeting and large garbage bags (for emergency rain protection).

- 451 *Have* a portable radio, torch, spare batteries and a first aid kit (and basic knowledge).
- 452 Trim *tree branches* well clear of your house.
- 453 Clear *yard* of loose objects.
- 454 Clean and check *roof, guttering and downpipes*.
- 455 Store *poisons* above ground level in case of flash floods.
- 456 Tape (cross fashion 'x' plus strips) or cover *large windows*.
- 457 You should prepare as the storm approaches: Listen to local *radio* for information.
- 458 Disconnect computers, televisions and other *electrical appliances*.
- 459 You should be alert during the storm: *Stay inside* and shelter clear of windows.
- 460 Listen to your portable radio for *storm updates*.
- 461 If indoors, stay in the *strongest part* of the house (bathroom, cellar).
- 462 Avoid using fixed *line telephones* unless essential.
- 463 If you are outdoors, find *emergency shelter* (do not shelter under trees or metal structures).
- 464 If far from shelter, crouch (alone, feet together) preferably in a *hollow*. Don't lie down.
- 465 If driving, stop *clear of trees, powerlines and streams*.
- 466 If boating or swimming, *leave the water* immediately.
- 467 *Shelter vehicles* or cover with tarpaulin/blankets.
- 468 You should remain vigilant after the storm: *Check your house* for damage.
- 469 Keep listening to your *local radio station* for official warnings/advice.
- 470 *Beware* of fallen power lines, damaged buildings, trees and flooded drains.
- 471 *Check trees* within your property for damage and stability.
- 472 *Check operation* of essential household items and check fuse box for surge protection / fuse / circuit breaker impact.
- 473 Listen to your radio for *further weather information*.
- 474 Check on your *neighbours* if safe to do so.
- 475 If unable to contact emergency services by telephone, form a *self-help group* with family and neighbours. Watch for emergency crews who will be checking your area.
- 476 Don't go *sightseeing*: stay and help others.

CYCLONE SURVIVAL AND PROPERTY PROTECTION

- 477 *Be informed*: Ask neighbours, SES, council, whether cyclones have occurred in your area, what to expect and appropriate actions to take.
- 478 Be prepared: Know your *community cyclone plan*, and how the cyclone warning system works.
- 479 Check your house is in good condition, particularly the *roof*.
- 480 Fitting *window shutters* or at least metal screens.
- 481 Clear property of *loose items* likely to cause damage in high winds.
- 482 In case of a storm surge warning, identify your nearest *safe, high area* in advance.
- 483 Create an *emergency kit* of tinned food, water containers, emergency lighting, first aid kit, medicines, tape and plastic bags.
- 484 Have also a *portable radio* and torch with spare batteries.
- 485 Be alert: Keep up to date with the progress of a cyclone through information provided by the Bureau of Meteorology in each State/Territory at www.bom.gov.au.
- 486 Based on predicted wind speeds and storm surge heights, *evacuation* may be necessary. Decide as early as possible whether you are going to evacuate. Official advice will be given on local radio/tv regarding safe routes and when to move.
- 487 Follow the advice of *local authorities* in regards to appropriate actions during each stage of the cyclone.
- 488 When the Cyclone Strikes: Stay inside and *shelter* in strongest part of the house (e.g. bathroom or cellar).
- 489 *Protect yourself* with mattress, blankets etc. and anchor yourself to a strong fixture (such water pipes) or get under a strong table.
- 490 Beware the *calm 'eye'*. Remain indoors until advised that the cyclone has passed.
- 491 After the Cyclone: *Don't go outside* until advised officially that the cyclone has passed.
- 492 Listen to your radio for *further information* and advice.
- 493 If you had to evacuate, *don't go home* until advised. Use recommended routes.
- 494 *Beware* of fallen powerlines, damaged buildings, trees and flooded watercourses.

