



## Staying safe

### EMERGENCIES

In an emergency, phone Triple Zero (000)



When you phone Triple Zero (000), you will be asked if you need ambulance, fire or police assistance. You should say the name of the service you need. **Remember: only phone Triple Zero (000) if there is an emergency.**

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

Tell the Triple Zero officer (or interpreter):

- your **name**
- the **address** where the emergency is
- your **telephone** number
- **what** is happening
- **where** the emergency is happening.

If you are confused and do not know what to say, do not hang up. Stay on the line and the operator can work out where you are phoning from and send help.

**Ambulance services are for emergencies ONLY.**

**Note:** You may be charged for this service if you do not have private health insurance, hold a health care card or have a concession card.

### Staying safe in the home

#### Water

It is safe to drink and cook with water from the tap. Do not drink or cook with water from lakes and streams because the water may be polluted. Hot water can cause burns. It is important to check the temperature before getting into the water in a bath or shower or placing children in water.

#### Electricity

Electrical shock can hurt and even kill people.

Do not:

- place electrical appliances near the sink or any other water source
- put metal objects into the toaster, microwave or power points.



Stove tops and ovens get very hot. When cooking, keep pot handles turned in so that young children cannot reach them. Keep children away from the oven door as this can get very hot.

## Gas

Gas is used in some stovetops, ovens and heaters. Turn off the gas oven or stovetop when you finish using it. If you smell gas **do not** light a match because a flame will make the gas explode. Look for the source of the gas leak and turn it off immediately.

## Medicines and chemicals

Some drugs and chemicals commonly found around the home can cause harm or serious illness. Keep all medicine out of the reach of children where they cannot find it. Keep all cleaning products in a locked cupboard where children cannot access them.

## Food

Food such as dairy products, meats and some fruits and vegetables should be kept in the refrigerator until ready to use. Some foods will need to be kept frozen until ready to cook. You should never re-freeze food once it has been thawed out as it can make you sick. Wash fruit and vegetables before eating them to remove any pesticides. Keep all cooking areas clean and always wash your hands before preparing food.

## Fire

Smoke alarms **must** be used in all homes. Smoke alarms make a loud noise if they detect smoke. The alarms run on batteries and the batteries should be tested and replaced every six months. Take special care with candles and cigarette butts as they are a common cause of house fires. Do not put clothing next to or on heaters. Work out a plan for how you would escape from your home if there was a fire and practice this with your family.

## Staying safe on the road



### Crossing the road

In Australia, cars travel on the left hand side of the road. When crossing the road, look carefully to your left and your right to check for traffic. Cross the road at traffic lights or at a pedestrian crossing.

### Cycling

You must wear a helmet when riding a bicycle. Your bicycle must have a front and back light when riding at night. Cyclists must observe all road rules. Many cities have special bicycle lanes. You do not need a licence to ride a bicycle on the road but you must obey the road rules and those rules that apply to driving a car (e.g. alcohol levels).

## Drugs and alcohol

It is dangerous and illegal to drive under the influence of drugs or alcohol. If you are caught driving while under the influence of alcohol or drugs, you could be charged a large sum of money (a fine), or have your licence taken away from you, or even jailed.

