

Department of Territories

The Department of Territories is issuing a supplement entitled "Summer Safety" to co-incide with Health and Safety Week 1986.

'"Summer Safety" contains valuable information, and a wide range of articles,' the Department's Press Officer, Mrs Jan Boulton, said today. 'In fact, as the cover shows, it is produced in the community's interests to encourage safe and happy summer leisure.'

The supplement will be inserted in the Canberra Times on Monday 27 October. Copies will be available at the Woden Shopping Square during next week at the National Safety Council's display in Clock Court, and also at the public counters of the Department of Territories and the ACT Health Authority.

Rangers from the Department's Parks and Conservation Service will be present at the week-long National Safety Council display at Woden Shopping Square to distribute copies of "Summer Safety" and answer questions.

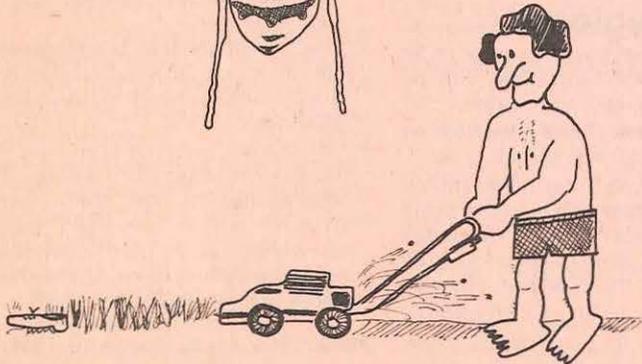
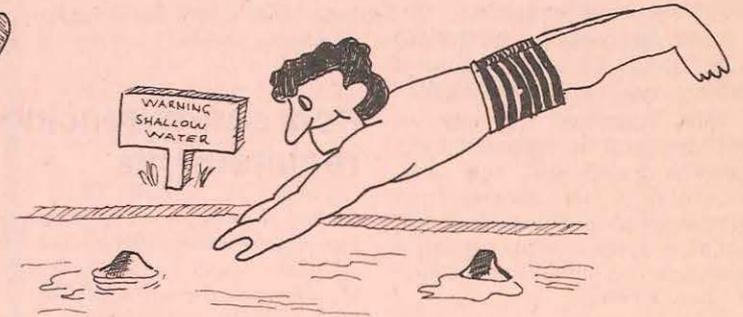
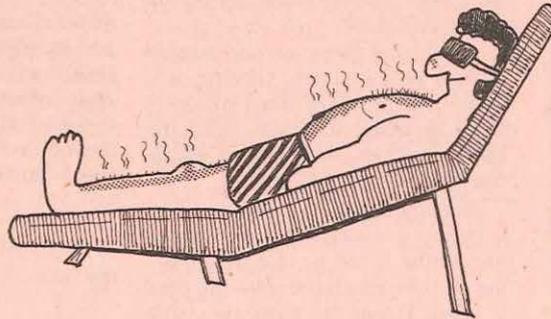
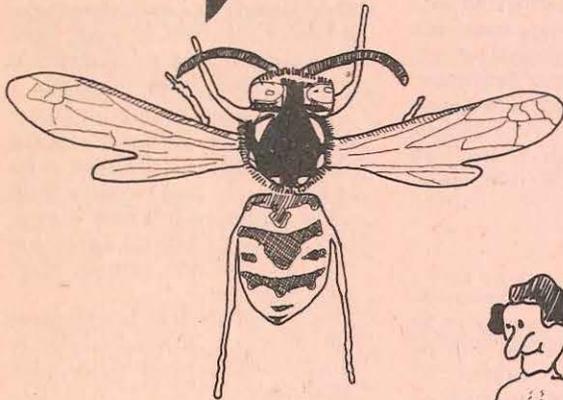
Mrs Boulton said "Summer Safety" is designed for residents to keep on hand and contains a list of emergency numbers as well as resuscitation and heart massage procedures. It discusses home swimming pool safety and general water safety in rivers and lakes. Other subjects included are "Bushfire Safety" and "Keeping Safe in the Bush", as well as articles on snakes, spiders, wasps, bees and magpies.

'We hope "Summer Safety" will be well received by the residents of Canberra and that each household will retain its copy for future reference in case of an emergency', Mrs Boulton said.

24 October 1986

Produced in the
community's interests
to encourage safe
and happy
summer leisure

Summer Safety



Department of Territories

ArchivesACT Research Guide

BEAT THE HEAT BUT MAKE IT SAFE

Pool building

As the hot weather approaches you may decide this year that you will install a home swimming pool.

In the ACT, however, before you can commence building your pool a number of legal and safety requirements must be met.

Pools that contain more than 10 cubic metres of water require a building approval and permit.

Plans submitted for approval must be properly prepared by a qualified draftsman, and show pool location, size, distance from other buildings and boundaries, site contours, water circulation pumps, electric power outlets and location of safety fencing.

The plans should also show details of the construction and installation of the pool, such as thickness of walls, floor reinforcement, details of fill under the pool, skimmer location.

