injury matters

PREVENTION TO RECOVERY

Local Government Guide to Promoting Safety and Preventing Injury

Helping people recover from injuries.
Or, better still, avoid them altogether.

Acknowledgements

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Injury Matters acknowledges and respects the Whadjuk Noongar people as the custodians of the land on which we work, live and build our lives, families, and communities. We pay our respects to the First Nations People of this country, their cultures and Elders past, present and emerging.

Artwork by Mel Spillman (Woods) of Maarakool Art.

Contents

PURPOSE OF THIS GUIDE

This Guide has been developed to assist local governments and key stakeholders to consider, include and implement injury prevention activities within the range of strategic plans they develop and periodically revise.

IMPACT OF INJURY

Injury is the physical or mental harm to a person resulting from intentional or unintentional contact with an object, substance or another person. Injury is a significant public health issue, contributing to 8% of the total burden of disease in Australia.[1]
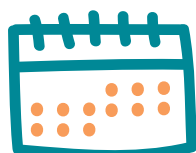
>4 Western Australians die every day due to injury.[2]

Each year, approximately 1 in 4 Western Australians report an injury requiring treatment by a health professional.[3]

In 2023, injury was the leading cause of death for Western Australians aged 15 – 44 years.[2]

In WA, injury was the leading contributor to the number of years of potential life lost (32,452 years) **and the third leading cause of death in 2023** (1,548 deaths).

227,000 injury fatalities, hospitalisations and emergency department attendances in WA in 2012 resulted in a total cost of $9.6 billion due to health care costs, long-term care needs, loss of productivity, and quality of life lost.[4]

The leading cause of these injury deaths were falls (n=570), intentional self-harm (n=417) and poisoning (n=182).[2]

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

Injury affects all Western Australian's however, it does not affect all population groups equally. In Western Australia (WA) people who live regionally, males, older adults (65 years and older), youth (15 to 24 years), Aboriginal and Torres Strait Islander people, and individuals living in socio-disadvantaged areas are disproportionally impacted by injury.[4] As a result of injury, Aboriginal peoples experience years of healthy life lost three times higher than non-Aboriginal peoples in WA.[5]

The impact of injury in WA reinforces the importance of focusing on the prevention of injury and the need to make injury prevention a priority.

HOW INJURY MATTERS CAN HELP

At Injury Matters, we work with people and organisations, including local governments across WA to innovate and deliver injury prevention and recovery solutions. Solutions that keep people safer and healthier at home, at work and 'on the go'. Solutions that save lives and make our community stronger.

Our approach is as expansive and inclusive as our remit, which spans everything from road safety to trauma recovery and falls to alcohol and other drug related harm. As a not-for-profit organisation, we work with local communities, industry, government and our health, emergency and social services partners, drawing on the latest research, evidence and lived experience here in WA to:

- Raise awareness of injury risks, consequences and solutions.
- Prevent injuries through a range of education and support programs.
- Support the recovery of people, families and communities impacted by injury and trauma.
- Advise and enable local and national agencies and policymakers to make smarter, safer, more informed policy decisions to support the needs of the community we work alongside.

Together, we find and share injury prevention, recovery and policy solutions that keep everyone safer and healthier – solutions that reduce the far-reaching physical, emotional and financial impact caused by injuries and trauma.

Injury Matters collaborates with WA Health Service Providers (East Metropolitan, North Metropolitan, South Metropolitan, and WA Country Health Service) to support the public health planning process.

Injury Matters can support Health Services Providers and local governments by:

- Identifying local injury priorities and populations at higher risk of injury, through the provision of localised injury fatality and hospitalisation data,
- Connecting local governments with organisations across WA that can partner with you to deliver injury prevention and safety promotion activities,
- Providing advice on injury prevention activities and evaluation requirements,
- Supporting the implementation of injury prevention activities where possible, and
- Participating in planning meetings and joining working groups/committees.

Reach out for support at info@knowinjury.org.au or 08 6166 7688.

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Do you need support to build your skills and knowledge in injury prevention and recovery?

Injury Matters provides professional development webinars, information sessions and workshops that are tailored for Local Government Officers and Managers, including those working in health promotion, community safety, community development, environmental health and emergency management.

- View and register for upcoming events.
- Catch up on past webinars.
- Complete our injury prevention online learning modules.
- Access our full suite of resources.

NETWORKS

Connecting with fellow practitioners who have an interest in preventing injuries is a key component of community safety and injury prevention. Networking groups provide an opportunity to discuss trends, share resources, advocate, collaborate and increase your knowledge of programs and policies.

Injury Matters hosts three networking programs suitable for local government workers;
- WA Injury Prevention Network
- WA Community Falls Network
- CONNECT.ed program

COMMUNITY ACTIVITIES

If you are hosting a community event, be sure to reach out and let us know. We are always looking for opportunities to connect with the WA community and raise awareness of the importance of injury prevention behaviours by hosting a stall or delivering education activities at community events.

Injury Matters is also available to deliver free falls prevention presentations for older adults living independently within the Perth Metropolitan area. All presentations run for 45 minutes, with attendees receiving free resources, so be sure to let your community groups know.

Find out more about our free community presentations.

GRANTS

The Stay On Your Feet® Move Improve Remove grants program provides community groups, organisations and local governments up to $5,000 (plus GST) to deliver falls prevention programs targeting older adults within their community.

Historically local governments have received funding to conduct physical activity classes, education sessions, capacity building activities for staff and environmental audits. If you are interested in delivering evidence-based activities to reduce the impact of falls in your local area, but need some financial support why not apply today?

Find out more about the community grants program.

INJURY POLICY CONTEXT IN WESTERN AUSTRALIA

There are several Acts and State Government policies that underpin local government involvement and responsibilities in relation to public health and health promotion. By aligning local initiatives with these policy and legislative frameworks, local governments ensure their efforts are part of a broader, cohesive approach to improving public health and safety across the state, and they can leverage their efforts to achieve greater results by utilising the resources of government campaigns with aligned objectives.

WA legislation and strategic government policies provide a framework to support injury prevention policy and interventions through local government activities. Legislation to regulate the supply of products that can be harmful to health, like alcohol, to enforce safe behaviours such as speed limits on roads, swimming pool barriers, and controls like the provision of shade and seating have been fundamental in preventing and reducing harm from injury.

Key legislation and strategic policies include (but are not limited to):

- Public Health Act 2016
- Draft State Public Health Plan for Western Australia 2025-2030
- WA Health Promotion Strategic Framework 2022-2026
- An Age-Friendly WA: State Seniors Strategy 2023 - 2033
- Western Australian Suicide Prevention Framework 2021-2025
- Driving Change Road Safety Strategy 2020-2030
- Path to Safety: WA's Strategy to Reduce Family and Domestic Violence 2020-2030
- Sustainable Health Review

In response to the considerable and growing burden of harm and the cost of injury, each strategic document makes injury prevention a key priority and recognises injury as an area in which local governments can positively impact the frequency and severity of harm caused by injury.

WA has a number of individual strategies and frameworks for addressing specific causes of injuries including the suicide prevention, road safety, and family and domestic violence strategies. The tables below summarise how injury is prioritised within these key strategies and frameworks.

OBJECTIVE	PRIORITY
Prevent: reduce the burden of chronic disease, communicable disease, and injury.	1. Prevent injuries and promote safer communities.

Table 1 2025-2030 Draft State Public Health Plan Objectives and Priorities.

* Reproduced from the Draft State Public Health Plan for Western Australia 2025-2030.[6]

The Draft State Public Health Plan outlines the framework, objectives and priorities that should be considered in the development of localised Public Health Plans. Injury prevention is directly addressed through the 'prevent' objective.

Table 2 WA Health Promotion Strategic Framework 2022-2026 priorities.

PRIORITY AREA	PRIORITY AREAS
Preventing injuries and promoting safer communities.	1. Protect children and young people from injury 2. Prevent falls in older people 3. Improve safety in, on and around water 4. Reduce road crashes and road trauma 5. Promote a safer built environment.

The WA Health Promotion Strategic Framework 2022-2026[7] outlines strategic directions for preventing injury and promoting safer communities in WA. Injury Matters addresses injury prevention by providing a comprehensive range of services and resources across all nine domains, and focuses our efforts on those where we have the greatest influence and opportunity for impact. The nine domains for action are legislation and regulation, healthy policies, economic interventions, supportive environments, public awareness and engagement, community development, targeted interventions, building capacity and workforce development and research and evaluation.

PILLARS OF CHANGE	PRIORITY AREAS
Pillar of Change	1. Thriving physically, mentally and spiritually 2. Safe and friendly communities 3. Staying connected and engaged 4. Having views that are heard

Table 3 An Age-Friendly WA: State Seniors Strategy 2023 - 2033 priorities.

The State Seniors Strategy 2023 – 2033[8] is a 10-year commitment by the WA Government to whole-of-community activities to ensure that older people feel valued, safe and empowered to live happy and fulfilling lives in an age-friendly community. Age friendly communities can play a vital role in reducing injuries in older people, who have the highest risk of falling.

Injury Matters addresses injury prevention by providing a comprehensive range of services and resources.

ROLE OF LOCAL GOVERNMENT IN INJURY PREVENTION AND SAFETY PROMOTION

When conducting injury prevention activities, local governments not only reduce the risk of an injury occurring but also create a safer community, increasing community satisfaction and ultimately improving the health of the population and an individual's quality of life.

Local governments can play a role in positively influencing their community members health by positively impacting the social determinants of health.

Figure 1 The social determinants of health and the role of local governments.[9]

Generally, local government's responsibility for health can be classified into the following three areas:

- **Health protection** includes regulation of tobacco, alcohol, unhealthy advertisements, 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 encouraging health promotion behaviours, opportunities for social connection and arts, sport, culture and recreational participation to increase and maintain physical and mental wellbeing.

Injury prevention and safety promotion initiatives can be included within all three areas of responsibility, and public health and other community plans are useful frameworks for ensuring that community safety and injury prevention activities are actioned by your local government.

PUBLIC HEALTH OR OTHER COMMUNITY PLANS

Local governments can use Public Health or other community health and wellbeing plans to coordinate, integrate and enhance injury prevention efforts within their communities. These plans serve as a strategic framework for embedding safety and injury prevention measures into local governance activities, enabling a focused approach to improving community wellbeing.

As part of the Public Health Act, all local governments must prepare and publish their local Public Health Plans by June 2026. Given the staged approach to developing a Public Health Plan and the predetermined council meeting cycles, it can often take 12 months to develop a Public Health Plan so it is important that local governments commence planning to meet the June 2026 deadline.

It is important to acknowledge local governments are already conducting injury prevention activities as part of their everyday business (e.g. footpath and lighting maintenance, leisure services, 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 under the section, **Addressing Injury Topics within Public Health Plans**. These activities can further highlight the importance of local government's core business in supporting state health strategies and potentially identifying new funding opportunities.

> **As part of the Public Health Act, all local governments must prepare and publish their local Public Health Plans by June 2026.**

CONTENTS

DEVELOPING AND REVISING A PUBLIC HEALTH PLAN OR OTHER COMMUNITY PLANS

This section describes how injury prevention and safety promotion should be considered as part of the stages of developing a Public Health Plan or other community plans.

Developing a Public Health Plan is a staged approach. The Department of Health WA developed a Public Health Planning Guide for Local Governments to support local governments to meet the requirements of Part 5 of the Public Health Act 2016. The recommended planning approach can be seen in Figure 2.[10]

Regardless of the stage your local government is at in the 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.

