

Safe Community Tallinn



Name of the Community: Tallinn

Country: **Estonia**

Number of inhabitants: **414,062** (annual average)

Program started year: **2010**

International Safe Communities Network Membership: **Designation year 2013**

Name of the Certifying Centre: **European Certifying Centre**

Full application available: http://www.ki.se/csp/pdf/application_a/315tallinn_2013.pdf

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The program covers the following safety promotion activities:



Children 0-14 years:

- From 2009 a work group was set up to identify and analyze the causes of young children's deaths and develop preventive measures in Tallinn;
- From 2009 all children going to the 1. grade in the city of Tallinn received a reflector vest as a present from the City;
- From 2009 the City of Tallinn distributed 5,000 wristbands for pre-school children on 5 public beaches, the wristbands stating the name of the child and the parents phone number;
- Children aged 10–15 years – Bicycle trainings in various districts of Tallinn by City District Governments, Northern Region of the Road Administration and Northern Police Prefecture.
- Pan-city bicycle competition “Cycle skills” for children aged 10–12 years – solving traffic tests and performing precision cycling by teams, in order to promote safe bicycling (this competition has been held for 10 years);
- Obligatory swimming lessons for 3. grade students of Tallinn's schools;
- Preventive activities of water safety and fire safety from age 6-7 years to students at 6.-7. grade;
- Traffic education starting from kindergarten.
- Reflector trainings and dark doll tests for 3.–4. grade students.
- Programme for grades 4–6: “Protect yourself and help another” includes water, traffic and fire safety, but also first aid and environmental safety.
- Exhibition „Traffic education through the years“ for children in kindergarten and primary school – overview about the history of traffic safety, with lectures.



Evidence-based strategies:

Child injury prevention: World report on child injury prevention
http://whqlibdoc.who.int/publications/2008/9789241563574_eng.pdf

Youth 15-24 years:

Traffic safety trainings for high school students.

<http://www.mnt.ee/index.php?id=11240>

Adults 25-64 years:

As accidents largely depend on the environment where people currently are, the following programs are intended for institutions and other cooperation partners via whom we expect to reach the vulnerable target groups or whose location is for some reason more susceptible to accidents, where damages from possible accidents are higher or which are able to increase the safety of the surrounding environment:

- Trainings for apartment ownerships;
- Trainings for social workers;
- Trainings for volunteers;
- Consultations for key persons of educational institutions.

Elderly 65+ years:

- Fire safety trainings for elderly people - different trainings and lectures
- Traffic safety – different trainings and lectures
- Home safety - events, trainings, information and learning days
- Training for elderly people. Elderly people aged 65–74 is a vulnerable target group due to their living place, state of health and lack of necessary knowledge. **According to the Emor survey, one such risk factor is e.g. lower awareness about the 112 emergency telephone number.**



Various environments

Home:

- Neighborhood watch is a common activity organized by residents for the purpose of increasing the safety and welfare of the community. Participation in neighborhood watch is voluntary; membership in neighborhood watch does not entail any additional rights for the residents. Neighborhood watch activities are based on the principle of **“When I see, I react!”**
- The main field of activity of the international corporation G4S is providing security services. In addition to security services, the corporation provides an online preventive campaign at the following address: <http://www.g4s.ee/turva-abc> This online security primer provides good security advice. The applying of this advice helps protect the people, their close ones and their property. The primer also provides information about preventing unintended false alarms.

Traffic:

- The Municipal Engineering Department of the City Government organizes maintenance repairs of road facilities in the extent of approximately 255,000 m² per year, in order to ensure traffic safety on roads and streets. Within the framework of maintenance repairs, curb stones with the height of 1–3 cm are installed on pedestrian crossings and safety islands, in order to ensure accessibility for wheelchairs and baby strollers. Additionally, ramps are installed for stairs and steps. As of January 1, 2011 there are 52,664 lighting fixtures installed in the territory of the city, 99% of which are new, modern lights.
- There are 192,1 km of bicycle roads in Tallinn. Bicycle roads have street lighting for the entire extent. Road conditions level 3 is required for bicycle roads, meaning that these roads are maintained (cleaned from leaves, branches and common trash) three times per week.

- Starting from July 1, 2011, bicyclists aged up to 16 years will be required to wear a helmet in the Republic of Estonia
- Wearing a reflector is regulated by law in Estonia.

Evidence-based strategies:

Estonian National Traffic Safety Programme 2003–2015

<http://www.mnt.ee/index.php?id=12620>

National Intelligent Transport Systems Action plan for 2012-2017

<http://www.mnt.ee/index.php?id=22601>

Road traffic injury prevention: World report on road traffic injury prevention

http://www.who.int/violence_injury_prevention/publications/road_traffic/world_report/en/index.html

Seat-belts and child restraints: a road safety manual for decision-makers and practitioners

<http://www.who.int/roadsafety/projects/manuals/seatbelt/en/index.html>

Occupational:

- Work environment trainings for representatives of small enterprises
- Optional modules of work environment specialist training, for experienced work environment specialists. The goal of this training is to provide additional knowledge and skills necessary for a specific topic of work environment (e.g.: lighting, ergonomics, etc.). The trainings of the Labour Inspectorate also focus on a specific topic of work environment (e.g. PPE, risk analysis).