It must be possible for the pool to be completely emptied in the stormwater drainage system, the pool must be watertight and have smooth surfaces and rounded corners for easy cleaning, and it must be light in colour. Pools must be provided with steps or ladders for entry and exit. Surrounding courses should be graded away from the pool.

Also remember to:

- select a reputable builder and qualified contractor, and
- draw up a proper contract which clearly specifies what is included and excluded in the agreement.

Where the pool contractor fails to meet contractual requirements, legal advice may be necessary to determine the best avenue of redress.

Pool safety/fencing requirements

Pool owners should be aware of the responsibilities they have for adequate supervision. Pool sites should never be left accessible to small children, and children using a pool should be constantly supervised by responsible adults.

Access from neighbours trees, ladders or other structures close to a dividing fence could be a safety problem and should be carefully considered by the pool owner.

Because of the number of drownings and near drownings of small children, legislation has been introduced to ensure that safety fences are erected around any outdoor swimming pool which is deeper than 300 millimetres.

Pool owners are reminded that pools must be fenced with 1.2m



high fences or other permanent barriers with self-closing and self-latching gates to separate the pool area from neighbouring properties and public land.

Drive-way gates are not suitable for use in pool safety fencing. It is usually not practical to rely on safety locks attached to doors from the house or from an enclosed garage opening on to pool areas.

Building Inspectors will randomly check the construction during the installation of the pool. Safety fencing must be erected before the pool is filled. When the work has been completed satisfactorily and safety fencing has been erected by the owner, a **Certificate of use** will be issued on application.

Safety aspects of landscape

If you are planning to enhance your garden this summer by adding a pergola, verandah, retaining wall, BBQ area, or similar structure, then they should be constructed in accordance with good building practice.

Retaining walls must be solidly constructed with proper footings to withstand ground pressure. The wall should either have agricultural pipe behind it or weepholes at its base so that water can drain away to reduce pressure on the wall.

Timber pergolas, trellises and decks should be constructed of durable timbers properly connected, supported and braced, and protected against rotting and deterioration.

If your property contains an electrical easement or water supply and drainage easement, then this should be accessible and free from structures which cover the easement.

In the ACT approval and a permit to build some structures is required, while others, such as those above, are exempt. If you are in doubt about whether the structure you wish to erect needs approval you should check with the Building Section of the Department of Territories, North Building, Civic, Telephone 491355. Unauthorised building work is an offence which may lead to prosecution and the removal of the work.

Pool Hygiene

Home swimming pools can be fun but they can also harbour disease-spreading organisms, such as bacteria, fungi and algae.

Apply the 'coin test': you should be able to recognise a 20 cent coin showing heads or tails in 1.5 metres of water. If your swimming pool doesn't pass the coin test, chances are it isn't as clean as it should be.

However, if you follow a few simple rules your pool will be kept hygienic.

Filtration: Generally filters should operate 6-8 hours a day in the swimming season; smaller above-ground pools can be filtered intermittently, depending on how much water is in the pool and how often the pool is used.

Chlorination: The most common pool disinfectant is chlorine. When added to water it forms two acids which destroy microbes.

Pool testing: Pool manufacturers and suppliers provide various testing kits, most of them very basic. Beware of kits using orthotolidine acid, which has been implicated overseas in causing bladder cancer in rats. Look for test re-agents which do not contain this acid.

Test the pool twice a day: in the evening when the water quality can be adjusted, allowing the pool to stabilise overnight, and in the morning before the pool is used. Store the test kit away from sunlight to prevent colour standards failing.

- Always be aware of pool safety:
- Pool chemicals are hazardous and chlorine powder will ignite spontaneously if contaminated with oil or grease or if it gets damp. It is a strong oxidising agent and can rust iron and corrode electrical switchgear.
- Keep swimming pool test reagents out of reach of small children; these substances often are poisonous.
- Don't leave a garden hose dangling in the pool while filling or topping up. If the mains are turned off or flushed out elsewhere, your pool contents could be siphoned back into the public water mains.

Note: This article deals only with water quality, not with personal safety.

Safe pesticide use

"Pesticide" is the general name of a group of chemical products used to control a variety of organisms such as insects, weeds, plant diseases, fungi and unwanted fish, birds, and animals. Pesticides are called insecticides, herbicides, fungicides or agricultural chemicals depending on what they control.

What are the hazards?

Few pesticides are absolutely specific to their target. They may affect other forms of life exposed to them but the magnitude of this hazard depends on the toxicity of the pesticide and the extent of exposure.

Safe handling, use and disposal

While pesticides when used properly will not harm our health or the environment, no regulation can guarantee against carelessness or misuse. Every user is responsible for adhering strictly to recommended safety procedures and taking special precautions.

Many pesticides, in either liquid or powder form, can be readily absorbed through healthy, unbroken skin. They can also be inhaled or swallowed.

If you **must** use a pesticide select a product with the lowest toxicity adequate for the job, and ask an expert for advice.

- Before using a pesticide:
- **Read the label** — read it all — even the small print.
 - **If you do not understand** — ask someone to explain it.
 - **Know what the pesticide can do** and what hazards it might present.

