



GUIDE TO PROMOTING SAFETY
AND PREVENTING INJURY
FOR LOCAL GOVERNMENTS

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ABOUT INJURY MATTERS

Injury Matters purpose is to prevent and reduce the impact of injury within the Western Australian community to work towards our vision for safer people and places.

We work to have a positive impact on the community by raising awareness of injury prevention and recovery by providing education, advocacy, and support for those affected by the impact of injury.

Given the breadth and diversity of injury in Western Australia (WA), Injury Matters work across a range of current and emerging injury priority areas affecting the community. This includes falls, road safety, trauma recovery, community violence, substance-related harm, and safety promotion.

Engage with us at www.injurymatters.org.au for more information and to sign up to our newsletter.

The Know Injury program enhances the capacity of injury prevention and safety promotion practitioners and organisations to delivery evidence-based activities. Know Injury provides training, resources, and networking opportunities to enable professionals to build knowledge and skills. To achieve this, we focus on three elements: Know, Learn, Connect.

Know: Build your knowledge around injury topics with our fact sheets and resources.

Learn: Increase your skillset and learn how to adopt a public health approach to deliver injury prevention activities through our trainings and events.

Connect: Connect with other professionals working in the injury prevention sector to build your networks and form partnerships.

The Know Injury program is provided by Injury Matters and funded by the WA Department of Health.

Partner:



Department of Health



Injury Matters acknowledge the Whadjuk Noongar people as the traditional custodians of the land on which we live and work, and recognises Aboriginal and Torres Strait Islander peoples continuing connection to land, waters and community across Western Australia.



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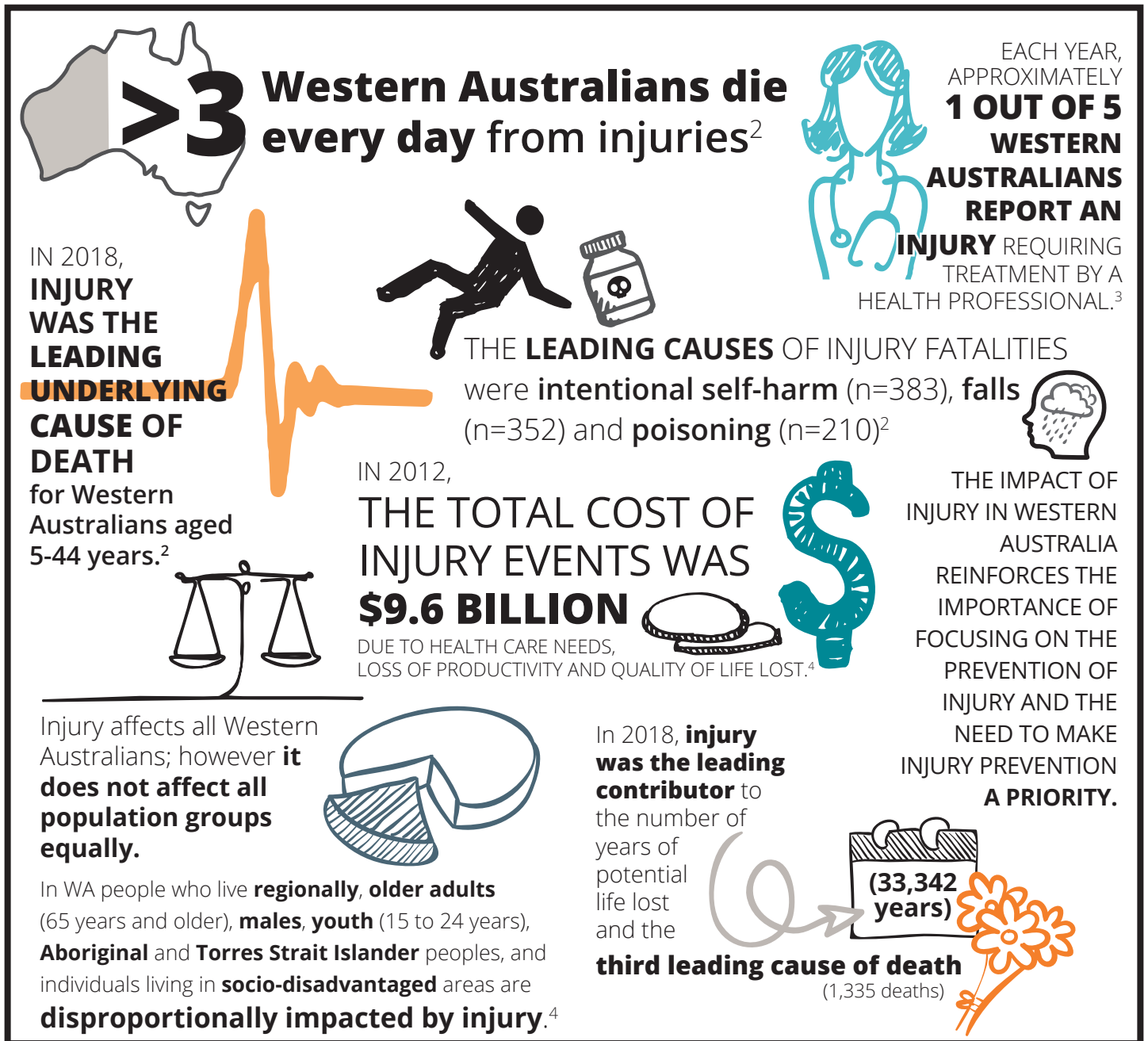
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PURPOSE OF THIS GUIDE

This guide is to support Local Government in strategic planning to address local community health needs through the prevention of injury and promotion of safety.

INJURY IN WA

Injury is often overlooked as a condition that impacts on an individual's overall health and wellbeing, however as injuries contribute to 9% of the total burden of disease in Australia, injury is a significant public health issue.¹ **Injury** is the physical or mental harm to a person resulting from intentional or unintentional contact with an object, substance or another person.



Unfortunately the impact of injury extends beyond these figures as an injury can influence the individual, their family and the wider community through emotional loss and suffering, stress and psychological consequences.⁵

INJURY PREVENTION AND SAFETY PROMOTION

Injury prevention is the process of taking action to remove or reduce physical or mental harm.

Injuries are often referred to as 'accident's'; however, most injuries are predictable and preventable.⁶ Due to the preventable nature of injury, everyone has a role to play in reducing the prevalence and impact of injuries in WA by conducting activities that identify the causes of injury and removing or reducing people's exposure to them. Injury prevention involves actions to both avoid injury from occurring in the first place and reduce the harm that may result if an injury does occur.⁶

Injuries can occur in a variety of settings as the result of a combination of social, behavioural and environmental factors, and therefore injury prevention requires a multidisciplinary approach. Initiatives that use more than one strategy have the greatest chance of success. The Spectrum of Prevention model⁷ is comprised of six interrelated levels and is designed to shift focus beyond individual education interventions to a multifactorial approach.

1. Influencing policy and legislation
2. Mobilizing neighbourhoods and communities
3. Changing organisational practices
4. Fostering coalitions and networks
5. Educating providers
6. Promoting community education
7. Strengthening individual knowledge and skills
8. Assuring access to quality health care.

What is Local Government's Role in Injury Prevention and Safety Promotion?

When conducting injury prevention activities, it not only reduces the risk of an injury occurring, it ultimately improves the health of the population and an individual's quality of life.

Generally, Local Governments' responsibility for health can be classified into the following three areas:

- Health protection - includes regulation of tobacco, alcohol, food safety, control of insects and vectors, pollution/waste, noise, air quality.
- Public health emergency management – includes disaster planning, response and recovery, pandemic planning.
- Health improvement/ development – includes promoting healthy lifestyles, opportunities for social connection and decision making, arts, sport, culture and recreational participation.

Injury prevention initiatives can be included within the three areas of responsibility, and Public Health Plans are a useful tool for ensuring increased community safety and injury prevention activities occur in your Local Government. It is important to acknowledge Local Governments are already conducting injury prevention activities as part of the everyday business (e.g. footpath and lighting maintenance, road and transport management) although some areas can potentially be enhanced.

Specific injury prevention activities that Local Governments can implement to reduce the impact of the leading causes of injury in WA are outlined in this document under the section *Addressing Injury Topics within Public Health Plans* (page 9).

PUBLIC HEALTH PLANNING FOR LOCAL GOVERNMENTS

PUBLIC HEALTH ACT 2016

In 2016, the WA Government introduced the Public Health Act. The Act outlines the requirement that both State and Local Governments need to develop both State and Local Public Health Plans respectively.

The Public Health Act 2016 defines the functions of Local Government, which are:

- to initiate, support and manage public health planning for its Local Government district (*i.e. in accordance with the Act and the Local Government Act 1995*)
- to develop and implement policies and programmes to achieve the objects of this Act within its Local Government district
- to perform the functions that are conferred on Local Governments by or under this Act
- to administer and enforce this Act within its Local Government district in accordance with the objects and principles of this Act.⁸

STATE PUBLIC HEALTH PLAN FOR WESTERN AUSTRALIA

In 2019 the Department of Health released the *State Public Health Plan for Western Australia 2019-2024*. This plan outlines the strategic directions for prevention, health promotion and health protection, including injury. The objectives of the state plan are:

1. Empowering and enabling people to live healthy lives
2. Providing health protection for the community
3. Improving Aboriginal health and wellbeing.⁹

Injury is specifically addressed in the State Public Health Plan as a policy priority under objective one 'Empowering and enabling people to live healthy lives'. The priority activities for the State Government can be seen in Table 1.

