



## **Application to Become a Member of the International Safe Community Network**

### **A Safe Community**

#### **Introduction**

In order to become a Safe Community, the municipality has to follow six international indicators regarding organization, programmes, ways of working and also documentation and evaluation of the injury prevention work.

This application presents the injury prevention work in the municipality of Smedjebacken according to the six indicators.

The indicators applicable to International Safe Communities have been drafted by WHO Collaborating Centre on Community Safety Promotion.

A Safe Community must have:

1. An infrastructure based on partnership and collaborations, governed by a cross-sectional group that is responsible for safety promotion in their society.
2. Long-term, sustainable programmes covering both genders and all ages, environment and situations.
3. Programmes that target high-risk groups and environments and programmes that promote safety for vulnerable groups.
4. Programmes that document the frequency and causes of injuries.
5. Evaluation measures to assess their programmes, processes and the effects of change.
6. Ongoing participation in national and international Safe Community Networks.

The municipality of Smedjebacken intends to follow the indicators for Safe Communities drafted by WHO Collaborating Centre on Community Safety Promotion, but the concept of Safe Community will affect all different parts of our work.



## **Background**

In 1990 Smedjebacken was appointed to become one of the first eco- municipalities in Sweden and has since many years been working for a sustainable development. The local Agenda 21 work is based on five corner-stones. Three of them can now be the basis of the injury prevention work in order to become a Safe Community.

The three counter-stones are:

- To protect social solidarity and safety
- To make every one participate
- To find ways of realisation

The survey plan, approved by the municipal council in 2003, frames the vision of the future:

**Smedjebacken is going to be a municipality with potentialities, providing the best living conditions in Middle-Sweden.**

This vision implies that Smedjebacken will manage to provide very good living conditions in all areas to its citizens. This means attractive housing environments, a dynamic and differential trade and industry, a good nursery and compulsory school, good possibilities to further studies, safety when illness occur, a good working geriatric care, good availability for outdoor life and cultural experiences, good communications and an ongoing good environmental work in the spirit of eco- communities.

By becoming a Safe Community, we will begin to carry our vision into effect.

## **The municipality of Smedjebacken**

### *History*

The history of the municipality is strongly associated with iron industry. As early as in the 12<sup>th</sup> century, ore from the mines were smelted to pig-iron in the foundries. There used to be about 50 mines and as many foundries within this area. Traces of the old mining industry can still be found.

### *The present situation*

The municipality of Smedjebacken shows great attraction in the rich nature, interesting settings, a beautiful scenery with many quite big lakes and a well developed fundamental service. The valley of the Barken lakes with the population centres Smedjebacken, Söderbärke and Vad provide many beautiful housing environments and quite good communications. The population centres Harnäs and Hagge are situated near the Ludvika border.

During several years, the municipality has suffered from a considerable population decrease and financial problems.

The financial problems have been solved and the municipality has had sound finances during the last years.

On Dec. 31. 2005, there were 10 8181 inhabitants in the municipality. From 1990 to 2005, there has been a population decrease with 2 430 persons or 18 %. One must notice that the reason for that is less persons moving in instead of more persons moving out. In 2005, almost all of the population decrease is related to the fact that the death-rate is higher than the birth-rate.

## **The indicators**

In order to become a Safe community, the municipality has to follow six international indicators regarding organization, programmes, ways of working and also documentation and evaluation of the injury prevention work.

### **1. An infrastructure based on partnership and collaboration, governed by a cross-sectional group that is responsible for safety promotion in their community**

In order to fulfil the municipal intentions with a Safe Community, it is very important to engage different participants in the municipality and to erase interest and awareness aiming at mutual solutions.

## **Methods**

The methods are four:

- Information
- Education
- Measures
- Follow-up

## ***Information***

The aim of the injury prevention work is mainly to erase awareness of injury risks in the municipality and in the county council, among individuals, in associations, enterprises and organizations. Spreading the information in different forums will be an important task.

Verbally in large and small groups

In fairs and exhibitions

- In writing through reports and official letters
- Through mass media

## ***Education***

Education is a central part of the work. We focus on education now and in the future. Target groups for our education are personnel of the child welfare, of the elderly care system, of the psychiatry, parents, pupils, and personnel at school, leaders in sports associations and in associations for senior citizens. This education will be done in order to increase the awareness of injury risks and safety.

## ***Concrete measures***

Both situational and social – going from light fittings to parents`groups. Many measures are being carried out by existing collaboration groups.

## ***Follow-up***

A continuous follow-up referring to injury statistics, results and processes. Routines of reporting will be secured.