Store pesticides safely, high up **away from children**. Do not store near food, fertilisers, seeds or animals. Wear protective clothing when directed to do so.

Follow directions on labels, no matter how familiar you are with the product.

Prepare products with care, and make only enough for immediate use. Never store leftover mixture in bottles or containers. If it can't be used immediately, bury it. Soak up spills with soil or other absorbent material.

Spray downwind, and ensure that any drift avoids edible plants, animals or people. Wash thoroughly after handling pesticides, before eating, drinking or smoking. Rinse empty containers and bury them, preferably in a specially designated landfill.

Know what to do if accidents happen — follow the recommendations on the label. Keep the Poisons Information Centre telephone number handy.

So you want to jog

... or cycle ... or go boating ... or get involved in some physical activity this summer.

Good on you! But take a few basic precautions before starting out.

First — Slip, Slap, Slop (see sunburn).

Second, dress for the activity you will be doing. Loose, light cotton clothing is better than most synthetics for exercise in summer and don't forget the right footwear.

Slip — Slap — Slop

It's now a familiar slogan: slip on a shirt, slap on a hat and slop on some sunscreen!

Children and babies are particularly susceptible to sunburn, not only because they spend a lot of time outdoors in summer but because they do not respond as efficiently as adults to hot conditions.

Treatment (mild cases): Remove patient from the sun, cover the burned area with loose clothing and if there is considerable discomfort a suitable ointment can be applied carefully to relieve the pain and promote healing of the affected areas.

(Severe cases): Treat as for burns. Remove the patient from the sun. Remove any 'clinging' clothing that will irritate the affected area. DO NOT apply ointments or lotions and seek medical advice urgently. A wet cotton cloth or t-shirt will help to relieve local pain. Give fluids to replace body moisture that may have been lost from excessive sweating or broken skin.

Summer sun and physical activity combine to make exercising people sweat. Excessive sweat in summer conditions can lead to dehydration and heat exhaustion. Body fluids must be replaced by drinking as you go if a pleasant exercise activity is not to turn into a mini nightmare.

Children particularly feel the effects of heat more suddenly than adults and often will not let on they are beginning to feel funny if they are enjoying themselves.

24 HOUR EMERGENCY NUMBERS

**FIRE
POLICE
AMBULANCE**

**000
FREE CALL**

ACT FIRE BRIGADE Printacall 95 0000 (special service for people with hearing disabilities).

CHILD WELFARE EMERGENCY SERVICE

Office Hours 46 2862
After Hours 95 6374

ELECTRICITY (ACT ONLY)

48 3350

NATURAL GAS

80 1111

HOSPITALS

Royal Canberra 43 2169
Woden 84 2222
Calvary 52 9111
Queanbeyan 97 2266

POISONS INFORMATION CENTRE

43 2154

ACT EMERGENCY SERVICE (Wind/storm damage)

47 9222
For general information on disaster preparedness see P14 of the Canberra Telephone Directory.

WATER, SEWERAGE, STORM WATER, LAKES, ROADS AND BRIDGES

80 3311

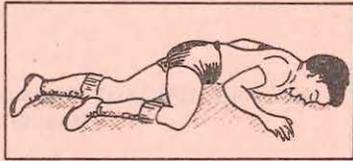
TELEPHONE INTERPRETER SERVICE

49 8555

External heart massage

If the heart has stopped, a combination of mouth to mouth resuscitation and external heart massage must be started. The heart may continue to beat for five minutes after breathing has stopped. Blueness of the skin, dilated pupils, limp muscles and absence of pulse accompanying unconsciousness are indications of cardiac arrest.

Ideally, two persons are required to resuscitate from this condition. Kneeling on either side of the casualty, one takes up the position for mouth to mouth resuscitation (see above), while the second person kneels on the other side, placing the heel of the hand on the lower half of the sternum (breastbone) of the unconscious person, keeping the palm and fingers off the chest. This hand is then covered with the heel of the other hand (see illustration).



The Coma Position

The person giving mouth to mouth gives five quick breaths to saturate the blood in the lungs with oxygen. Without oxygen the brain suffers irreparable damage within three minutes.

With the arms straight, the second person rocks forward over the casualty until the shoulders are vertically over the hands; press briskly on the breastbone toward the spine. The breastbone should move about 5cm. Rocking backwards to relieve the pressure, but maintaining constant contact on the chest, the pressure is repeated once a second for five seconds.

The cycle of mouth to mouth and chest pressure is repeated until the pulse returns. One breath mouth to mouth to five compressions of the chest and it may be necessary to

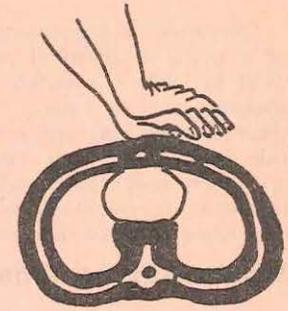
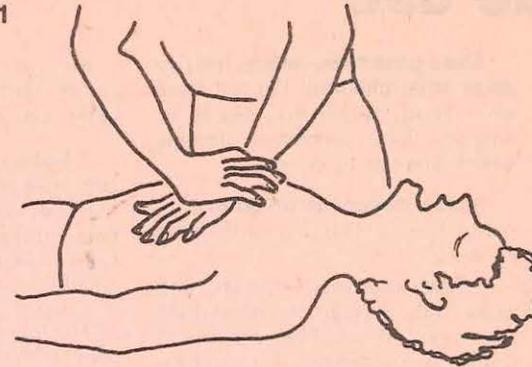
continue mouth to mouth after the heartbeat is regained to restore the person's breathing.