TSUNAMI SURVIVAL

- 495 If you hear that a strong *earthquake* has occurred, stand by for a possible tsunami emergency and be prepared to move from low-lying coastal or lakeside areas to high ground at short notice. All tsunamis are potentially dangerous and destructive.

- 496 When an *official warning* is issued, it means a tsunami actually exists. Some tsunami victims have dismissed such warnings as false alarms and died as a result.
- 497 Approaching tsunamis are sometimes preceded by a *rapid rise or fall in sea-level*. This is nature's warning and should be heeded. Vessels should head for deep water immediately.
- 498 A small tsunami at one point on the shore can be *extremely large* a few kilometres away, so don't let the modest size of one make you lose respect for all.
- 499 A tsunami is not a single wave, so *stay out of danger areas* until an official all-clear.
- 500 Never go to the shore to *watch a tsunami*. If you can see it, you are too close to escape.
- 501 *Cooperate* with your local emergency authorities if asked to evacuate.

LANDSLIDE SURVIVAL AND PROPERTY PROTECTION

- 502 *Learn more* about the geological hazards in your area: Request information and assistance from your local government authority prior to *land purchase or construction*. This information could include, amongst other things, past landslide activity and any known landslide risk assessments.
- 503 Consult a geotechnical engineer or engineering geologist for *advice* concerning development and slope instability.
- 504 Become familiar with tell-tale signs of ground movement.
- 505 Ensure you *do not undercut* steep banks, develop near the top or base of steep slopes, or place fill on steep slopes.
- 506 Make sure you do not stand on, or seek cover below or near, *coastal cliffs* or overhangs and be aware of the potential dangers they represent. Take notice of signs warning of loose rocks and debris.

TOXIC EMISSION SURVIVAL STEPS

- 507 If you hear a warning signal or announcement of dangerous fumes etc.: Remain in, or immediately enter, a *house or building*.
- 508 Do not attempt to evacuate. *Close external doors* and windows.
- 509 Draw *curtains* and seal (tape) *ventilators*.
- 510 Turn off *air-conditioners*.
- 511 Extinguish *naked flames* (e.g. pilot-lights).
- 512 Move to a *room furthest away* from the hazard area.
- 513 Listen to radio/television for *official emergency information*.
- 514 *Stay indoors* until the official all-clear, then open doors and windows to restore ventilation.
- 515 *Avoid telephone use* until the all-clear and cooperate with official instructions.

LIGHTNING ACTION GUIDE

- 516 Be prepared: Check with your local electrical contractor for advice on *surge protectors* and lightning conductors.
- 517 Have an *emergency kit* on hand, including a battery operated radio, torch and spare batteries.
- 518 Act safe! If caught outdoors: Seek shelter in a *hard top vehicle* or solid building.
- 519 Never shelter under a tree or a *group of trees*.
- 520 If far from shelter *crouch down*, don't lie flat.
- 521 If boating or swimming, *leave the water* immediately.
- 522 *Avoid metal objects* such as ladders, umbrellas, fences and clothes lines.
- 523 Secure *pets* in a safe place.
- 524 If indoors: *Disconnect* computers, televisions and other electrical/electronic appliances.
- 525 Avoid using fixed *line telephones* unless essential.
- 526 Keep *clear of windows*.
- 527 Avoid *metal fixtures*, such as roofs, guttering, downpipes and taps.
- 528 After the lightning: Keep your radio tuned to local media for updated weather reports and *power outages*.
- 529 *Confirm* location and safety of family members and immediate neighbours.
- 530 *Check* operation of essential household items and check fuse box for surge protection / fuse / circuit breaker impact.

SURVIVING IN A BUSHFIRE

- 531 If you prepare your house well, and unless you decide to leave early or have been ordered by authorities to do so, *stay in the house* after taking extra precautions.
- 532 *Phone the bushfire brigade*—do not assume they know about the fire.
- 533 Fill baths, sinks and buckets with *reserve water*.