## **Organization**

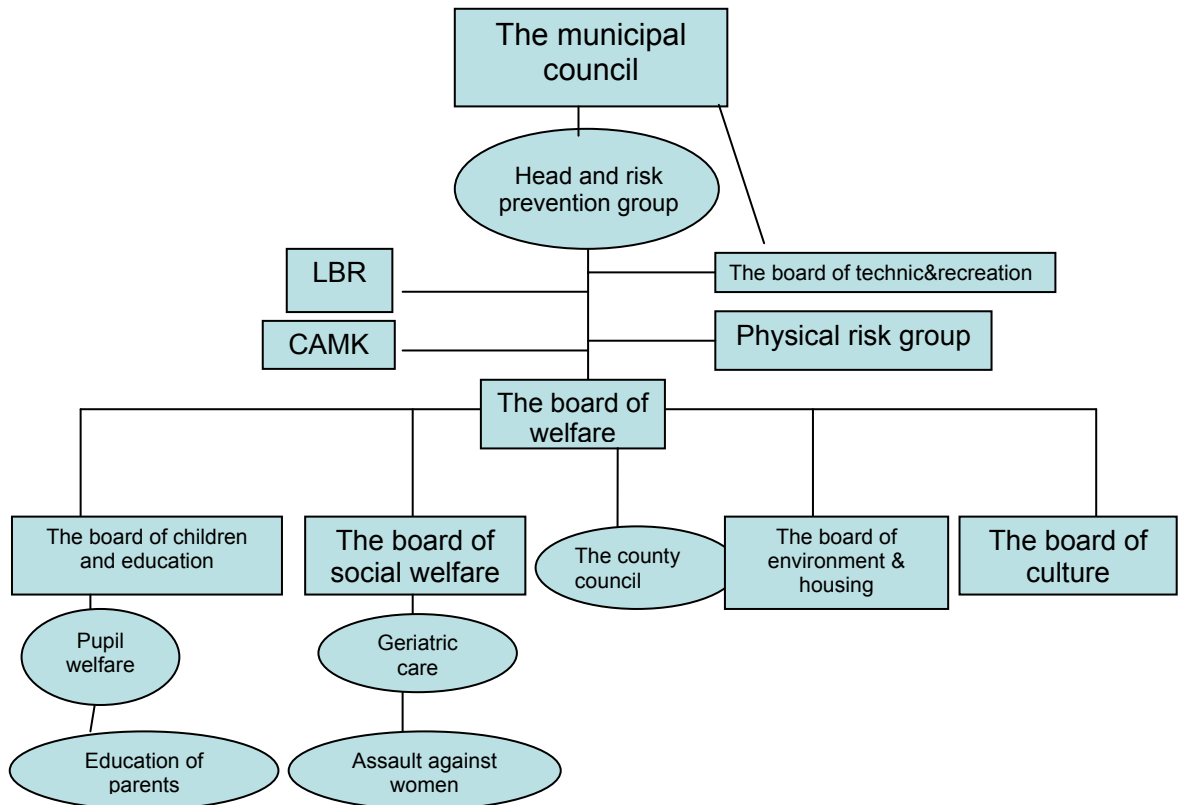
In 1990, a local health board was established. This was a cross-sectional group representing officials from various parts of society. In the same year the first public health planner of the county council was employed in Västerbergslagen (Ludvika and Smedjebacken). In 1994, the first public health programme was approved by the municipal council, and a political managerial group for public health was set up.

In 2001, the present health promotion programme was approved by the municipal council. One aim is that Smedjebacken should become a Safe Community for living and working, and that injuries in all ages will be prevented. The municipal council has the overall responsibility for public health promotion and also for the aim of becoming a Safe Community.

In spring 2004, a welfare board was established. Participants are decision-making politicians and liable officials from the municipal council and the county council. The welfare council is responsible for all accident and injury prevention in the municipality of Smedjebacken. The local municipal commissioner is the chairman of the board and the administrative director is the secretary. The public health planner is attached to the welfare board and is being responsible for implementing the accident and injury prevention programmes.

The injury prevention programme is integrated in most of the public health purposes. In the injury prevention work there are also groups with different focus.

## Organisation schedule



There is also a form for injury prevention work and a supporting exchange and collaboration in Västerbergslagen (the municipalities of Ludvika and Smedjebacken).

### *A permanent organization:*

**Safety and risk coordinator** is a new post, starting from Jan.1, 2006, working systematically with physical risks, but also with education of staff and others, for example in systematic fire-protection work. This official is to take part in the welfare council, the risk prevention group and in most other groups. This is meant to be a uniting, supporting and interacting factor. The official plays an important role in being the engineer who directs the efforts towards overall solutions to create a Safe Community.

**The board of technical and recreational activities**, directly under the municipal council, has three members plus officials from the different spheres, submitting the reports. They are dealing with matters regarding streets, roads, housing, sports centres and recreation areas.

**The risk prevention group** – the administrative manager, the safety and risk coordinator and the leader of the technical committee form the risk prevention group in the municipal sector – they deal with "hard and soft problems". The aim of this solution is using already existing groups with different tasks instead of creating new groups. A smaller group of technical staff makes the practical work – locks, alarms etc.

The municipal **Crime Prevention Council=LBR** is a cross-sectional group working against damage and crime. The council has representatives from business leaders, the police, the municipality and from real estate companies. It is subordinated to the municipal council. The council is working with social and situational prevention.

**The Elderly Safety Group** is working with safety matters for elderly people. This is a cross-sectional group with representatives from the municipality, the county council, the police and from senior citizen organizations.

**Children and Youth Safety** are being focused by several groups and among different professions; for example:

- school-the family unit of the social welfare
- education of parents
- sports teachers, the public health planner, the rescue service and the pupil welfare
- the pupil welfare and the public health planner have given priority to the pupil welfare and the way they work.

The municipalities of Ludvika and Smedjebacken and the county council participate in a Children and Youth Forum, which always have questions of damage, drugs and the health of children and youth on their agenda. Both politicians and officials take part in the group.

**Sports Safety**, a group with representatives from the youth office, the recreation office, SISU- sports developer and the public health planner.

**A Group against Women Assault** - since 1995 there is a group against women assault. This group has representatives from the social welfare, the family guidance, the police, the children and youth psychiatric centre, the BVC – the child welfare centre and the district nurses, the midwife centre, the psychiatric centre, the church, the women emergency centre and the centre for crime victims. The group has made an action programme "*Women Assault*" Smedjebacken.

The action programme suggests how different authorities and organizations should work to be able to support and help women who have been assaulted. The aim of the programme is to reduce violence and assault against women in the municipality of Smedjebacken and to give education to the persons meeting those women. It is very important that assaulted women can get fast and secure help and the right support.

