

# Keep safe on the road and at home



*A community information initiative  
brought to you by*

**Thomas George MP**  
State Member for Lismore



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# Enough is enough ... don't kill on our roads

## **CAN you believe a P-plate driver is killed on our roads every six days?**

Every week there will be 11 people start a journey they will not complete. In that same week there will be 500 more people injured on the road. These are nasty thoughts, but they are facts!

Most people in our communities depend on a motor vehicle virtually every day of their lives.

So it's alarming to think every one of those people are at risk of death or serious injury each time they get into the vehicle, be it on a quick trip to the shops, to drop the kids at school or working on the farm.

People we know and work with are being killed on our roads and highways every day – speed, alcohol and drugs, fatigue, and failing to wear seat belts are the big killers.

There have been 209 deaths this year (preliminary statistics to June 15) on New South Wales roads ... that is 209 deaths far too many!

It must be our aim to continue raising community awareness about how needless road deaths are. People who speed, drink and drive, fail to wear their seat belts, drive while on the mobile phone, are showing scant regard for the law and are being criminally irresponsible.

It is time for all of us to stand up and say "Enough is enough! Slow down, don't drink and drive, don't kill on our roads."

I have produced this community booklet in an effort to raise awareness of road safety and to recognise some of the local efforts and initiatives taking place to help reduce the road toll.

There is also a section on home safety and some general tips on how to cope in emergency, preparing for an emergency and what to do when confronted with such a situation.

It is the tragic loss of young lives which is most concerning, and any effort to help teenagers and young drivers get a better understanding of road safety is a good thing.

Please take the time to read the booklet and perhaps sit down with your children to discuss road safety. Five minutes today could make all the difference.



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# '000' is for EMERGENCY use only stay focused, stay relevant, stay on the line

## Knowing how to call Triple Zero (000) in an emergency can be the difference between life and death.

The Triple Zero (000) service is the quickest way to get the right emergency service to help you.

It should be used to contact Police, Fire or Ambulance services in life threatening or emergency situations.

Calls to Triple Zero (000) are free and can be made from mobile, home and work telephones, and payphones.

## How to make a Triple Zero (000) call

There are a few simple steps to take when making a Triple Zero (000) call:

- Stay calm and call Triple Zero (000) from a safe location.
- A Telstra operator will answer and ask you if you need Police, Fire or Ambulance. Say the service that you require. If you are calling using a mobile or satellite phone the operator will ask you for other location information.
- You will then be connected to the nominated emergency service operator, who will take details of the situation.
- Stay on the line, speak clearly and answer the operator's questions.
- Give the nominated emergency service operator the details of where you are, including street number, name, nearest cross street, and locality. In rural areas it is important to give the full address and distances from landmarks and roads, not just the name of the property.

- Don't hang up until the operator has all the information they need.
- If possible wait outside at a prearranged meeting point or in a prominent location for emergency services to arrive to assist them to locate the emergency.
- If you make a Triple Zero (000) call whilst travelling on a Motorway or on a rural road, identifying the direction you are travelling and the last exit or town you passed through will assist emergency services to correctly locate the incident.

Additional tips: other things everyone should know in an emergency

- If a person is unable to speak English, they should call Triple Zero (000) from a fixed line, say 'Police', 'Fire' or 'Ambulance'. Once connected to the nominated emergency service, stay on the line and a translator will be organised.
- Record the Triple Zero (000) emergency number beside the telephone at home and work.
- Take time to teach children and overseas visitors how to make an emergency call.

**112** is the GSM international standard emergency number which can only be dialled on digital mobile phones. 112 can be dialled anywhere in the world with GSM coverage and is automatically translated to that country's emergency number.

**106** If you are deaf or have a speech or hearing impairment you can call 106 using a textphone (TTY) or a computer with modem access, to request police, fire or ambulance assistance.

Source: [www.triplezero.gov.au](http://www.triplezero.gov.au)

## Drink driving is stupid

It has been identified as one of the leading contributors to road accidents in the Lismore area and surrounding Local Government Areas.

Road safety officers in those LGAs have pinpointed drink driving as a key problem area and continue to implement programs and initiatives in a bid to reduce the high incidence of accidents and offences.

Community education and awareness remains critical to the process – an ongoing process as more young drivers get their licences and take to the roads which carry more and more vehicles each year.

## Drink driving facts

Drink driving is a factor in about one in every five crashes in NSW where someone loses their life. Of the people who are killed, 88 per cent are men and 75 per cent are under the age of 40. You don't have to be drunk to be affected by alcohol. You might feel normal but no-one drives as well after drinking alcohol.