Whilst the state plan directly addresses injury through objective one, the broad nature of injury prevention and safety promotion means that it may be appropriate to address injury prevention activities across a variety of objectives depending on the needs of individual Local Governments.

Table 1 State Public Health Plan Injury Priority Activities*

WA HEALTH POLICY PRIORITY	PRIORITY ACTIVITIES
Preventing injuries and promoting safer communities	<ol style="list-style-type: none">1. Protect children from injury2. Prevent falls in older people3. Reduce road crashes and road trauma4. Improve safety in, on and around water5. Reduce interpersonal violence6. Develop the injury prevention and community safety sector7. Monitor emerging issues in injury prevention8. Promote sun protection in the community9. Prevent and reduces alcohol intoxication

* Reproduced from the State Public Health Plan for Western Australia.⁹

DEVELOPING A PUBLIC HEALTH PLAN

This section describes the stages of developing a Local Government Public Health Plan and how injury prevention and safety promotion should be considered as part of this process.

Developing a Public Health Plan is a staged approach. The Department of Health WA developed a planning approach to guide Local Governments in the development of their plans. The recommended planning approach can be seen in Figure 1.¹⁰

Regardless of the stage your Local Government is at in the public health planning cycle; there are a variety of public health and injury stakeholders and agencies that can assist Local Governments in providing advice, data analysis, planning, community consultations and monitoring and evaluation.

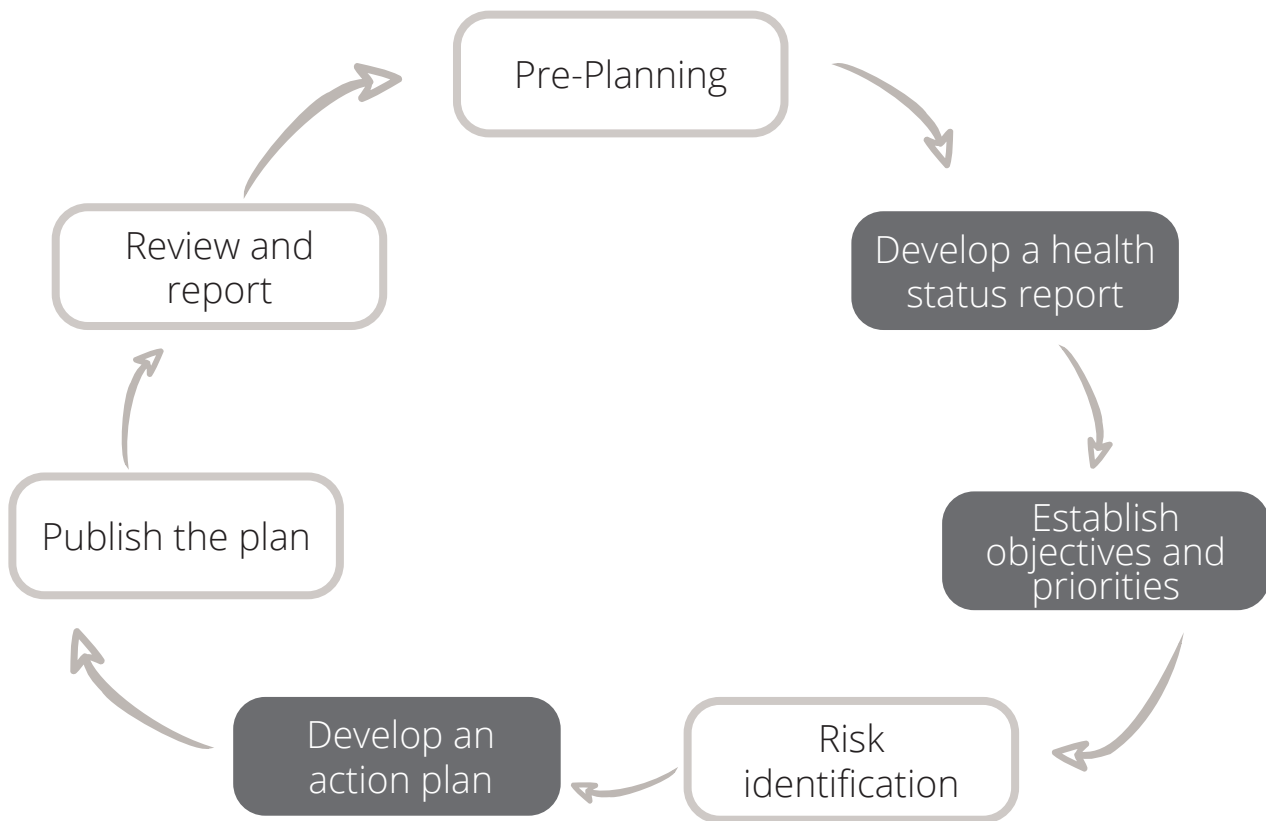


Figure 1 Local Government Public Health Planning Process * Reproduced from Public Health Planning Guide for Local Government.¹⁰

LOCAL GOVERNMENT PUBLIC HEALTH PLANNING

The following section outlines steps for setting injury priorities for your local government:

- Local Government health status
- Establish objectives and priorities and develop an action plan
- Social, environment and behavioural determinants of injury.

LOCAL GOVERNMENT HEALTH STATUS

One of the first stages of public health planning is to understand the impact of injury within your community. Injury surveillance data can inform your understanding of your injury issues.

Key areas to consider are:

- Identify the key questions to answer about the issue.
 - Severity: How severe is the injury issue (i.e. how many deaths, hospitalisations)?
Note: Data is unlikely to change from year to year, data within the previous five years is considered sufficient for planning purposes.
 - Demographics: Whom does the issue affect? Is any group more at risk than another?
 - Setting: Where does the issue affect them? Does it occur more in one location?
 - Timing: When does the issue affect the community? Is it seasonal?
 - Impact: How does the issue affect the community? What is the impact of the issue? How does the community perceive the situation?¹¹
- Identify data sources.
 - Consider sources such as; health, police (violence and alcohol), transport, fire and emergency services, poisons information centre, local community wellbeing surveys etc.
- Describe the size of the injury issue.
- Interpret the data.
- Present the data.

Localised injury data profiles have been developed by Injury Matters to help you understand the impact of injury within your Local Government as part of your broader Local Government Health Status Report.

For more information contact Injury Matters.

Email info@injurymatters.org.au
Phone 6166 7688

The Department of Health WA's Epidemiology Branch is responsible for the collection and analysis of a wide range of population health data. They can also provide localised data to assist development of your health status.

For more information please contact the Epidemiology Branch.

Email epi@health.wa.gov.au
Phone 9222 2496
Website https://ww2.health.wa.gov.au/Articles/A_E/About-the-Epidemiology-branch

ESTABLISH OBJECTIVES AND PRIORITIES AND DEVELOP AN ACTION PLAN

Once you have established the impact of injury within your Local Government, priorities can be determined. This will be dependent on your Local Government and could be influenced by funding, data availability, perceived importance, and/or political environment, etc.

The prevention of injury incorporates a whole system approach, where all areas of Local Government, local organisations and business and the community collectively work together to influence prevention.

To assist in ranking priorities, consider issues across the following principles:¹²

- **Importance:** magnitude (reach), costs (financial and social), seriousness (impact on individual's life, family, society), proportion of population affected, trends.
- **Modifiability:** Is the issue modifiable by an intervention and in what proportion of population? Are there effective strategies and contribution to the greater outcome (risk factors/reduction, what doesn't work and cost-effectiveness)?
- **Opportunities:** Are there existing structures and systems to support the issue? Are there opportunities to fund the program?
- **Acceptance:** Stakeholder support for issue, are there similar strategies (programs/interventions) already occurring that can (external to your organisation)? These initiatives can support your issue or highlight areas of need.
- **Measurability:** Is there data to evaluate change (population outcomes) due to the intervention or strategy? Ability to measure strategy effectiveness internally within the Local Government and at the population level?
- **Alignment to Strategic Priorities:** Does the intervention align to Local Government priorities?

Once you have determined your Local Government leading issues, objectives and activities should be developed to address your leading injury priorities.

The objectives of the plan should directly relate to what you want to achieve and the activities or actions in your plan should be how you are going to achieve this.

The activities that your Local Government selects should be informed by evidence to support what is effective in addressing the determinants of that issue. Table 2 outlines strategic planning for injury prevention objectives, strategies and activities.

Table 2 Injury Prevention objectives, strategies and activities.

PRIORITY	OBJECTIVE	STRATEGY	ACTIVITY
DEFINITION			
Overall aim that you wish to achieve.	Specific statement relating to a desired modification in a risk or protective factor which contributes to overall program aim.	Approach to achieve the objective.	Actions to achieve the strategy.
EXAMPLE			
<i>Empowering and enabling people to live healthy lives: Activity, health and wellbeing of community.</i>	<i>The community is supported to make healthy behaviour changes to live active lifestyles to prevent chronic disease and injury.</i>	<i>Increase older adult's awareness of falls prevention strategies.</i>	<i>Disseminate falls prevention and active ageing resources and information to local residents.</i>

SOCIAL, ENVIRONMENT AND BEHAVIOURAL DETERMINANTS OF INJURY

A public health approach to injury prevention assesses the determinants of injury. Determinants are factors that both raise and lower the risk of that injury occurring. Those factors that have a positive influence are known as “protective factors” and those that have a negative influence are known as “risk factors”.

Determinants combine to influence the health and safety of individuals and communities, therefore various determinants of injury at multiple levels may be considered to effectively target interventions.

Determinants include:¹³

- Social;
- Environmental;
- Behavioural.

Social determinants of injury are the “conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.