**The Triangle Project** (started in May, 2006) is a health care chain for vulnerable young people. It is collaboration between the IFO (individual and family care) in Smedjebacken and Ludvika and their joint upper secondary school, VBU. The aim of the project is preventing maladjustment of young people, who run the risk of developing drug problems or have a mental illness or neuro-psychiatric problems.

Furthermore, there are more forums being used for information of injury prevention work. Some examples are:

- "Consultation in the health care" is a committee where representatives from the county council and from the senior citizen organizations and from organizations of the disabled people meet and inform each other.
- The drafting committee of collaboration is a forum for the county council and the municipality.

## **2. Long-term sustainable programmes covering both genders and all ages, environments and situations**

### **Injury prevention work for grown-ups, 25 – 64 years old.**

#### ***Information***

- To keep open house at the fire-station before the Advent Sunday in order to inform about automatic fire alarms and how to use them. What kind of automatic fire alarms are needed at home?
- POSOM-group, acting supporting in case of crisis.
- LRF= The national Federation of Farmers organizes meetings giving information of safety in forests and on farms.
- A newspaper ”*Protection against accidents*” has been delivered to all households in April, 2006.
- An environmental annual is being distributed every year to all households, giving people tips about handling with chemicals, damage and injury prevention and hazardous waste.
- Current information and links can be found on the homepage of the municipality. mer.
- An information evening dealing with safety awareness without being scared. The police is responsible for this evening in collaboration with the municipality and SISU-sports educator. One learns how to avoid violent situations and to strengthen ones self-confidence.

#### ***Education***

The law on accident prevention puts focus on supporting individuals and society functions in their own prevention work against accidents. The rescue service offers education in fire protection and heart-lung rescue to trade and industry, to the county council and to the municipality. Information goes through the municipal homepage, local meetings and by word of mouth. About 200 persons a year learn how to do heart-lung rescue. About 100 persons a year take part in fire protection education.

Foremen and personnel categories in the municipality of Smedjebacken and in Ovako (the two biggest employers) have been educated by their employers in connection with a new municipal policy on alcohol and drugs.

An education evening, arranged by LRF (the National Federation of Farmers) with a safety walk on a farm, focusing especially on safety for children (Farmarbus).

## ***Measures***

THE RISK LINE -020-93 00 00 The National Public Health Institute and the SOS Alarm AB in collaboration with the municipality and the county council. This can be used day or night for information of dangers and risks in our environment or dangerous products in order to avoid accidents. The person accountable get informed of the danger and can take measures. The county council gives an annual report on this.

The Risk line is marketed through advertising, commercial products, direct information to the public, to schools and places of work.

During winter, the municipality is providing bags with grit for free at 15 places in the municipality. During the winter 2004-2005, about 25 tons of grit in 1,8 kilos bags were distributed by the municipality...

One can easily get the grit, and all people are being asked to be helpful and to take their own responsibility for safety prevention in the everyday life. The bags are being prepared and distributed by KOMHALL – a rehabilitation and occupational centre, in collaboration with the municipality, the employment office, the regional social insurance office and Samhall.

All of the animal breeders in the municipality are being checked and supervised according to the animal prevention law.

A veterinary surgeon controls the physical environment of the animal breeding, including safety matters for people. In 2004 we focused on sheep, in 2005 on horses and in 2006 on cattle.

## ***Follow-up***

Injury registration

## ***Furthermore***

The environmental and local housing committee has got an influence on the development within the physical planning. Guidelines and recommendations for forming the physical environment, the principal lines of the traffic system of populated areas and safety distance to disturbing or risky activities are some examples of their responsibility. They are also dealing with surroundings of housing areas, parks, streets and squares. The work will be directed towards traffic safety, reducing accident risks and crime prevention.

The management of the municipal environmental work affects all activities. The aim is to attain constant improvements within the environmental work. Questions of health and safety will always be dealt with, since they have a natural connection with the environment.

SBA – the systematic fire-protection work in all municipal spheres. Smedjebacken is the only municipality in the county, that has effected this to 100 % in 2005.

A walking route of 10 km in the centre of Smedjebacken is being made in order to encourage physical activities without injuries. The promenade is supplemented with two health tracks, where it is possible to test ones fitness.

### **3. Programmes that target high-risk groups and environment and programmes that promote safety for vulnerable groups.**

The main part of the injury prevention work is to be an integrated part in the ordinary municipal work.

The health political programme of Smedjebacken contains goals making Smedjebacken a Safe Community to live and work in.

Most accidents occur at home, in leisure hours, in sports or in traffic. Children, young people and elderly people are risk categories, where accidents occur in most cases. Focusing these categories can bring good results.

The categories mentioned below have been given priority, starting from the injury reports of the county council, research results, experiences made by us and others and political decisions.

- Children and young people
- Elderly people
- People at sports and leisure activities
- Road-users

#### ***Children and young people***

##### **Facts**

In Dec., 2005, there were 2 253 children and young people at the ages of 0 – 18 years, which makes 20,8 % of the total population in Smedjebacken. In the year of 2005, 199 injuries among young people in the municipality were registered at the emergency wards in the county. Most of them, 50,7 %, occurred at home or in the housing areas and 21 % occurred in sports.

##### **Aim**

The principal aim of the programme is to reduce injuries and accidents by 15% until 2012 and to reduce the mental and social consequences, but also consequences concerning national economy. The programme also wants to reduce the experienced mental ill-health among young people, especially among girls.

##### **Aim and direction**

- Road safety at schools and nursery schools.
- Club activities for all children and young people.
- To minimize the total risk factors and to increase the accessibility to prevention factors for children and young people at all levels.

The safety of children and young people must be the basis of the prevention work in all areas.