- 534 Turn off *gas and power*.
- 535 *Remove curtains and move furniture* away from windows.
- 536 *Wear* long woollen or heavy cotton clothes and solid boots or shoes, a hat or woollen balaclava, and gloves.
- 537 Plug *downpipes* with rags and fill all roof gutters with water.
- 538 *Hose down* walls, garden, etc. on the sides of the house facing the fire-front and watch for spot fires.
- 539 Inside, *close all windows and doors*, and block crevices and gaps.
- 540 When the fire-front arrives, *stay inside*, away from windows, while it passes (usually five to 15 minutes).
- 541 Quickly *extinguish any fires* which may have started in, on, or under the house. Check inside the roof cavity as well.
- 542 If the house is alight and can't be extinguished, *move away* to safe burnt ground. Don't leave the area, wait for help.
- 543 If caught in a bushfire while driving, *stay in the vehicle*
- 544 When you are confronted with smoke on the road: turn on your *headlights* and slow down.
- 545 Drive carefully and follow directions of police or *firefighters*.
- 546 If you cannot see clearly, pull over to the side, stop your vehicle, leave *hazard lights* on and wait.
- 547 *Don't drive in* or near bushfires. Stop at a clearing or by the roadside in a low vegetation area.
- 548 If trapped in front of an oncoming bushfire: *Do not panic*. Stay in your vehicle.
- 549 Switch off *ignition*, and turn on hazard lights and headlights. The temperature may become unbearably hot, but it is still safer to stay in the car.
- 550 Keep *vents, windows and doors* closed.
- 551 *Lie down* below window-level, under a woollen blanket until the fire-front passes. Research shows that in a bushfire, a car petrol tank is unlikely to explode in the period that a person needs to stay inside the car as protection against deadly radiant heat of the fire-front.
- 552 If caught in a bushfire on foot don't panic and *cover* all exposed skin.
- 553 *Move* across-slope, away from the fire-front, then down-slope towards the rear of the main fire.
- 554 Find open or *already-burnt ground*. Do not try to out-run the fire or run uphill or go through even low flames unless you can clearly see a safe area close-by.
- 555 If you can't avoid the fire, protect yourself from heat radiation by lying *face-down* under an embankment, rock, loose earth, or in a hollow, or if possible get into a pond, dam or stream—but not into a water tank.

WATER SAFETY TIPS

- 556 *Plastic bags* and sheeting are useful to keep possessions dry.
- 557 The better you swim, the more fun you can have, so start taking *lessons* today.

PRIVATE POOL

- 558 At home remember: Shut the *pool gate*.
- 559 *Don't leave toys* in the pool, they attract young children.
- 560 Empty all *buckets*, and paddle pools after playing.
- 561 Always *enter* the water safely.
- 562 *Don't push* people into the pool.
- 563 If you see someone in trouble in the water, *get help* quickly.

SWIMMING POOL

- 564 At the swimming pool remember: Listen to the *pool lifeguards*.
- 565 *Obey signs* giving advice to swimmers.
- 566 If you see someone in trouble in the water, *get help* quickly.
- 567 Stay away from the *deep end*, unless you can swim well.
- 568 *Check* for swimmers before jumping in.
- 569 *Play* safely.
- 570 Do not run around the *pool edge*.

RIVER / LAKE

- 571 At a River or Lake remember: Always swim with a *grown up*.
- 572 Beware of *slippery banks*.
- 573 *Check* the water before entering.
- 574 *Check* that it's safe before diving.
- 575 Beware of *boats*.
- 576 Read and *obey signs*.
- 577 Warning: *Estuarine (Saltwater) Crocodile* attacks can cause injury or death. These animals are known to move in this area undetected – Know that you enter the water at your own risk.
- 578 Warning: *Freshwater Crocodiles* inhabit this area. They can become aggressive and cause injury if disturbed. Do not approach or interfere with these animals.