These forces and systems include economic policies and systems, development agendas, social norms, social policies and political systems.”¹³ People that are most affected by the social determinants of health are also disproportionately impacted by injury.¹⁴

Social determinants which influence people's health and injury include;

1. Education and literacy levels
2. Employment and job security
3. Working conditions
4. Social enrichment in the early developmental stages of life
5. Food security including quality or quantity of food
6. Housing access and security
7. Access to social services such as childcare, housing support and unemployment support
8. Social inclusion including access to cultural, social and economic resources
9. Accessibility and quality of health services
10. Gender
11. Race
12. History of colonisation
13. Disability.

Environmental determinants are closely linked with the social determinants of health and influence one another. Environmental determinants include what surrounds us, where people live, work and play. Examples include the physical and built environment, the social environment and the natural environment.¹⁵

Examples outlined in Figure 2 include:

1. Physical and built environment
2. Social environment
3. Natural environment.¹⁵

Behavioural determinants are those that are linked to actions that people take every day that either increase the risk of an injury (called risk behaviours) or decrease the risk of injury (called health protecting behaviours).¹⁵

Examples include:

- Knowledge, attitudes and beliefs about injuries
- People's coping skills
- Risk taking choices and behaviours.

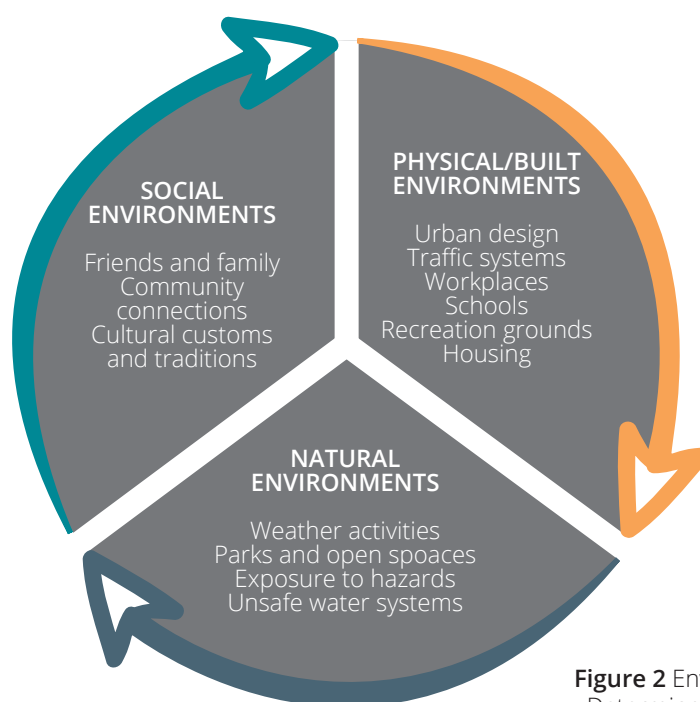


Figure 2 Environmental Determinants of Injury



ADDRESSING INJURY TOPICS WITHIN PUBLIC HEALTH PLANS

This section describes activities to reduce injury and promote safety within the public health action plan. The main injury topics covered in this guide include:

1. Falls

2. Transport

3. Intentional Self-Harm and Non-Suicidal Self-Injury

4. Violence

5. Poisonings

6. Burns and Scalds

7. Drowning

1. FALLS

Falls are defined as an event which results in a person coming to rest inadvertently on the ground or floor or other lower-level.¹⁶

In Western Australia between 2011 and 2015:¹⁷

- 119,413 hospitalisations were due to falls (55% of which were female).
- 1,165 deaths were due to falls.
- Individuals aged 65+ years had the highest incidence of fall-related hospitalisations and fatalities.
- 5.2% of falls-related hospitalisations were Aboriginal and Torres Strait Islander peoples, despite Aboriginal and Torres Strait Islander peoples only making up 3.1% of WA's population.

In WA in 2012, the 16,761 falls-related fatalities and hospitalisations contributed to \$2.2 billion in costs due to health care costs, long term care needs, loss of productivity and quality of life lost.⁴ However, the impact of falls and fall-related injuries also extends beyond these figures as it influences the individual and their family through potential loss of mobility, reduced activity levels, social isolation, poorer quality of life, and fear of reoccurrences.^{18,19}

Fortunately, falls are preventable by reducing risk factors and increasing protective factors for healthy ageing.²⁰ Some of the risk factors for falls include poor strength and balance, unmanaged medications, insufficient diet, poor eyesight, unsafe footwear, impaired cognition and environmental hazards.¹⁹ While protective factors include; participating in strength and balance exercises, managing health and removing hazards.²⁰

Below are some suggested activities that could be included within your plan to address falls.

OBJECTIVE	SUGGESTED ACTIVITY
Increase older adult's awareness of falls prevention strategies.	<p>Access and disseminate falls prevention resources and information to local residents.</p> <p><i>Injury Matters Stay On Your Feet® program provides a suite of falls prevention resources that can displayed in public spaces such as the local library or recreation centre. Participate in the Move Improve Remove campaigns.</i></p> <p>Educate community members about effective falls prevention strategies.</p> <p><i>Injury Matters Stay On Your Feet® program provides free peer education sessions for community groups on how to prevent slips, trips and falls. Community members can order free resources, book a presentation, and access campaign materials online.</i></p>
Increase access to community-based exercise programs for older adults.	<p>Provide accessible and affordable local exercise classes for older adults that incorporate leg strength and balance exercises.</p> <p><i>Deliver strength and balance exercise classes at the local recreation centre which have proven to reduce an individual's falls-risk such as; Tai Chi for Arthritis, the Otago exercise program or group-based resistance classes.</i></p>

OBJECTIVE	SUGGESTED ACTIVITY
Provide environments that encourage local residents to live healthy and active lifestyles.	<p>Conduct a review of local health and community services, outdoor spaces, transportation, housing and social participation opportunities to ensure local residents are supported to live healthy and active lifestyles.</p> <p><i>Complete the Age Friendly Communities Audit Tool to assess the age friendly features within your local area and identify priority areas.</i></p>
Ensure all infrastructure and spaces overseen by your local government are accessible, compliant and free from potential hazards.	<p>Regularly review council property, public open spaces and playgrounds to ensure they align with the Australian Standards for Access and Inclusion, and are free from potential falls hazards.</p> <p><i>Contact Kidsafe WA to book an inspection of your playground for compliance against the Australian Standards and to discuss ideas to enhance the safety of your playground.</i></p>
Encourage older adult residents to complete a home safety review.	<p>Promote local home modification services that are conducted by an occupational therapist.</p> <p><i>Indigo can provide information and advice to individuals who require assistance with home modification.</i></p>
Increase Local Government staff member's ability to incorporate falls prevention strategies within their role.	<p>Provide support, training and engagement mechanisms to support staff member's capacity to implement local falls prevention strategies.</p> <p><i>Injury Matters Stay On Your Feet® program provides a variety of in person and online training opportunities, which aim to build the capacity of Local Government employees to prevent falls.</i></p>
Increase interaction with local health services.	<p>Engage with local health services to promote their falls prevention services.</p>

Key Stakeholders in WA

[Council On The Ageing \(COTA\)](#)

COTA promotes, improves and protects the wellbeing of older people in Australia. In working towards this overarching aim, COTA deliver the evidence-based exercise program for individuals aged 50 years and over, Living Longer Living Stronger.

[Indigo \(formerly the Independent Living Centre\)](#)

Indigo provides information and advice, assessment, training, funding and hire services that enable Western Australians of all ages and abilities to live more independent and fulfilling lives.

[Injury Matters](#)

The [Stay On Your Feet®](#) program, delivered by Injury Matters, offers a range of falls prevention activities which aim to reduce falls and fall related injury while encouraging confidence in independent living. The Stay On Your Feet® *Move Improve Remove* campaigns provide information, resources, and education to community members, health professionals and community workers on how to keep active and alert to prevent slips, trips and falls.

Kidsafe WA

Kidsafe WA are dedicated to promoting safety and preventing injuries among Western Australian children. Kidsafe WA communicate falls prevention messages via print resources, animations, a Safety Demonstration House and training events.

A diverse range of health professionals are involved in falls prevention. Each health professional can help to reduce the risk of falls in a different way.

A comprehensive list can be found at:

www.stayonyourfeet.com.au/health-professionals/referrals-to-health-professionals/

Falls Resources

- [Ironbark Project: Standing Strong and Tall](#) - Falls prevention in older Aboriginal people in NSW
- [Kidsafe WA](#)
- [Stay On Your Feet®](#) - Campaign toolkits
- [Stay On Your Feet®](#) - Resources for community members
- [WA Department of Health Falls Prevention Model of Care](#)
- [World Health Organization Global Report on Falls Prevention in Older Age](#)

Falls Grants

[Stay On Your Feet® campaign grants](#) are provided twice a year to coincide with each *Move Improve Remove* campaign. Each grant cycle offers up to \$5000 for organisations and Local Governments to implement falls prevention activities within their local community.

[Department of Local Governments, Sport and Cultural Industries](#) offer a variety of funding programs which aim to increase participation in sport and recreation activities, including the Active Regional Communities Grants, Community Sporting and Recreation Facilities Fund, Regional Organisation Grants and the Targeted Participation Program.

2. TRANSPORT

Transport injuries describe any injuries sustained due to rail, water, air and road transport crashes.

In Western Australia between 2011 and 2015:¹⁷

- 38,821 hospitalisations were due to transport-related injuries (69% of which were male).
- 854 deaths due to transport-related injuries.
- Individuals aged 25 – 44 years had the highest incidence of transport-related hospitalisations and fatalities.
- 7.1% of transport-related hospitalisations were to Aboriginal and Torres Strait Islander peoples, despite Aboriginal and Torres Strait Islander peoples only making up 3.1% of WA's population.