## **The injury prevention work and health-promoting activities for the ages 0 –14 years with information and education.**

### **Information**

**The child welfare care** gives information of risks and protective measures.

When the child is **0-4 weeks old**, the first conversation about accident prevention takes part. It deals with:

- The importance of a safe sleeping-place and a safe nursing-table.
- A safe sleeping-position for the child.
- How to use a pram for children and a car-chair safely.
- The risks with hot beverages.
- The temperature of the bathwater.
- The risks of suffocation and comforter.
- The tricks of elderly brothers and sisters.

The parents get literature/pamphlets:

- Non-smoking children.
- Small children are special, about safety for small children.
- Reduce the risk of sudden infant death.
- For safety's sake, advises on children safety at the ages of 0 – 12 months.
- Children in cars, how to protect your child.

When the child is **4-8 weeks old**, you remind the parents of the earlier information and talks about a safe car chair for the child, about baby carriers and risks that children put things into their mouths.

When the child is **2-5 months**, you inform of the following things:

- The design of the sleeping-place and the nursing-table.
- Toys, with accident and injury risks.
- By using a test cylinder, you inform of the suffocation risks.
- The risks of smoking – indoors and outdoors.

When the child is **6 months old** you inform of the following things:

- Follow-up of earlier information.
- Explanation of the risks when the child is moving, pulling down flat-irons, putting their fingers into points or putting things into its mouth. Risks of suffocation with small things; pea-nuts, plastic etc.

When the child is **7-8 months old**:

- Explanation of the risk of falling injuries, windows and stairs.
- Bicycle helmet.
- Time for a new child car chair.
- Fire injury prophylaxis.

When the child is **9-10 months old**:

- Information of a child car chair, turned the wrong way round.
- Risks of fire injuries and falling injuries.
- Literature: "Small children and violence on TV."

When the child is **12 months old**:

- Literature: "For the safety's sake". Advice on child safety at the ages 1-6 years.

When the child is **18 months old**:

- Information of safe products, adapted to children.
- Information of the risk of leaving a child unattended even for a short time.
- Risks with kitchen ranges, percolators and points.
- Recommendation to put chemical products and medicines away safely.
- Information of falling risks, stairs and windows.
- Bicycle helmet, spoke covers and child chair for the car.
- Risks indoors and outdoors, bathes, sun and cold.

When the child is **2 years old**:

- Information of traffic risks, climbing, knives and matches.
- Walking hand-in-hand! Check the child!
- Risk of drowning at a depth of 10 cm water.

When the child is **3-4 years old**:

- Information of the tricycle, safe cycling and helmet.

When the child is **5-6 years old**:

- Road safety lessons and helmet.
- Time for learning how to swim.
- Using helmet going by pulka or ski in slopes.

At the child welfare centres in Smedjebacken and Söderbärke, there is a child safety file on safe equipment for small children. This is being kept up-to-date by the consumer guide.

When the child is **12-16 years old**:

- Giving knowledge of role/authorities referring to alcohol, tobacco and other drugs on parents meetings. The headmaster and the police authority are responsible for that.
- The school (the senior level) in collaborations with educational associations invite parents (through letters and parents` meetings) to different groups of themes, in order to give the parents information of the dangers of youth and how to prevent injuries and drugs.

Subjects of immediate interest in 2006 are:

- Drugs-Violence. A film is being shown, *The Consequences of Violence*, and the film is later discussed.
- Anorexia-Bulimia (an external lecturer).
- Internet-attitudes-mobbing-drugs (an external lecturer)
- Road-safety (headmaster, police and insurance companies).
- Stress (an external lecturer)

## **Education**

**Parental education is being offered to all parents in the municipality.**

**The child welfare centre** offers a parental education for the ages of 0-6 years.

*Subjects:*

- Making the home safer, information of preventive measures and first aid. A safety education of three steps.
- Road safety, home safety, a check-list for elimination of risks at home, dangerous toys and environments.
- Different educational films.
  - Children in cars (The Swedish National Road Administration); a film dealing with how to protect your child.
  - Child safety (The Public Health Committee, the County council of Stockholm, the Swedish National Road Administration); a film dealing with how to protect your child.
  - Dangerous noises; a film about toys that can damage your hearing.
  - Curious of; a programme about injury risks and prevention among small children. (the Injury Project of Motala).

**The antenatal clinic** gives education to first-time parents.

The midwife tells you how to calm anxious children and that it is dangerous to shake the child. She also informs you about protecting the child in the car and of the importance of having a car chair, adapted to the age of the child. She also informs you of how to avoid sudden infant death syndrome.

Information of the possibility of using a check-list of the risks at home, of point covers to prevent electricity accidents, of preventions of injuries caused by crushing and of corner covers are being given. She also shows you a test cylinder in order to show how narrow a throat is.

There are support/education for single parents and teenager parents, provided by the individual and family care centre. The request for this support and education has come from the parents themselves, from young people through the youth forum and from personnel at the individual and family care centre and from school.

In autumn 2005, a broad parental education, COPE, has been started. It addresses parents with children at the ages of 3-12 years. The purpose is to give as many parents as possible a tool to be able to understand and cope with the behaviour of their children and to strengthen their parenthood. The parents are being given tools and support to raise their children as secure and confident individuals.

”Loose your way and find it again” is an education for all children at pre-school age on the international children’s day every year. The Civil Defence Association of Smedjebacken is responsible for the arrangement.

Education in dialogue practise for all pupils in the 7<sup>th</sup> class will begin in autumn 2006 – learning how to put thought and feelings into words and to solve inner or outer conflicts, whether they belong to themselves or not. The school welfare officer and an extra dialogue instructor will be training the girls in autumn 2006 and the boys in spring 2007.

Dynamic self-reflection with separate groups for boys and girls is carried through by the pupil welfare in order to increase their self-esteem, their self-knowledge, their self-confidence and their self-reliance and to obstruct self-destructive behaviour.