PRE-PLANNING

DEVELOP A HEALTH STATUS REPORT

REVIEW AND REPORT

ESTABLISH OBJECTIVES AND POLICY PRIORITIES

PUBLISH THE PLAN

RISK IDENTIFICATION

DEVELOP AN ACTION PLAN

ESTABLISH PARTNERSHIPS

Figure 2 Local Government Public Health Planning Process reproduced from Public Health Planning Guide for Local Government

The following section outlines steps for setting injury priorities for your local government:
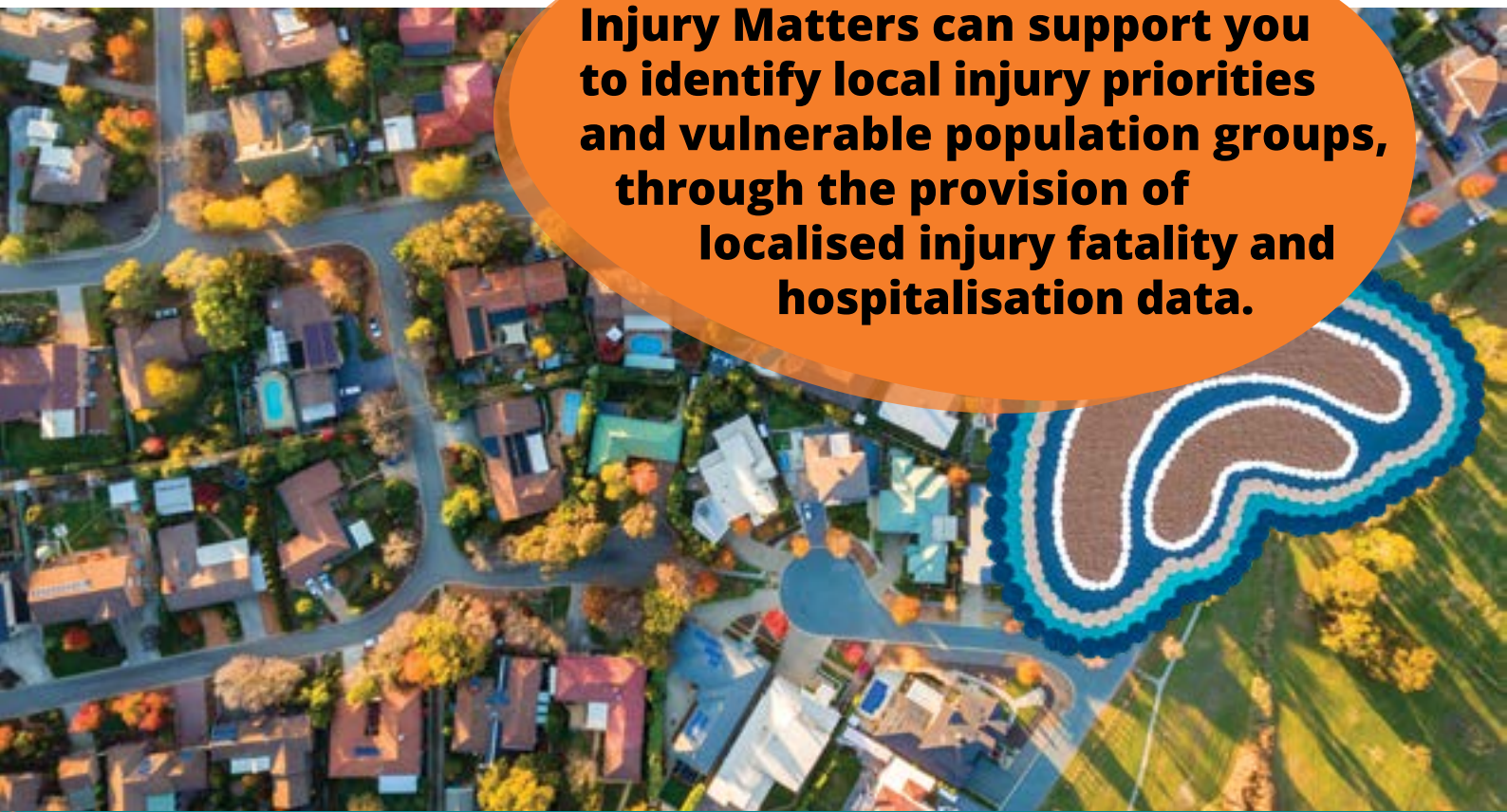
- Local government health status.
- Social, environmental, behavioural and commercial determinants of injury.
- Establish objectives and priorities, and develop an action plan.

LOCAL GOVERNMENT HEALTH STATUS

One of the first stages of public health and community 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 place based, community or other factors contribute to the issues occurring (see following section) and 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, community consultations, census data, .id community profiles etc.
- Describe the size of the injury issue.
- Interpret the data.
- Present the data.

Injury Matters can support you to identify local injury priorities and vulnerable population groups, through the provision of localised injury fatality and hospitalisation data.

DETERMINANTS OF INJURY

The next step is to assess 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 target interventions effectively.

Determinants include:[12]
- Social
- Environmental
- Behavioural
- Commercial

SOCIAL DETERMINANTS

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."[12] People who are most affected by the social determinants of health are also disproportionately impacted by injury.[13]

Social determinants which influence people's health and injury in positive and negative ways include;
- Income and social protection
- Education including health literacy
- Unemployment and job security
- Lack of safety in the built environment: unsafe housing, schools, roads and workplaces
- Inadequate product safety standards and regulations
- Easy access to alcohol and other drugs, including tobacco and vaping products, firearms and other weapons (e.g. knives)
- Working life conditions, including access/exposure to chemicals.
- Early childhood development
- Food insecurity, including quality or quantity of food
- Housing, basic amenities and the environment
- Access to affordable health services of decent quality
- Social inclusion and non-discrimination
- Economic and gender inequality
- Racial discrimination or racism
- Structural determinants (justice, child protection)

Aboriginal and Torres Strait Islander people are disproportionally affected by injury. Cultural factors that can be protective and positively influence Aboriginal and Torres Strait Islander people's health include connection to and caring for Country, knowledge and beliefs about culture, language, self-determination, family and kinship, and cultural expression.

In contrast, the history of colonisation, and racism or racial discrimination are associated with higher risk of injury and poorer health outcomes for Aboriginal and Torres Strait Islander people.[14,15] For more information about the poor health outcomes and the strategic goals to improve the health of Aboriginal and Torres Strait Islander people refer to the WA Aboriginal Health and Wellbeing Framework 2015-2030.

ENVIRONMENTAL DETERMINANTS

Environmental determinants are closely linked with the risk factors of injury and the social determinants of health and influence one another. Environmental determinants include what surrounds us, where people live, work and play.

Examples include:[16]
1. Physical and built environment
2. Social environment
3. Natural environment.

BEHAVIOURAL DETERMINANTS

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).[16]

Examples include:
1. Knowledge, attitudes and beliefs about injuries.
2. People's coping skills.
3. Risk-taking choices and behaviours.

COMMERCIAL DETERMINANTS

Commercial determinants of health are the activities of the private sector that impact public health, either positively or negatively.

This includes:[18]
1. Products and services created to gain financial profit
2. Marketing strategies
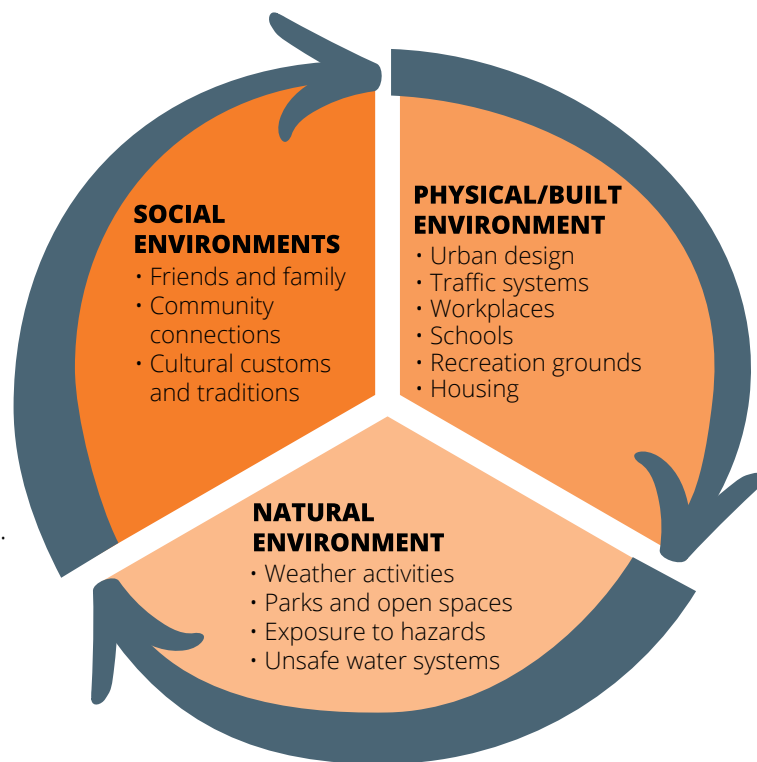3. Working conditions
4. Political activities.

SOCIAL ENVIRONMENTS
- Friends and family
- Community connections
- Cultural customs and traditions

PHYSICAL/BUILT ENVIRONMENT
- Urban design
- Traffic systems
- Workplaces
- Schools
- Recreation grounds
- Housing

NATURAL ENVIRONMENT
- Weather activities
- Parks and open spaces
- Exposure to hazards
- Unsafe water systems

Figure 3 Environmental determinants of injury.[17]

Injury Matters can support you to understand the determinants of injury for those affected in your community. Learn more here.

IDENTIFY INJURY PREVENTION OBJECTIVES, ACTIVITIES AND EVALUATION PLANNING

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

Once you have established the impact of injury within your local government, and the priorities of your community, you can plan what prevention activities you would like to do.

To assist in ranking priorities, consider issues across the following principles:[19]

- **Importance:** Magnitude (reach), costs (financial and social), seriousness (impact on individual's life, family, society), the proportion of population affected, trends.
- **Modifiability:** Is the issue modifiable by an intervention and in what proportion of the population? Are there effective strategies and contributions 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 initiative?
- **Acceptance:** Is there stakeholder support for the issue? Are there similar strategies (programs/ interventions) already occurring external to your local government? These initiatives can support your issue or highlight areas of need. The Vic Health Partnership Analysis Tool can help you do this.
- **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?

Injury Matters can support you in developing evidence-informed interventions, or you can skip to the various injury topics later in the guide, which include suggested activities.

Photo by Harry Cunningham

OBJECTIVES, ACTIVITIES, EVALUATION AND SUSTAINABILITY

Once you have determined your local government's leading injury 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.

It is important that your objectives are able to be evaluated.

PRIORITY	OBJECTIVE	STRATEGY	ACTIVITY	EVALUATION
DEFINITION				
Overall aim that you wish to achieve.	Specific statement relating to the desired modification in a risk or protective factor that contributes to the overall program aim.	Approach to achieve the objective.	Actions to achieve the strategy.	Evaluation methods and tools that will be used.
EXAMPLE				
Empowering and enabling people to live healthy lives.	The community is supported to make healthy behaviour changes to live active lifestyles to prevention chronic disease and injury.	Increase older adult's awareness of falls prevention strategies.	Disseminate active ageing and falls prevention information and resources to local residents.	How many resources were disseminated? Database recording of resources distributed. How did the resources change individuals knowledge, attitudes and behavioural intentions?

Table 4 Example objectives, strategies and activities

As you develop your objectives and activities, consider how you will evaluate their effectiveness. Simple evaluation measures are recommended.

Sustainability generally refers to how a program will be resourced and maintained. This often involves finding partners aligned to your objectives who can help share their knowledge, expertise and resources.

Injury Matters has a variety of information and tools to support you in effectively evaluating your planned activities as well as useful tips for considering the sustainability of your planned activities.

ADDRESSING INJURY WITHIN PUBLIC HEALTH AND OTHER LOCAL GOVERNMENT PLANS

This section describes potential strategies and activities you could consider to reduce injury and promote safety within your local government's public health or other action plans.

The way that risk manifests can be as unique to the individual, but the factors that need to be considered to provide safe environments are common across many injury causes. Although injury prevention can be considered a stand-alone strategy, it is most effective if it is considered across a range of strategies and action plans.

There are cross-cutting factors that multiply the risk and severity of injury across all injury types.[20] These cross-cutting factors have been included as they offer significant potential for reduction in injury and are within the scope of local government to address. Cross-cutting risk factors covered in the Guide are:

- Alcohol-related Injuries
- Built Environment
- Climate Change and Extreme weather.

The injury topics covered in the Guide are:

- Falls
- Transport
- Intentional self-harm and non-suicidal self-injury
- Violence
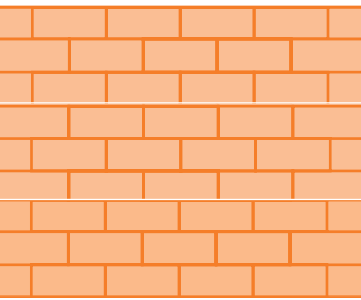- Poisonings
- Burns and Scalds
- Drowning
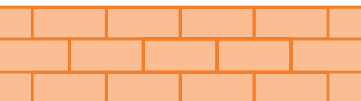
	ALCOHOL	BUILT ENVIRONMENT	CLIMATE CHANGE AND EXTREME WEATHER
Falls	X	X	X
Transport	X	X	
Drowning	X	X	X
Burns and Scalds	X		X
Poisoning	X		
Violence	X	X	X
Intentional self-harm and non-suicidal self injury	X		X

Table 5 Relationship between injury and cross-cutting risk factors.