Novice drivers with any level of alcohol in their blood are at a much higher risk of crashing. This is why learner and provisional licence holders are restricted to a zero alcohol limit.

Getting back to zero (sobering up), takes a long time. No amount of coffee, food, physical activity or sleep will speed up the process.

In NSW, police have the power to:

- Stop drivers at random to test for alcohol.
- Arrest drivers who test over the legal limit.
- Arrest drivers they believe are impaired by drugs, and conduct a blood and urine test
- Require a driver to undergo a sobriety test in certain circumstances.

Since the introduction of RBT in 1982, fatal crashes involving alcohol have dropped from 40 per cent of all fatalities to the current level of 19 per cent.

Last year police conducted 3.4 million breath tests in NSW.

## Blood alcohol limits

NSW has three blood alcohol limits: zero, 0.02 and 0.05. These numbers refer to a person's blood alcohol concentration (BAC). Your BAC is a measure of the amount of alcohol you have in your blood. The

# Killers on ... speed, drug



## Speeding is the biggest killer

Speeding is the biggest killer on New South Wales roads today – it is a factor in about 40 per cent of road deaths in this State.

That means about 200 people die each year from speeding.

Speeding was a factor in the deaths of 874 people over the five years 2004-2008.

In addition to those killed, more than 4200 people are injured in speed-related crashes each year.

The cost of speeding is not only a human one. Speed-related fatalities cost the community around \$290 million each year. Speeding increases the risk of a crash and the severity of the crash outcome.

The risk of causing death or injury in an urban 60km/h

measurement is the number of grams of alcohol in 100 millilitres of blood.

The limit which applies to you is dependent on the category of your licence and the type of vehicle you are driving.

Zero applies to:

- ALL learner drivers.
- ALL Provisional 1 drivers.
- ALL Provisional 2 drivers.
- ALL visiting drivers holding an overseas or interstate learner, provisional or equivalent licence.

0.02 applies to:

- Drivers of vehicles of "gross vehicle mass" greater than 13.9 tonnes.
- Drivers of vehicles carrying dangerous goods.



# our roads gs and alcohol



speed zone increases rapidly even with relatively small increases in speed.

The casualty crash risk at the 65km/h is about twice the risk at 60km/h. At 70km/h, the casualty crash risk is more than four times the risk at 60km/h.

A key issue in speeding-related crashes is that most motorists underestimate the distance needed to stop. A car travelling at 60km/h in dry conditions takes about 38 metres to stop. A car travelling at 80km/h needs an extra 20 metres.

- The risk of a crash when driving at 68km/h in a 60km/h zone is the same as driving with a blood alcohol level of 0.08.
- The risk of a crash when driving at 72km/h in a 60km/h zone is the same as driving with a blood alcohol level of 0.12.

- Drivers of public vehicles such as taxi or bus drivers.

A BAC of 0.02 can be reached after the consumption of only one standard drink (a middy of beer, a nip of spirits or a small glass of wine). This means that drivers subject to a 0.02 limit must not consume any alcohol before driving.

0.05 applies to:

- ALL other licences (including overseas and interstate licence holders) not subject to a 0.02 or zero limit.

## Drugs and driving don't mix

Safe driving requires precise skills, clear judgment, concentration, and being able to react to what happens on the road. Drugs affect all of these skills, and not just illegal drugs.

Prescription drugs and even over the counter medicines can

affect your driving skills if you don't follow instructions or your doctor's advice.

Taking more than one drug or mixing alcohol and drugs and then driving is even more dangerous. But taking drugs of any kind and then driving puts you at greater risk of injuring or killing yourself, your friends or other innocent people.

There are harsh penalties for driving while impaired by drugs, including a \$2200 fine, up to 9 months in jail and licence disqualification. Heavier penalties apply for a second offence.

## Roadside Drug Testing

Police have powers to carry out roadside drug testing on any driver, rider or supervising licence holder in NSW.

## Getting home safely

Driving is dangerous when you're affected by alcohol and/or drugs.

When you're coming down or sobering up – even the next day – your driving may still be affected. Don't take the risk. Plan ahead

If you are affected by drugs or alcohol:

- Use public transport or a taxi.
- Get a lift with someone who has not been drinking or using drugs.
- Let people know where you are by taking your mobile or a phonecard.
- Stay at a friend's house.
- Tell a friend or let someone know if you've taken drugs and don't feel right to drive.
- Sleep it off before you even think about driving, but remember, don't drive when you're coming down.

