



**Stay
On Your
Feet WA[®]**

e-Bulletin

Nine Steps To Stay On Your Feet[®]

Be Active

Manage Your Medicines

Manage Your Health

Improve Your Balance

Walk Tall

Foot Care and Safe
Footwear

Regularly Check Your
Eyesight

Eat Well For Life

Identify, Remove and
Report Hazards

ISSUE

05

OCTOBER
2010



Community Safety Month logo has been used with the permission of the VSCN

October is Community Safety Month!

Held in October each year, the month aims to promote awareness about a broad range of community safety issues, including personal safety, road safety, suicide prevention, emergency management, safety in public places, safe work practices and many more. Community Safety Month (CSM) is a nationwide campaign, and is an opportunity to take part in activities and events and learn how to make local communities safer places to live and work.

CSM aims to engage the community and encourage participation in safety events held throughout the month. During this month, there have been events and programs run across the country to help remind all community members to be more safe aware. Events and safety activities have been organised by local community groups, schools, councils, businesses, government agencies and departments, to encourage all people to take steps towards enhancing their safety and the safety of their community.

Seniors Safety is a major topic for CSM, with many local councils running workshops around this topic. Stay On Your Feet WA[®] has a number of presentations booked this month to discuss falls prevention, as part of the larger issue of safety amongst seniors.

Many fabulous organisations and community groups across WA are already involved in innovative programs, aimed to improve safety and prevent injuries in their community. Involvement in CSM is a creative and fun way to highlight the good work you, and your organisation or community group already do. Community Safety Month is celebrated Australia-wide and there is scope for your good work to be recognised nationally. There is a direct link to the WA CSM webpage and Calendar of Events on many organisations' web pages.

More information can be found on the Injury Control Council of WA's (ICCWA) website: <http://www.iccwa.org.au/community-safety-month>

this issue...

October is Community Safety Month!

Mobility Scooter Accidents

Stay On Your Feet[®] Week Round Up

Stay On Your Feet[®] Resource Information Centre

Diary Dates

Mobility Scooter Accidents

Hundreds of older people go to hospital each year suffering head wounds and fractures of the face, leg and hip resulting from mobility scooter accidents.

The Australian Competition and Consumer Commission has produced an informative resource titled 'Help cut mobility scooter accidents' which can be accessed online at:

<http://www.accc.gov.au/content/index.phtml/itemId/945577>



The document provides important safety tips for seniors when using mobility scooters. Please feel free to pass on these tips to your senior clients and/or patients who use mobility scooters. Below are some safety tips for seniors which are outlined in the document.

Safety Tips

Ensure a mobility scooter is a safe choice

Driving a mobility scooter requires very good hearing, sight, strength, coordination, balance and concentration. Before purchasing a mobility scooter, ask a doctor or occupational therapist to check that you can: steer and control the mobility scooter, hear pedestrians and vehicles, judge distances, recognise hazards, sit for long periods, concentrate for long periods and be able to react quickly to sudden changes, and get in and out of the mobility scooter without falling.

Choose the right mobility scooter

Three-wheeled scooters – are lighter and are suitable for indoor use as they are easier to manoeuvre.

Four-wheeled scooters – are suitable for travelling to the shops or to get around in the community.

Suppliers will be able to suggest the most appropriate model for your needs.

Have a test run and training

Before buying a mobility scooter, have a test run to ensure you have the strength, control and confidence to use it. Many suppliers and local councils provide training. Mobility scooters should be purchased from an ethical, authorised supplier who provides pre-sale advice, basic training and after-sales service.

Remember to check with the supplier that the mobility scooter has been properly listed on the Australian Register of Therapeutic Goods.

“Sixty-two Australians – mostly in their 70s, 80s and 90s – have died from mobility scooter accidents since 2000”

Be seen

Attach a reflective flag to the mobility scooter that is high enough for motorists and cyclists to see, and wear brightly coloured clothes at all times. Display a white light at the front, a red light at the back and reflectors for times when there is less daylight.

Don't drink and drive

Research shows serious injuries and death have resulted from situations where mobility scooter drivers were under the influence of alcohol.

Wear a safety helmet

Head injuries are a common result of mobility scooter accidents – it is recommended to wear a helmet for protection.

Continued from Page 2...

Travel at the right speed

Mobility scooters must not travel at more than 10 km per hour. Be cautious when travelling in a crowded area and always travel at the lowest speed possible to avoid accidents.

Where possible, stick to the footpaths – only ride roads as a last resort

Under the law, people using mobility scooters are pedestrians and are expected, as far as possible, to stick to the footpaths. Plan trips using routes where you know there are footpaths and the streets are quieter. Only use roads as a last resort.

Road rules requirements

Weight requirements for a mobility scooter varies from 110kg to 150kg across Australia. Check the relevant weight requirement for your state or territory with the local road traffic authority.

In all states and territories (except Queensland) a licence, registration or insurance is not needed for a mobility scooter, providing it meets the relevant weight requirements and does not travel faster than 10 km per hour.

Only cross roads at pedestrian crossings

Wait for the green light before crossing and if crossing at flashing lights or at a zebra crossing, wait for motorists to stop before proceeding. Even if a motorist or cyclist is in the wrong by not stopping, waiting for them to pass is better than ending up in hospital.

Watch out for vehicles leaving and entering driveways

Never assume you can be seen. It's better to slow down, stop and let them pass first.

Adjust to driving conditions

Slow down and if necessary stop when you are near pedestrians or cyclists, travelling up or down ramps, on rough terrain, and near driveways or in carparks.