Should only one person be available, this person will have to perform both operations moving alternately from one to the other. The cycle should be increased to two inflations of the lungs to 15 cardiac compressions.

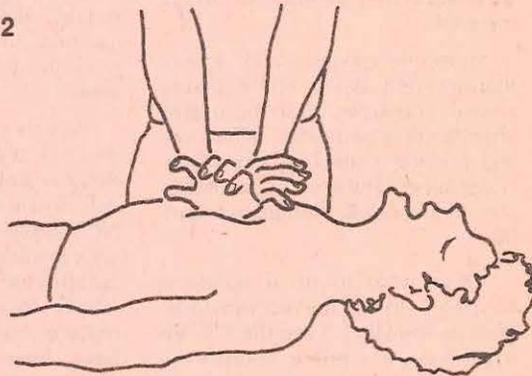
Extreme care should be taken with cardiac compression to avoid damage to the heart, liver and the chest wall (fractured ribs).

With babies and young children the pressure on the chest must be significantly reduced. It may be sufficient to use only two fingers with small babies and the breastbone should be depressed no more than two centimetres. The rate of compression should be increased, however, to two per second as a baby's heart beats faster.

Step 1



Step 2



Mummy I feel funny

Heat exhaustion in summer can be caused by excessive physical activity or being cooped up in a sun heated box, like a car, for too long.

Either way, the result is the same, dizziness, loss of co-ordination, dehydration due to excessive sweating and finally — collapse!

"But I only went into the store for a few minutes and when I came out baby was unconscious in the car," or "Dad refuses to wear a hat and I think he must have got a touch of the sun on his bald patch when we went cycling — we only just managed to stop him pedalling into the lake!"

Don't leave animals and children cooped up in a closed car and don't

engage in strenuous physical activity without first taking a few simple precautions.

Physical exercise causes muscles to generate heat. To reduce this heat the body sweats and evaporation to the air causes the body to cool down.

If a sweating body is cooped up in unsuitable clothing; or a car; or the air is too humid to allow evaporation; or you are just plain

Many of the articles in this publication were prepared by the ACT HEALTH

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Mouth to mouth resuscitation

Mouth to mouth resuscitation must be administered if an unconscious person has stopped breathing.

Step 1.

Check there is a heartbeat by feeling the pulse (at the wrist or under the jawline adjacent to the Adams Apple). If there is no heartbeat a combination of mouth to mouth resuscitation and external heart massage will have to be started if the person is to survive.

Step 2.

Clear the airway by putting the casualty on their back; turn the head to one side and clear any obstruction from the mouth with a finger.

Step 3.

Position the head. Kneel down on one side of the casualty and take the

head in both hands; one hand pressing down and backwards, and the other under the lower jaw pressing upwards.

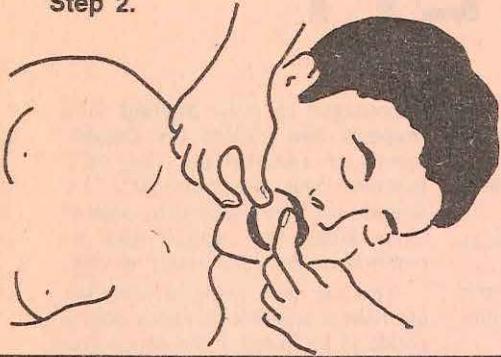
Step 4.

Take a deep breath and place your mouth over the casualty's mouth making a firm seal. Maintain the position of the head to keep the airway open.

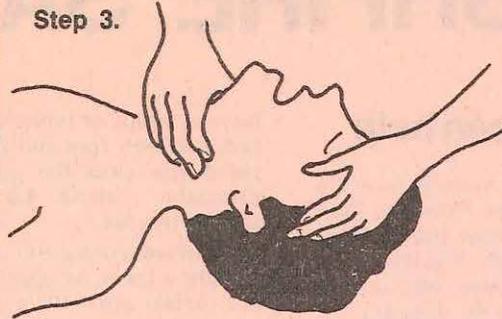
Step 5.

Pinch the casualty's nostrils or seal the nose with your cheek and gently blow air into their lungs. The chest should be seen to rise. Remove your mouth and turn your head to watch the chest fall.