FARM / BUSH

- 579 On the farm or in the bush remember: Swimming in *dams* can be dangerous.
- 580 Never swim in *water tanks*.
- 581 Don't swim near *pumps*.
- 582 Reach to *rescue*.

AT THE BEACH

- 583 Never swim at *unpatrolled beaches*.
- 584 Swim between the red and yellow *flags*.
- 585 Swim with *another person*.
- 586 If the sea is *too rough* don't go in.
- 587 If you are seized with a *cramp* or in trouble in the water: stay calm; float on your back; and wave one arm for help.
- 588 Listen to *lifeguards*.
- 589 Obey all signs. An *amber flag* indicates that the surf is dangerous.
- 590 Take a *whistle* with you.
- 591 If you see someone in trouble in the water, *get help* quickly.
- 592 Never swim at *night*.
- 593 Do not enter the water under the influence of *alcohol or drugs*.
- 594 Never swim directly after a *meal*.
- 595 Never run and *dive* into the water.
- 596 Always *slip, slop, slap, wrap!*

CLIFF EDGES

- 597 *Don't go alone*.
- 598 Stay well clear of *limestone cliff edges*, caves and overhanging rocks. Never get too close to the edge.
- 599 Take heed of *warnings* and fences: Danger! Rocks can be slippery! Other lives have been lost!
- 600 *Watch* the water: Beware of rips, sudden swells & undertow.
- 601 Watch for '*king waves*', which occur without warning and can wash you into the ocean.

WATERFALL

- 602 Stay away from rock edges and *waterfalls*.

SURFING

- 603 If you are unsure of the surf conditions *check* with a lifesaver.

HARBOUR

- 604 It is not advisable to swim in the harbour.
- 605 Maritime Security Level 1: This area is under electronic CCTV surveillance! Personnel may be subjected to random searches. No weapons or explosives allowed.

FISHING

- 606 Thinksafe: when fishing on coastal waters watch for '*king waves*', which occur without warning and can wash you into the ocean.
- 607 *Kill fish* with a blow to the head or by spiking their brains.
- 608 *Bleed fish* by cutting through the gills with a knife or garden pruning scissors.

SEACREATURES

- 609 *Avoid contact* with any sea creatures you might encounter at the beach. While they may look harmless some inflict a sting or bite.
- 610 The small *blue-ringed octopus* is common in coastal waters. Its bite can paralyse in 15 minutes.
- 611 Vinegar should always be carried when *box jellyfish* might be encountered.
- 612 Several species of *poisonous fish* are best avoided.
- 613 *Don't swim* in areas known to be inhabited by sharks.
- 614 Sharks on file: People who have been *bitten* by sharks or know of those who have are invited to contribute to the Australian Shark Attack Files at www.zoo.nsw.gov.au.

DOGS ON BEACHES

- 615 Dogs must be *on lead* all times.
- 616 During daylight saving hours dogs are *not permitted* between 8am-7pm on the Beach.

HORSES ON BEACHES

- 617 Horses *prohibited*.

