



## Staying safe



### In an emergency



In an emergency call Triple Zero (000).



They will ask you if you need:

- ambulance



- fire



- police



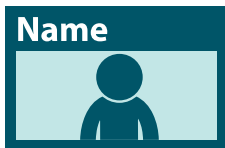
You need to tell them which service you need.



Only call 000 if there is an **emergency**.



If you do not speak English, say 'interpreter' and the name of the language you speak.

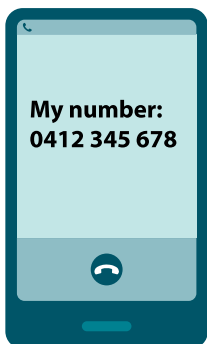


Tell them:

- your name



- the address where the emergency is



- your telephone number



- what is happening



If you are confused and do not know what to say, do not hang up.

Stay on the phone, the operator can work out where you are calling from and send help.



**Ambulance services are for emergencies only.**

**\$\$\$**

You might have to pay to use an ambulance if you do not have:



- private health insurance
- a health care card
- a concession card

# Staying safe at home

## Water



It is safe to use water from the tap for:

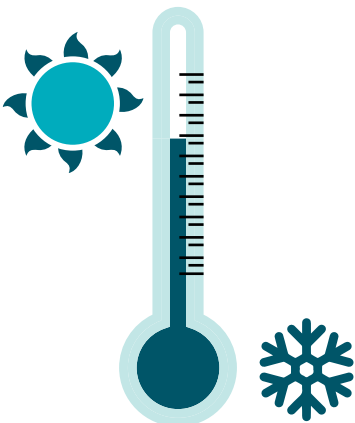
- drinking
- cooking



Do not drink or cook with water from lakes, rivers or streams – the water might be dirty or dangerous.



Hot water can burn you.



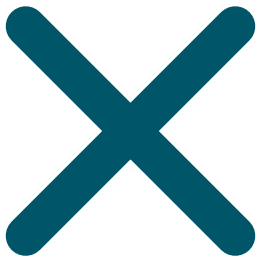
It is important to check how hot the water is before:

- getting into a bath
- getting into a shower
- putting children into water

## Electricity



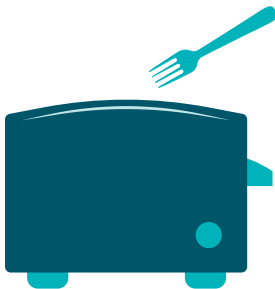
Electrical shock can hurt and even kill people.



Do not:



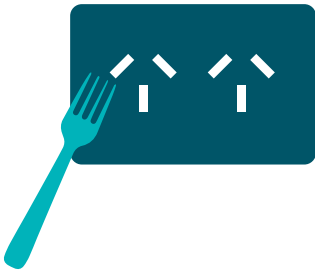
- put electrical appliances near the sink or any other water source



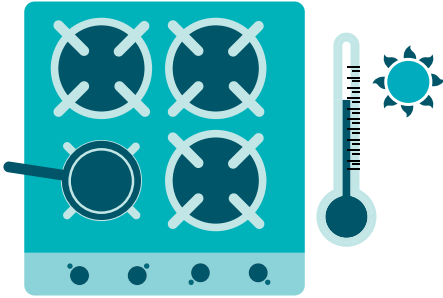
- put metal objects into a
  - toaster



- microwave



- power point



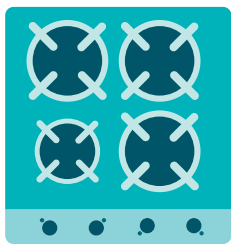
Stove tops and ovens get very hot.

When you are cooking, keep the pot handles turned in so that children cannot reach them.



Keep children away from the oven door – it can get very hot.

## Gas

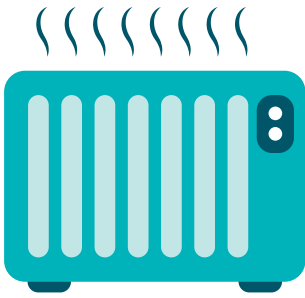


Gas is used in some:

- stove tops



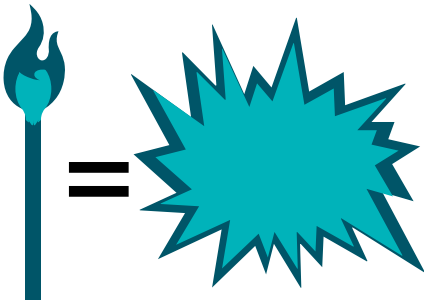
- ovens



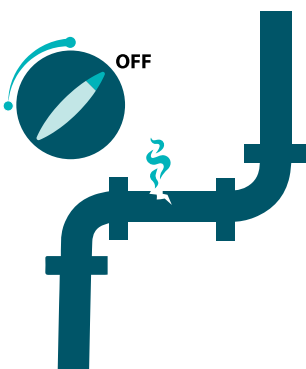
- heaters



Turn off the gas oven or stove top when you finish using it.



If you smell gas, do not light a match – a flame will make the gas explode.



Find where the gas leak is coming from.

Turn the gas off straight away.

## Medicines and chemicals



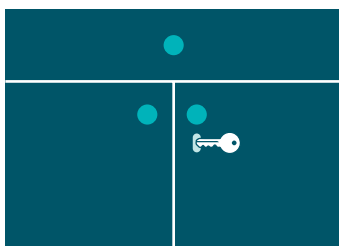
Some medicines and chemicals people keep at home can hurt people or make them very sick.



Keep all medicine in a place where children cannot:



- reach it
- find it



Keep all cleaning products in a locked cupboard where children cannot get to them.