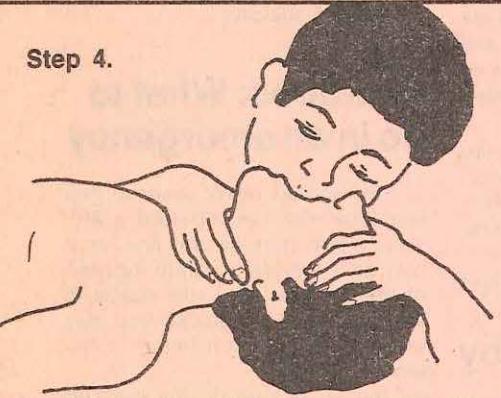
Step 2.



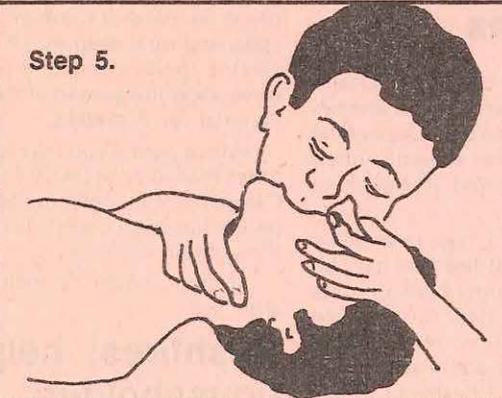
Step 3.



Step 4.



Step 5.



unfit and exercising at a level that is too strenuous for your level of fitness, then heat exhaustion is likely to result.

If it happens to someone you are with you may have to act quickly. In severe cases get the person to a doctor. Remove the affected person to shade (out of the box!), loosen tight clothing and give plenty of fluids. Lay the person down, make them comfortable and reassure

them. Keep them cool by fanning or sponging with a wet cloth or towel.

If they are already unconscious, or lapse into unconsciousness, check the breathing and heart beat and if stopped, start resuscitation procedures immediately, and continue until trained medical assistance arrives.

Do not give fluids to an unconscious person.

If the chest does not rise and fall there is still a blockage in the airway. Clear the mouth and start again.

Repeat steps 4 and 5 for as long as it takes to restart the breathing or until qualified medical help arrives.

Rate of breathing. The first three or four breaths are given fairly rapidly to get the casualty's lungs inflating and deflating and to supply much

needed oxygen to the blood. Following breaths will be delivered slower. For an adult this should be at the rate of about 10 per minute; a child will be faster according to age and a baby will be faster again; about 20 per minute.

Care must be taken with babies and very young children that the chest is not over inflated. A puff

rather than a blow may be more appropriate.

When breathing has recommenced turn the person carefully into the coma position (see illustration). Keep warm and reassure them that help is on the way. If your patient became unconscious because of heat exhaustion give fluids as soon as they are able to drink.

— AUTHORITY as a contribution to safe and enjoyable summer leisure.

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WATER SAFETY

Rivers and lakes

The hazards of swimming in unknown waters, such as rivers or lakes, can be reduced if you are aware of their hidden dangers:

- under water snags
- rocks just below the surface
- uneven bottom and deep holes
- strong currents
- sudden rises in water level
- low water temperatures

When you swim in rivers or lakes exercise extreme care and remember the following safety points:

- enter the water carefully, only diving when you have checked that the water is deep enough and that there are no rocks under the water
- swim and use rafts, canoes, and rubber floats within your depth
- stay upstream of booms across the river. These warn you of a nearby weir or rapids
- observe all warning signs that indicate, for example, depth, no swimming, rapids, etc.
- keep all children under close surveillance
- avoid entering any river waters if you are a non-swimmer.

Rescue methods

All people can assist in the rescue of a swimmer in trouble. However, the method selected by a rescuer will depend on their swimming ability and training, and the situation with which they are faced. The following chart outlines rescue methods which you could use in various situations.

Reach: If the swimmer is close to the edge of the water, use an extended arm or leg, a branch, an oar, a pole or fishing rod; flick out a towel or article of clothing; or form a human chain grasping wrists securely.

Throw: If the swimmer is beyond the normal or extended reach of the rescuer, use a buoyant object as a floating aid, for example, a beach ball, a kickboard, a plank, or a rubber mattress. Throw a rope with a lightweight buoyant object tied on securely so that the swimmer may be pulled to shore.

Go: If the swimmer cannot be reached by the above methods, is unconscious, or other help is required: wade and/or swim to the person in trouble, or take a floating aid to extend reach, then tow to shore, placing the aid between the rescuer and the struggling swimmer. Use a contact rescue, for example, chin or hip tow as a last resort.

Row: If the swimmer is in deep water, use a boat, canoe or inflatable raft.

Know: If the swimmer is back on land before medical help arrives, use artificial respiration techniques: mouth-to-mouth resuscitation and external heart massage (see below), and if necessary, telephone the emergency number 000.

For further information contact the Royal Life Saving Society of Australia, ACT Branch, Olympic Pool, Canberra City, telephone 488404.

BUSHFIRE SAFETY

How you can help

Each summer Australia faces the threat of bushfires. However, there are a number of ways you can help: by following safety regulations; by keeping your house safe; and by knowing what to do during a fire.

Bushfires: general regulations

In the ACT the official fire season begins on 1 November and finishes at the end of February. Depending on the weather this season is often extended to the end of March or early April.

