



職業安全健康局  
Occupational Safety and  
Health Council

Occupational Safety & Health Council, Hong Kong SAR, China

Certifying Centre for Safe Community Programs

On behalf of the WHO Collaborating Centre on Community Safety Promotion,  
Department of Public Health Sciences Division of Social Medicine, Karolinska Institute, Sweden

## Safe Community ZuoJiaZhuang



**Name:** Zuojiazhuang Community, Chaoyang District, Beijing

**Country:** the People's Republic of China

**Number of inhabitants:** 87000

**Program started year:** 2007

**Designation year:** 2010

**Full application available:** <http://>

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### **Community Profile**

**Zuojiazhuang Community, located in the northeast part of Beijing, has an area of 4.17 square kilometers. Covering an area of 4.17 square kilometers with a total population of 87 thousand, in which the resident population is 67,304 and the mobile population is 20,437. There are 488 buildings (31 buildings of which are over 80 meters) and over 800 social units in this Community. Of all the social units, there are 95 key social units (including the Demobilized Army Emplacement Office of the State Council and the Internal Revenue Service of Chaoyang District), 2 colleges (Beijing Business Management College and the Party School of Chaoyang District), 8 middle and primary schools, 8 kindergartens, 8 shopping malls, 11 offices buildings and 10 hotels (including two five-star hotels: Kunlun Hotel and Winstin Jinmao Hotel).**

The program covers the following safety promotion activities:

For the age group:

Children 0-14 years and Youth 15-24 years:

Zuojiazhuang Community now has 1,895 pre-school children, 8 kindergartens, 8 primary and secondary schools and a total of 5,600 students. According to incomplete statistics, there were 40 injuries in primary and secondary schools and kindergartens, which were mainly falls and collisions caused by poor school environment and schoolchildren running. Meanwhile, children are high risk groups and vulnerable to injuries caused by various reasons.

The aim of this program is to strengthen schools' daily safety management and create a safe environment for the students. At the same time, special education programs and children obesity intervention programs are carried out for special children groups (mentally handicapped children and obesity groups) to reduce children injury rate and improve children's health.

1) To strengthen daily management, improve school equipment, restore surrounding environment, find out and solve hidden safety problems, raise teachers' and students' safety awareness and skills and reduce the occurrence of accidents and injuries.



2) To carry out a special education program in Xinyuanxili Primary School to embrace mentally handicapped children to normal school life and create a harmonious atmosphere.

3) To carry out the children obesity intervention program in Zuojiazhuang Kindergarten to control obesity children's diet and exercise, etc.



Adults 25-64 years:

The taxi posts program

① To solve the problem of difficult dining and provide rest and entertainment places for the drivers, thereby avoiding the hidden hazards brought by long-time fatigue driving.

② To arrange propaganda boards in the dining hall, put up posters, hand out propaganda materials of safe driving to the drivers, and prompt the drivers to observe traffic regulations, say no to fatigue driving and drunk driving, and pay attention to safe vehicle parking, etc.

③ To use taxi stations as the platform, prompt taxi drivers to pay attention to mental regulation and reasonable rest.

④ To organize professional personnel to educate the drivers about occupational disease.



Floating population safety management program

1) To develop floating population service station project, carry out “1258” mode of floating population management, thereby institutionalizing and normalizing floating population management;

2) To highlight “country girls working in cities” safety service project, and provide various safety services for country girls working in cities.

Caring for country girls working in cities

① The community widely gets contact with the families and every single country girls working in cities. The members of the working group get contact to the country girls working in cities and regularly pay a visit, so as to learn their working, living circumstances, difficulties and demands.

② The community organizes country girls working in cities to participate legal consulting and holds lectures to provide legal advice. About 1500 country girls working in cities are involved in 3 years.

③ The community actively develops various forms of training and holds training classes to educate the country girls working in cities with “four selves” spirits, namely, the training of cultural knowledge, career skills, civilized manners and other aspects. Convenient, quick, timely, effective and all-around service is provided. The community regularly develops colorful recreational and sports activities. Country girls working in cities participate in youth and health education class.



## **Older Adults 65+ years:**

### **Safety Promotion Program of the Elderly**

In accordance with the analysis of the injury results, special measures are taken to reduce the injury rate of the seniors.

1) Enhance the safety publicity for the elderly to improve the seniors' awareness of safety problems.

2) Enhance the living environment of the seniors to do timely repairs of the dangerous surroundings in the community.

3) Enhance the body building of the seniors by organizing all kinds of community trainings for the seniors to reduce the injury caused by their health condition in the housework and community activities.