In WA in 2012, 5,956 transport-related fatalities and hospitalisations contributed to \$1.1 billion in costs due to health care costs, long term care needs, loss of productivity and quality of life lost.⁴

The overwhelming majority of transport-related injuries in Western Australia are due to road crashes. Road Trauma is both the physical and mental injuries that result from an event that involved a transport crash.²¹

Road trauma can affect an individual who was directly or indirectly involved in the crash. Those “indirectly” involved may include friends and family of people involved in a crash, or caused a crash, those first on the scene and emergency workers.²¹

A transport crash can result from the interaction between road users, road infrastructure, travel speeds and vehicles, and therefore the prevention of transport crashes requires a holistic view.¹

The Safe System approach to preventing transport crashes is commonly used as a model for improving road safety as it focuses on improving road user behaviour, improving the road infrastructure, ensuring speed limits are appropriate for the safety of the road and improving the safety features of vehicles.²² The provision of high quality, accessible post-crash services for those affected by road trauma, assists in reducing the number of hospital re-admissions and use of other health services, as well as enhance the quality and life of those affected.

Below are some suggested activities that could be included within your plan to address road trauma.

OBJECTIVE	SUGGESTED ACTIVITY
<p>Raise awareness and educate residents about how to be safe on our roads.</p>	<p>Identify road safety issues specific to the community and develop targeted education campaigns.</p> <p>Support alcohol, speed, restraint and helmet use enforcement through media releases and education campaigns in partnerships with the community.</p> <p>Educate the community about proposed road safety works and infrastructure changes.</p> <p>Provide education resources around road safety, e.g. towing trailers and caravans, use of child car restraints, coffee stop program and safe speed limits.</p> <p><i>WALGA RoadWise provide two annual community-based road safety campaigns – Road Ribbon for Road Safety, and Blessing of the Roads.</i></p> <p><i>The WA Road Safety Commission conducts a number of awareness-raising campaigns throughout the year which focus on improving driver behaviour. including National Road Safety Week. See www.rsc.wa.gov.au/campaigns.</i></p>
<p>Promote transport strategies that reduce local resident's reliance on motor vehicles.</p>	<p>Highlight the benefits of utilising public transport and participating in active transport at locations commonly congested with motor vehicles.</p> <p><i>The Public Transport Authority have resources available to encourage Western Australian's to "take a break from driving" and to support people easily use their local public transport options.</i></p>
<p>Understand crashes and risks.</p>	<p>Collate information on road safety hazards.</p> <p>Act as an advocate for improvements on all roads affecting the community; especially local roads.</p> <p>Investigate accident locations in partnerships with other stakeholders.</p> <p>Support action by community organisations to reduce high-risk behaviours.</p>
<p>Improve road infrastructure to provide a connected and safe transport network.</p>	<p>Design and maintain local roads which reduce the risk of crashes occurring and the severity of injury if a crash does occur.</p> <p><i>Apply a holistic view to road transport and maintenance of roads and consideration to all parts of the road safety system.</i></p>
<p>Pledge your commitment to the Western Australian vision of road safety.</p>	<p>Produce and publicise your Local Government's commitment to road safety.</p> <p><i>The WALGA State Council has endorsed wording regarding a declaration for road safety which Local Governments can utilise when developing their declaration.</i></p>

OBJECTIVE	SUGGESTED ACTIVITY
Support the development of safe driving habits among novice drivers.	<p>Contribute to the education of new drivers by promoting local services and organisations who implement comprehensive driver training programs.</p> <p><i>The WA Department of Education's School Drug Education and Road Aware (SDERA) program build the capacity of educators and parents to support young people to make safer choices on the road.</i></p>
Ensure staff understands what their responsibility is in implementing the safe system approach to road safety.	<p>Provide department specific training and resources regarding roles in reducing the impact of road trauma among local residents.</p> <p><i>The WALGA RoadWise program has developed the Safe System Guiding Principles for Local Government to support Local Governments embrace the safe systems approach to road safety.</i></p>
Reduce the impact of injury following a road traffic crash.	<p>Promote local mental and physical health services which can assist residents who may be experiencing harm following a road traffic crash.</p> <p><i>Through Road Trauma Support WA, Injury Matters provides free information and counselling to anyone affected by road trauma.</i></p>
Ensure the fleet of Local Government vehicles has the most current safety features.	<p>Implement mandatory safe vehicle procurement.</p> <p>Have a safe driving policy that covers the purchase of vehicles with good safety characteristics, fitness to drive, work and driving hours, and driver training.</p> <p>Monitor fleet accidents data.</p> <p>Align safe driving with other OH&S policies.</p> <p><i>RoadWise Fleet Safety Resource Kit contains rationale and reasons for developing fleet safety policies, Occupational Health and Safety and elements of fleet safety.</i></p>
Collaborate with road safety partners to implement an initiative that addresses a local road safety issue.	<p>Partner with local organisations, government bodies, community groups and residents to identify a local road safety issue and collectively implement an initiative that mitigates the issue.</p> <p><i>WALGA's RoadWise Committees support the local coordination of road safety activities by providing a forum for residents and businesses to come together.</i></p>
Raise awareness of the dangers of motorised off-road vehicles.	<p>Provide media and activities to generate the awareness of off-road motorised vehicle related injuries and the importance of prevention.</p> <p><i>Injury Matters - Quad Bike Tool Kit offers a range of activities including awareness-raising, community activities and partnerships.</i></p>

OBJECTIVE	SUGGESTED ACTIVITY
Ensure safer roads and roadsides systems in design for local roads.	<p>Manage speed limits on local roads; review limits in response to changing land use and traffic.</p> <p>Create low-speed environments; initiate local speed campaigns.</p> <p>Deploy movable speed feedback displays to reinforce speed limits; evaluate benefits of low-speed environments.</p> <p>Provide appropriate roads and road lightening to fulfil traffic function.</p> <p>Conduct road safety audits of new and existing facilities; identify blackspots and develop plans to eliminate them over time.</p> <p>Develop asset management plans to maintain safe conditions with special regard to road surface, signs and delineation.</p> <p>Manage vegetation in the roadside environment.</p> <p>Develop pedestrian safety management plans, including elements of pedestrian crossings, pathways and reference to motorised scooters and skateboards.</p> <p>Establish processes for reporting and acting on road safety hazards.</p> <p>Support older road users through attention to lighting, pathways and signage.</p>
Raise awareness on the use of protective clothing and equipment.	Display posters and distribute education resources around the use of protective gear, including helmets and the use of seat restraints in cars.

Key Stakeholders in WA

Constable Care

Using puppet theatre and live interactive performances, Constable Care addresses a range of personal safety, community safety and citizenship themes to engage challenge and educate children.

Department of Transport

The Department of Transport key focus is on delivering a range of transport services and strategic transport planning, and policy across the range of public and commercial transport systems that service Western Australia.

Injury Matters

Road Trauma Support WA is a service delivered by Injury Matters which aims to prevent and reduce the impact of transport crashes in Western Australia. This service assists anyone affected by road trauma, regardless of when the incident occurred or what level of involvement the person had through the provision of free information, support and counselling services. Education and training services are available and may incur a small fee.

Mental and Physical Safety (MaPS) on our Roads project works alongside the Road Trauma Support WA program and focuses on keeping truck drivers safe by raising awareness of the importance of good mental and physical health for our heavy vehicle operators.

Kidsafe WA

Kidsafe WA offer child care restraint fitting, advice and hire services, free checking days and information sessions and workshops.

Main Roads WA

Main Roads are responsible for delivering and management of a safe and efficient main road network in WA through; road infrastructure projects; maintaining the state's major government roads, bridges, verges and reserves; technology to improve the network; and improving community amenity.

RAC

RAC runs information and interactive sessions to help all be safer on and around WA roads.

Road Safety Commission

The Road Safety Commission works to reduce road trauma on WA roads by harnessing the knowledge, expertise and interest in our community. The Commission collaborates with a number of groups and key stakeholders to develop state-wide mass media campaigns, support awareness-raising campaigns such as "Shine a Light on Road Safety" and implement legislations that aim to improve road safety in WA.

Further information about the need for an integrated approach to reducing the impact of transport accidents in WA can be found in the WA road safety strategy 2008 – 2020, "[Towards Zero](#)".

School Drug Education and Road Aware (SDERA)

SDERA has a range of road safety education programs that target children and young people from birth to 18 years of age, and their parents and carers.

WA Local Government Association RoadWise Program

The WALGA RoadWise Program assists Local Governments and other local groups to engage with the local road safety network and conducts activities, which aim to build their capacity to make an effective contribution towards the implementation of Towards Zero.

Road Safety Resources

- Austroads – [Local Government Safety Management Guidance](#)
- Austroads – [Guide to Road Safety Part 4: Local government and Community Road Safety](#)
- Department of Transport – [Guidelines for preparation of integrated transport plans](#)
- [Injury Matters](#) - Resources
- [Kidsafe WA](#) - Resources
- [National Road Safety Action Plan 2018-2020](#)
- [National Road Safety Strategy 2011-2020](#)
- [WA Road Safety Commission, Towards Zero: Western Australia road safety strategy 2008-2020](#)
- [WA Road Safety Commission](#) - Resources
- [WALGA RoadWise](#) - Fact Sheets and Resources

Road Safety Grants

[WALGA](#) - Through the State Road Funds to Local Agreement, WALGA have funds available to allocate to Local Governments to improve and maintain local roads and bridges. [WALGA's RoadWise Program](#) provides Workforce Development Grants for individuals to participate in an education event or for relevant groups to deliver an education event which supports the achievement of "Towards Zero".