The school is deliberately working with the 4 s', trying to increase the pupil's protection against the strains of life.

- Self-esteem
- Self-confidence
- Self-reliance
- Self-destructive behaviour

The work of the pupil welfare centre is in line with the National Centre of Suicide Research and Prevention of Mental Ill-health. Their recommendations are under-lying the way of working.

A lot of the work being done is seen as suicide prevention work.

Education for pupils in the 9<sup>th</sup> class in safety and survival, concentrating on safety at home, fire and electricity safety. The Civil Defence Association in Smedjebacken is responsible for this education.

Heart-lung rescue instruction for pupils in the 9<sup>th</sup> class also includes becoming a safe and secure fellow-being. The pupils are educated in three steps:

- HLR –first aid is taught by the sports teachers.
- L-ABC by the rescue service.
- Knowledge is being given in basic emergency support to make the abnormal normal and to create an ability to give security to oneself and others.

Finally, the pupils get a "tool-box" with various equipment. This is to be used if an accident occurs and it is also symbolizing the knowledge they have won.

"Jump in a hole in the ice" is instructed by the sports teachers at the senior level. All pupils get the chance to jump into a hole in the ice under the guidance of the teachers. They also learn how to go safely on ices and in water.

There are regular fire-drills at schools.

The pre-school classes get fire instructions by the rescue service visiting school. They also get Bamses painting-book and are being trained on evacuation ways at school.

The pupils are instructed as pupil safety representatives. They learn about working environment, light, noise, fire risks, how to put out a fire and evacuation plans. The pupils take part in protective rounds from the 6<sup>th</sup> together with the headmaster, union representatives and representatives from the technical and housing committee.

A study circle is being organized by Parents against Narcotics to give knowledge in how to prevent drug abuse. Parents are invited through parents` meetings.

### **Measures**

Bicycle helmets are being distributed to all pre-school classes by Momenta AB, through contribution by the undertakers in the municipality.

Road-safety west coats in a set for a class at pre-school have been bought by the Civil Defence Association.

The bus stops are being controlled every year by the technical committee, the police, Dalatrafik and the National Road Administration.

SBA-Systematic fire protection work is made every year at school, following a check-list.

Defects and risks at school are continuously being reported.

Near-accidents and accidents are being reported every month at the personnel meeting.

The road safety in school areas is being controlled every year by the technical committee.

At the beginning of every school year, there is a bus ride with travelling pupils from pre-school until the 6<sup>th</sup> class, where information is given from the police and from the rescue service.

At the beginning of every term and on parents meetings, information is given of the need of reflector tags and bicycle helmets while cycling to school. The age limit for cycling to school is also being set up.

There is a plan of action against insulting treatment such as mobbing and racist behaviour among pupil and personnel in all schools in the municipality.

In the senior level of the ”grundskola”, there is a sponsor system, meaning that pupils of the 9<sup>th</sup> class are acting supporting and helping to pupils in the 7<sup>th</sup> class. Every sponsor has got 4-5 pupils to support. The sponsors have been given support and education for managing their role. One called attention to the need at a youth forum, where measures against damage were discussed.

Berga-kul – on Friday evenings in the autumn and spring term, the cafeteria and the sports centre of the senior level school are open for spontaneous sports activities and is also a meeting-point for 200 children and young people. The activity is a collaboration with

the work and activities of the municipality and has no limit. Being drug-free and with close safety routines, it creates a safe and secure place and setting for children and youth from the first class to the upper secondary school. The visitors have received reflector tags, so that they easily can go to and from Bergakul without accidents occurring.

The Swedish Church runs activities for young people. They have personnel working directly towards children and young people. They work out in the field, at arrangements in collaboration with the Night Wanderers and make a contribution to arrangements for youths without accidents.

### **Follow-up**

Registration of injuries is made by the county council and the municipality.

### **Elderly people**

**The aim of the work is that elderly people should be able to maintain their health and also be well informed of the injury risks and health factors belonging to the life of senior citizens.**

#### *Purpose*

The principal purpose is to reduce the number of injuries among elderly people with 15 % until 2012 and to reduce mental, social and national economic consequences. One also wants to increase the number of persons feeling secure in their local environment with 15 % until the year of 2012.

#### *Aim and direction*

- Working actively with accident prevention among elderly people. Most important is reducing the number of falling accidents among elderly persons living on their own.

#### *Facts*

In Dec., 2005, there were 2 219 persons at the age of 65 or more in the municipality of Smedjebacken.

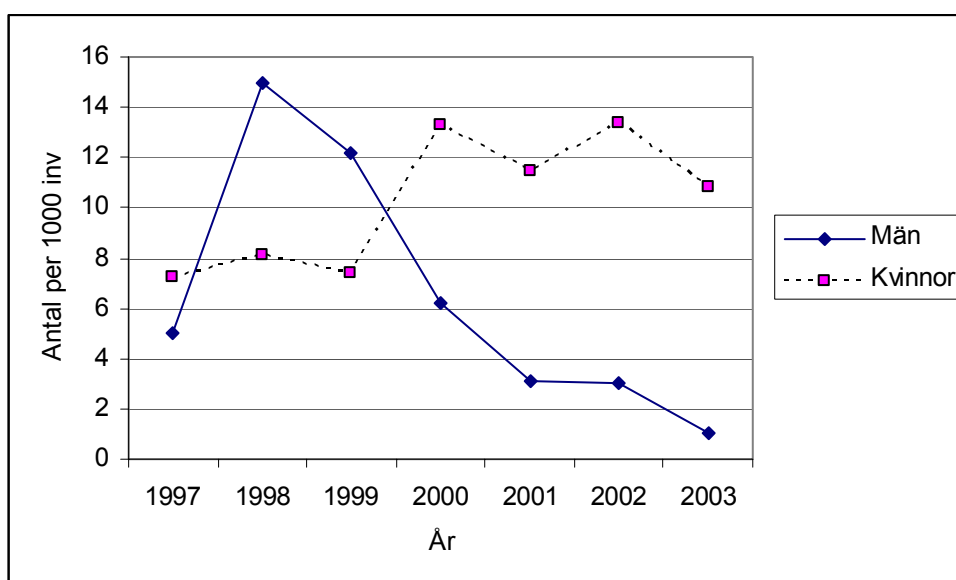
This makes 20,5 % of the population. Most accidents that occur in this age group, occur at home or in the local housing area; in 2005 88 %. Women get 70 % of the injuries. In 2005, there were altogether 126 accidents among people at the age of 65 or more reported from the emergency wards in the county.