4) Put the caring pair system into practice to provide service and love to seniors and particularly the seniors living alone. As for seniors at a high age especially for those living alone, special measures are to be taken to provide love and care.

5) Take the seniors as a key group to build a "15-minute service area" to reduce the possible injury caused by inconvenience in the life of the seniors.

6) Put the "Love Table for the Elderly" in to practice to reduce the possible injury caused by cooking and take the program as a platform to promote communication between the elders and enhance the correspondent safety education.



### **For the following environments:**

#### **Home:**

1) Using the center as a platform, to start Safety Education Center Program to provide education to the residents, improve their skills, make them aware of these problems and reduce the accidents.

2) To start gas safety program to adopt measures such as changing unqualified gas equipment and facilities to reduce gas accidents.

3) To start Property Management Association and use the association to organize residents' training to improve their ability in emergency.

4) To start a Red Cross Service Center to organize the residents' emergency training, improve their ability in emergency so that the injured residents can get timely treatment and avoid injury expansion.

## **Traffic:**

1) To improve road infrastructure and reduce the unsafe factors brought by incomplete transport infrastructure.

2) To implement the strategy of “Five Ones”, widely carry out the activity of “Five Entering”, and improve people’s safety consciousness.

3) To develop Taxi station project, care the drivers, and at the same time develop traffic safety education and improve drivers’ safety consciousness based on taxi stations.

4) To emphatically develop T-junction traffic safety promotion program and reduce the occurrence of traffic accidents in high-risk areas.



## **Safe traffic in T-junction management program**

1) According to traffic flow change, the signal lamps are updated and renovated, release time is timely adjusted, and temporary traffic control measures are taken. Makes are erected in the T-junction to finish renovation of the monitoring equipment.

2) Side walk stalls are arranged in the main street nearby the T-junction to effectively prevent the accidents caused by random road crossing of pedestrians and bicycles, and at the same time protect the seeded strips on the both sides of the roads.

3) A traffic voluntary team with over 100 persons is established. In rush hours, 1-2 traffic assistants are arranged in the T-junction to assist the traffic police to maintain order, and correct the unsafe behaviors of pedestrians, motor vehicles and non-motor vehicle drivers, thereby effectively controlling the occurrence of unlawful acts and playing the role of regulation.



## **work place:**

1) To strength daily safety supervision and special management, and lay a sound safety management foundation.

2) To implement grid monitor program, timely rectify hidden dangers and reduce occurrence of accidents.

3) To implement six kind of messy places association self-regulation program to gradually standardize the safety management of these places.

## **School:**

1) To strengthen daily management, improve school equipment, restore surrounding environment, find out and solve hidden safety problems, raise teachers’ and students’ safety awareness and skills and reduce the occurrence of accidents and injuries.

2) To carry out a special education program in Xinyuanxili Primary School to

embrace mentally handicapped children to normal school life and create a harmonious atmosphere.

3) To carry out the children obesity intervention program.

**Violence prevention (intentional injuries):**

**Community Anti-theft in Terms of Social Security**

1) Start a project of Safety through Technology by improving the coverage rate of monitors.

2) Enhance human prevention by organizing all kinds of security patrols to form a network of social security.

3) Promote safety signs and safety education to improve the residents' anti-theft awareness.

The purpose of the implementation of this project is to form a secure network by cooperation of many parties by using different measures like facilities, technologies, and persons to reduce burglaries and preserve the community security and safety of the residents and their wealth.



**Safety promotion programs against fire**

1) To establish a professional agency, build a professional and part-time team, and strengthen daily supervision.

2) To develop special treatment, investigate and renovate safety hidden hazards.

3) To widely develop fire safety "five entering" activities, and improve people's safety awareness.

4) To improve fire disaster emergency system, ensure effective treatment after the fire disaster and lower accident consequences.



**Programs aiming at "High risk-groups":**

**Safety promotion programs for the disabled**

1) To renovate the living and trip environment of the disabled, reduce the unsafe factors in the environment.

2) To strengthen the recuperation and skill training of the disabled, make them independent and confident, and reduce the unsafe factors brought by poverty.

3) To establish a mental recuperation club, develop recuperation projects for the mentally disabled, and provide recuperation service for the mentally disabled.

4) To emphatically develop Seven-color-flower psychological counseling projects and reduce the phenomena of injury and lost brought by psychological problems.

## **Prevention programs targeting special groups**

### **XinYuan West primary school's special education project**

1) To open up resource classrooms—making individual education plans for special students.

2) “I can, I am happy” interesting sports games for the disabled. Every year, every community organizes the disabled athletes to guide and lead the students in the special education class to finish sports items through mutual help and interaction.