[WA Road Safety Commission](#) has Project Grants available to provide up to \$25,000 for groups to develop and implement a project based on the Towards Zero Strategy. [Event Grants](#) and [Community Grants](#) are also available to encourage community groups to deliver a road safety event.

[Department of Transport](#) - The Western Australian Bicycle Network Grants Program is an initiative of the WA State Government, administered by the Department of Transport.

3. INTENTIONAL SELF-HARM AND NON-SUICIDAL SELF-INJURY

Intentional self-harm means any behaviour which involves the deliberate causing of pain or injury to oneself, usually as an extreme way of trying to cope with distressing or painful feelings.²³

Non-suicidal self-injury is the direct, deliberate destruction of one's own body tissue in the absence of suicidal intent.²⁴

In Western Australia between 2011 and 2015:¹⁷

- 21,609 hospitalisations due to intentional self-harm (64% of which were female).
- 1,696 deaths were due to intentional self-harm.
- Individuals aged 25 – 44 had the highest incidence of intentional self-harm related hospitalisations and fatalities.
- 11.2% of intentional self-harm hospitalisations were Aboriginal and Torres Strait Islander peoples, despite Aboriginal and Torres Strait Islander peoples only making up 3.1% of WA's population.
- The three regions with the greatest difference in hospitalisation rate for intentional self-harm compared to the WA state hospitalisation rate, were the Kimberley (146% higher), Great Southern (31% higher) and Wheatbelt (25% higher).

In WA in 2012 the 3,502 intentional self-harm fatalities and hospitalisations contributed to \$1.5 billion in costs due to health care costs, long term care needs, loss of productivity, and quality of life lost.⁴

People from all different backgrounds, lifestyles and ages may self-harm as a way of coping with problems, including men and women. The following are some factors associated with self-harm:²⁵

- A crisis or recent difficult life event (e.g. death of a loved one, relationship breakdown, difficulties at home or school, recent abuse or violence),
- Depression, anxiety or another mental health issue,
- Misusing alcohol or drugs,
- Trauma or abuse in childhood, and
- Physical illness or disability.

Good mental health is integral to human health and wellbeing. A person's mental health and many common mental disorders are shaped by various social, economic, and physical environments operating at different stages of life. Risk factors for many common mental disorders are heavily associated with social inequalities, whereby the greater the inequality the higher the inequality in risk.²⁶ Approaches to prevent Intentional Self-harm & Non-Suicidal Self-injury can be divided into population-based measures, such as all young people (e.g. education initiatives), and targeted measures aimed at high risk-risk groups (e.g. individuals with a history of abuse, those who self-harm).²⁷

Local Governments can support the community in creating a mentally healthy environment. They can become involved in the area of informal community care, such as leisure and sporting environments and providing events and programs which encourage connection, providing mental health education to the community and partnering with mental health organisation to provide wellbeing programs. The World Health Organisation, [Global age-friendly cities: a guide suggests places and spaces](#) which encourages integrational and incidental interaction through planning.

Below are some suggested activities that could be included within your plan to address intentional self-harm and non-suicidal self-injury.

OBJECTIVE	SUGGESTED ACTIVITY
<p>Provide and promote physical activity and cultural and recreation initiatives to protect an individual's mental health.</p>	<p>Work with non-for-profit organisations that provide social activities for at-risk populations including youth, Aboriginal and Torres Strait Islander people, LGBTQI+ community, those from Culturally and Linguistically Diverse (CALD) backgrounds and males of all ages.</p> <p>Provide a 'Men's Shed' for men to socialise and have a place to meet with peers.</p> <p>Provide a safe place for youth to meet and socialise.</p> <p>Use health promotion strategies to provide a meeting place for activities for young mothers, seniors and those from CALD backgrounds.</p> <p>Participate in campaigns that promote mental health and wellbeing such as those from Act Belong Commit.</p> <p>Use schools as central points to connect students and the community, including mentors, parents, employment opportunities and community family services.</p> <p>Support sports clubs and community groups to provide welcoming and inclusive environments for all groups, including newly arrived migrants, Aboriginal and Torres Strait Islander peoples and refugees.</p>
<p>Provide opportunities to feel connected and supported within the community and promote positive mental health.</p>	<p>Encourage and support volunteering within Local Government programs and activities.</p> <p>Work towards recruiting and supporting local community groups and service providers as community partners.</p> <p>Raise awareness of activities that promote good mental health and strengthen individual resilience.</p> <p>Provide arts and cultural programs that support and promote arts activities and contribute to a sense of place, identity and wellbeing.</p> <p>Identify specific population groups, individuals or areas within the community that could be at higher risk of social isolation or reduced mental wellbeing.</p> <p>Provide opportunities for staff, volunteers and leaders within the community to be trained in mental health first aid.</p>

OBJECTIVE	SUGGESTED ACTIVITY
Empower and support men and boys to optimise their health and wellbeing across all stages of their lives.	<p>Provide opportunities for men and boys to increase health literacy, including an understanding of risk and opportunities for improving health with social activities, presentations and network groups by linking with community-based organisations.</p> <p>Invest in health promotion initiatives targeting men and boys across the life span.</p>
Become the facilitators of the solutions to homelessness.	<p>Address regulations of boarding houses and other accommodation used by homeless persons.</p> <p>Provide pro-active planning policies to assist with the provision of affordable housing that constitutes exit points from homelessness.</p> <p>Engage with the community sectors who deal with homelessness.</p>
Build safer and healthier communities.	<p>Reduce the availability of alcohol by monitoring outlet density, limiting opening hours, regulating prices and restricting licences. Work in partnership with community groups to provide drug education and prevention activities.</p> <p>Facilitate information and resources and advocate for program and policy initiatives in the areas of alcohol and other drugs.</p> <p>Communicate Mental Health messages through social media, local newspaper, notice boards, and public spaces and at community events.</p> <p>Support locally based community awareness campaigns to highlight the benefits of cultural diversity.</p> <p><i>Website material, animations, Facebook posts, infographics and posters available via the Think Mental Health Community Toolkit.</i></p>
Consult with your community and support organisations.	<p>Consult via focus groups, community meeting, surveys, or committees to identify the best approach to address self-harm within your community.</p> <p>Encourage the community to address and coordinate action on drug-related issues openly.</p> <p>Work with community organisations to promote <i>Overdose Awareness Day</i> in August each year.</p> <p>Promote and support existing positive mental health messages and campaigns e.g. <i>Life in Mind; R U OK Day; Mental Health Week; Men's Health Week; Youth Week</i>.</p>
Increase awareness of the impact of sex and gender on mental health for women and girls.	Support training for Local Government employees on the impact of sex and gender on mental health for women and girls.

Key Stakeholders in WA

Beyond Blue

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Their services include online forums, resources, help lines, information resources, publications and speakers for a range of events.

Black Dog

The Black Dog Institute is dedicated to understanding, preventing and treating mental illness. They provide clinical services, health professional training, and community education programs.

Department of Health including Public Health Units and Mental Health Division

The Department of Health assists and supports Western Australian's Mental Health Services in delivering an evidence-based, patient centred mental health system. To achieve this, they work closely with local and regional Mental Health Units by providing awareness and education, consultation and engagement, grants and tenders, legislation, policy, regulation and compliance.

Department of Local Governments and Communities (DLGC)

The DLGC provide advice and support, grants and funding, legislation and compliance information, community initiatives and publications. This includes child protection and supporting families and individual who are at risk or in crisis.

Headspace

Headspace provide tailored and holistic mental health support to 12-25-year old. With a focus on early intervention they provide headspace centres, national telehealth service, online and phone support and specialist support.

Injury Matters

Injury Matters program, [Know Injury](#) provides data on the impact of intentional self-harm in Western Australia, as well as resources identifying risk and protective factors and effective interventions for local government, health professionals and the community.

Lifeline WA

Lifeline is a dedicated crisis support unit that operate 24/7. They offer a range of education courses on suicide prevention, mental health, crisis intervention and domestic and family violence.

Mentally Healthy WA

Mentally Healthy WA run the Act Belong Commit Program which enhances mental health by fostering mutually beneficial relationships with community partners; enhancing programs that are developed to address needs; and provide leadership on evidence-based mental health promotion.

Suicide Call Back Service

Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide as well as providing promotional material, support and information blogs.

[Western Australian Association for Mental Health \(WAAMH\)](#)

WAAMH is the peak body for community mental health in Western Australia. They influence community attitudes through mental health promotion, systemic advocacy, resources and training.

[Western Australian Mental Health Commission](#)

The Mental Health Commission lead the commissioning, providing and partnering in the delivery of; prevention, promotion and early intervention programs; treatment, services and supports and research, policy and system improvements relating to mental health and drug and alcohol treatment services.

[Western Australian Police Force](#)

The WA Police, Mental Health Co-Response team are specially trained in responding to individuals who are experiencing a mental health crisis. The officers work alongside experienced mental health practitioners with the aim of assisting people to remain on their own homes, rather than being transported to hospital.