BOATS

- 618 *Be prepared* for unexpected changes in weather.
- 619 Call the Bureau of Meteorology on 1900 155 349 and *check the weather* – if unsure, do not go out.
- 620 Check the *tides*.
- 621 *Tell someone* where you are going.
- 622 Check if all your *safety equipment* is on board.
- 623 Check if your *navigation lights* work.
- 624 Check if you have enough *fuel*.
- 625 Have you serviced your *engine* lately? Know, know, know your boat!
- 626 Don't pollute! Bring your *rubbish* home.
- 627 Excess *alcohol* and boating ride do not mix. The person in charge of the vessel is responsible for the safety of the craft and the lives of the passengers.
- 628 *Thinksafe* when boating. Even the enclosed waters of an Inlet can become windy and rough without warning.
- 629 *Capsized boat*. If you capsize, first try to flip and bale out. If you are unable to right the boat, don't attempt to swim to shore.
- 630 *Never leave the boat* – it should have enough built-in buoyancy to keep it afloat, and because it is bigger, more visible target than a lone swimmer, it's safer to stay with the boat and attempt to attract attention.
- 631 *Man overboard*: Fast action and constant observation is the priority. If a buoyancy aid – a lifebuoy or life line – is available, throw it while the person is in range. In a powered craft, you can turn quickly – get one member of the crew to watch the person in the water throughout the rescue. In a yacht, it can take longer to return, so not losing sight of the person is even more important. Circle back and approach from downwind. Switch the motor off as soon as the person in the water is within reach of the boat – don't just put it into neutral. Be aware of the risk of injuring the person in the water while attempting the rescue, especially in rough weather. Getting someone aboard any boat can be hard – in smaller boats try sliding the person in over the side without swamping the boat – alternatively, hang a loop of rope over the stern as a foothold.
- 632 *Lifejacket's*: You should be wearing a life jacket. But if you don't, at least be certain that there are PFDs for everyone on board in easy reach, ready to put on quickly. When the emergency comes, you'll be sorry you weren't wearing one – putting it on is one more thing to slow you down, when everything is happening fast.
- 633 Worried about your boat? Is there a thief on your boat right now? Is your boat taking on water? Or even sinking? How about all your marine expensive equipment? *Insure your property*.

SAFE TRAVELLING

AIRPORT

- 634 Allow *extra time* for journeys, especially when flying.
- 635 Don't leave packages or bags *unattended*.
- 636 Never carry packages or luggage *for another person* through Customs at airports, bus depots or across borders. This ploy is used by drug traffickers to transport prohibited substances.
- 637 *Accept* heightened security: Security has been substantially increased at places such as airports and major sporting and public events. It can seem an inconvenience, but it is important to remember that these measures are in place to protect us.
- 638 Please *be patient* with queues or delays caused by security checks.
- 639 *Joking* about aviation safety and security is a serious matter. Joking is taken seriously and may lead to being denied the right to fly; or Criminal Prosecution. Let's Keep Sydney Airport Safe+Secure!

PLANES

- 640 Stick to *western based* carriers with good safety records.
- 641 Fly between *major airports* on nonstop flights.
- 642 *Avoid* small charter aircraft, dirt strips and non-instrument fields.
- 643 *Avoid* bad weather or flying at night.
- 644 You can sit in the back if you want (the rear 10 rows are usually intact in case of ground impact but the passengers are dead) or above the wing (you may get thrown clear, seat and all) or near an exit (easier egress in case of fire or emergency landing) might be just as *advisable*.
- 645 The smaller the plane the *higher* the risk. The poorer the country, same deal except when foreign carriers operate airplanes in Third World countries.
- 646 Avoid national carriers that are *not allowed* to fly into the United States.
- 647 Keep important *medication* with you in case your luggage goes missing.
- 648 Continue *taking* your prescribed medication.
- 649 Factor the effects of *jet lag* into your itinerary.
- 650 If you're *scuba-diving*, don't travel in an aircraft for at least 24 hours after your final dive to help avoid deep vein thrombosis (DVT).
- 651 Drink plenty of *fluids* (but avoid alcohol and caffeine).
- 652 While seated *stretch* your feet and lower legs.
- 653 *Walk* around the cabin at regular intervals.