3) Parent-child activities. Workers responsible for the disabled in the community regularly hold “parent-child” activities with the school, aiming at giving love and care to disabled children and helping them build life confidence.

4) Activities with the theme of bathing in the sunlight and sharing the blue sky. The community selects a teenager volunteer in the 9 communities to develop the theme activity with the special education classes; the activity includes “Little friends in life”, “Little trip assistant”, “safe game interaction”, “literature and art performance” and other voluntary service activities, which will enrich their life skill knowledge.



### **Zuojiazhuang kindergarten's fat children intervention project**

1) Diet adjustment. The health care doctor investigates the diet condition of the obese children and finds out that these children eat too much for dinner, take food at late night, eat quickly, digest little bean products, drink too much beverage, take little vegetable and much meat dishes. It is not healthy.

2) Exercise intervention--martial art characteristic exercises.

Martial art characteristic courses are opened up. From the year 2007, children are guided to take martial art activities. Fixed martial art teaching activities are arranged every week. Professional coaches and teacher are responsible. And the practice of martial art is involved in daily outdoor activities, which ensures the exercise time of the children.

3) Family and kindergarten cooperated prevention activity.

The parents and teachers should stick to health education and balanced diet education. It is suggested to publicize balanced diet and obesity prevention to parents, make teachers, parents and children aware the danger of obesity, guide the parents to lead obese children to take exercises correctly, and train the good habits of children. The children should be encouraged to walk instead of ride, climb stairs instead of take elevators. The parents should avoid overprotect and spoil their children, encourage the kids to do simple housework like sweeping the floor, making the bed, washing dishes, cleaning table and so on.



### **Seven-color flower psychology guidance more project for the disabled**

1) As an independent program, psychological counseling is established in “warm home”.

2) The program which is co-constructed with Huilongguan Hospital refers to Japanese psychological recuperation mode and adopts the form of exploring concentrated

3) Art psychological counseling class. It is held every week. The 14 disabled recovered patients work out the name of the psychological counseling class---seven-color-flower.



### **Surveillance of injuries: Zuojiashuang Community**

Community injury surveillance post is established in community health centre, and injury surveillance sites are established in resident committees, kindergartens, schools, traffic police departments, police stations, firehouses, safety and surveillance offices and etc professional departments.

#### **Injury Numbers per year:**

There were 1216 cases in 2007, 1142 in 2008, and 998 in 2009.

#### **Population base:**

Population live in Zuojiashuang region

Started year: 2007

#### **Publications: (Scientific)**

- ◆“Zuojiashuang safe community building” brochure
- ◆“Family Fire Safety Knowledge”
- ◆“Fire Safety: Let your home be safe from fire”
- ◆“Zuojiashuang Community Police Substation Convenience Service Card”
- ◆“Common Food Safety”
- ◆“Children and Home Safety”
- ◆“Teenagers’ Self-Protection: Fire Prevention”
- ◆“Knowledge of Traffic Laws”

**Staff:**

**Number: 28**

**Photo of leader(s):**



**Professions: part-time or full-time: 8 full time and 20 part-time professions**

**Permanent: 28**

**Organization: Zuojiazhuang Safe Community Construction Promotion Committee**

**Specific intersectoral leadership group: The fire brigade, the Traffic Police Brigade, Zuojiazhuang Police Station.**

**General public health/health promotion group: Chaoyang District CDC, Zuojiazhuang Community Health Centre.**

**International commitments:**

**Study visits:**

<b>Date</b>	<b>Contents</b>
2005.4	Safe community construction experience sharing session with the participation of Chairman Leif Svanström
2006.3	Youth Park safe community naming ceremony held in Jinan, international safe community theory seminar
2006.12	The 15 <sup>th</sup> international safe community annual meeting held in South Africa
2006.11	Hong Kong Dongyong safe community naming ceremony
2007.11	The 4 <sup>th</sup> safe community construction meeting held in Thailand
2009.10	The 5 <sup>th</sup> Asian safe community conference
2005.2	“Safe community building instruction meeting” held by Chaoyang District
2005.3	“Expert Symposium of Chaoyang District safe community building”
2005.5	“Chaoyang District safe community construction stage work seminar”
2005.10	“safe community standard and practice seminar” held by COSHA
2006.3	“Opening ceremony and experience sharing session of enlarging Beijing safe community construction pilot projects”
2006.4.	“Chaoyang District safe community promotion meeting”
2006.9	“National safe community construction seminar”
2008.9	Visit and learn the international safe community construction of Wangjing Community