Intentional Self-Harm or Non-Suicidal Self-Injury Resources

- [Australian Drug Foundation](#) - 6 steps to planning community alcohol and drug projects
- [Think Mental Health Community Toolkit](#) – Resources and contacts
- [Life in Mind, Communities Matter](#) - Suicide prevention for small towns and local communities
- [Know Injury](#) – Toolkit and resources
- [Mental Health Commission](#) - Resources
- [My Services](#) – Online directory to find mental health and alcohol & other drug support services
- [WA Mental Health Commission: together we can save lives](#)
- [WHO, Public health action for the prevention of suicide: a framework](#)

Intentional Self-Harm or Non-Suicidal Self-Injury Reports

- [AIHW](#), Suicide and hospitalised self-harm in Australia: trends and analysis
- [ATSISPEP](#), Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project Report
- [National Mental Health Commission, The 2017 National Report on Mental Health and Suicide Prevention](#)
- [National Strategic Framework for Rural and Remote Health – provides information those living in rural and remote areas at increased risk of mental ill-health and injuries.](#)
- [National Women’s Health Strategy 2020-2030](#)
- [Victoria Government](#) – Improving mental wellbeing – Local Government action guide
- [WA Department of Health, Injury Prevention in Western Australia: A Review of State-wide Activity for Selected Injury Areas](#)
- [Worlds Health Organisation](#) - Global age-friendly cities: a guide

4. VIOLENCE

Violence is “the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community that either results in or has a high likelihood of resulting in injury, death, psychological harm, or deprivation”.²⁸ Commonly reported types of violence include assault by bodily force, assaults with blunt and sharp objects, maltreatment and sexual assault by bodily force.²⁸

In Western Australia between 2011 and 2015:¹⁷

- 20,140 hospitalisations were due to violence (61% of which were male).
- 141 deaths were due to violence.
- Individuals aged 25-44 had the highest incidence of violence-related hospitalisations and fatalities.
- 45.8% of violence-related hospitalisations were Aboriginal and Torres Strait Islander peoples, despite Aboriginal and Torres Strait Islander peoples only making up 3.1% of WA’s population.

In WA in 2012, 3,176 violence-related fatalities and hospitalisations contributed to \$251 million in costs due to health care costs, long term care needs, loss of productivity, and quality of life lost.⁴

While some determinants may be unique to a particular type of violence, the various types of violence more commonly share a number of risk factors. Prevailing cultural norms, poverty, social isolation and factors such as alcohol abuse, substance abuse and access to firearms are risk factors for more than one type of violence.

Below are some suggested activities that could be included in your plan to address violence.

OBJECTIVE	SUGGESTED ACTIVITY
Provide inclusive services and events.	Provide initiatives that reduce violence by restricting the availability and harmful use of alcohol and access to weapons.
Promote community-led strategies to reduce alcohol supply.	Support ‘dry communities’ in areas with high numbers of alcohol-related harm. Restrictions to liquor licensing hours or changes to other licensing conditions. Provide and support initiatives to engage young people. Implement and promote better, proactive policing of responsible service of alcohol.
Provide safe men’s spaces.	‘Men’s Shed’s – provide men with a space to work with their peers on either a project of their choice or to assist with community projects.
Promote and influence behavioural change around the misuse of alcohol, tobacco and illicit drugs.	Adopt The Fathering Project , which aims to develop healthy and stable relationships between fathers and other male caregivers and sons by providing online resources and running support groups.
Provide a safer community.	Reduce the availability of alcohol by monitoring outlet density, limiting opening hours, regulating prices and restricting licenses.

OBJECTIVE	SUGGESTED ACTIVITY
Support public campaigns aimed at reducing interpersonal violence.	Set up a White Ribbon Committee (prevent men's violence against women) to be involved in the community, schools and local sports groups.
Develop Safer Neighbourhood Plans.	Implement Crime Prevention Through Environmental Design (CPTED) principles and provide regular surveillance patrols by Rangers in night and daylight hours.
Maintain active and passive parks.	Follow the Healthy Active by Design – Heart Foundation Framework.
Create secure and safe spaces for people to come together.	Adopt a Community Violence Prevention Strategy. Develop safe pedestrian routes (e.g. adequate street lighting, adequate footpaths.)
Ensure all members of the community can live happy and healthy lives free from violence.	Adopt abuse protocols (including elder abuse). <i>Advocare have guidelines to assist the development of protocols.</i>
Provide initiatives to deliver increased safety and security.	Establish a retail/commercial CCTV network.
Investigate options to support the homeless and street presence.	Develop a wallet card that has information about Accommodation, Free Meals, Health and Emergency Services, youth and drug and alcohol services.
Ensure safe consumption limits are enforced at licensed venues.	Sign up to an Alcohol Accord – which are run and monitored locally by those groups, interested in the safe and professional management of licensed premises.
Support and promote special awareness weeks and events.	Deliver 'Check on a Mate' barbecues which encourage conversations around mental health. <i>Participate in the Purple Bench Project through the Women's Council for Domestic and Family Violence Services (WA).</i>
Provide opportunities to discuss and raise awareness around violence.	Provide activities around the arts which provide a non-confrontational and engaging medium.
Provide training around family and domestic violence.	Partner with an external training organisation to deliver domestic and family violence awareness training to Local Government staff.
Provide partnerships with services to support adult and child victims of violence.	Support links between Aboriginal, multicultural and LGBTQI+ organisations and community sector agencies working with family and domestic violence.

OBJECTIVE	SUGGESTED ACTIVITY
Support local Aboriginal communities to take action in developing healthier communities.	<p>Provide opportunities for local Aboriginal peoples by providing work that supports local individuals and communities.</p> <p>Develop and support leadership programs for youth within the community.</p> <p>Partner with schools to encourage the implementation of programs to promote the development of healthy personal relationships.</p>

Key Stakeholders in WA

[Advocare](#)

Advocare is an independent, community-based, not-for-profit organisation that supports and protects the rights of older people in Western Australia through advocacy, information and education.

[Injury Matters](#)

Injury Matters program, [Know Injury](#) provides data on the impact of violence in Western Australia, as well as resources identifying risk and protective factors and effective interventions for Local Governments, health professionals and the community.

[Lifeline WA](#)

Lifeline is a dedicated crisis support unit that operate 24/7. They offer a range of education courses on suicide prevention, mental health, crisis intervention, and domestic and family violence.

[Our Watch](#)

Our Watch work with the Australian community to provide a framework for the primary prevention of violence, particularly against women and children. They provide projects, advocacy, evidence-based publications and resources in schools, for the media and community.

[WA Department of Health](#)

The WA Department of Health provides guidelines, policy, education and training around family and domestic violence. The *Stop the Violence* campaign provides awareness about the incidents and aggression against Western Australian's health care workers in hospitals and other public health facilities.

[Western Australian Police Force](#)

The Western Australian Police Force have dedicated Metropolitan and Regional Family Violence Teams that work with community members in relation to restraining orders, finding a refuge or alternative accommodation for family members in a family and domestic crisis. They can also refer people to support agencies such as Crisis Care, counselling services and legal services such as the Legal Aid Domestic Violence Legal Unit.

[Women's Council for Domestic and Family Violence's Services](#)

The Women's Council provides contacts for all metropolitan and regional crisis centres for families and singles as well as support services. They also provide a variety of publications and information about policy and legislation and crisis support.

Violence Resources

- [Advocare](#) – Brochures available to download or print
- [Council of Australia Governments](#) – National Plan to reduce violence against women and their children
- [Keeping Kids Safe](#)
- [Know Injury](#) - Toolkit and resources
- [National Domestic Violence Hotline](#) – Brochures
- [National Women’s Health Strategy 2020-2030](#)
- [Our Watch](#) – Posters and social media campaigns
- [Preventing domestic and family violence: Action research reports from five Australian Local Government councils](#)
- [The Fathering Project](#) – resources and support services
- [WA Family and Domestic Violence Prevention Strategy to 2022](#) – Creating safer communities
- [White Ribbon Australia](#) – facts sheets, eLearning and research
- [World Health Organisation](#) – Reports

5. POISONING

Poisoning occurs when people drink, eat, breathe, inject, or touch enough of a hazardous substance (poison) to cause illness or death.²⁹

In Western Australia between 2011 and 2015:¹⁷

- 7,887 hospitalisations were due to poisoning (54.4% of which were male).
- 642 deaths were due to unintentional poisoning.
- Individuals aged 25 – 44 had the highest incidence of poisoning-related hospitalisations and fatalities.
- 9.3% of poisoning-related hospitalisations were Aboriginal and Torres Strait Islander peoples, despite Aboriginal and Torres Strait Islander peoples only making up 3.1% of WA's population.

In WA in 2012 the 1,425 poisoning-related fatalities and hospitalisations contributed to \$497 million in costs due to health care costs, long term care needs, loss of productivity, and quality of life lost.⁴

Poisoning can be prevented by reducing risk factors and providing effective interventions. Some of the risk factors for poisoning include peer pressure and risk-taking behaviour, unsafe storage of poisons substances and a lack of knowledge about the safe storage of poisons.³²

Effective interventions include, correct use of child-resistant closures on poison containers, community-based initiatives and education campaigns. Education campaigns should also promote first-aid measures, including first-aid for snakebite and the role of the Poisons Information Centre as an essential first point of contact.³³

Below are some suggested activities that could be included within your plan to address poisoning.

OBJECTIVE	SUGGESTED ACTIVITY
Promotion of storing chemical substances.	Promote correct storage of all dangerous chemical substances including household, pharmaceuticals and agricultural products through a variety of communications methods e.g. library displays, social media and website.
Promotion of safe handling of chemical substances and medications.	Encourage the safe use of chemicals and medications and an understanding of the dangers of inappropriate use and the need to follow instructions for use. Encourage the use of alternative products of lower-order toxicity and prudent use of products to avoid overuse and misuse.
Promote the safe disposal of chemical substances.	Provide community information around safe and accepted methods of disposal of unwanted or, out of date pharmaceutical and agricultural products. This includes battery disposal programs and pesticide, hydrocarbon and paint disposal.