TRAINS

- 654 Please take care when stepping on and off the train, as at many locations there is a *gap and height difference* between the carriages and the platform. At some locations there is no platform structure and guests leave the train via steps to ground level. Please be alert at all times to prevent slips, trips and falls.
- 655 Children and mobility restricted guests should be *accompanied* at all times to ensure their safety. Should you require any assistance, please inform a member of the crew, they will be more than happy to assist wherever practical.
- 656 During the trip: Please use caution when *moving* through the train at all times.
- 657 For safety reasons, *dangerous goods* must not be carried on the train or on your person. If you require more information please refer to our conditions of carriage or your ticket wallet.
- 658 *Security*: The back of the train is traditionally the *safest area* in the event of a collision.
- 659 Appropriate footwear and dress must be *worn* at all times.
- 660 Do not slouch. Sit well back in your seat and place a pillow or jumper in the small of your back to support the natural curves of your spine.
- 661 Stand up every hour or so to ease low back pressure.
- 662 Try some simple stretching exercises, while you are seated.
- 663 Keep your *luggage* with you at all times if possible. Please secure any valuables that you have in a safe place.
- 664 Don't take sleeping pills - gangs of thieves operate on trains and rob sleeping passengers. If you're with friends, *sleep in shifts*.
- 665 Children must be *supervised* at all times for their safety.
- 666 Consider your fellow passengers. Please refrain from conduct likely to cause *discomfort* to others. It could result in prosecution.
- 667 If you see any *suspicious behaviour* or activity, advise a member of the staff or telephone 08 8213 4413 immediately. If you wish or report any safety or security concerns please contact our safety department on email at safetygroup@gsr.com.au.

- 668 What to do in emergencies: Your *Hospitality Attendant* will show you where the safety information is located within your carriage. Please take the time to read this information so that you are aware of emergency procedures and the location of exits and fire extinguishers.
- 669 In the event of an emergency please listen carefully to announcements and *follow instructions* at all times from great Southern Railway staff. The staff may ask you for assistance if you are able.
- 670 If you are asked to *evacuate* the train please move quickly and calmly to the nearest exit.
- 671 Ensure that you are *aware* of all hazards, watch the ground carefully to avoid tripping and move well away from the train carriages and away from any rail tracks.
- 672 All on train staff are qualified in *Senior First Aid*. Basic first aid and oxygen resus kits are carried on train and can be used by on train staff whenever necessary. The Royal Flying Doctor Service and other specialist medical advice is available too by radio or telephone at all times.
- 673 Note: Interfering with any *safety equipment* is an offence and will result in prosecution. Please report any such behaviour to a member of the staff.

TAXIS

- 674 *Choose your cab* rather than let them choose you.
- 675 Never get into a taxi with *another passenger* already inside.
- 676 Do not take gypsy cabs; ask the *airline people* how much it should cost to go to your city and then agree upon a fare before you get in.
- 677 Keep your luggage in the *back seat*, not in the trunk.
- 678 Memorize the *local words* for "no," "yes," "stop here" and "how much?"
- 679 Have the hotel doorman or guide negotiate cab fares *in advance*.
- 680 It is a global law that cabbies never carry *change*. Ask if the driver has change before you hand him a big bill.
- 681 Many cabbies will rent themselves out for flat fees. Do not be afraid to negotiate the services of a trusted cabby as *guide*, chauffeur and protector of baggage.
- 682 *Do not tell* cabbies where you are going, when you are leaving or any other particulars that could be of interest to bad people.
- 683 Video surveillance and emergency satellite tracking are used in Adelaide Metropolitan taxis. For passenger and driver safety this taxi is fitted with a security safety system. By hiring this taxi you *consent* to your image being recorded at any time and a recording of sound activated in an emergency situation.

SAFE DRIVING

CAR SAFETY

- 684 Despite recent improvements in vehicle safety and road design, roads are still a place of risk for you and your family. There are, however, some simple steps you can take to keep that risk to an absolute minimum: *Maintain* your vehicle.
- 685 Check that your *brakes* are in good condition.
- 686 Also, check that your *tyres* are correctly inflated and that all external lights are working.
- 687 Check your *wiper blades* and ensure that your windscreen washer bottle is topped up.
- 688 Check that your *seatbelts* and child restraints are fitted correctly.
- 689 Thinksafe: Reduce tyre pressure when driving on *sand*.
- 690 Reduce speed when driving on *gravel roads*.
- 691 Thinksafe: Sand can give way to rock; rock may lead to mud; hard surfaces become *bulldust* with little warning.
- 692 *Do not overload* your vehicle and never carry spare fuel inside an enclosed vehicle.
- 693 If you have trouble with your vehicle, *don't leave* your vehicle because it will provide you with shade and protection from the heat. Wait for help to come to you.
- 694 Hire appropriate emergency communication equipment, such as a *satellite phone* or an Emergency Position Indicating Radio Beacons device (EPIRB).