## Drink driving statistics

- Drink driving is a factor in 19 per cent of all fatal crashes in NSW.
- The figure is even higher (27 per cent) in country areas. In fact, 70 per cent of all fatal drink drive crashes happen in the country.
- The majority (90 per cent) of drink drivers in fatal crashes are men.
- One third of all drink drivers in fatal crashes are aged 17-24 years (despite making up only about one-seventh of all licensed drivers).
- One quarter of all drink drivers in fatal crashes are aged 30-39 years.
- 30 per cent of all fatal drink drive crashes occur between 9pm and 3am on Thursday, Friday and Saturday nights.

Source: [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)

# Helping Learner drivers become safer drivers



**Free workshops for parents and supervisors of learner drivers are conducted in the Lismore and Ballina areas throughout the year.**

The aim of the workshops is to focus on drivers at an early stage in an effort to reduce the crash rate for young drivers.

The two-hour “GLS – Helping Learner Drivers Become Safer Drivers” workshops offers parents and supervisors hands-on advice on how to provide the most effective driving practice for learner drivers.

The workshop also provides up-to-date information about learner and provisional licence changes.

Topics covered include how to use the learner driver log book, how to plan driving sessions,

how to deal with difficulties that may arise during driving practice and the importance of giving the learner constructive feedback.

The workshops are advertised in local media and are generally held once a quarter.

For further information or to make a booking for the next workshop contact Lismore City Council's Road Safety Officer on 1300 878 387 or Ballina Shire Council's Road Safety Officer on 6686 4444. Bookings are essential.

## **DATES FOR FUTURE WORKSHOPS**

Thursday, July 29, 2010 at Goonellabah Sports Club

Thursday, December 2, 2010 at Ballina RSL Club

Thursday, March 10, 2011 at Goonellabah Sports Club

Thursday, May 26, 2011 at Ballina RSL Club

Source: [www.lismore.nsw.gov.au](http://www.lismore.nsw.gov.au)



# What to do at an accident

**Would you know what to do if you were involved in a car accident? Following are some tips which may assist you in the unfortunate event you are confronted with such a situation.**

## **What to do if you have a crash:**

- Stop immediately.
- Use headlights, indicator lights or hazard lights to warn other drivers, and to light up the scene if it is dark.
- If possible send someone to warn oncoming drivers.
- Help the injured.
- Dial 000 (some mobiles may require dialling 112 instead) to make contact with Police (and/or Ambulance) if anyone is killed or injured, either your vehicle or the other vehicle needs to be towed away or you are unable to provide

particulars to the owner.

- Exchange drivers' names, addresses, registration numbers and names of vehicle owners with others involved in the crash.

- Clear the road of broken glass and debris.

## **Check and help injured people:**

- Check for unconscious people.
- Don't move anyone unless they are in immediate danger or require first aid.
- Support broken limbs, and be careful not to twist the neck or back, if someone has to be moved.
- Lift the visor of a helmet

wearer, but do not remove the helmet unless the person is vomiting or has stopped breathing.

## **Make the crash scene as safe as possible:**

- Watch out for your own safety, as well as that of others, after an accident has occurred and lookout for vehicles still using the road.
- Post other people around the accident to keep traffic away.
- Use headlights, indicator lights and hazard lights to warn other drivers.

For more information visit [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)

# Floodwater can be fatal

**Driving, riding or walking through floodwater is dangerous and is the main cause of death during these emergency situations.**

Floodwater may be deeper and faster flowing than you think and may contain hidden snags and debris.

Be sure to take the advice of emergency services personnel during such a situation.

Some basic measures you can take right to help prepare for a flood include keeping a list of emergency numbers near the telephone and assembling an Emergency Kit.