OBJECTIVE	SUGGESTED ACTIVITY
<p>Provide safety equipment and training when handling hazardous chemical substances.</p>	<p>Provide training to relevant Local Government personnel dealing with the use, transportation, exposure and disposal of hazardous chemicals.</p> <p>Provide recommended protective clothing to relevant Local Government personnel.</p> <p>Promote safety information to the community around the handling of hazardous chemical substances.</p> <p>Develop and implement emergency procedures for incidents of poisoning.</p> <p><i>WorkSafe has a variety of educational resources to support organisations create safer workplaces.</i></p>
<p>Ensure residents are kept informed around the use of poisonous substances.</p>	<p>Promote the services offered by the Poisons Information Centre and use education campaigns that target families to highlight reducing the risk of poisoning, the safe storage of poisons, explain what type of substances can be poisonous, outline appropriate actions to take when disposing poisons and chemical hazards.</p>
<p>Provide management and information around bites and stings.</p>	<p>Keep the community updated around the prevention and treatment of insects, spiders and snake bites and marine animal stings.</p> <p>Provide education and resources for the community regarding the first-aid management for snake bite.</p> <p>Target safety information to residents at times of the year when relevant animal / insects are prolific and are most hazardous e.g. spring /summer and snakes.</p>
<p>Raise awareness and educate local residents about the importance of safe storage of poisons in the home or on the farm.</p>	<p>Communicate safety messages through your social media, local newspapers, public spaces, local radio stations and community events.</p>

Key Stakeholders in WA

[Kidsafe WA](#)

Kidsafe WA are dedicated to promoting safety and preventing injuries among Western Australian children. Kidsafe WA communicate poison messages via print resources, animations and training events.

[National Return and Disposal of Unwanted Medicines Ltd](#)

A national not-for-profit company who address quality use of medicines in Australia. The Return Unwanted Medicines (RUM) project provides consumers with a free and convenient way to dispose of unwanted medicines via the local pharmacy for safe collection and disposal.

[St John Ambulance](#)

St John Ambulance provide first aid training, information sheets and first aid supplies. The Tiny Tots First Aid course covers poisoning.

[WA Poisons Information Centre \(WAPIC\)](#)

WAPIC is a 24/7 emergency phone service in Western Australia and South Australia and the Northern Territory providing management advice in cases of suspected poisoning and known poisonings. Advice is also provided on drug information and poisoning prevention.

[Worksafe WA](#)

Worksafe work with employers, employees and employee representatives to set up and maintain systems of work so that employees are not exposed to hazards. They provide work health and safety legislation reform, training, events and educational resources to make WA workplaces safer.

Poisoning Resources

- [AIHW, Poisonings in children and young people 2012-13](#)
- [Farmsafe Australia](#)
- [Kidsafe WA](#) - Resources
- [Know Injury](#) – Toolkit and Resources
- [Poisoning Fact Sheet](#)
- [WA Department of Health, Injury Prevention in Western Australia: A Review of State-wide Activity for Selected Injury Areas](#)
- [WA Department of Health, Incidence and costs of injury in Western Australia in 2012](#)
- [WA Poisons Information Centre](#)

6. BURNS AND SCALDS

A burn is an injury to the skin or other organic tissue primarily caused by heat or due to radiation, radioactivity, electricity, friction or contact with chemicals.³⁰

A scald is a type of burn when hot liquids destroy some or all of the cells in the skin or other tissues.³⁰

In Western Australia between 2011 and 2015:¹⁷

- 4,732 hospitalisations were due to burns or scalds (64% were male).
- 33 deaths were due to burns or scalds.
- Individuals aged 25-44 had the highest incidence of burns and scalds-related hospitalisations and fatalities.
- 16.3% of burns and scalds-related hospitalisations were Aboriginal and Torres Strait Islander peoples, despite Aboriginal and Torres Strait Islander peoples only making up 3.1% of WA's population.

In WA in 2012, 794 burns and scalds-related fatalities and hospitalisations contributed to \$111 million in costs due to health care costs, long term care needs, loss of productivity, and quality of life lost.⁴

Some of the risk determinants of burns and scalds include alcohol abuse and smoking, socioeconomic status (e.g. lower incomes, overcrowding living conditions, lower literacy levels, lack of proper safety measures and insufficient parental control of children) and violence (e.g. abuse and neglect of children). Examples of groups identified as high risk to burns and scald include young children, older adults and young males (20-29 year age group).³¹

Below are some suggested activities that could be included within your plan to address burns and scalds.

OBJECTIVE	SUGGESTED ACTIVITY
Promote the importance of households checking and maintaining smoke alarms.	Utilise communication channels to encourage people to maintain a working smoke alarm in their homes and properties. <i>Subscribe to the Department of Fire and Emergency Services (DFES) Smoke Alarm Campaign.</i>
Develop and maintain effective and current arrangements to minimise the risk to the community from bushfires.	Administer and implement an annual Fire Break Notice Plan responsibly and avoid locating new developments in areas of unacceptable bushfire risk. Implement a Bushfire Risk Management Plan and treatment schedule.
Provide safety training around burns and scalds.	Provide training to relevant Local Government personnel. Provide equipment for handling emergencies for burns and scalds in high-risk areas.

OBJECTIVE	SUGGESTED ACTIVITY
Provide the community with up to date information on burns and scalds, including first aid treatment.	Participate in National Burns Awareness month utilising the Community Awareness Kit and providing community displays. Educate the community on burn first aid – 20 minutes of cool running water within 3 hours of injury.
Educate residents about safe storage of chemicals.	Provide training around safe storage of chemicals such as kerosene and petrol to prevent chemical burns. <i>Kidsafe WA run a childhood injury prevention program, with burns and scalds prevention being the primary focus in winter.</i> Participate in DFES campaigns /programs that target school-aged people and communities at risk.

Key Stakeholders in WA

[Australian Medical Association \(AMA\)](#)

AMA represents registered medical practitioners and medical students of Australia. The AMA provides articles, position statements and submissions supporting public health in the community relating to burns and scalds.

[Australian and New Zealand Burn Association \(ANZBA\)](#)

ANZBA is the peak body for health professionals responsible for the care of the burn injured in Australia and New Zealand. Their work includes disaster planning involving burn casualties from both human-cause and natural disasters. They also provide fact sheets, training and research.

[Fiona Stanley Hospital](#)

Fiona Stanley Hospital is the major tertiary hospital in the south metropolitan area of Perth and hosts the State Burns Service. The Service has research facilities, treatment and rehabilitation clinics to improve burn patient outcomes.

[Fiona Wood Foundation](#)

The Fiona Wood Foundation is a not-for-profit organisation facilitating the translation of knowledge from scientific research into new treatments for healing burns and minimising scarring. Community resources include first aid education, post injury support, children's resources and community affiliations.

[Injury Matters](#)

Injury Matters program, [Know Injury](#) provides data on the impact of burns and scalds in Western Australia, as well as resources identifying risk and protective factors and effective interventions for Local Governments, health professionals and the community.

[Kidsafe WA](#)

Kidsafe WA are dedicated to promoting safety and preventing injuries among Western Australian children. Kidsafe WA communicate education around burns and scalds via print resources, animations, a Safety Demonstration House and training events.

[Perth Children's Hospital](#)

Perth Children's Hospital provide resources and guidelines for the assessment and management of burns in children.

[UWA School of Surgery Burn Injury Research Unit](#)

The burn injury research unit is focused on translational and basis research into burn injury, wound repair, scarring, fibrosis and long-term outcomes for paediatric and adult burn patients. They work closely with the burn's units at Fiona Stanley Hospital and the Perth Children's Hospital.

[WA Department of Fire and Emergency Services \(DFES\)](#)

DFES consists of both DFES personal and volunteers who work closely with communities and other government agencies to help prevent, prepare for, respond to and recover from diverse hazards including fires, cyclones and floods. The DFES website provided guidelines, factsheets and templates for Local Government around the prevention, preparation, response to and recovery from a diverse range of emergencies.

Burns Resources

- Australia and New Zealand Burn Association
 - [Fact Sheets](#)
 - [Kids Zone Resources](#)
- [Bushfire Centre of Excellence](#) – Training opportunities and resources
- [Department of Fire and Emergency Services](#)
- [Kidsafe WA](#) – Fact sheet and resources
- [Know Injury](#) – Toolkit and resources
- [Your Bushfire Preparation Toolkit](#)

7. DROWNING

Drowning is the experience of respiratory impairment or suffocation, due to submersion in some form of liquid. The term “non- fatal drowning” is used to describe events that did not result in death.³²

In Western Australia between 2013-2014 and 2017-18³³

- 563 hospitalisations were due to drowning (63% of which were male).
- 166 deaths were due to drowning.
- Toddlers aged 0-4 years had the highest rate of drowning-related hospitalisations and fatalities.
- 5.8% of drowning-related fatalities were Aboriginal and Torres Strait Islander peoples, despite Aboriginal and Torres Strait Islander peoples only making up 3.1% of WA’s population.

In WA between 2017-2018, the 138 drowning-related fatalities and hospitalisations contributed to \$198 million in costs due to health care costs, long term care needs, loss of productivity and quality of life lost.^{33,34}

The causes of drowning are many and complex. Therefore, prevention efforts need to take a proactive, population-wide and comprehensive approach that reflects the complexity of the range of issues and external factors that result in and contribute to drowning deaths and how these may vary by life stage, gender and ethnicity.

Determinants of drowning include people in areas of lower socioeconomic status; where there is inadequate fencing and ineffective safety barriers to private swimming pools; lack of swimming ability; lack of adult supervision and when alcohol affects a person’s judgement and swimming ability. The determinants and effective interventions for children and adults vary greatly and should be developed for the particular target audience accordingly.