## Food



Nearly all Australian homes have a refrigerator for keeping food fresh.

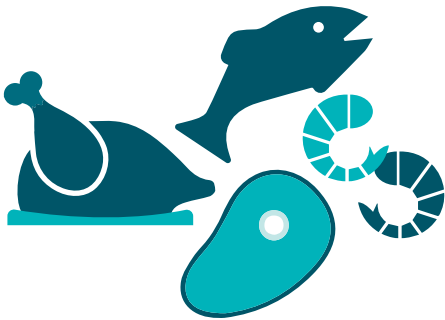
It is often called a fridge.





Some food needs to be kept in the refrigerator until you are ready to use it:

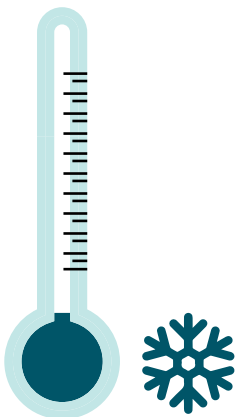
- dairy products – milk, butter, cream, cheese



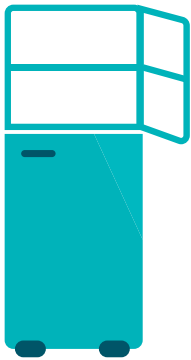
- meat and seafood



- some fruits and vegetables

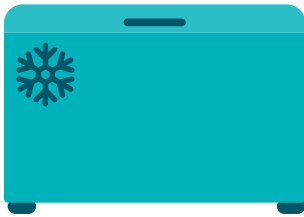


Some foods need to be kept frozen until you are ready to cook them.



Many fridges have a special part for freezing food.

This is called a freezer.



Some Australian homes have a freezer just for frozen foods.



You should only freeze food once.

It can make you sick if you eat food that has been frozen more than once.



Wash your fruit and vegetables before you eat them.

This will get rid of chemicals that have been used to protect them from insects.



Keep all of your cooking areas clean.

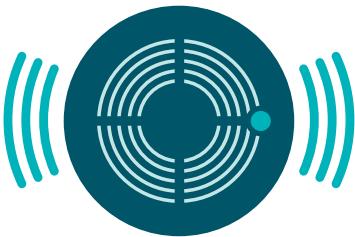


Always wash your hands before you make any food.

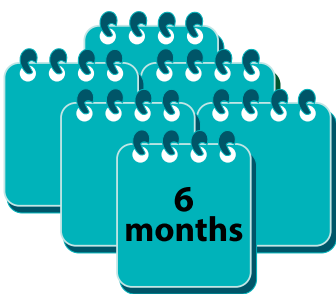
## Fire



Smoke alarms must be used in all homes.



Smoke alarms make a loud noise if there is smoke.



Smoke alarms run on batteries.

The batteries should be tested and replaced every 6 months.



Take special care with candles or cigarettes.

They are a common cause of house fires.



Do not put clothing next to or on a heater.



Work out a plan for how you would get out of your home if there was a fire.

Practise it with your family.

## Staying safe on the road

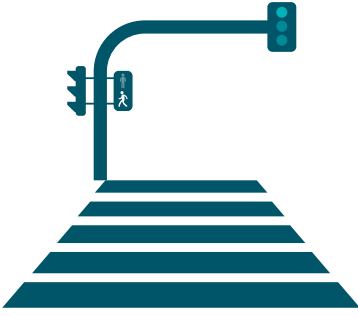
### Crossing the road



In Australia cars drive on the left hand side of the road.



When you cross the road, look carefully to your left and your right to check for traffic.



Cross the road at:

- traffic lights
- a pedestrian crossing

## Riding a bicycle



You must wear a helmet when you are riding a bicycle.



In Australia, bicycles are often called bikes.

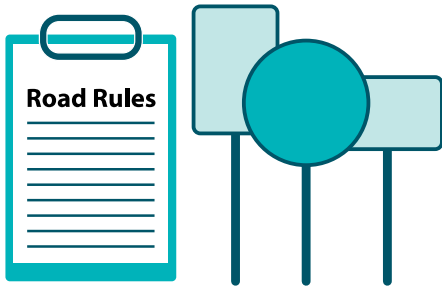
People who ride bikes are called cyclists.



Cyclists must obey all of the road rules.



You do not need a licence to ride a bike on the road.



You need to follow the same rules for driving a car.



If you are riding at night, your bike must have a:

- front light
- back light



Many cities have special bike lanes that only cyclists can use.

## Drugs and alcohol

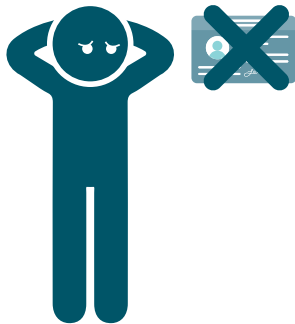


It is dangerous and illegal to drive if you have been using drugs or alcohol.

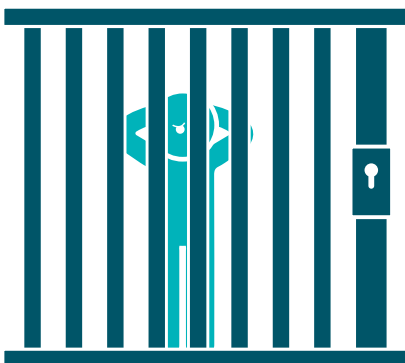


If you are caught driving after you have been using alcohol or using drugs, you could:

- be fined – charged a large sum of money



- have your licence taken away from you



- be jailed

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**Australian Government**  
**Department of Social Services**

Delivered by International Organization  
for Migration on behalf of the Australian  
Department of Social Services