Start your Emergency Kit contents with:

- A portable radio with spare batteries.
- A torch with spare batteries.
- A first aid kit (with supplies necessary for your



**VITAL:** Floodgates play a vital role during floods.

- household, business or property).
  - Candles and waterproof matches.
  - Important papers including emergency contact numbers.
  - A waterproof bag for valuables.
  - A copy of any Emergency Plans for your home, business or property.
  - Important papers, mementoes and photos.
  - A good supply of required medications.
  - Any special requirements for babies and the disabled, infirm and/or elderly.
  - Strong shoes.
  - Suitable food and drinks.
- More information from SES FloodSafe at [www.ses.nsw.gov.au](http://www.ses.nsw.gov.au)

When flooding is a threat, place in your Emergency Kit:

## Are you fire safe in the home?

Fire in the home is a risk we all live with every day. Staying fire safe at home can be as simple as ticking off this NSWFB checklist:

- ✓ Install an adequate number of suitable smoke alarms and test them regularly.
- ✓ Have a fire safety plan.
- ✓ Have a written escape plan and practise it regularly.
- ✓ Ensure keys to all locked doors are readily accessible.
- ✓ Never leave cooking or other open flame (candles or oil burners) unattended.
- ✓ Clean the lint filter of your clothes dryer each time you use it.
- ✓ Never smoke in bed. Take extra care if consuming alcohol whilst smoking.
- ✓ Take extra care when using heaters, electric blankets or open fires.
- ✓ Don't overload power points (eg Christmas lights).

- ✓ Switch off appliances when not in use.
- ✓ Keep lighters and matches away from children.
- ✓ Store chemicals and fuels properly.
- ✓ Check gas, electric or wood barbecues are in good order before lighting.
- ✓ In bushfire prone areas, keep the ground around your home clear of leaves and other litter and remember to clean your gutters regularly.

**Dob in an arsonist ... call 1800 333 000**

**Have you seen or heard about suspicious activities involving fire in your area? Many blazes in Australia can be attributed to arson – the deliberate and unlawful act of lighting a fire. The public can be a great help in solving crimes involving arson. People in areas affected by fire are asked to report suspicious activities to Crime Stoppers on 1800 333 000.**

# Road updates online in times of emergency

A new resource available to motorists in the Northern Rivers area has proven invaluable during a flood or other emergency affecting road closures.

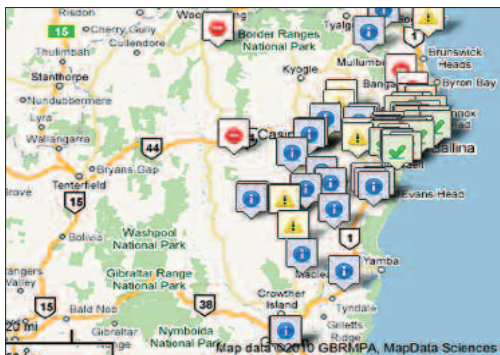
Access to reliable roads information is now available on the RoadInfo website which has updated information on the state of roads in the area.

The Regional Road Information website can be accessed at [www.myroadinfo.com.au](http://www.myroadinfo.com.au)

The new system is capable of displaying daily road works and scheduled road closures but is expected to be best utilised during a flood or other emergencies.

Northern Rivers Regional Organisation of Council (NOROC) said it was the experience of most councils that the information most requested is which roads are closed and how to best travel from point A to point B.

The website puts that information at the finger tips of motorists.



You can view a map of the Northern Rivers region, from Clarence Valley in the South to Tweed in the North and out to Kyogle in the West which shows “roads closed information” with markers placed at the location of the closure. The most reliable routes for travel across the region will be indicated.

The RoadInfo concept was initiated in the review of the January 2008 flood.

The development of the website has involved Lismore, Ballina, Kyogle, Richmond Valley, Tweed, Byron, and Clarence Valley councils.

## CONTACTS

### In an emergency

CALL 000

Police, Fire or Ambulance

### State Emergency Service 132 500

For emergency help in floods and storms.  
[www.ses.nsw.gov.au](http://www.ses.nsw.gov.au)

### Police Assistance Line 131 444

For non emergencies

### Crime Stoppers 1800 333 000

[www.crimestoppers.com.au](http://www.crimestoppers.com.au)

### Roads & Traffic Authority (RTA)

Traffic incidents and road conditions reporting 131 700

24-hour traffic enquiry line 132 701

RTA Centre for Road Safety  
[www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)

### RoadInfo

Regional Road Information  
[www.roadinfo.com.au](http://www.roadinfo.com.au)

### NSW Fire Brigades

A large amount of information about fire safety at home, school and the workplace.

[www.nswfb.nsw.gov.au](http://www.nswfb.nsw.gov.au)

### Rural Fire Service 1800 67 97 37

A 24-hour information line, including Total Fire Bans. Visit the website for information about the Bushfire Survival Plan

[www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)

### Bureau of Meteorology

Access the Flood Warning Centre.

[www.bom.gov.au](http://www.bom.gov.au)

### WorkCover Authority of NSW 131 050

Information about first aid courses and other safety issues.

[www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au)