FILLING STATION

- 695 Fuel Danger and Filling Station Safety: *Be warned!* It only takes the correct combination of oxygen, fuel vapour and an ignition source to cause a fire.

- 696 *No smoking!* Cigarettes should be extinguished prior to entering the Service Station.
- 697 LPGas only specially trained staff are permitted to refill LPGas bottles. For this reason, you may be required to wait or return later. Please *be patient*, this is for everybody's safety.
- 698 LPGas can cause severe *cold burns* if it comes in contact with skin.
- 699 Static electricity may ignite fuel vapours. Before using the pump, touch any metal on the car away from the fuel filler to *discharge* static electricity.
- 700 *Do not re-enter* the vehicle while refuelling. This can re-charge your body with static electricity. If you must re-enter your car, discharge your static electricity again before touching the fuel nozzle.
- 701 Health warning: Petroleum products may be harmful or fatal if swallowed. Long term exposure to vapours has caused cancer in laboratory animals. *Avoid prolonged breathing* of vapours. Keep face away from nozzle and fuel tanks. Keep away from eyes and skin. Never siphon by mouth.
- 702 *Fuel spills* should be prevented at all times. As well as being an environmental hazard, spilt fuel can result in fire or explosion. Do not fill the tank whilst sitting on a motorbike: If fuel spills onto the hot exhaust or engine it may cause a fire. Sitting on the motorbike increases the danger of being burned and of any spillage coming into contact with the rider.
- 703 Do not jam *the nozzle* open: this is illegal.
- 704 Filling containers: Do not hold a container above the ground whilst filling. Pumping petrol generates static electricity which may spark and cause fire. Keeping the container *grounded* will assist in dissipating the static build up.
- 705 *Never leave keys* in the ignition when vehicle is unattended.
- 706 *Never leave your car running* while it is unattended – not even a minute!
- 707 *Lock your car* when paying for fuel.

DRIVERS AND OCCUPANTS

- 708 If you will be sitting down for long periods do regular *leg exercises* to maintain blood circulation. Rotate each ankle three to six times clockwise and then anticlockwise every hour.
- 709 If you suffer from *motion sickness*, ensure that you have enough medication to last throughout your trip.
- 710 Avoid *alcohol* completely.
- 711 Avoid *strong odours* from food, tobacco, perfume, or fuel fumes while traveling.
- 712 *Recline* in your seat as much as possible.
- 713 *Focus* your eyes on the horizon, or even on some point inside the vehicle.
- 714 When is it time to stop driving? If you are concerned that you or an older person you know well, has lost the capacity to drive, encourage them to go for a *medical check-up*. While giving up a licence and the independence it provides is difficult, it can become necessary for your safety and the safety of others on the roads. If you are unsure of your own driving ability have a driving instructor check your driving and make suggestions on aspects that might need improving.
- 715 Plan your trip to include *breaks* at least every 2 hours.
- 716 Fatigue - The Hidden Killer: You need to judge if you are too tired to drive. *Stop* before you become tired. Broken sleep or too little sleep at night, sleep disorders (such as sleep apnoea, insomnia, and narcolepsy), continuing pressures of stress, very demanding physical or mental work, shift work, caring for children and often the demands of daily living can all drain your energies. So, even before you get in a car, you can be tired.
- 717 When you notice some of the *warning signs*, like yawning heavy eyes and / or blurred vision, it doesn't help your safety to brush them off as nothing. It is safer to take a break, sooner rather than later, so that you can arrive alive – even if it is the next day.
- 718 Winding the window down, drinking coffee, or turning the radio up are not effective cures for fatigue. Opening the windows *encourages drowsiness!*
- 719 Do not leave your car or *air-conditioner* switched to 'recycle' as this can make you drowsy.
- 720 If you are going somewhere unfamiliar, plan your route carefully in advance. Ensure maximum visibility by: Keeping windows clean, clear and demisted.
- 721 Always wear *driving glasses* and sunglasses in bright sunshine – get your eyes checked if worried about your sight.
- 722 No one can control a car properly with one hand. *Driving gloves* are recommended.
- 723 Avoid driving at times when you are normally asleep. The *most dangerous times* are at night, dusk and dawn.