On days of very high to extreme fire danger a **total fire ban** may be declared. You cannot light any fires during a total fire ban. The bans are notified in the press, on the radio and on TV. If you are in any doubt, telephone the ACT Bushfire Council (462344) or ACT Fire Brigade (955711).

At other times during the fire season you may light fires if you follow certain **safety procedures**. Provided there is no total fire ban in force you may light a fire in a built-up area by:

- using a properly constructed incinerator designed to prevent the escape of sparks
- using a properly constructed BBQ (including LP Gas and electric units) provided you clear the ground of flammable material **3 metres** around the fire

- burning heaps of household rubbish between 7pm and 7am provided you clear the ground of flammable material **4.5 metres** around the fire.

In rural areas of the ACT you may only light a fire in an approved fire place, unless you obtain a permit (free of charge) from the Bushfire Council.

You will find approved fire places in many of Canberra's picnic spots and rural districts. LP Gas and electric appliances may also be used if you clear the ground of flammable material for **3 metres**.

With a permit you may light a fire other than in an approved fireplace. Campfires can only be lit after a permit has been issued. This applies throughout the year.

All fires should be extinguished after use.

Bushfires: help by householders

As a householder you can help in preventing fires by tidying up areas that surround your home.

- keep wood heaps away from fences
- remove combustible material, such as compost heaps, paper, building materials, garden prunings
- clear gutters and other roof areas free from leaves
- keep lawns and nature strips mown short and well watered.

People who live adjacent to or near public land or open spaces are

encouraged to mow **beyond** their property line. Whilst the Department of Territories, the ACT Bushfire Council and the ACT Fire Brigade do their utmost to protect these areas, the support and assistance of the community is vital.

You can also assist in reducing fire risks if your block backs onto a parkland by keeping the fence line clear from combustible debris throughout summer.

Bushfires: What to do in an emergency

You should never assume that someone else has reported a fire. Your report may be the first, or it may give a more accurate location of the fire than an earlier report. If you report the fire quickly you may assist in controlling it before it begins to spread.

- If the fire is outside the built-up area telephone the ACT Bushfire Council 46 2344 or ACT Fire Brigade 000 (emergencies) or 95 5711
- If the fire is inside the built-up area telephone the ACT Fire Brigade 000 (emergencies) or 95 5711.

If you are in a car and a fire threatens you:

1. Stop away from the heaviest vegetation.
2. Put the headlights on and turn the ignition off.
3. Do not leave the car.
4. Wind up the windows and close the air vents.

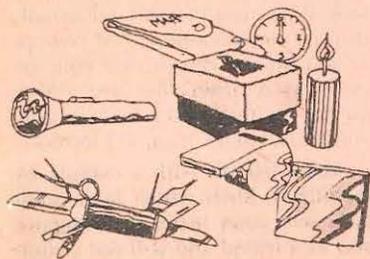
- Lie on the floor, covering yourself with rugs if possible.
- Stay in the car until the main fire passes.
- Do not drive through dense smoke.

If you are in a house:

- Close all the windows and doors.
- Block any gaps beneath the doors.
- Stay in that part of the house away from the approaching fire.
- If there is enough time, fill the gutters with water and hose down the wall on the danger side of the house.
- After the main fire passes, inspect the house to see if any small fires have started.
- If the house is alight and you cannot extinguish the fire, move to the burnt ground outside.

If you are on foot:

- Do not run uphill, or away from approaching fire.
- Do not run through a fire front unless it is small (about 1 metre deep with flames about 1 metre high)
- Choose an open space.
- Clear away flammable material as much as possible.
- Lie face down, as low as possible.
- Shelter in surface water if available but do not use elevated tanks.
- Cover all exposed skin surfaces.



Keeping safe in the bush

Stage 1: Preparation

Planning to go into the bush this summer? Then how about some forward planning. Your preparation may save your life.

Recognise your limitations and remember that a bush kilometre is a different proposition to a map kilometre.

Travel in a party of four. This allows one or two to go for help in an emergency. Avoid going into rough or unfamiliar country alone.

Second, you should give details of your trip to your parents, police, or rangers. Wear long trousers and sweater, strong boots and a waterproof coat (with hood); take a change of clothes, food, water, sleeping bag (and tents if going overnight or into mountainous country) and a safety kit.

The kit you carry should contain:

- A map and compass
- Waterproof matches in a waterproof container
- Solid fuel firelighter or candle end
- A whistle
- A mirror for emergency signaling
- A small notebook and pencil
- A knife or other sharp instrument
- An orange material marker panel (edges sewn for use as a stretcher top).
- A cup, or container, water sterilisation tablets
- A first aid kit
- A torch

Stage 2: The Trip

Whilst on the trip the pace of the party should be regulated to suit every member. The leader should

not strain weaker members by setting a fast pace over rough country. Rest periodically.

Always try to be aware of rate of progress and direction of travel by frequent reference to map and compass, or to the position of the sun when visible.

Mountain areas are prone to sudden changes in weather conditions and danger of death from exposure is an ever present hazard.