Hip fracture prevention in different ways is a primary need. According to the Epidemiologic Centre of the National Board of Health and Welfare, there were 132 individuals in the municipality, who had had an operation for hip fracture during the years 1997-2003. The cost for one person is being estimated to 250 000 SEK, which means a total cost during these years of 33 million SEK for the municipality and the county council.

*The number of hip fractures spread over gender and time in the municipality of Smedjabcken:*

Smedjebacken hip fractures 65 years old and more

Year	Men	Women	Pop M	Pop W
1997	5	9	1004	1244
1998	15	10	1001	1234
1999	12	9	984	1220
2000	6	16	966	1206
2001	3	14	977	1218
2002	3	16	993	1194
2003	1	13	995	1201



Original source: The National Board of health and Welfare

## Information

Since 2003, an exhibition for elderly people has been arranged with the help of cross-sectional collaboration between the associations of senior citizens, the county council and the trade and industry.

The exhibition focuses on safety for elderly people. In 2005, there were ca 500 visitors (22 % of the senior citizens in the municipality) and in 2004, there were 400 visitors.

Participants are:

- A diabetes nurse and a dietician giving information of diet and health and showing facilities that can make the everyday life safer.
- The pharmacy showing facilities everyday life without injuries.
- Dentists informing on dental health.
- A shop for TV, radio etc informing of wireless telephones and TV-sets.

- Keep-fit companies informing of the importance to look after ones feet in order to have good feet and avoid stumbling.
- Nyx´ security Company, informing of its safety-creating activities.
- The rescue service, informing of fire risks and automatic fire alarms.
- The police and the ambulance personnel informing of their duties.
- Rita – the fixer informing of the risk-eliminating services you can order from her.
- The Swedish church presents its district visitors and their duties.
- Pärkans Home-Service Company selling window-cleaning and thorough house-cleaning.
- The bank of Sparbanken informing of safe-keeping.
- The public health planner selling spikes and informing of risks at home etc.

All households, where one person is 70 years old or more, gets an”enlightment bag” with the message:

***”In an enlightened society falling is prevented. We’ll help each other to become enlightened.”***

The bag can be fetched at the pharmacy. It is distributed to the municipal elderly centres. Persons with home help get it through their assistants. The advertising goes through the elderly safety committee, media and by word of mouth.

#### **The bag contains:**

- Local and national information of how to prevent and avoid injuries.
- A low-energy bulb, suggesting that you should have the light on at night to prevent falling.
- The card to Rita – the municipal health fixer.
- A check-list for a safety round at home.
- Information sheets of the injury reducing services available at Komhall and information of home-help service and support of relatives.

In the municipality, there are 1 566 persons at the age of 70+. In Dec., 2005, 750 bags were prepared. About 700 bags have been delivered. The bags have reached many persons at the age of 70+, since two persons often make one household.

The enlightenment bag with local and national information is to be distributed to all 70+ households every third year.

#### **Education**

Elderly safety education (a collaboration between the municipality, the county council, senior citizen associations, the pharmacy and others). There is a long tradition of educating elderly people. The senior citizen education, which started in 2000, will continue:

The present design is four half-days a year with different topics:

- **Safety and security**

The content of the day:

Risks of fire at home and how to prevent them.

How to handle an automatic fire alarm to make it work. How to put fire out and what type of fire extinguisher you should have at home. Evacuation ways.

The education is given by the rescue service, the regional social insurance office and the Red Cross.

- **Body, soul and culture.** Education is given by the head of the cultural committee, a district worker and a keep-fit educationalist.
- **Support and help.** Education is given by the district nurse, the occupational therapist, the physiotherapist and the assistance judge.
- **Self-care.** Education is given by the pharmacy, dental care and a dietician.

**Developing of methods and education on risk awareness for nursing personnel and for home-care staff are going on. The Stairs of Competence has financed further development of this education. It aims at increasing the knowledge of how to reduce accidents among elderly people through systematic injury prevention work. The education contains systematic fire protection work, fire protection, heart-lung rescue and accident prevention work.**

### **Measures**

**Rita – the fixer** – all senior citizens can make a phone-call and book help at a cost of 50 SEK each time. She makes the risky work at home, that the orders can't manage by themselves and services that are not provided by the home-help service. Changing curtains or bulbs or accompany a person to the doctor are some examples of her services. Some of the elderly population in the municipality are speaking Finnish. Those people can get help from Rita – the fixer too, since she speaks both languages.

**Komhall** – our municipal rehabilitation centre are selling risk-reducing services to the senior citizens of the municipality. Grass cutting, removal help, cleaning up are some examples of their services. The information of this help is being spread through the enlightenment bag, the exhibition for elderly people, at the health care centre, at the pharmacy, at the library, at the municipal elderly centres, on the homepage and in the newspapers.