- 724 There is *no speed limit* on the open roads. But the best advice is to drive at a reasonable speed which allows you to stop safely. Do not speed in areas or conditions that are unfamiliar to you.
- 725 Watch for approaching vehicles throwing up *stones* which may break your windscreen.
- 726 Only overtake if your *vision* is clear. Beware of driving when the sun is low on the horizon.
- 727 Allow plenty of room before you overtake *road trains* and be prepared for them to sway a little as you overtake. Also be prepared for the 'windrush' when passing as it can pull you towards the road train.
- 728 When you drive in wet weather: Maintain a longer following distance, slow down and turn on your lights.
- 729 Do not hitchhike or pick up *hitchhikers*.
- 730 Obey *road closure signs*. Do not ignore signs warning of dangers or entry restrictions. These are there for your protection.
- 731 Leave *gates* as you find them: open or shut. Never cut, drive or remove a fence.
- 732 *Dust* can pose a danger, obscuring vision of the road ahead. It is best to wait for it to settle and travel with headlights on.
- 733 If you intend to *leave a main road*, let someone trustworthy know of your plans and your expected time of arrival. Importantly, let them know that you have arrived safely.
- 734 Don't impose on *property owners* for help unless you are in real trouble.
- 735 Take your *rubbish* with you, don't bury it as animals and floods can scatter it for miles.
- 736 Never chase or scare *stock and wildlife* as this can cause stress to the animal and they could break fences. In summary, enjoy your trip, avoid putting yourself at risk and avoid becoming a liability to the landowners.

CAR BREAKDOWN

- 737 A loud, '*serious*' sound usually indicates a major problem. Try to locate the source of the sound. If it is coming from the engine, do nothing and seek help.
- 738 It is your responsibility to pre-arrange points from which to contact relatives or friends, advising them of your arrival. If you have not told anyone of your travel plans then *wait* for another traveler to find you.
- 739 Above all else, *stay with your vehicle* and do not panic. Do not try to walk out of a remote area. You are going to survive only if you wait by the car.
- 740 If stranded, set up some type of shelter and, in the heat of the day, remain in the shade as motionless as possible. Movements accelerates fluid loss. Take advantage of any *shade* that can be found.
- 741 Don't drink *radiator coolant*.

WILDLIFE ON ROADS

- 742 Be aware of *wildlife* on the road. Especially at dusk, dawn and night.
- 743 Be aware of wedgetail eagles and other *wildlife feeding on roadkill*.
- 744 Slow down, *sound your horn* and give them plenty of room to lift off.
- 745 Over-correction is common. *Do not panic*, and be smooth in your reaction. Easy to say, not so easy to do.
- 746 *Do not swerve* wildly - you may hit the animal anyway and roll your vehicle.

ACCIDENTS

- 747 Any accident in which someone is injured or killed must be *reported* to the police at once, or within 24 hours.
- 748 In particular, *do not discuss* the accident. Should court action result, you may find something said in the stress of the aftermath of the accident used against you.
- 749 Above all, *do not admit* you are at fault in any way. You are not obliged to make a statement to police.
- 750 If you are *disturbed and upset*, wait until you can think clearly