To avoid tipping over when travelling up and down ramps always drive as straight as possible and do not drive on slopes and ramps that are too steep.

Keep the load down

Avoid tipping over by not carrying too many parcels. Do not take passengers, scooters are only designed to carry one person.

Ensure you can see

Do not load scooters with parcels that block your view. If glasses are needed to see distances, always wear them when driving a scooter.

Reference:

Australian Competition and Consumer Commission 2010, Help cut mobility scooter accidents, ACCC, Canberra,
<<http://www.accc.gov.au/content/item.phtml?itemId=945577&nodeId=3a3afb68f53606b4e09739c66e77b699&fn=Help%20cut%20mobility%20scooter%20accidents.pdf>>.

Have Your Say...

To write a response or comment about this article, please email:

[Stay On Your Feet WA®](mailto:StayOnYourFeetWA@accc.gov.au)

Do you like what you see?

What are your thoughts on this edition of the e-Bulletin?

Please fill out this quick and easy 1-minute [Survey](#)

Check out these websites

Click on the links:

[WA Health Networks](#)

[Stay On Your Feet WA® Website](#)

[ICCWA Website](#)

[Online Publication Order System](#)

[Falls Prevention Model of Care for the Older Person](#)

Stay On Your Feet® Week 2010 Round Up

Stay On Your Feet® Week aims to promote healthy active ageing in WA and raise awareness within the community that falls are preventable and not a consequence of ageing. The Week promotes the Nine Steps To Stay On Your Feet® which are positive steps people can take to reduce their risk of having a fall.

ICCWA, with support from the Department of Health WA, coordinated this year's Stay On Your Feet® Week from the 12th to the 18th of September. Twenty falls a day are being prevented in WA. Hence, the key message for this year's Stay On Your Feet® Week was 'Falls we can BEAT with Stay On Your Feet®!'

The Stay On Your Feet® Week launch was held on Sunday 12th of September at Butler Community Centre. Satterley Property Group partnered to support the launch event. Dr Simon Towler, WA's Chief Medical Officer officially opened the Week.

Health services throughout the metropolitan area converged on Butler to promote falls prevention activities by following the Nine Steps To Stay On Your Feet®. Positive feedback was received by the participants that attended the day, with many testing their balance and collecting information from the stall providers. The demonstrations were a highlight with many observers tapping their toes, while braving the cold winds. Comments received included "Had a really good afternoon!" and "Need more like this – well done."



Dr Nicholas Waldron, Consultant Geriatrician, and Ned Martino, the Stay On Your Feet® Week community ambassador, at the Launch.

Sixty-four community groups throughout the state received funding from the Department of Health WA and ICCWA to hold an event during the Week that promotes healthy and active ageing. Other events were also scheduled by organisations who did not receive funding. We were able to assist such organisations by advertising their event on our website, issuing a Communication Kit and providing a number of resources and merchandise. The launch was the first of 108 events being held during the Week.

During the Week, ICCWA also organised presentations for the six ICCWA Mall Walking groups and local community members. The presentations were conducted by health professionals, each being one of the Nine Steps To Stay On Your Feet®.

Stay On Your Feet® Week 2010 has been a great success, with many comments being received from the various organisations that held events in their areas. A large amount of media has been picked up from all regions regarding these events.

Stay On Your Feet® Resource Information Centre

The Stay On Your Feet® Resource Information Centre is the single point of access for consumers and health professionals who wish to access information and tools on falls prevention. If your business or organisation provides services or information specific to falls prevention and you would like to be registered on our falls referral database, contact the **Resource Information Centre on 9420 7212**, or email your contact details to soyfa@iccwa.org.au.



Have an Event Coming Up?

To include your event, contact:

[Stay On Your Feet WA[®]](#)

ICCWA Contact Details

City West Lotteries House
2 Delhi Street
West Perth 6005






Telephone: (08) 9420 7212
Fax: (08) 9486 7955

Email:

[ICCWA](#)

[Stay On Your Feet WA[®]](#)

Diary Dates

October		
1-31	Community Safety Month Injury Control Council of WA http://www.iccwa.org.au	
25-27	"Society, Regulators and Health Providers: a clash of expectations?" The National Forum on Safety and Quality in Health Care National Convention Centre Canberra, ACT http://sapmea.asn.au/conventions/forumsqhc2010/downloads/Forum_SQHC_2010_Program.pdf	
November		
31 Oct-7 Nov	Seniors Week http://www.communities.wa.gov.au/AwardsEvents/Events/Pages/SeniorsWeek2010.aspx	
3	Have A Go Day Seniors Recreation Council of WA Inc. Time: 8.30am to 3pm Location: Burswood Park Contact: Dawn Yates on 9492 9773	
3-6	Australia's Premier Primary Health Care Forum Australian General Practice Network Perth Convention Centre http://www.gpnetworkforum.com.au/2010	
21-23	4th Australian & New Zealand Falls Prevention Society Conference Dunedin, New Zealand http://www.otago.ac.nz/fallsconference/index.html	
23-24	Aboriginal & Torres Strait Islander Healthcare 2010 Implementing a 'strength-based' approach to healthcare Citigate Central Hotel, Sydney http://www.indigenoushealthcare.com/	
December		
8-9	Embracing Change in Community Care - WA Home and Community Care (HACC) Conference Burswood Entertainment Complex, Perth http://communitywest.com.au/CommunityWest-News/General-News/call-for-papers.html	
May		
5	WA Health Falls Prevention Summit The Esplanade Hotel, Fremantle. More details to come.	

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