ALCOHOL-RELATED INJURIES

Alcohol is an independent risk factor for many types of injury as it can impact people's vision, reactions and responses, behaviours, coordination and judgement. While alcohol can contribute to many types of injury, some injury types are more likely to be influenced by the effects of alcohol. These injury types include alcohol-related violence, intentional self-harm and non-suicidal injuries, poisoning, falls and transport injuries.[21,22]

Click here for information on the impact of alcohol-related injuries in Western Australia.

Variable factors in the use of alcohol can determine the level of alcohol-related risk of injury including the availability of alcohol, the amount of alcohol consumed, the pattern of drinking over time, age, unsafe drinking environments and drinking practices and individual differences.[21,23,24]

Local governments can play an important role in increasing a community's capacity to make informed decisions about alcohol use. Involving the community in decisions that impact them will increase the likelihood of ownership, empowerment and project sustainability.

It is recognised that reducing alcohol related injury must address three factors:[23]
- Reducing supply of alcohol
- Reducing demand for alcohol; and
- Reducing harm from alcohol.

The World Health Organization has identified the most cost-effective priority interventions ("best buys") for reducing alcohol-related harms. These are:[25]

- Strengthen restrictions on alcohol availability,
- Advance and enforce drink driving countermeasures,
- Facilitate access to screening, brief interventions, and treatment,
- Enforce bans or comprehensive restrictions on alcohol advertising, sponsorship, and promotion; and
- Raise prices on alcohol through excise taxes and pricing policies.

At the local government level, WA's Health Promotion Strategic Framework 2022-26 provides evidence-based guidance to reduce the harms from alcohol. This can include:[7]

- Improving community understanding about the risks and harms of alcohol use and promoting evidence-based information to reduce use.
- Creating environments that support people to stay active and connected within their communities, such as youth programs and recreational activities.
- Reducing stigma and discrimination for people wanting to change their alcohol use, and supporting and promoting help-seeking behaviours.
- Reducing the exposure of children and young people to alcohol use, marketing and promotion, including through restricting alcohol advertising in places where children and young people frequent.
- Encouraging and supporting alcohol-free environments, such as alcohol-free community events, and alcohol-free sport, arts and recreation venues.
- Supporting and participating in local liquor licensing decision-making.
- Support economic policies to reduce alcohol use, including reforms of alcohol taxation and the introduction of minimum unit alcohol pricing.

The following pages contain some suggested activities to include in your strategic plan and conduct in your community, together with helpful resources and organisations that can assist.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
1. Reduce the availability of alcohol in the community.	**1.1** Consider strategic linkages between policies and develop options to influence high-risk alcohol availability in the community within existing local government mechanisms. For example, consider amending a Planning Scheme to introduce measures to control the size limits and land use definitions. **1.2** Lead by example by adopting an alcohol free policy for local government staff and elected members to prevent alcohol being served at Council events and on Council property. **1.3** Work with sports clubs to create a policy that ensures no alcohol is supplied or consumed during junior sporting activity (i.e. training, games, social events for juveniles etc.). **1.4** Where appropriate, with supporting policy, consider place conditions on liquor licences at the development approval stage or recommend these conditions at the liquor licensing stage if the local government is intervening/objecting to the application.	**1.1a** Contact Royal Life Saving WA to find out how to develop guidelines around community events held near aquatic locations that serve alcohol to prevent drowning. **1.1b** Advertised liquor licence applications can be viewed on the Department of Local Government, Sports and Cultural Industries website.

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STRATEGY	ACTIVITY	HELPFUL RESOURCES
2. Reduce demand for alcohol.	**2.1** Develop a communications strategy to implement state campaigns locally using local government communications networks (newsletters, social media, media screens etc) to deliver clear messaging, signage and education to all ages in the community about the harms of alcohol use, including drink driving. **2.2** Introduce a policy to limit the advertising of alcohol on Council assets, and preventing alcohol advertising in places children and young people frequent. **2.3** Work in partnership with community groups and organisations to provide alcohol awareness raising and education initiatives, promote and support initiatives that engage young people in the community.	**2.1a** The Alcohol. Think Again education campaigns aim to prevent and reduce harms from alcohol by providing evidence-based information to help people make informed decisions about their alcohol use. Visit their <u>current campaigns and their relevant 'Community toolkits'</u>. **2.1b** The <u>Mental Health Commission</u> have a variety of free training opportunities for health professionals, online, by webinar or in person relating to alcohol and other drugs. **2.1c** <u>Managing Alcohol in Our Communities: A Guide for Local Government</u> aims to support existing local government activities, in areas including preventing and managing alcohol-related harm by influencing the supply of alcohol. **2.1d** The <u>Be A Mermate</u> campaign by Royal Life Saving WA aims at raising youth awareness of water safety and promote the message of no alcohol near water. **2.2** Access the Cancer Council WA's <u>Healthy Advertising Standards Toolkit</u> for evidence and advice regarding how to embed advertising standards within your local government. **2.3a** Access resources that assist local governments to target alcohol products and prevent injuries: • <u>The Move Improve Remove Grants Program "Improve Your Health"</u> and accompanying toolkit. • Local Governments can also organise a <u>community peer group presentation</u> on Improve your Health as well. • <u>Falls risk checklist</u> • <u>Check Your Medicines flyer</u> • <u>Fuel Your Body flyer</u> **2.3b** The <u>"No one plans a crash" campaign</u> delivered by the Road Safety Commission includes 'don't drink and drive' messaging.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
3. Create environments that are alcohol-free.	**3.1** Encourage sporting clubs using local government assets to participate in the Alcohol and Drug Foundation's Good Sports program **3.2** Ensure that local events have a range of non-alcoholic beverages available, including free water. **3.3** Organise social activities for community members that are alcohol-free such as community craft groups, Men's Shed, Blue Light discos/basketball, etc. **3.4** Support communities who wish to become or remain alcohol-free ("dry") via liquor licensing regulations.	**3.1a** The Good Sports program aims to strengthen club policies and practices to prevent harm from alcohol and other drugs and promote a healthier, safer and more family-friendly environment. **3.3a** Refer to the Western Australian Mental Health Promotion, Mental Illness, Alcohol and Other Drug Prevention Plan 2018-2025, the WA Mental Wellbeing Guide and the Think Mental Health website to guide the development of activities. **3.3b** Utilise the Mental Health Commission's directory to connect with local alcohol and other drug services.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
4. Reduce the harm from alcohol use.	**4.1** Support local residents' mental health and wellbeing. **4.2** Promote comprehensive driver training programs delivered by the Department of Education WA's Road Safety and Drug Education Branch to build safe driving habits for young people. **4.3** Promote mental health, alcohol and other drug treatment and support services. **4.4** Develop event policies and procedures that consider preventing drunkenness through alcohol control and responsible service strategies. **4.5** Include alcohol management strategies as part of use agreements for clubs that lease Council owned buildings.	**4.1a** The WA state government provides helpful information on the Alcohol. Think Again website. **4.1b** The Holyoake Alcohol and Other Drug Community Prevention Service promotes and supports grassroots, evidence-informed, community-led AOD prevention and harm minimisation initiatives across the Kimberley, Mid West, Goldfields, Great Southern and South West regions. **4.2a** The School Drug Education & Road Aware Program offers a range of evidence-based drug and road safety education resources for schools and early childhood services to deliver age-appropriate content and key resilience, health, and safety messages. **4.3** The Mental Health Commission's website contains links to helplines, online directories, a live chat, and online forums.
5. Join a group to reduce the harms from alcohol and other drug use on your area.	**5.1** Join a Local Drug Action Team (LDAT). The LDAT program is delivered by the Alcohol and Drug Foundation.	**5.1a** The Alcohol and Drug Foundation Local Drug Action Teams support communities to work together to prevent and minimise the harms from alcohol and other drugs. There are 33 LDATs across WA. **5.1b** Contact the MHC Community Support and Development Programs (CSDP) team to find out about a Community Wellbeing Plan, Alcohol and Other Drug Management Plan or Committee Response Committee in your local area.

✳ KEY STAKEHOLDERS IN WA

Alcohol and Drug Foundation (ADF)
The ADF provides resources and programs to the community to prevent and minimise harms attributed to alcohol. The Local Drug Action Team program (LDAT) works to develop the capacity of Australian communities to deliver evidence-informed activities that prevent and minimise alcohol and other drug-related harm at a local level. The Good Sports program aims to strengthen club policies and practices to prevent harm from alcohol and other drugs and promote a healthier, safer and more family friendly environment.

Cancer Council WA
The Alcohol Program team at Cancer Council WA provides resources, support and advocacy in reducing the harms of alcohol products to create a cancer-free community.

Holyoake (AOD Community Prevention Services)
Holyoake provides alcohol and other drugs community prevention services to Kimberly, Mid-West, Goldfields Great Southern and South West regions of WA. The alcohol and other drug community prevention service run activities in the five regions of WA to reduce the harm of alcohol and promoting mental health in the community.

Injury Matters
Injury Matters offers programs and resources that target reducing injuries and the impact of injuries on the community. Resources and capacity-building opportunities are available regarding preventing alcohol-related harm.

National Drug Research Institute (NDRI)
The NDRI is a national centre of excellence in alcohol and other drug research and an integral part of the national strategy which aims to minimise the harms of alcohol and other drug use in Australia through effective policies, strategies and practices.

Road Safety Commission
The Road Safety Commission works to improve road safety and reduce road trauma on WA roads by collaborating and engaging with a number of key stakeholders in WA to implement legislations that aim at improving road safety in WA and develop state-wide mass media campaigns such as 'No one plans a crash'.

WA Department of Education, Road Safety and Drug Education Branch
The School Drug Education & Road Aware Program includes a number of initiatives to encourage and build the capacity of young people to make safer choices on roads.

WA Department of Health
The WA Department of Health provides guidelines and policies on preventing chronic health problems and injury in WA. The WA Health Promotion Strategic Framework 2022 – 2026 published by the Department of Health provides the strategic directions for local governments to prevent injuries, including alcohol-related harm in the community.

WA Department of Local Governments, Sport and Cultural Industries (DLGSC)
The Racing, Gaming and Liquor branch of the DLGSC provides advice, support, grants and funding, legislations and publications for local governments. This includes alcohol licensing, trading hours, outlet density and liquor accords.

WA Mental Health Commission
The WA Mental Health Commission is responsible for planning and purchasing the State's mental health services, as well as the planning, purchasing and delivery of mental health and wellbeing, and alcohol and other drug services and programs.

WA Network of Alcohol & other Drug Agencies (WANADA)
WANADA aims to improve the health and wellbeing of people living in WA by reducing harms from alcohol and other drugs and enable better and stronger alcohol and other drug services.

WA Local Government Association (WALGA) RoadWise Program
WALGA's RoadWise Program is the local government road safety program for WA. WALGA engages and supports local governments to enhance their capacity and capability to adopt and apply safe system-aligned policies and practices, which contribute to the delivery of best practice road safety and thereby contribute to the achievements of the National and State road safety objectives and targets.

✳ ALCOHOL-RELATED INJURY PREVENTION RESOURCES

- Australian Drug Foundation, Resources
- Australian Government Department of Health and Aged Care, National Alcohol Strategy 2019 - 2028
- Cancer Council WA, Developing a Local Government Public Health Plan
- Cancer Council WA, Alcohol Think Again resources
- FASD Hub, Resources
- Foundation for Alcohol Research & Education, Resources
- Injury Matters, Resources
- NDRI, Australian alcohol-attribution harm visualisation tool
- NHMRC, Australian guidelines to reduce health risks from drinking alcohol
- Royal Life Saving WA, Be A Mermate resources
- WA Department of Health, WA Health Promotion Strategic Framework 2022-2026
- WA Mental Health Commission, Resources
- WALGA, Managing Alcohol in Our Communities: A guide for Local Government

Photo by Alaa Mahdi Kudaih

BUILT ENVIRONMENT

Built environment refers to the human-made space, which people live work and recreate.[26] It also includes natural environments that are modified for use by humans, such as parks and watercourses.