Signs which could lead to death from exposure are:

- Loss of muscular power
- Staggering
- Mental and physical lethargy and loss of judgment
- Change of personality
- Slurring of speech
- Vision defects

As soon as any of these signs of exhaustion become apparent the whole party should immediately pitch tents and put the victim into the warmth of a sleeping bag in a tent before the body loses its ability to keep itself warm.

Stage 3: If You Get Lost

Don't panic! Sit down and try to plan logically the best route to safety.

Mark the route you take by breaking green twigs, scratching arrows in the ground showing direction of travel, placing stones on logs, making footprints in mud or affixing pieces of paper to tree branches. Leave a dated note at each camp or fire site, indicating the direction you

are taking next, and the names and physical conditions of party members.

Do not walk at night, in sleet, snow or fog; make as sheltered a camp as possible and light a fire before exhaustion sets in. Await the arrival of daylight or searchers.

A smoky fire will always attract the attention of forest rangers, or of searchers in aircraft or on the ground.

Stage 4: Air Searches for Lost Persons

Light aircraft are an important aid in searches for lost persons in the Australian bush.

To avoid misunderstandings only use the ground-to-air code described below.

Do not make any signal to aircraft unless in distress or searching.

The pilot will indicate that ground signals have been seen and understood by rocking the aircraft from side to side.

The pilot will indicate that ground signals have been seen but not understood by making complete right-hand circuits (when viewed in the direction of flight).

- Lay out these symbols exactly as shown by using brightly coloured ground sheets, clothing, sleeping bags or wood.
- Try to provide as great a colour contrast as possible between the material used for the symbol and the ground.
- Make the symbols 2.5 metres in length, or more.
- Expose the ground if it is snowing.

In addition to using these symbols, try to attract attention by means of smoke signals, flares, mirrors or movement.

I	REQUIRE DOCTOR	LL	ALL WELL
II	REQUIRE MEDICAL SUPPLIES	N	NO
F	REQUIRE FOOD AND WATER	Y	YES
K	INDICATE DIRECTION TO PROCEED	JL	NOT UNDERSTOOD
↑	AM PROCEEDING IN THIS DIRECTION	NN	NOTHING FOUND CONTINUING SEARCH

SNAKES

What would you do if you saw a snake?

The safest thing to do is avoid it. Snakes are naturally shy of humans which are a threat to them. Their first form of defence is to move away from danger. They will not deliberately chase humans but if provoked or cornered they may attempt to bite. Snakes are protected in all States and Territories of Australia and may not be killed unless they threaten life.

Spiders

In the urban areas of ACT the two most common spiders dangerous to humans are the black house spider and the common redback. Black house spiders can be found around eaves and gutters and can give a painful bite. Redbacks can be found around garages, downpipes and in garden debris. Its bite is painful and could lead to hospitalisation. Minimise threat of spider bite by keeping those areas clean and wearing work gloves.

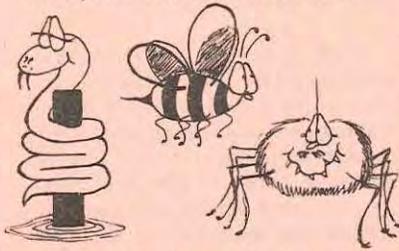
Native to the ACT, large shiny black funnel-web spiders are highly aggressive. They build web-lined burrows, in soil under stones and logs or in rotting wood pulp in logs and trees. All bites should have medical treatment. Although local species are not yet known to be deadly to humans, it is safest to assume that all species are as venomous as the Sydney funnel-web.

Treatment of snake and spider bites

Snake and spider bites should never be treated lightly as there are some particularly venomous species around Canberra.

Snake and insect venoms may affect the muscles or nervous system. Therefore the first consideration in treatment is to slow down the entry of venom into the bloodstream. Physical and emotional activity will speed up the absorption of the venom, so **LAY THE CASUALTY DOWN AND TRY TO KEEP THEM CALM.**

Make a firm pad to cover the immediate area of the bite and bind it firmly in place with a bandage, scarf or strips of torn up clothing. The pressure will reduce the rate of absorption into the bloodstream.



If the bite is on a limb (arms or legs), splint the limb to stop it moving and either call an ambulance or, if out in the bush away from medical help, carry the casualty to the nearest point where help can be called.

If bitten on the torso apply the pressure pad but do not bind so tightly as to restrict breathing. If the bite is on the head or neck do not apply pressure at all.

DO NOT SUCK OR CUT THE BITE or APPLY A TOURNIQUET TO A LIMB.

TRY TO IDENTIFY THE SNAKE OR SPIDER. Note markings, colour, head shape, length or size. Don't waste time trying to catch it — you may get bitten yourself. Your observations may assist a doctor to select the right antivenene.

THE EUROPEAN WASP

The European Wasp, recently introduced into Australia, is an aggressive insect predator.

In urban areas the wasps become scavengers, their nesting and foraging habits bringing them into close contact with humans. If provoked or their nest is disturbed the wasps will attack and sting.