Below are some suggested activities that could be included within your plan to address drowning.

OBJECTIVE	SUGGESTED ACTIVITY
Promote safety in, on and around private swimming pools.	<p>Support the workforce to monitor fencing and safety barriers in private pools. These regulations are upheld by Local Government.</p> <p>Develop ongoing inspection programs for barrier compliance.</p> <p>Conduct regular training with pool inspectors.</p> <p>Promote key water safety messages and distribute resources as part of inspection programs like the Royal Life Saving WA Keep Watch program.</p> <p>Provide CPR charts to all home pool owners.</p> <p>Offer incentives such as discounted first aid training for home pool owners in your area.</p> <p>Develop a communications plan to promote home pool safety and barrier compliance.</p> <p>Have the Royal Life Saving WA home pool safety checklist available on your website.</p>

OBJECTIVE	SUGGESTED ACTIVITY
Ensure safe public aquatic locations e.g. public swimming pools, inland waterways and beaches.	<p>Ensure all users of facilities have sufficient water safety training – particularly provided for Culturally and Linguistically Diverse (CaLD) populations.</p> <p>Employ qualified lifeguards at key locations and during peak periods where appropriate.</p> <p>Review safety signage and translate messages where appropriate.</p> <p>Conduct an audit of key waterways to identify risks/dangers and opportunities to improve safety.</p> <p>Develop supervision policies to ensure the safety of young children around water similar to Watch Around Water.</p> <p>Partner with organisations, such as Surf Life Saving WA, who can provide surveillance, protection, medical assistance and rescue services at all patrolled beaches in Western Australia.</p> <p>Promote learning by hosting or arranging first aid and CPR courses for the local community.</p> <p><i>Providers, such as Royal Life Saving WA and Surf Lifesaving WA, offer CPR and First Aid training, both face to face and through online e-learning platforms.</i></p>
Ensure safe use of alcohol occurring near or around waterways.	<p>Develop guidelines around community events held near aquatic locations that serve alcohol to prevent drowning.</p> <p>Promote alcohol and water safety messages at relevant community events.</p> <p><i>Order Royal Life Saving WA resources, signage and promote “Don’t Drink and Drown” campaign messages.</i></p>
Manage flood risks	<p>Develop a flood risk management plan.</p> <p>Provide community education and engagement prior to flooding to ensure residents are aware of flood risks and can take part in decisions on managing risks.</p> <p>Establish early warning systems.</p> <p>Develop disaster response and recovery plans where flood risk is present, including arrangements for evacuation.</p>
Increase water safety skills, knowledge and awareness	<p>Incorporate water safety messages into communications plan including website, social media, newsletters and community newspapers.</p> <p>Hold an open day or Have A Go Day at the local pool.</p> <p>Hold community information session on water safety and drowning prevention.</p>

Key Stakeholders in WA

Austswim

Austswim provide swimming and water safety skills by providing courses, seminars and community programs.

Kidsafe WA

Kidsafe WA are dedicated to promoting safety and preventing injury among Western Australian children. Kidsafe WA provide products around barriers and gates, bathroom products and water safety prevention via print resources, facilitators guide and videos.

Leisure Institute of WA (LIWA) Aquatics

The LIWA provide support, professional development and networking opportunities to the aquatic industry including supervisors or pool guards within Local Government areas.

Masters Swimming WA

Master Swimming WA provide opportunities for fitness, friendship and fun activities for adults encouraging participation regardless of ability or age.

RecFishWest

RecFishWest provides leadership opportunities, community events and offers partnership with community groups and organisations to benefit and help the community with fishing. They provide research, policy, safety and communication.

Royal Life Saving WA

Royal Life Saving are the largest provider of water safety education in Western Australia. They have volunteers, members, trainers and lifesavers in almost all communities. They provide a wide range of programs, online learning and professional services that Local Governments can access.

Surf Life Saving WA

Surf Life Saving WA are dedicated to the safety of the community around water. They provide a variety of community programs, training, online learning, help grants, public awareness campaigns and printed resources.

Swimming WA

Swimming WA is the leading aquatic body in Western Australia. They are a member-based organisation whose role is to provide Western Australians with the opportunity to swim through infrastructure development, raising the profile of swimming and leading competitions as well as high performance swimmers, coaches and officials.

WA Department of Education and Training (DET)

The DET provides water-based activities to school aged children. They provide procedural information and guidelines for swimming and water safety undertaken by school children.

WA Department of Transport, Marine Safety (DoT)

DoT is responsible for marine safety, marine environment protection and coastal facilities. Information available on recreational fishing licenses, marine emergencies and boating guides.

Department of Local Government, Sport and Cultural Industries

The Department of Local Government, Sport and Cultural Industries promote participation and achievement in sport and recreation to support a healthy lifestyle through physical activity. The WA State Government can work with Local Government to assist with the building of better sport and recreation facilities.

[Western Australia Police, Water Police Department](#)

The WA Water Police operate a 24/7 search and rescue, flare sightings, marine radio listening, diving operations and maritime investigations. They also operate a Marine Watch program similar to Neighbourhood Watch.

[WA Department of Fire and Emergency Services \(DFES\)](#)

DFES consists of both DFES personal and volunteers who work closely with communities and other government agencies to help prevent, prepare for, respond to and recover from diverse hazards including floods. The website proved guidelines, factsheets and templates for Local Government.

[WA Department of Fisheries \(DoF\)](#)

DoF work with Local Government by providing guidelines on aquatic resource management, assessment of applications for aquaculture and pearling industries, publications and guides around recreational fishing.

Water Safety Resources

- [Australian Water Safety Strategy](#)
- [Kidsafe WA Childhood Drowning Factsheet](#)
- [Know Injury Toolkit and Factsheets](#)
- Royal Life Saving WA - campaign resources
 - [Keep Watch \(toddler drowning prevention\)](#)
 - [Don't Drink and Drown \(youth water safety\)](#)
- [Royal Life Saving Society – WA Drowning Report 2017-18](#)
- [Royal Life Saving WA Home Pool Safety Checklist](#)
- [WHO, Global report on drowning: preventing a leading killer](#)
- [WHO, Preventing drowning: an implementation guide](#)

Water Safety Grants and offers

[Department of Local Government, Sport and Cultural Industries](#)

[Royal Life Saving Society WA – Heart Beat Club First Aid Grants](#)

[Royal Life Saving – Old4New Life Jacket Upgrade](#)

FURTHER INJURY INFORMATION

INJURY PREVENTION ORGANISATIONS

The following provides a list of organisations across Western Australia that specialise in the injury prevention and recovery.

ORGANISATION	AREA OF EXPERTISE	WEBSITE
Injury Matters	Injury Prevention and Recovery Falls Prevention Road Trauma Capacity Building	www.injurymatters.org.au
Royal Life Saving Society WA	Drowning, Swimming	www.royallifesavingwa.com.au
WA Poisons Information Centre	Poisoning advice and support	www.scgh.health.wa.gov.au/OurServices/WAPIC/
Kidsafe WA	Promote safety and prevent childhood injuries	www.kidsafewa.com.au
School Drug Education and Road Aware (SEDERA)	Drug and road awareness to school aged young people	www.sdera.wa.edu.au
Surf Life Saving WA	Coastal and Surf safety	www.mybeach.com.au
Paraplegic Benefit Fund	Disability service and support	www.pbf.asn.au
Constable Care Foundation	Keeping children and young people safe from harm	www.cccsf.org.au/programs/constable-care
WALGA RoadWise	Road safety	www.walga.asn.au/Policy-Advice-and-Advocacy/Infrastructure/RoadWise
COTA WA	Older adults strength training and exercise program	www.cotawa.org.au
Australasian Injury Prevention Network	Injury prevention and safety promotion advocate	www.aipn.com.au
Safe Communities Foundation	Communities which engage in safety promotion	www.safecommunities.net.au

GRANTS

Once plans are established, and objectives are outlined, it will be necessary for the Local Government to meet and deliver against the Action Plan items in the Local Public Health Plan. One avenue that Local Government can explore to support them address these priorities is by applying for grants from organisations to support their injury prevention objectives.

Below is a list of organisations that can assist with resourcing to support the implementation of injury prevention activities.

ORGANISATION	AREA OF EXPERTISE	WEBSITE
Department of Local Government, Sport and Cultural Industries	Participation	www.dlgsc.wa.gov.au .
Healthway	Sport, arts, community activities, health promotion project	www.healthway.wa.gov.au
Injury Matters	Falls Prevention	www.injurymatters.org.au
Lotterywest	Project Grants - Community	www.lotterywest.wa.gov.au
Act Belong Commit	Project Grants - Community	www.actbelongcommit.org.au
Department of Communities	Participation and Community Development	www.communities.wa.gov.au
Road Safety Commission	Road Safety	www.rsc.wa.gov.au
Community Grants Hub	Community Grants	www.communitygrants.gov.au
Grant Connect	Community and Health Grants	www.grants.gov.au
Australian Department of Infrastructure & Regional Development	Black Spot – road safety projects	www.infrastructure.gov.au
Australian Department of Veteran Affairs	Health and Wellbeing for the Veteran Community	www.dva.gov.au
Australian Research Council	Collaboration and Research	www.arc.gov.au

CONCLUSION

This guide has been developed to support Local Governments in strategic planning to address local communities health needs through the prevention of injuries and the promotion of safety.

Each Local Government is unique, and the priorities and activities that are included within Local Government plans should be based on the needs of the local community, available data and activities should be informed by available evidence.

Local Governments are encouraged to utilise this guide in the planning of health and wellbeing strategies and collaborate with key stakeholders to help reduce the impact of injury within Western Australia.

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