Click here for more information on the impact of the built environment.

The built environment can create a sense of community and make people feel safe and happier when it includes features that enhance interaction, is safe and accessible to all, and is responsive to community expectations and needs. Conversely, a poorly designed built environment can increase the risk of many types of injury, including falls, transport injuries, violence and alcohol-related injuries.

Some of the features that can influence the risk of injury are the design of roads, paths and crossings for people walking and biking, improved street lighting, better surveillance systems, and maintenance of public spaces to serve the intended use.[27,28]
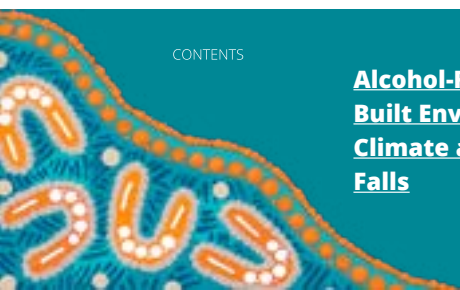
Local governments can support the community in creating a healthy built environment that enables people to travel actively to stay physically active and connected to their communities in safe neighbourhoods and public spaces.

Below are some suggested activities that could be included in your plan to improve the built environment.

Photo by Corey Serravite

STRATEGY	ACTIVITY	HELPFUL RESOURCES
1. Ensure the built environment enables people to have healthy and active lives while minimising risks.	**1.1** Complete regular audits of public spaces, playgrounds and streets to ensure they are free from hazards and align with the Australian Standards for Access and Inclusion. **1.2** Create a plan based on the audit results to correct problems as soon as possible. Use signage to warn of potential risks until the problem is rectified.	**1.1a** Use the Healthy Street Tools to assess and measure local streets and identify priority areas. Healthy Streets provides training for professionals to better understand the Healthy Streets approach and apply the Healthy Streets tools.
2. Promote and encourage local residents to engage in active transport and reduce vehicle travel by using safer design of local roads and pathways.	**2.1** Use local injury data and audit results to identify trouble spots and signage issues in your local road and footpath system, and develop a plan to rectify the problems as soon as possible. **2.2** Manage vehicle speed limits and conduct a review of them in response to changes in land use and traffic. Reduce speed limits to 30kpm on streets where people want to walk and bike. **2.3** Design local streets that enable people to walk and bike. Ensure footpaths and bike paths are wide, well-connected, well-shaded, and well-lit with direct and safe crossing points for people walking and biking. **2.4** Ensure public spaces and community centres are safe for all people and easily accessible by a range of transport methods, with 'end-of-trip' facilities for people biking, such as secure bike parking. **2.5** Design and modify local roads to create low-speed environments, with design measures that make it most comfortable to drive a car at lower speeds (under 30kph) while also supporting active travel, e.g., lane and junction narrowing, chicanes, and raised crossing facilities. **2.6** Manage vegetation along the pedestrian and cycle paths to ensure adequate shade is provided, whilst maintaining clear accessibility for all people walking and biking.	**2.1a** Injury Matters can provide localised injury data to support priorities. **2.1b** Watch Injury Matters Urban Environment – Advocating for a Safer WA webinar. **2.3a** Check the Healthy Streets framework and the Healthy Active by Design framework by the Heart Foundation. **2.3b** Watch Injury Matters Ageing and Mobility: Planning and Designing for an Ageing Population webinar. **2.4a** Contact Kidsafe WA to book a Playground Inspection and Maintenance Workshop to increase the knowledge of local government maintenance staff. **2.4b** Engage in the WA Department of Transport's Movement and Place Project

STRATEGY	ACTIVITY	HELPFUL RESOURCES
3. Provide initiatives to deliver increased real and perceived safety and security in the community	**3.1** Ensure footpaths and crossings are wide, clear, even and consistently well-lit. **3.2** Design streets with buildings directly overlooking the street space with windows and doors that open onto the street to maximise passive surveillance. **3.3** Provide a clear definition between private and public spaces using transition zones. **3.4** Restrict access to areas where people are vulnerable to injury by using natural or physical boundaries (e.g., restrict vehicle access to high pedestrian flow areas, restrict access to waterways). **3.5** Deploy mobile CCTV in high-crime areas and establish a retail/commercial CCTV network with businesses in problem areas. Encourage local residents and businesses to register their CCTV on Cam-Map WA. **3.6** Provide cycling training for local residents. **3.7** Where possible use graffiti resistant materials and ensure vandalism, graffiti and other environmental damage are addressed within a limited timeframe, to increase perceived safety.	**3.1a** Become familiar with the Safer Places by Design: Crime Prevention Through Environmental Design (CPTED) principles. **3.5a** Cam-Map WA is a comprehensive database of all voluntarily registered CCTV systems across Western Australia.
4. Provide safety in, on and around private swimming pools.	**4.1** Partner with community organisations to provide information, workshops and events to raise community awareness of barrier compliance and safety for private swimming pools. **4.2** Facilitate or conduct swimming lessons for all ages and levels at your public swimming pool.	**4.1a** Engage with Royal Life Saving WA and the variety of resources, trainings and events they deliver. **4.1b** Ensure local residents have easy access to Home Pool Safety Checklist by Royal Life Saving WA on your website. **4.1c** Promote Royal Life Saving WA Home Pool Barrier assessment service to local residents for safer Home Pool environment.

✳ KEY STAKEHOLDERS IN WA

Heart Foundation
The Heart Foundation aims to improve heart health among Australians. Its Healthy Active by Design program provides training and resources to design and modify a built environment to increase physical activity levels and improve heart health.

Heathy Streets
Healthy Streets has established the Healthy Streets Framework, inclusive of 10 Healthy Streets Indicators to assess the condition of streets. Healthy Streets provides a range of resources and training to aid in the assessment, design and improvements of streets.

Kidsafe WA
Kidsafe WA aims to promote safety and prevent injuries among children in WA. Kidsafe WA offers a range of resources on playground safety and offers playground inspection services and training to provide safer environments for children.

Royal Life Saving WA
Royal Life Saving WA provides water safety education in Western Australia. They offer a range of programs, training, online learning, help grants, public awareness campaigns and water safety resources.

WA Department of Health
The WA Department of Health provides guidelines and policies on preventing chronic health and injury in WA. The WA Health Promotion Strategic Framework 2022 – 2026, published by the Department of Health, provides strategic directions for local governments to prevent injuries through the design and modification of built environments.

WA Department of Planning, Lands and Heritage
The WA Department of Planning, Lands and Heritage is responsible for the state strategic planning of urban, rural and regional land management and policy development. The department had published a framework to improve community safety by modifying surrounding environments.

WA Department of Transport
WA Department of Transport has published frameworks and provides programs on improving physical activity by designing and modifying streets that aim to offer safer measures for people to engage in active transports, such as walking and cycling.

✳ BUILT ENVIRONMENT RESOURCES AND FRAMEWORKS

- Healthy Streets, Resources
- Heart Foundation, Healthy Active by Design Resources
- International Safe Communities Foundation, Framework
- Kidsafe WA, Resources
- WA Department of Health, WA Health Promotion Strategic Framework 2022 – 2026
- WA Department of Transport, Safe Active Streets Resources
- WA Department of Transport, WA Active Travel Strategy
- WA Department of Transport, WA Bicycle Network Plan 2014 – 2031
- WA Department of Transport. Safer Places by Design: Crime Prevention Through Environmental Design Planning Guidelines
- WA Police, Cam-Map WA

CLIMATE CHANGE AND EXTREME WEATHER EVENTS

Local government's will be at the forefront of the response to climate change, which is the long-term shift in temperature and weather patterns and is associated with many extreme weather events including heatwaves, droughts, bushfires, heavy rainfalls, cyclones and floods.[29]

Extreme weather events are "potentially hazardous or dangerous weather that is not solely related to severe thunderstorms, tropical cyclones or bushfires".[30]

Click here for more information on the impact of climate change and extreme weather events.

Climate change has effects on both the natural and built environment, and on people, leading to increased injury risk including:

- A rise in sea level will cause inundation of vulnerable coastline and a rise in the salinity of underground freshwater reserves, leading to the destruction of property and reduced utility from vulnerable land and water.
- Floods and strong surf can cause coastal erosion, loss of property and increase the risk of drowning.
- Wildfires can result in loss of species, destruction of property and significant injury e.g. burns and asphyxiation, sometimes leading to a loss of life.[31]
- Increased heat will cause dehydration, particularly in vulnerable populations, and increased radiation from the sun will increase sunburn.

Extreme weather events can also have less direct effects, including poorer mental health, and trigger violence, including domestic violence, which has been demonstrated to increase after a disaster due to psychological challenges.[31]

Although climate change is a global issue, much of the response will occur at a local level and be within the activities of local government. Local government can influence the built environment, protect the natural environment, mitigate the effects on people, and identify, minimise and mitigate the risks and subsequent effects of climate change.

Local governments are closely involved in emergency management and have specialised knowledge about their communities. In an emergency, they use this knowledge to respond to the situation and to provide support and resources.

Local governments will be at the forefront of building resilience in the community and, depending on the location of their local government area, can address some, or all, of the four major effects of climate change:

1. Sea level rise,
2. Decreased rainfall,
3. Rising temperatures (urban heat island effect), and
4. Extreme weather events causing extreme winds, flooding, lightening strikes and erosion, which in turn lead to bushfires, disrupted energy supplies, damage to buildings, infrastructure and dune systems.

Below are some suggested activities that could be included in your plan to address climate change and extreme weather events.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
1. Understand the potential effects of climate change in your local area and build resilience for your community.	**1.1** Develop, maintain, and test your LEMA, which should address prevention/mitigation, preparedness, response and recovery. **1.2** Work with the state government and partner organisations to ensure that sufficient data is collected to model impacts on a regular basis and adjust policies as required. **1.3** Ensure local government assets such as swimming pools, libraries and leisure centres are open sufficient hours to provide relief to vulnerable groups in heatwave periods.	**1.1a** Find out more about LEMA in the Local Emergency Management Arrangements Guideline and Model, which is part of the Strategic Framework for Emergency Management in WA. **1.1b** Access WA's Climate Adaptation Strategy.
2. Identify if and how your community will be affected by rising sea levels and prepare to minimise and mitigate the risk.	**2.1** Depending on the location of your local government, develop contingency plans for low probability, high impact events. **2.2** In areas where sea water inundation is likely, modify building policies for existing and new buildings, roads, and infrastructure to minimise and mitigate changes to the shoreline. **2.3** Identify your options for dealing with rising sea levels and rising groundwater salinity. Monitor changes and act when required. Consider whether stormwater systems can be modified to divert the water to re-charging freshwater aquifers. **2.4** Identify external funding sources for modifications to the infrastructure where available and engage in long-term planning to match the potential flow of funds.	**2.1a** Utilise the Climate Council's tool to determine how your local government will be affected by rising sea levels.