**Subsidized spikes** are being sold at two of the elderly centres in the municipality since January, 2005. People are recommended to buy spikes to themselves or to their dear ones in order to "get a foothold in the municipality". It started in Jan, 2005. Since then, 542 pairs of spikes have been sold. The information of the possibility to buy spikes has been spread by word of mouth and through the municipal information.

**Safety routines** for all elderly centres have been developed and are frequently being used. Every time a new person moves in, you judge the risks and make a falling prevention according to the check-list. Different symptoms, medicines and living habits are being worked out in order to take measures to avoid accidents or injuries.

Every accident or injury is being reported and discussed at the personnel meeting, so that everybody is informed of it and can try to avoid that it will happen again. A copy is sent to the municipal nurse with medical responsibility, who puts all accidents and injuries in the municipality together once a year to enable analyzes and prevention work. There are also guide-lines for handling discrepancies.

The municipal assistance judges control the risks when they first visit a person at home. They also inform the personnel of changes that have to be made when they have established a relation to the person who receives home-help. However, one immediately calls attention to unsuitable carpets.

- Home-help personnel, home-care personnel and pupil welfare personnel get spikes for free as a personal safety equipment from their employer. In the municipal leasing cars, there are 2 kilos grit bags, so you can easily grit in order to avoid falling accidents being in duty.
- A visual instructor works with visually handicapped people in the municipality by making an inventory of injury risks and furnishing their homes and local environment protectively.
- In May, 2006, the municipality invited the senior citizen to a subsidized bus travel hidding for a shop, that sells injury prevention products for a safe and secure life. An occupational therapist joined the bus and gave information of injury prevention. The offer came to all households through the programme of the Healthy Week.

## **Follow-up**

## **Injury registration**

### **Sports and leisure activities**

**The municipal sports grounds must be in a very good shape in order to prevent accidents and injuries. This is made possible through regular controls of the inner and outer environments.**

## **Purpose**

**The principal purpose is to reduce the number of injuries with at least 15 % until 2012 and also try to reduce their social, mental and economic consequences.**

## **Aim and direction**

- Prevention of injuries in physical exercise and sports.
- Prevention of drug abuse and doping in sports.
- Making a survey of accidents and injuries every year.
- Offer education to the clubs.

## **Facts**

**The injury registration of the county council in 2005 reports, that of the 16,7 % reported injuries 5,5 % occurred in nature and 11 % in sports. Altogether, there were 106 injuries in the municipal population, that were reported from the emergency wards in the county.**

### **Activities**

**The sports teachers, the clubs and SISU collaborate by giving injury prevention education.**

Safety routines and up keeping routines are being made in all municipal sports and leisure grounds at least once a year. The control is made according to SBA (systematic fire protection work) through a big safety round dealing with work, environment and fire protection. The owner, the municipality, initiates the round and makes the check-up in collaboration with persons who are working there. There is at least one controller executing daily observations in case of faults and defects in every property.

A protection and safety round is being made before and after season in the ice-skating rink.

The protection and safety round is made jointly with representatives from clubs, the technical and housing department and the leisure department.

The municipality has created a health track, where inhabitants at all ages can do training with extremely small injury risks.

### **Information**

**SISU, the sports educators, gives injury prevention education.**

The sports clubs receive information and account of injury statistics from SISU, the municipality and the county council.

### **Education**

**The clubs are being offered injury prevention education in sports and leisure activities by SISU and the Red Cross in collaboration.**

The clubs have been educated in diet and nutrition by a collaboration of sports teachers, SISU and the clubs themselves.

Education in heart-lung rescue, first aid and fire protection has been given in a collaboration between the Red Cross and the rescue service.

In 2006, a basic training in six steps has been initiated by SISU. One wants to develop and strengthen the leaders of sports clubs. The aim is to increase the awareness of injury risks in sports and to create a stronger safety reflection.

1. Knowledge of heart-lung rescue; by the rescue service.
2. Knowledge of first-aid; by the rescue service.
3. Knowledge of and skills in sports injuries and taping; by a sports orthopaedist.
4. The social leadership of sports – tobacco, alcohol, doping, travels and mobbing; by SISU and DIF.
5. The basic principles of training (endurance, speediness, strength); by SISU.
6. The importance of diet and sleep for young sportsmen.

This is being supplemented with an optional education in youth and sports leadership. The leaders get certificates showing that they are safe and secure sports leaders and their clubs receive a contribution of 1 000 SEK from the municipality.

## **Measures**

**There is a policy that all municipal workout centres and sports centres must be drug-free.**

## **Follow-up**

## **Injury registration**

## **Road safety**

## **Purpose**

**The principal purpose is to reduce the number of accidental injuries by 15 % until 2012 and to reduce their social, mental and economic consequences.**

## **Aim and direction**

- To check the traffic surrounding at all schools and pre-schools in Smedjebacken in order to increase road safety.**
- To develop and improve municipal roads for cycling and walking.
- To enlarge the lighting to get a good visibility and to increase security and safety.

## **Facts**

**Injuries occurring through traffic, transports and on roads and streets represent 9,8 % of all injuries being registered. In 2005, there were 62 accidents. 44 of them were one-car accidents and 18 were collisions. 59 % of the injured persons are boys and men.**

## **Information**

**Information of bicycle helmets and injury risks at cycling are given to parents on parents` meetings.**

At the senior level of the "grundskola", parents have been informed of injury risks with moped at parents meetings.

There have also been information drives referring to injury risks when going by moped.

## **Education**

**Road safety education is carried on at all schools; the road safety calendar forms the basis of the education. The municipality, the county council and the employers in Smedjebacken provide money for the calendar.**

Road safety walks are continuously made together with children during their schooldays.