The European wasp can sting many times, unlike the honey bee which dies after stinging once. Stings can be very painful and cause considerable swelling. A sting in the mouth or throat can cause swelling and breathing difficulties, and possible choking. Seek immediate medical attention in this instance.

Some people experience acute allergic reactions to wasp stings, swelling up with severe pain and irritation. These symptoms usually develop quickly and medical help should be sought, especially if bitten on the head or neck. The application of ice or cold water may relieve the pain and swelling.

If a person develops a severe asthma-like reaction on a bite and stops breathing, start mouth-to-mouth resuscitation at once. In severe cases heart failure may occur.

With all bites and stings gently wash the bitten area, away from the bite to remove any venom that is on the skin surface.

European wasps are attracted to sweet food and drink, meat and fruit, so they may invade your family barbecue or picnic. It is possible that they may enter drink containers or alight on food when you put it in your mouth, and sting your mouth, neck or hands. Do not leave

drink cans unobserved; drink from glasses or through a straw to reduce the risk of being stung in this manner.

The wasp is about the same size as a honey bee, but has more conspicuous yellow and black markings across the body. Their nests are always underground or hidden out of sight in wall and roof cavities, compost heaps or tree trunks.

Notify the ACT Parks and Conservation Service on 884211 of any sightings or incidences of stings so that the wasp's nest can be sought out and destroyed. If you find a nest **DO NOT TRY AND DESTROY IT YOURSELF.** You would almost certainly end up a casualty with multiple stings.

Treatment of bee stings

One of the introduced honey bee species we normally encounter, only queens and workers have stings. A bee can only sting once; it leaves the sting and part of its abdomen in its victim. The sting consists of darts and ducts with a mechanism for sending venom down the ducts into the wound.

Most people have no great reaction to a bee sting, except pain and irritation, however some people are highly sensitive to bee stings and their reaction to each successive wound can become more severe.

Seek medical attention immediately if blistering or swelling occurs away from the sting area, or if any difficulty in breathing arises. Just one bee sting can be lethal to a person with a high degree of sensitivity.

Remove the sting as soon as possible by either carefully brushing it

aside or by lightly scraping it out with a sharp knife blade or fingernail. A piece of sticky tape across the bite may remove it when pulled off. Never squeeze or pull out the protruding sting with your fingertips or tweezers as this is likely to release additional venom to the wound, and a painful reaction may follow.

People usually react to bee stings with localised swelling. Avoid rubbing the sting area to minimise aggravation. Gently wash the area to remove any venom left on the skin. Apply an ice-pack to the wound to help prevent the spread of venom.

For allergic reactions consult a doctor or pharmacist about supply of antihistamine tablets such as Avil, Polaramine, Phenergan and the use of Stop Itch and Stingose.

MAGPIES

Have you ever been attacked by a Magpie?

Magpies defend their nesting territory by swooping, beating their wings, clacking their beaks or occasionally by pecking. This usually lasts for only 5 weeks for a breeding pair of birds, generally around October.

The best way to minimise the threat of magpie attack is to avoid the nesting area. If this is not possible wear a hat or carry a stick or umbrella above your head. Try to look at the magpie. This will usually stop it from swooping. If it swoops at you do not run or ride your bicycle away from the area. Walk quickly or push your bicycle until you are out of the magpie's territory.

Make friends with a magpie by feeding it. Birds which feed regularly will soon learn to recognise you as a friend and will not swoop you or your neighbours.

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UPDATES TO PHONE NUMBERS & OTHER OUTDATED INFORMATION

(Correct as of 15/12/2011)

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Building permits: 6207 1923 or http://www.actpla.act.gov.au/topics/design_build

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Agency	Phone Number
ACT FIRE BRIGADE TTY	133 677
CHILD PROTECTION SERVICES	
Office Hours	1300 556 729
After Hours	1300 556 729
ELECTRICITY (ACT ONLY)	131 093
NATURAL GAS	131 909
HOSPITALS	
Canberra (Woden)	6244 2222
Calvary	6201 6111
Queanbeyan	6298 9211
POISONS INFORMATION CENTRE	131 126
ACT EMERGENCY SERVICE (Wind/storm damage)	132 500
WATER, SEWERAGE,	131 193
STORM WATER, LAKES, ROADS AND BRIDGES	132 281
TELEPHONE INTERPRETER SERVICE	131 450

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Royal Life Saving Society – Australia (ACT): 6260 5800 or <http://www.royallifesaving.com.au/www/html/185-act-website-home-page.asp>

ACT Bushfire Council: 6207 8609 or <http://esa.act.gov.au/actrfs/learn-about-us/act-bushfire-council/>

ACT Fire Brigade: 6205 2927 or <http://esa.act.gov.au/actfr/>

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The following visual signals are the current internationally recognised ground-to-air signals. They are authorised for use in the Australian Search and Rescue.

Number	Message	Code Symbol
1	Require Assistance	V
2	Require Medical Assistance	X
3	Proceeding in this Direction	→
4	Yes or Affirmative	Y
5	No or Negative	N

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Parks and City Services: 132 281 or <http://www.tams.act.gov.au/play/pcl/pestsandweeds/wasps>