Photo by Kane Reinholdtsen

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STRATEGY	ACTIVITY	HELPFUL RESOURCES
3. Understand how rising temperatures will affect your community and prepare to minimise and mitigate known adverse effects.	**3.1** Identify opportunities to amend local planning schemes and strategies to reduce the urban heat island effect. **3.2** Work with your community to conduct a green canopy assessment, build green infrastructure improvements into regular street upgrades and capital improvement projects, and develop a plan for planting more trees and other vegetation in your local area using drought-resistant plants. **3.3** Provide more outdoor water drinking facilities and ensure sufficient shade at gathering places like playgrounds, swimming pools, sports facilities, and community centres to protect the community from direct or intense indirect sunlight. **3.4** In public environments that cannot be sufficiently shaded provide free sunscreen stations or install signage encouraging people to cover up and apply sunscreen. **3.5** Consider how to protect and use natural water resources to mitigate against heat and repurpose stormwater management systems and other water quality practices to serve a double purpose of cooling the urban environment. **3.6** Address the urban heat sink by trialling innovative road surfaces, building materials and external finishes (e.g. greenery walls). **3.7** Build green roofs into Council buildings to decrease the urban heat sink and act as demonstration sites to encourage your community to do the same. **3.8** Include solar passive design principles in your planning regulations and consider introducing requirements on energy usage and heat absorption. **3.9** Engage and educate your community to take steps themselves that reduce the urban heat sink.	**3.1a** Access the U.S. EPA Urban Heat Island Program's resources, tools, and educational materials on heat island effects, as well as a compendium of mitigation strategies. **3.2a** Access the EPA Region 5 Resource for a technical memorandum on improving the success of urban tree programs. **3.3a** Download Kidsafe WA's Burns and Scald Factsheet. **3.3b** Access Cancer Council's Climate Change Skin Cancer Statistics and Issues Prevention Policy. **3.7a** Learn more about the benefits of Green Roofs.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
4. Develop and maintain effective and current arrangements to minimise the risk of harm by bushfire and ensure the community is informed, educated and assisted to make individual plans.	**4.1** Educate your community to develop their own Bushfire Risk Management Plan, disaster response and recovery plans for bushfire prone areas. **4.2** Promote existing bushfire materials from the Department of Fire & Emergency Services (DFES) to local residents. **4.3** Develop a Bushfire Plan for your local government and incorporate it into your LEMA. **4.4** Administer and implement an annual Fire Break Notice Plan and educate your community about the requirements and obligations that apply to property owners. **4.5** Amend planning schemes to avoid locating new developments in areas with unacceptable bushfire risks. **4.6** Develop strategies and plans to minimise and address the human response to bushfires including family disruption, anxiety, depression and an increase in violence, particularly family violence. **4.7** Give consideration to whether stormwater can be repurposed into water features (e.g. ponds, lakes) that increase humidity of the air on hot days, reducing fire intensity in areas of high risk.	**4.1a** Access the DFES bushfire prevention and recovery resources; · Bushfire Preparation Toolkit · DFES Bushfire Campaign Resources · DFES Recovery Resources. **4.2a** Promote DFES Community resources.

Photo by Harry Cunningham

STRATEGY	ACTIVITY	HELPFUL RESOURCES
5. Develop technical and policy responses to minimise the effects of decreasing rainfall.	**5.1** Consider joining the WaterWise Council Program run by the Water Corp. **5.2** Develop and commit to a Water Reduction Plan that has specific actions and targets. **5.3** Use your hydro-zoning projects as demonstration projects and education for the community to do the same. **5.4** Consider diverting stormwater to recharge freshwater aquifers, including bio-retention swales and other passive means of diverting stormwater. **5.5** Work with property developers to create a sustainable home demonstration project including the use of grey water for reticulation, rainwater tanks, low flow plumbing fittings and native gardens based hydrozones. **5.6** Increase the use of permeable surfaces around street trees so that plants can benefit from natural rainfall.	**5.1a** Learn more about the Waterwise Council Program
6. Develop harm identification, minimisation and mitigation plans to protect against damage from extreme weather events.	**6.1** Review and update emergency response plans and incorporate them into your LEMA. **6.2** Educate your community about the risk of extreme storms and what they need to do to protect their property. **6.3** Audit and upgrade the drainage system to comply with the Department of Water and Environmental Regulation's best practice stormwater management and rectify any potential problems, including installing gross pollutants traps. **6.4** Increase the amount of permeable surfaces on street verges to absorb excess rainfall and assess and manage trees in high-storm-risk areas.	**6.1a** Access the Flood Emergency Planning for Disaster Resilience Handbook **6.3a** Become familiar with best practice guidelines regarding environmental management. **6.4a** Access WA's Stormwater Management Manual

STRATEGY	ACTIVITY	HELPFUL RESOURCES
7. Develop and maintain effective and current arrangements to minimise the risk of harm by floods.	**7.1** Develop disaster response and recovery plans for flood risk areas. **7.2** Establish early warning systems. **7.3** In areas subject to flooding educate residents and encourage them to develop and implement a Flood Risk Management Plan. **7.4** Develop strategies and plans to prevent and respond to violence including family violence after bushfires.	**7.1a** Access the Australian Institute for Disaster Resilience's Flood Emergency Planning for Disaster Resilience Handbook. **7.1b** Access DFES's flood recovery resources. **7.3a** Encourage the use of DFES's Flood Risk Management Plan.
8. Promote and deliver mental health support initiatives and services targeted to resilience and recovery.	**8.1** Prepare a database of local mental health services, helplines and resources to be available to local residents in response to climate change effects. **8.2** Ensure mental health support available to local residents after the crisis is included in the Recovery Plan.	See: Intentional Self Harm and Violence.
9. Ensure safe transport during extreme weather events	**9.1** Establish early warning systems and appropriate road signage in high flood-risk areas. **9.2** Educate local residents on road safety and increase their awareness and knowledge of transport during extreme weather. **9.3** Avoid locating roads in high flood areas and design road infrastructure to be more resilient to disasters.	See: Transport injury and Drowning.

Photo by Viet Hoang Duc

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✳ KEY STAKEHOLDERS IN WA

Emergency WA
Emergency WA is the state's official website for community warnings. It also provides emergency management information, including information on preparing for and recovering from extreme weather events.

Lifeline WA
Lifeline is a dedicated crisis support unit that operates 24/7. They offer support and educational resources on mental health, suicide prevention, crisis intervention, and domestic and family violence.

WA Department of Fire and Emergency Services (DFES)
DFES provides a range of information on natural disasters such as bushfires and floods, including how to prepare for a natural disaster and what to do during and after a natural disaster.

WA Department of Health
The WA Department of Health is taking action to build a climate resilient, low-carbon, and environmentally sustainable public health system for Western Australians, including developing climate change resources for local governments.

WA Mental Health Commission
The Mental Health Commission aims to improve mental health in WA communities by providing prevention and intervention programs, support services, research, and policy on these areas.

Photo by Isabelle Truong

FALLS

Falls are defined as an event which results in a person coming to rest inadvertently on the ground, floor or other lower-level.[32]

Click to discover the impact of falls in Western Australia.

Falls place a significant burden on the WA healthcare system, being the leading cause of injury hospitalisations in 2022.[33] The impact of falls 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 re-occurrences. [34,35]

Fortunately, falls are preventable by reducing risk factors and increasing protective factors for healthy ageing. Some of the risk factors for falls include poor strength, mobility and balance, unmanaged medications, alcohol, insufficient diet, poor eyesight, unsafe footwear, impaired cognition and environmental hazards.[36] While protective factors include participating in strength and balance exercises, managing health and removing hazards.[37]

Below are some suggested activities to include in your strategic plan and conduct in your community, together will helpful resources and organisations that can assist.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
1. Increase older adult's awareness of falls prevention strategies.	**1.1** Access and disseminate falls prevention resources and information to local residents.	**1.1a** 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 to address risk factors relating to strength, balance, medications, nutrition, cognition, home safety, foot health and eyesight among older residents.
2. Increase access to community-based exercise programs for older adults.	**2.1** Provide accessible and affordable local exercise classes for older adults that incorporate leg strength and balance exercises.	**2.1a** 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 • Strength for Life™.
3. Provide environments that encourage local residents to live healthy and active lifestyles.	**3.1** 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.	**3.1a** Utilise tools such as the Creating Age-Friendly Communities in WA toolkit or the Healthy Streets® design checks and assessments to help identify areas for improvement in your community. **3.1b** Access the Subiaco Open Space Assessment tool.
4. Ensure that all infrastructure and spaces overseen by your local government are accessible, compliant and free from potential hazards.	**4.1** 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.	**4.1a** 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. **4.1b** Access the Subiaco Open Space Assessment tool.
5. Encourage older adult residents to complete a home safety review.	**5.1** Provide community education so residents have the knowledge, tools and support to reduce hazards in their own home.	**5.1a** Access Injury Matters' comprehensive resources. **5.1b** Raise awareness of potential falls hazards by utilising communications materials within the Stay On Your Feet® Remove Hazards Campaign Toolkit. **5.c** Promote local home modification services that are conducted by an occupational therapist.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
6. Increase local government staff member's ability to incorporate falls prevention strategies within their role.	**6.1** Provide support, training and engagement mechanisms to build staff members' capacity to implement local falls prevention strategies.	**6.1a** 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. **6.1b** Injury Matters' Know Injury program provides a range of opportunities to build the capacity of the local government workforce for falls prevention.
7. Increase interaction with local health services.	**7.1** Engage with local health services to promote their falls prevention services.	**7.1a** Utilise the Injury Matters eDirectory to access information on local health services.

✳ KEY STAKEHOLDERS IN WA

Council On The Ageing (COTA):
COTA promotes, improves, and protects the well-being of older people in Australia. To achieve this overarching aim, COTA delivers the evidence-based exercise program Strength for Life for individuals aged 50 years and older.

Indigo:
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.

> **OTHER STAKEHOLDERS**
>
> 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 on the Stay On Your Feet® website.

✳ FALLS RESOURCES

- Injury Matters, 2024 WA Falls Report
- Ironbark Project
- Kidsafe WA, resources
- Stay On Your Feet®, campaign toolkits
- Stay On Your Feet®, resources
- World Falls Guidelines

✳ 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 $5,000 for organisations and local governments to implement falls prevention activities within their local community.

- The Department of Local Government, Sport and Cultural Industries offer a variety of funding programs that aim to increase participation in sport and recreation activities, including the Active Regional Communities Grants and Community Sporting and Recreation Facilities Fund.

TRANSPORT

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

Click to discover the impact of transport-related injury in Western Australia.

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. 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.[38]

The provision of high-quality, accessible post-crash services for those affected by road trauma, assists in reducing the number of hospital readmissions and use of other health services, as well as enhance the quality and life of those affected.

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 or who caused a crash, those first on the scene, and emergency workers.[39]

Below are some suggested activities to include in your strategic plan and conduct in your community, together will helpful resources and organisations that can assist.

Photo by Harry Cunningham

STRATEGY	ACTIVITY	HELPFUL RESOURCES
1. Understand crashes and risks in your local area and conduct strategic activities to reduce the risk and severity of injuries.	**1.1** Conduct road safety audits of new and existing facilities. **1.2** Develop and implement a process for collecting and assessing information on local road crashes and safety hazards to inform your strategic actions. **1.3** Investigate crash locations and develop solutions in partnership with other stakeholders. **1.4** Identify blackspots and develop plans to eliminate them over time. **1.5** Where speed is a risk factor manage speed limits on local roads; **1.6** Review limits in response to changing land use and traffic. **1.7** Create low-speed environments and evaluate the results of reducing speed limits. **1.8** Initiate local speed campaigns. **1.9** Deploy movable speed feedback displays to reinforce speed limits. **1.10** Establish processes for reporting and acting on road safety hazards, including communicating with your community about their views on local road issues. **1.11** Consider rating the safety of your road network.	**1.1a** Request your local injury data from Injury Matters. **1.1b** Access WA Police data to help you identify the problem roads in your local area. **1.2a** The WALGA RoadWise program develops and provides services, tools and resources tailored for local governments. **1.3a** The Global Low Speed Zone Guide to reducing speed has lots of helpful information about how to lower speeds locally. **1.7a** Main Roads WA provide information on Road Safety Audits. **1.7b** Refer to Austroads for a number of road safety and design publications.