## **Measures**

**-Road safety near schools is being controlled every year.**

-Speed bumps are placed on risky places. These are being followed-up and changed if there is any need for that.

-Exchange of existing street lighting to low-energy bulbs in order to increase the lighting in the municipality, to increase security and reduce the injury risk. The exchange, which has started in 2006, will be intensified in autumn, 2006. There will be 10 000 new electric fittings every year, which means that all the lighting will become exchanged in three years.

The police has intensified their efforts against moped drivers and have caught several mopeds with turned up engines during 2005.

A new roundabout at a crossing, where accidents often occur, has been built. This was made possible earlier than planned through an advanced payment from the municipality to the National Road Administration. The roundabout was opened at 24.00 o'clock on May 24, 2006. More than 300 persons were there!

## **Follow-up**

### **Injury registration**

#### **4. Programmes that document the frequency and causes of injuries**

*The National Board of health and Welfare* gives the municipality statistics of the number of hip fractures each year.

*The municipal basic facts of the Public Health Institute* provide us with some numbers, that are possible to follow up. Thus it is possible to do a follow-up on the key numbers of our health political programme.

*The injury registration of the county council.*

**The emergency wards in the county make an injury registration, starting from 2002. This means that you easily can see statistics of how often the municipal inhabitants visit emergency wards. The statistics make the planning easier and give the municipality facts about the injury level. The injury registration is shown as an enclosure to this application.**

## **The epidemiologic researches of the county council**

**The epidemiologist of the county council makes regular inquiries to the population. These are addressed to young people, persons at the age of 20-64 and to elderly people. You can get information of the population's health, injuries, depression and so on through this inquiries.**

## **Municipal injury registration**

**All injuries and all near-accidents happening in the municipal organization are being reported and put together once a year.**

*The municipal health care* is continuously reporting to the municipal nurse with medical responsibility if a patient within the health care has been affected by or subjected to a risk. Severe accidents or near accidents are reported to the National Board of Health and Welfare.

*Local statistics* of crime and damage is constantly followed up by the police, the technical committee and the housing enterprises. The local crime prevention board also receives the information...

*Local statistics* of the number of children and young people visiting Bergakul, of the amount of grit bags being put out, of spikes, fixing-help, enlightenment bags etc are also available.

## **Safety researches made by the National Police Board**

### **5. Evaluation measures to assess the programmes, processes and the effects of change**

Every year the welfare board analyzes the injury prevention work and its effects in Smedjebacken. The injury registration helps making the evaluation. The purposes and the aim and direction are basic to the evaluation. The injury registration gives information of the proportions and the patterns of injuries.

The fulfilment of the purposes depends on the character of the work.

Questions to answer:

- Do all people participate in the process?
- What methods have been used? Have they been successful?
- What has really been done?
- How was the work performed?
- Why did you do it that way?
- Which persons have participated?
- Did it bring any costs?

- Did it effect economies?
- Who/which persons have been responsible?
- Was it the right target group?

The municipality and the county council have to follow the processes and the work being done in all activity plans. It is very important in Smedjebacken, that the municipality and the county council go together and collaborate in processes and activities going on.

## 6. Ongoing participation in national and international network

*Network conferences:*

***Rosersberg, 2004***

*National conferences:*

*Umeå, 2004*

*International conferences:*

*Helsinki, 2002*

*Bergen, 2005*

*Nordic conferences:*

*Karlstad, 2005*

*Works of Reference*

*Räddningstjänst i förändring-ledarskap och metodik för säkerhet och skydd mot olyckor. Tommy Rosenberg. Räddningsverket.*

*Nya verktyg för föräldrar-Förslag till nya former av föräldrastöd. Statens Folkhälsoinstitut.*

*Från barnolycksfall till barns rätt till säkerhet och utveckling. Slutbetänkande av barnsäkerhetsdelegationen.*

*Tänk långsiktigt! En samhällsekonomisk modell för prioriteringar som påverkar barns psykiska hälsa. Skolverket, socialstyrelsen, statens folkhälsoinstitut.*

*Barns skador i Sverige. Barnsäkerhetsdelegationen.*

*Äldres skador i Sverige. Räddningsverket.*

*Säkra seniorer. En metodbok för att förebygga fallskador hos äldre. Centrum för skdeprevention. Stockholms läns landsting.*

*Förebyggande hembesök. Socialstyrelsen.*

*Bättre hälsa hos äldre! Göran Beerlen. Statens Folkhälsoinstitut.*

*På väg mot ett skadefritt Sverige. Folkhälsoinstitutet 1996:117.*

*Riskhantering ur ett folkhälsoperspektiv. Ragnar Andersson arbetsrapport nr 8, sept 2002.*

*Visst kan skador förebyggas – att utforma en kommunal handlingsplan. Folkhälsoinstitutet 2001.*

*Rapport från Landstingskansliets epidemiologiska utredningsarbete, nr 129, februari 2005.*

*Rapport från Landstingskansliets epidemiologiska utredningsarbete, nr 127a, januari 2004.*

*Rapport från Landstingskansliets epidemiologiska utredningsarbete, nr 127b, januari 2004.*

*Rapport från Landstingskansliets epidemiologiska utredningsarbete, nr 128, januari 2005-06029.*

*Rapport från Landstingskansliets epidemiologiska utredningsarbete, nr 130, februari 2005-06-29.*

### **The origin of this document**

This application presents the injury prevention work in the municipality of Smedjebacken. There is no obvious start and there is no end; it describes some parts of a process hard to cover. It is the work and thoughts of many persons.

### ***We all help one another!***

The Municipality of Smedjebacken

The County Council of Dalarna

Leif Nilsson  
Head of the Municipal Executive Board

Carin Runesson  
Chairman of the Health and  
Welfare Board of Västerbergslagen