Photo by Andrew Merry

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STRATEGY	ACTIVITY	HELPFUL RESOURCES
2. Partner with and educate the community about identifying, minimising and mitigating the risk of transport crashes.	**2.1** Encourage, facilitate and support action by community organisations to reduce high-risk behaviours. **2.2** Raise awareness of the dangers of motorised off-road vehicles. **2.3** Raise awareness of the use of protective clothing and equipment. **2.4** Act as an advocate for improvements on all roads affecting the community; especially local roads.	**2.1a** The WA Road Safety Commission conducts a number of <u>awareness-raising campaigns</u> throughout the year which focus on improving driver behaviour including National Road Safety Week. **2.2a** Develop and use local government communication networks including newsletters, local newspapers and social media to deliver important messages for residents. **2.2b** Injury Matters <u>Quad Bike Toolkit</u> offers a range of activities including awareness-raising, community activities and partnerships. **2.3a** The WA government provides the following <u>advice on protective clothing for motorcyclists</u>. **2.4a** The <u>WALGA RoadWise program</u> develops and provides services, tools and resources tailored for local governments.
3. Promote transport strategies that reduce resident's reliance on motor vehicles.	**3.1** Highlight the benefits of utilising public transport and participating in active transport at locations commonly congested with motor vehicles. **3.2** Ensure that your active transport network is of high quality and safe.	**3.1a** The Public Transport Authority has resources available to encourage Western Australians to "<u>take a break from driving</u>" and to help people easily use their local public transport options.
4. Support the development of safe driving habits among novice drivers.	**4.1** Contribute to the education of new drivers by promoting local services and organisations that implement comprehensive driver training programs that are supported by evidence.	**4.1a** The WA Department of Education's <u>School Drug Education and Road Aware (SDERA) program</u> build the capacity of educators and parents to support young people to make safer choices on the road.
5. Reduce the impact of injury following a road traffic crash.	**5.1** Promote local mental and physical health services that can assist residents who may be experiencing harm following a road traffic crash. **5.2** Conduct Road Safety Audits and apply for Black Spot funding.	**5.1a** Through <u>Road Trauma Support WA</u>, Injury Matters provides free information and counselling to anyone affected by road trauma. **5.1b** Injury Matters provides <u>the 6 Supportive Steps campaign</u> to assist people who have been affected by a road crash. **5.2a** Main Roads WA provide information on <u>Road Safety Audits</u>.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
6. Ensure the fleet of local government vehicles has the most current safety features.	**6.1** Develop, implement and evaluate mandatory safe vehicle procurement. **6.2** Develop a safe driving policy that covers the purchase of vehicles with good safety characteristics, fitness to drive, work and driving hours, and driver training. **6.3** Align safe driving with other OH&S policies. **6.4** Monitor fleet crash data and revise policies as required.	**6.1a** Access resources regarding developing <u>fleet safety strategies, policy and procedures</u>. **6.3a** Use <u>ANCAP</u> and <u>UCSR</u> to check the safety ratings of the fleet.
7. Collaborate with road safety partners to implement an initiative that addresses a local road safety issue.	**7.1** 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. **7.2** Develop asset management plans to maintain safe conditions with special regard to road surface, signs and delineation. **7.3** Ensure safer roadside systems including managing vegetation in the roadside environment. **7.4** Develop pedestrian safety management plans, including elements of pedestrian crossings, pathways and reference to motorised scooters and skateboards. **7.5** Support older road users through attention to lighting, pathways and signage.	**7.1a** <u>WALGA RoadWise Committees</u> support the local coordination of road safety activities by providing a forum for residents and businesses to come together.
8. Pledge your commitment to the Western Australian vision of road safety.	**8.1** Produce and publicise your local government's commitment to road safety.	**8.1a** <u>WALGA's RoadWise program</u> develops and provides services, tools and resources tailored for local governments

✳ 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 Education WA, Road Safety and Drug Education Branch
The School Drug Education & Road Aware Program 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.

Department of Transport:
The Department of Transport's 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.

Kidsafe WA:
Kidsafe WA are dedicated to promoting safety and preventing injuries among Western Australian children. Kidsafe WA offer childcar restraint fitting, checking, advice and hire services, free checking days and information sessions and workshops.

Main Roads WA:
Main Roads are responsible for delivering and managing 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 amenities.

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 crashes in WA can be found in the WA Road Safety Strategy 2020-2030, Driving Change.

WA Local Government Association (WALGA) RoadWise Program:
WALGA's RoadWise is the local government road safety program for WA. WALGA engages and supports local governments to enhance their capacity and capability to adopt and apply safe system-aligned policies and practices, which contribute to the delivery of best practice road safety and thereby contribute to the achievements of the National and State road safety objectives and targets.

Photo by zetter

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✳ ROAD SAFETY RESOURCES

- Austroads, Guide to Road Safety Part 4: Local Government and Community Road Safety
- Austroads, Local Government Safety Management Guidance
- Department of Infrastructure, Transport, Regional Development and Communications, National Road Safety Strategy 2021-2030
- Injury Matters, Resources
- Kidsafe WA, Resources
- National Road Safety Action Plan 2023-2025
- WA Department of Transport, Guidelines for the preparation of integrated transport plans
- WA Road Safety Commission, Driving Change Road Safety Strategy 2020-2030
- WA Road Safety Commission, Resources
- WALGA Roadwise, Resources

✳ ROAD SAFETY GRANTS

- The WA Road Safety Commission has Community Project Grants available to provide up to $25,000 for groups to develop and implement a project based on local road safety issue. Community Event Grants are also available to support road safety promotional activities.

- The Department of Transport's Western Australian Bicycle Network Grants Program is an initiative providing funding to local governments to deliver active transport infrastructure that supports more people to walk, wheel and ride as part of their everyday journeys.

- Town Team Movement has road safety grants available via the Streets Alive Program. Grants of up to $100,000 are available for local governments.

Photo by Harry Cunningham

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.[40]
Non-suicidal self-injury is the direct, deliberate destruction of one's own body tissue in the absence of suicidal intent.[41]

Click for information about the impact of intentional-self-harm in Western Australia

People from all different backgrounds, lifestyles and ages may self-harm as a way of coping with problems. The following are some factors associated with self-harm:[42]

- 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.[43] 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 groups (e.g. individuals with a history of abuse, those who self-harm).[44]

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 provide events and programs that encourage connection, provide mental health education to the community and partner with mental health organisations to provide wellbeing programs. The World Health Organization's, Global age-friendly cities: a guide suggests places and spaces which encourage integrational and incidental interaction through planning.

Below are some suggested activities to include in your strategic plan, Disability Access and Inclusion Plans and conduct in your community, together with helpful resources and organisations that can assist.
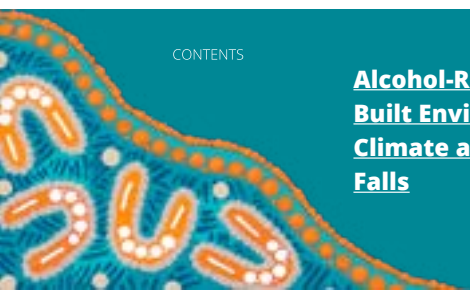
STRATEGY	ACTIVITY	HELPFUL RESOURCES
1. Provide and promote physical activity, cultural and recreation initiatives to protect an individual's mental health.	**1.1** Work with not-for-profit organisations and Aboriginal community-controlled organisations that provide social activities for at-risk populations including youth, Aboriginal and Torres Strait Islander people, the LGBTQI+ community, those from Culturally and Linguistically Diverse backgrounds and males of all ages. **1.2** Provide and support a 'Men's Shed" for men to socialise and have a place to meet with peers. **1.3** Provide and support a safe place for youth to meet and socialise. **1.4** Provide suitable spaces to support neurodiverse community members engage in cultural and recreational activities. **1.5** Use health promotion strategies to provide a meeting place for activities for young mothers, seniors and those from Culturally and Linguistically Diverse backgrounds. **1.6** Participate in campaigns that promote mental health and wellbeing such as Act Belong Commit, which is run by Mentally Healthy WA. **1.7** Use schools as central points to connect students and the community, including mentors, parents, employment opportunities and community family services. **1.8** 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. **1.9** Support club officials and coaches to undertake mental health training.	**1.1a** The World Health Organization's, <u>Global age-friendly cities: a guide</u> suggests places and spaces which encourage intergenerational and incidental interaction through planning. **1.2a** <u>Mens' Shed</u> provides a casual meeting place where men can connect and communicate while conducting craft-based activities. **1.3a** Learn how to create <u>safe places for young people</u> to connect. **1.6a** Engage in Mentally Healthy WA's <u>Act Belong Commit activities.</u> **1.6b** Access resources and support from <u>Life in Mind Australia.</u>

STRATEGY	ACTIVITY	HELPFUL RESOURCES
2. Provide opportunities for people to feel connected and supported within the community and promote positive mental health.	**2.1** Encourage and support volunteering within local government programs and activities. **2.2** Work towards recruiting and supporting local community groups and service providers as community partners. **2.3** Raise awareness of activities that promote good mental health and strengthen individual resilience. **2.4** Provide arts and cultural programs that promote arts activities and contribute to a sense of place, identity and wellbeing. **2.5** Identify specific population groups, individuals or areas within the community that could be at higher risk of social isolation or reduced mental wellbeing, and provide targeted activities to maintain good mental health.	**2.3a** Access useful resources and contacts within the Think Mental Health Community Toolkit.
3. Empower and support men and boys to optimise their health and wellbeing across all stages of their lives.	**3.1** Link with community-based organisations to offer social activities, presentations, and network groups to provide opportunities for men and boys to increase health literacy, including an understanding of risk and opportunities for improving health. **3.2** Invest in health promotion initiatives targeting men and boys across the lifespan.	**3.1a** Man Up WA offer peer-to-peer education with the aim of empowering men and redefining masculinity.

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STRATEGY	ACTIVITY	HELPFUL RESOURCES
4. Become the facilitators of the solutions to homelessness.	**4.1** Address local government regulations that restrict access to boarding houses and other accommodation used by homeless persons. **4.2** Provide pro-active planning policies to assist with the provision of affordable housing that supports and assists exit points from homelessness. **4.3** Engage with the community organisations that deal with homelessness.	**4.1a** Shelter WA, in partnership with the WA Local Government Association (WALGA) and Local Government Professionals WA (LG Pro), have developed a Local Government Homelessness Knowledge Hub. **4.2a** Access All Paths Lead to Home - a state government strategic plan to address homelessness and makes suggestions and recommendations for how local governments can act to reduce homelessness. **4.2b** Engage with the Office of Homelessness to collaborate to achieve better outcomes for people experiencing, or at risk of, homelessness. **4.3a** Engage with Djuripiny Mia - a program that implements the successful Supportive Landlord model run by the Department of Communities.
5. Build safer and healthier communities.	**5.1** Work in partnership with community groups to provide alcohol and other drug, mental health and suicide prevention training. **5.2** Facilitate information and resources, and advocate for program and policy initiatives related to alcohol and other drugs. **5.3** Communicate Mental Health messages through social media, the local newspaper, notice boards, public spaces, and community events. **5.4** Support locally-based community awareness campaigns to highlight the benefits of cultural diversity. **5.5** Advocate for additional mental health resources and outreach activities to state government and local government leaders.	**5.3a** Access information, animations, Facebook posts, infographics and posters in the "Think Mental Health Community Toolkit". **5.3b** Utilise the Mindframe language guidelines to support the development of messaging regarding mental health and intentional self-harm.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
6. Reduce the stigma regarding mental health.	**6.1** Conduct awareness-raising activities regarding the frequency of mental health conditions in the community. **6.2** Provide mental health training for all local government staff to improve their awareness of what the community is dealing with and how they can support them.	**6.1a** Utilise the Mindframe guidelines to inform the messages your local government communicates regarding mental health.
7. Consult with your community and support organisations.	**7.1** Consult via focus groups, community meetings, surveys or committees to identify the best approach to address self-harm within your community. **7.2** Join local mental health networks and suicide prevention networks to connect and collaborate with passionate stakeholders. **7.3** Encourage the community to address and coordinate action on drug-related issues openly. **7.4** Promote and support existing positive mental health messages and campaigns e.g. Life in Mind; R U OK Day; Mental Health Week; Men's Health Week; Youth Week.	**7.4a** Access resources available regarding existing campaigns; • R U OK Day, • Life in Mind, • Mental Health Week and • Youth Week.

CONTENTS

✳ 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, helplines, information resources, publications and speakers for a range of events.

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

The Department of Health, including Public Health Units and Mental Health Division
The Mental Health Unit assists and supports Western Australia'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.

The Department of Local Government, Sport and Cultural Industries
The Department provides advice and support, grants and funding, legislation and compliance information, community initiatives and publications.

Headspace
Headspace provides tailored and holistic mental health support to 12-25-year-olds. 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 on Western Australia, risk and protective factors of intentional self-harm, effective interventions, list of key stakeholders, factsheets, resources and references for local government, health professionals and the community.

Lifeline WA
Lifeline is a dedicated crisis support unit that operates 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 runs the Act Belong Commit Program, which enhances mental health capacity by fostering mutually beneficial relationships with community partners, enhancing programs developed to address needs, and providing leadership on evidence-based mental health promotion.

Neami National
Neami Perth provides rehabilitation and recovery support to people experiencing mental health challenges who require assistance in the areas of skill development and social contact.

Suicide Call Back Service
Suicide Call Back Service provides professional 24/7 telephone and online counselling to people who are affected by suicide. They also provide promotional material, useful links and 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 purchases services for the State from a range of providers including public health service providers, non-government organisations and private service providers.

Western Australian Police Force
The 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 in their own homes, rather than being transported to hospital.

✳ INTENTIONAL SELF-HARM RESOURCES

- AIHW, Suicide and self-harm monitoring
- Australian Drug Foundation, 6 steps to planning community alcohol and drug projects
- ATSISPEP, Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project Report
- Injury Matters, Know Injury resources
- Life in Mind, resources
- My Services, online directory of mental health and AoD support services
- Neami National, Right By Your Resources
- Think Mental Health, resources
- WA Mental Health Commission, resources
- WA Mental Health Commission, 2021-2025 Suicide Prevention Framework
- World Health Organization, Public health action for the prevention of suicide: A Framework

Sometimes it can feel like life is too hard and difficulties can seem overpowering. No matter what your concerns are, it is important to let someone know so they can support you. To speak to a trained mental health professional for immediate support contact:

Lifeline WA
13 11 14 or www.lifelinewa.org.au
Beyond Blue
1300 224 636 or www.beyondblue.org.au
Suicide Call Back Service
1300 659 467 or www.suicidecallbackservice.org.au

If you, or someone else, is at immediate risk of harm,
do not hesitate to contact emergency services on 000.

VIOLENCE

Violence is the intentional use of physical force or power, threatened or actual, against oneself, another person, or a group or community that either results in or has a high likelihood of resulting in injury, death, psychological harm, or deprivation.[45] Commonly reported types of violence include assault by bodily force, assaults with blunt and sharp objects, maltreatment and sexual assault by bodily force.[45]

Family and domestic violence is an ongoing pattern of behaviours with the intention of coercing, controlling, or instilling fear within a family or intimate relationship. Family and domestic violence may involve physical harm, or threats of physical harm, sexual violence, financial, emotional and psychological abuse, or any other behaviour which causes the person to live in fear.[46]

Note: The term "family violence" is preferred by many Aboriginal and Torres Strait Islander people as it is inclusive of abusive behaviours that occur within intimate relationships extended families, kinship networks and communities.[47]

More information on the impact of violence in Western Australia.

Violence is a complex public health issue intersecting with justice, community safety and health sectors. Violence can take many forms within the community, occurring throughout a range of cultural groups, ages[46], and sexual diversity groups. Some types of violent or abusive behaviours are able to be easily recognised, while others can be difficult to identify. Many adults and children who experience family and domestic violence may not be able to recognise that what they are experiencing is family and domestic violence.

There are a range of determinants that can contribute to violence, such as gender inequality, cultural norms, alcohol and other drug abuse, past exposure to violence, social isolation and access to firearms.

Addressing violence at a community level requires a combined approach of primary prevention, early intervention, and crisis support. For local governments, this means working collaboratively with the community, the community services sector and private organisations.

Local governments have an important role in implementing primary prevention strategies and facilitating community partnerships to support the response to violence occurring to increase the target audiences';

- awareness of the incidence of violence in WA,
- knowledge of effective interventions to reduce violence, and
- knowledge of actions that can be taken to reduce the impact of violence in WA.

Below are some suggested activities to include in your strategic plan and conduct in your community, together will helpful resources and organisations that can assist.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
1. Become a community leader in championing healthy, respectful relationships and gender equality.	**1.1** Support and implement primary prevention programs, such as those focused on healthy, respectful relationships and gender equality. **1.2** Host educational sessions or workshops for the community, such as: • Healthy relationships and consent for young people. • Understanding controlling behaviours and unhealthy relationships for young people. • Drivers of violence, abuse and disrespect for young and adult men. • Elder abuse and the rights of older people including a process to identify and respond to incidents. **1.3** Use existing programs that promote and support good fathering to help develop healthy and stable relationships between fathers and other male caregivers and sons by providing online resources and running support groups.	**1.1a** Establish a <u>White Ribbon Australia Community Action Group</u>, focused on implementing community change to prevent violence against women. **1.1b** Utilise the <u>Our Watch Prevention Toolkit for Local Governments</u> to enact change. **1.2 a** Learn about <u>healthy relationships and consent for young people.</u> **1.2.b** Engage in Constable Care's "<u>Control Freak</u>" program regarding unhealthy relationships for young people. **1.2.c** Access White Ribbon Australia's <u>Education Panels</u>. **1.2.d** Engage in Advocare's Elder Abuse <u>education sessions and resources.</u> **1.3.a** Engage in <u>The Fathering Project</u>.
2. Raise awareness and influence the community to take a stand against violence and family domestic violence	**2.1** Support and promote public campaigns, special awareness days and events aimed at reducing violence.	**2.1a** Engage in the annual <u>16 Days in WA campaign</u>. Commencing in November each year the campaign works to drive a change in culture, behaviour, and attitudes that lead to violence against women and their children. **2.1b** Engage in <u>White Ribbon Day.</u> Occurring in November the day aims to encourage the community, in particular men, to stop and reflect on the challenges in overcoming men's violence against women. **2.1c** Engage in <u>World Elder Abuse Awareness Day</u> on 15 June each year, to raise awareness about preventing elder abuse. **2.1d** Participate in the <u>Purple Bench Project</u>, which supports the installation of a series of purple benches in public spaces to honour all victims who have lost their lives as a result of domestic and family violence.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
3. Develop and implement local safety-related strategies, policies and plans.	**3.1** Develop and implement a Safer Neighbourhood Plan which is a strategic guiding document to address crime and safety issues impacting the community.	**3.1a** Join the Local Government Community Safety Network (LGCSN). Coordinated and hosted by the WA Local Government Association (WALGA), the network supports and assists local governments, the WA Police and stakeholders to effectively support and work together to address safety and crime prevention issues in the community.
4. Create secure and safe spaces for people to come together.	**4.1** Adopt the Healthy Streets approach and provide a safe built environment for the community.	See Built Environment for more information.
5. Investigate options to support people experiencing homelessness and street presence.	**5.1** Develop a wallet card that has information about local Accommodation, Free Meals, Health and Emergency Services and drug and alcohol services.	
6. Build local government staff capacity to identify and respond to family and domestic violence and elder abuse.	**6.1** Partner with an external training organisation to deliver family and domestic violence awareness and response training.	**6.1.a** A number of local organisations such as Lifeline WA, Stopping Family Violence and Advocare offer training for professionals regarding violence. **6.1.b** Access Advocare's Elder abuse protocol to support staff in the identification of elder abuse.

| STRATEGY	ACTIVITY	HELPFUL RESOURCES
7. Ensure actions to prevent and reduce family violence are flexible, culturally responsive and culturally secure to better meet the needs of Aboriginal people.	**7.1** Provide opportunities for local Aboriginal people to contribute ideas and participate in activities that support local individuals and communities to reduce violence. **7.2** Build partnerships with Aboriginal Community Controlled Organisation's working in your local area. **7.3** Develop and support leadership and healthy relationship programs for young Aboriginal people within the community, **7.4** Provide culturally friendly community initiatives and events that engage Aboriginal people in the community.	**7.1a** Access the Changing the Picture resource to support the prevention of violence against Aboriginal and Torres Strait Islander women and children. **7.3** Engage in the Aboriginal Health Council of WA's Young Leaders Program.
8. Establish partnerships with groups and organisations to strengthen awareness of and responses to violence.	**8.1** Support links between organisations and community sector agencies working to address family and domestic violence.	**8.1a** Join the Preventing Violence Together Network, coordinated by the Centre for Women's Safety and Wellbeing. **8.1b** Join the Midwest-based Community, Respect, and Equality Project and network, coordinated by Desert Blue Connect.

Photo by Tibor Janas

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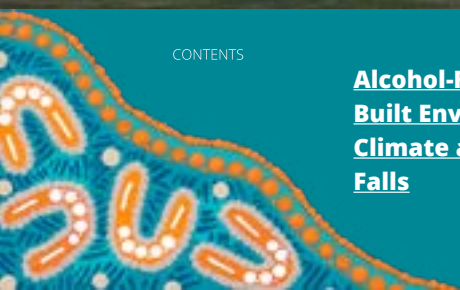
✳ KEY STAKEHOLDERS IN WA

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.

Aboriginal Health Council of Western Australia
The Aboriginal Health Council of Western Australia is the peak body for Aboriginal health in Western Australia, working to improve health outcomes for Aboriginal people and their communities.

Anglicare WA
Anglicare WA is a leading not-for-profit organisation that helps people in times of need. Anglicare WA provides support, counselling and advocacy for people struggling with poverty, domestic violence, homelessness, grief, mental wellness and other forms of crisis or trauma.

Centre for Women's Safety and Wellbeing
The Centre for Women's Safety and Wellbeing is an independent, representative peak body for women's specialist domestic and family violence, community-based women's health and sexual assault services in Western Australia.

Department of Communities
The Department of Communities is the lead agency coordinating strategy and policy direction in the prevention of family and domestic violence in Western Australia. They also play a key role in the operational response to family and domestic violence in Western Australia.

Desert Blue Connect
Desert Blue Connect provides holistic services for women and families in the Midwest Region, including sexual assault services, family violence response, crisis accommodation for women and children and primary prevention.

Injury Matters
Injury Matters provides injury and local government-specific data in Western Australia, professional development opportunities, information, and resources to support local governments, health professionals and the community.

Ishar Multicultural Women's Health Services
Ishar Multicultural Women's Health Services provides holistic services to women from all walks of life and cultural backgrounds, including a Family and Domestic Violence Support Program for multicultural women.

Lifeline WA
Lifeline WA provides all Western Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. Lifeline WA offers education and information on suicide prevention, mental health, crisis intervention, and family and domestic violence.

Our Watch
Our Watch is a national leader in the primary prevention of violence against women and their children in Australia. Our Watch provides projects and advocacy in schools, the media and the violence against women and carry a suite of evidence-based publications and resources.

Stopping Family Violence
Stopping Family Violence is a peak body and not-for-profit organisation in Western Australia that supports all sectors and services involved responding to perpetrators of family and domestic violence.

WA Department of Health
The WA Department of Health provides guidelines, policy, and education around family and domestic violence.

WA Police Force
The WA Police Force have dedicated staff that work with community members in relationship to Violence and Family Violence Restraining Orders, finding a refuge, or alternative accommodation for family members in a family and domestic crisis. They can also refer people to crisis and legal support agencies.

White Ribbon Australia
White Ribbon is a program that engages men and boys to reduce future incidences of violence, promote gender equality, and build positive relationships based on respect.

✳ KEY STAKEHOLDERS IN WA (CONT.)

Women's Health and Family Services
Women's Health and Family Services is an independent, for purpose organisation working in partnership to ensure services complement and strengthen the public and primary health sectors. Located across the wider Perth area, Women's Health and Family Services offer a range of family and domestic violence support and advocacy services.

Youth Affairs Council of WA
The Youth Affairs Council of Western Australia is the peak non-government youth organisation in Western Australia. The Youth Affairs Council provides the Youth Educating Peers (YEP) Project, which provides education and information to young people around healthy relationships.

✳ VIOLENCE RESOURCES:

- Advocare, resources
- ANROWS, Preventing domestic and family violence: Action research reports from five Australian Local Government councils
- Injury Matters, resources
- Lifeline WA, resources
- OurWatch, resources
- Preventing Violence Together, resources
- Stopping Family Violence, resources
- WA Department of Communities, Aboriginal Family Safety Strategy 2022 - 2032
- WA Department of Communities, Western Australia's strategy to reduce family and domestic violence 2020 – 2030
- White Ribbon Australia, resources

POISONING

Poisoning occurs when people drink, eat, breathe, inject, or touch enough of a hazardous substance (poison) to cause illness or death.[48] Some poisonings will result in significant long-term injury.

Click for information on the impact of poisoning in Western Australia.

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

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 snakebites and the role of the Poisons Information Centre as an essential first point of contact.

Below are some suggested activities that could be included in your strategic plan to decrease the risk of poisoning.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
1. Increase awareness and understanding of poisoning and safe storage in the home and on the farm.	**1.1** Educate residents about the risk and first aid for poisoning. **1.2** Communicate safety messages through your social media, local newspapers, public spaces, local radio stations and community events. **1.3** Promote the services offered by the WA Poisons Information Centre. **1.4** Provide public information about the Take Home Naloxone program. **1.5** Increase relevant employees' capacity to identify and measure potential poison contamination. **1.6** Increase relevant employees' capacity to regulate and monitor the use of medicines and poisons.	**1.1a** Promote Health Direct's information about poisoning. **1.2a** Promote Kidsafe WA's Farm Safety Checklist. **1.2b** Promote Farmsafe's resources. **1.2c** Encourage local older adults to engage in Home Medication Reviews to manage their medication safety. **1.2d** Promote information on the safe disposal of unwanted medicines. **1.3a** Promote the WA Poisons Information Centre (WAPIC) as the emergency phone service that can provide management advice in cases of suspected poisoning and known poisonings. **1.4a** Engage and distribute the Take Home Naloxone program educational activities and resources. **1.5a** Utilise Exposure Assessment Tools. **1.5a** Access Monash University's resources regarding the purchase and storage of scheduled poisons.
2. Promote the safe storage of chemical substances and medications.	**2.1** Promote the correct storage of all dangerous chemical substances, including household, pharmaceutical, and agricultural products, through a variety of communication methods, e.g., library displays, social media, and websites.	**2.1** Promote the WA Department of Health's storage of medicines and poisons webpage.
3. Promote home and workplace poisons/ chemical storage and safety checklists.	**3.1** Promote via your communications channels (newsletters, social media and community calendars) the value in an annual check to ensure that compounds that could cause poisoning are properly stored.	**3.1a** Access and promote Kidsafe WA's resources to support child safety including poisoning prevention. **3.1b** Communicate the Worksafe WA chemicals and 'hazardous substances checklist.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
4. Promote the safe handling of chemical substances and medications.	**4.1** 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. **4.2** Encourage the use of alternative products of lower-order toxicity and prudent product use to avoid overuse and misuse.	**4.1a** Promote the disposal of unwanted medicines at local pharmacies.
5. Promote the safe disposal of chemical substances.	**5.1** Provide community information about 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.	
6. Provide safety equipment and training when handling hazardous chemical substances.	**6.1** Provide training to relevant local government personnel on the use, transportation, exposure to, and disposal of hazardous chemicals. **6.2** Provide recommended protective clothing to relevant local government personnel. **6.3** Promote safety information to the community around the handling of hazardous chemical substances. **6.4** Develop and implement emergency procedures for incidents of poisoning	**6.1a** WorkSafe has a variety of educational resources to support organisations create safer workplaces.
7. Provide management and information around bites and stings.	**7.1** Keep the community updated around the prevention and treatment of insects, spiders, snake bites and marine animal's stings. **7.2** Provide education and resources for the community regarding first-aid management for snakebites. **7.3** Target safety information to residents at times of the year when relevant animals/insects are prolific and most hazardous, e.g., spring/summer and snakes.	

✳ 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 funded by the Commonwealth Government of Health, the Return Unwanted Medicines program provides consumers with a free and convenient way to dispose of unwanted medicines via the local pharmacy.

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
A 24/7 telephone centre for people who have taken an overdose, made an error with medicine or been poisoned (13 11 26).

Worksafe WA
Worksafe is working with employers, employees and employee representatives to set up and maintain systems of work so that employees are not exposed to hazards.

Mental Health Commission WA
The Mental Health Commission can provide free resources to support workers and people who use opioids such as the Opioid Respond Z-Card, Opioid Harm Reduction Tip Sheet, Recognising and Responding Trainers' Package and Pharmacists 'Conversation Starter' Flyer.

✳ POISONS PREVENTION RESOURCES

- AIHW, poisoning information
- Farmsafe Australia, resources
- Injury Matters, Know Injury resources
- Kidsafe WA, resources
- WA Mental Health Commission, resources
- WA Poisons Information Centre, resources

Photo by Harry Cunningham

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.[49]

A scald is a type of burn when hot liquids destroy some or all of the cells in the skin or other tissues.[49]

Click for information about the impact of burns-and-scalds in Western Australia.

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).[50]

Below are some suggested activities to include in your strategic plan and conduct in your community, together will helpful resources and organisations that can assist.

STRATEGY	ACTIVITY	HELPFUL RESOURCES
1. Promote the importance of households checking and maintaining smoke alarms.	**1.1** Utilise local government communication channels to encourage residents to maintain tap water temperatures and a working smoke alarm in their homes and properties	**1.1a** Engage in the Department of Fire and Emergency Services (DFES) Smoke Alarm Campaign.
2. Develop and maintain effective and current arrangements to minimise the risk to the community from bushfires.	**2.1** Administer and implement an annual Fire Break Notice. **2.2** Plan responsibly and avoid locating new developments in areas of unacceptable bushfire risk. **2.3** Implement a Bushfire Risk Management Plan and treatment schedule.	**2.2a** Learn about Bushfire Best Practice in this Guide. **2.3a** Utilise and promote the DFES Bushfire Risk Management Plan.
3. Provide workforce safety training around burns and scalds.	**3.1** Provide training to relevant local government personnel. **3.2** Provide equipment for handling emergencies for burns and scalds in high-risk areas.	

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STRATEGY	ACTIVITY	HELPFUL RESOURCES
4. Provide the community with up-to-date information on burns and scalds to raise awareness about burn risk, burn prevention and first aid treatment.	**4.1** Participate in the National Burns Awareness month in June via communication channels and providing community displays. **4.2** Raise awareness of burns prevention strategies that community members can implement, i.e. utilsing cooktop guards. **4.3** Encourage community members to learn first aid for kitchens and cooking. **4.4** Educate the community on burn first aid. I.e. 20 minutes of cool running water within 3 hours of injury. **4.5** Encourage local schools to provide burns education to their students.	**4.1a** Utilise the Community Awareness Kit to engage in the Kidsafe Australia and ANZBA National Burns Awareness Month Campaign **4.3a** Access and promote St John WA's free 15-minute course. **4.4a** Utilise Injury Matters Burns & Scalds information. **4.5a** Promote the Fiona Wood Foundation's Teacher Guides and educational resources
5. Educate residents about the safe storage of chemicals and disposal of batteries.	**5.1** Provide training around safe storage of chemicals such as kerosene and petrol to prevent chemical burns. **5.2** Participate in DFES and Kidsafe WA campaigns/programs that target school-aged people and communities at risk. **5.3** Provide information to residents relating to the safe use and disposal of batteries.	**5.1a** Access WA Health's information regarding the safe storage of chemicals. **5.2a** Kidsafe WA provide a childhood injury prevention program, with burns and scalds prevention being the primary focus in winter. **5.2b** DFES have a range of resources and education sessions available regarding home fire safety. **5.3a** Distribute DFES's information regarding Lithium-ion batteries.

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✳ KEY STAKEHOLDERS IN WA

Australian Medical Association (AMA)
AMA represents registered medical practitioners and medical students of Australia. The AMA has available articles, position statements and submissions supporting public health in the community.

Australian and New Zealand Burn Association (ANZBA)
The 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. It is the centre for health, education and research, playing a key role in improving health, social and economic outcomes for the people of Western Australia.

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, risk and protective factors of burns and scalds, effective interventions, a list of key stakeholders, factsheets, resources and references for local government, 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.

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 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 website provides guidelines, factsheets and templates for local governments around the prevention, preparation, response to and recovery from a diverse range of emergencies.

✳ POISONS PREVENTION RESOURCES

- Australia and New Zealand Burn Association, resources
- Department of Fire and Emergency Services, training opportunities and resources
- Fiona Wood Foundation, burn prevention education and resources
- Kidsafe WA, resources
- Injury Matters, Know Injury resources

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.[51]

Click for more information about the impact of drownings in Western Australia.

Western Australians enjoy the outdoors and much of our recreation occurs around water. Drowning remains a significant cause of preventable death and injury in Western Australia. The National Drowning Report 2024 provides further detail on who is impacted by drowning in WA.

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 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.

Local governments play a key role in saving lives by reducing the incidence of drowning, and strategic plans should include objectives, strategies and strategic activities that work for each unique community. There is significant variation in the drowning risks from one local government area to another.

Below are some suggested activities to include in your strategic plan and conduct in your community, together will helpful resources and organisations that can assist.

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STRATEGY	ACTIVITY	HELPFUL RESOURCES
1. Ensure pool owners understand and act on providing safe environments in and around swimming pools.	**1.1** Ensure that local government pool regulation is adequately trained and resourced to uphold the Regulations. **1.2** Develop a communications plan to promote home pool safety and barrier compliance, provide key information on your website and distribute information resources as part of inspection programs. **1.3** Incorporate water safety messages into your social media, newsletters and other community communications. **1.4** Ensure that information and education are appropriate for people living with a disability and Culturally and Linguistically Diverse populations.	**1.2a** Engage in Royal Life Saving WA's Keep Watch program. **1.3b** Promote Royal Life Saving WA's Home Safety Checklist.
2. Ensure safe public aquatic locations e.g. public swimming pools, inland waterways and beaches and manage flood risk from extreme weather events.	**2.1** Conduct an audit of key waterways to identify risks/dangers and opportunities to improve safety. **2.2** Develop supervision policies to ensure the safety of young children around water. **2.3** Review safety signage and translate messages where appropriate. **2.4** Employ qualified lifeguards at key locations and during peak periods where appropriate.	**2.4a** Engage with Surf Life Saving WA regarding the surveillance, protection, medical assistance and rescue services they provide at all patrolled beaches.

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STRATEGY	ACTIVITY	HELPFUL RESOURCES
3. Increase the water safety skills, knowledge and awareness of the community.	**3.1** Make swimming lessons available at public pools, for all ages, including for people living with a disability and from a multicultural community. **3.2** Partner with a first aid training service and offer incentives such as discounted first aid training for home pool owners in your area. **3.3** Hold an open day or 'Have A Go Day' at the local pool to encourage water skills and awareness, including information on water safety and drowning prevention.	**3.1a** Royal Life Saving WA provides an Aqua Skills 55+ course, a water safety and lifesaving skills initiative for people aged over 55 year. **3.2a** Engage with providers, such as Royal Life Saving WA and Surf Lifesaving WA, regarding their aquatic and first aid courses. **3.3a** Promote resources available from Royal Life Saving WA and Surf Life Saving WA.
4. Promote the safe use of alcohol near or around waterways.	**4.1** Develop guidelines for community events that serve alcohol held near aquatic locations to prevent drowning. **4.2** Promote alcohol and water safety messages at relevant community events.	**4.2a** Royal Life Saving WA have a variety of resources and information relating to alcohol and water safety, including Be A Mermate and Make The Right Call.

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✳ 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.

Masters Swimming WA
Master Swimming WA provide opportunities for fitness, friendship and fun activities for adults.

RecFishWest
RecFishWest provide leadership opportunities, community events and offers partnerships with community groups and organisations to benefit and help the community with fishing.

Royal Life Saving WA
Royal Life Saving WA 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.

St John Ambulance
St John Ambulance provides first aid training, information sheets and first aid supplies.

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 that provide Western Australians with the opportunity to swim.

WA Department of Education
The WA Department of Education provides water-based activities to school-aged children.

WA Department of Fire and Emergency Services (DFES)
DFES consists of both DFES personnel 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 website provides guidelines, factsheets and templates for local government.

WA Department of Fisheries (DoF)
The Department of Fisheries work with local governments by providing guidelines on aquatic resource management, assessment of applications for aquaculture and pearling industries, publications and guides around recreational fishing.

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

WA Department of Transport, Marine Safety (DoT)
The Department of Transport and Marine Safety is responsible for marine safety, marine environment protection and coastal facilities. Information is available on recreational fishing licenses, marine emergencies and boating guides.

✳ WATER SAFETY RESOURCES

- Australian Water Safety Council, Australian Water Safety Strategy 2030
- Kidsafe WA, resources
- Injury Matters, Know Injury resources
- Royal Life Saving WA - campaign resources
- Be A Mermate (youth water safety)
- Keep Watch (toddler drowning prevention)
- Make The Right Call (adult water safety)
- Watch Around Water (for public swimming pools)
- WA Drowning Report 2023
- Home Pool Safety Checklist
- WA Department of Fire and Emergency Services, resources
- World Health Organization, Global report on drowning: preventing a leading killer
- World Health Organization, Preventing drowning: an implementation guide

✳ WATER SAFETY GRANTS AND OFFERS

- Department of Local Government, Sport and Cultural Industries, Active Regional Communities Grants
- Royal Life Saving Society WA, Heart Beat Club First Aid Grants
- Royal Life Saving Society WA, Old4New Lifejacket Upgrade

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