School:

- The task group of the Education Department of the City Government has collected tips and materials about main issues of crisis programs of schools (contacts for help, crisis aid, help for class teacher, bullying, traumatic crisis, sadness, bomb threat, fire safety and behaviour in case of fire, first aid in case of traumas, traffic topics, etc.) and has made them available on the website of the Department at <http://www.Tallinn.ee/est/haridus/Turvalisus>.
- Competition “Safe School” to appreciate work of municipal and general schools on creating safe and health supporting environment. To ensure mental and physical well-being of personnel and students of municipal and general schools by creating understanding that preventing risks is more effective, compared to dealing with consequences. (on the photo: braid pleating)



- Training for kindergarten and primary school teachers “KNOW TO HELP”. The purpose of this training is to give the kindergarten teachers better awareness and skill of noticing children who are victims of domestic violence or sexual violence and how to respond to such cases.
- Training for teachers “SMART IN INTERNET”. Considering bullying in school, several identifiers of bullying are pointed out: malicious, repeated and entailing unequal positions of power (for example a group bullying a victim who is alone). In addition to lectures and workgroups in schools, the following training materials are available online: <http://www.targaltinternetis.ee/opetajatele/> .
- Competitions for teachers – to involve teachers more actively in teaching traffic safety: Traffic Teaching Folder 2008, Traffic Games Folder 2009–2010, Our Own Traffic Book 2011.
- Trainings for teachers and other target groups – training for escorting a group of children, organizing traffic teaching in educational institutions, integration of traffic teaching into curriculums, training for driver school teachers, training for hobby teachers;



Leisure:

- “Safe playgrounds” - The development plan of public playgrounds in Tallinn does not involve sports fields, traffic villages, and playgrounds and activity grounds located on private property and in the territories of educational institutions (kindergartens and schools). As of October 1, 2008, all city districts have handed over the playgrounds located in their administrative territories into the balance of the Environment Department. Thus there is a single unified administrator of playgrounds in the city, developing the playgrounds and maintaining them technically according to its statutes. The ensuring of overall cleanliness is still the task of districts. Construction of systematically designed playgrounds has been started in recent years. Modern playgrounds are used intensively; these are colourful and provide various activities that facilitate the health and development of children and have a favourable effect. Also, such playgrounds generally conform to the harmonised safety requirements for playground elements as established in the European Union and utilised as a standard in the Republic of Estonia, and thus also to the safety requirements for playgrounds.
- “Tidy courtyards” - within the framework of this project, several apartment ownerships have ordered playgrounds for their land properties, in order to help establish a more favourable environment. Within this project, apartment ownerships can apply for support from the City for the following activities: establishing and repairing roads in the courtyard and sidewalks in front of the apartment ownership; establishing and improving parking facilities and trash container sheds or trash containers; solving storm water problems in the courtyard; establishing or improving a greenery area, recreational area or other open area; planting or improving trees; establishing or improving a playground or a sports field and a recreational area; installing or improving street lights, fences or perimeters; installing or tidying inventory in the courtyard.
- Tallinn has 5 public beaches, all of them having a coast guard during a summer. Training a coast guard personnel involves rescue, first aid as well as psychology.

Since summer 2009 City of Tallinn distributes every year 5,000 wristbands for pre-school children on 5 public beaches, the wristbands stating the name of the child and the parents. This is accompanied by explanations about the necessity of such wristband and about ensuring the safety of a child on a public beach by the coast guard employees.

- Water safety trainings for about 1200 students of Tallinn high schools and vocational schools by Northern Rescue Centre. Basics of water safety are taught in kindergartens as well as for about 70 teachers of kindergartens and elementary schools, involved in summer camps.
- Media campaigns “Do not let drunken friend into water” twice a year.
- Beaches without coast guard are provided with special stands.



Natural Disaster:

- A crisis committee has been established in Tallinn, with the purpose of coordinating crisis regulation activities within the administrative territory of the city – prevention of emergencies, emergency readiness, solving emergencies and alleviating the consequences of an emergency situation

Evidence-based strategies:

The emergency risk analysis of Tallinn for year 2012 has been used as a basis for preparing an emergency action plan of Tallinn, describing the organization of actions in case of an emergency, the relevant command structure, the organization of information exchange and other significant activities related to solving emergency situations.

Other:

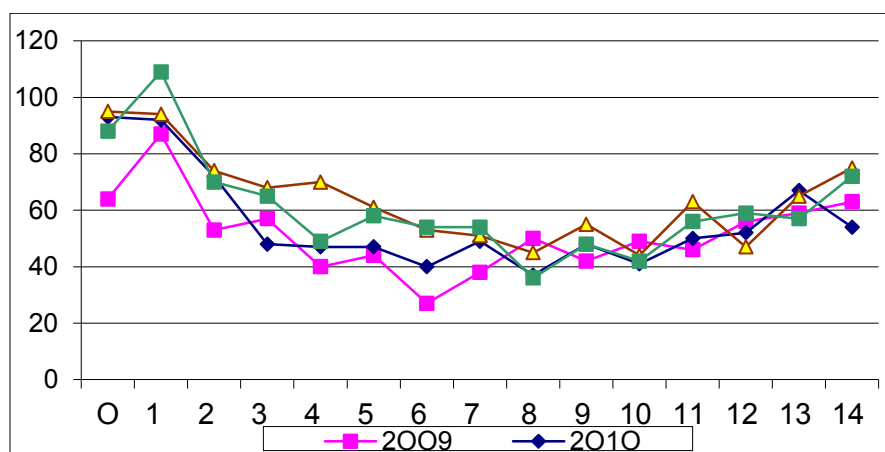
- The police analyses the information received from citizens about youth gathering sites and about sites where fellow citizens are being disturbed or where public order is being violated in some other way. All these venues are monitored by Northern Police Prefecture and Tallinn Municipal Police Department.
- „Tallinn City aid package“ - The first Tallinn aid package has helped thousands of people to avoid the worst, to preserve social cohesion, and to hinder the continued decline of the already poor indicators for public health seen in human development reports.
- There are 12 different kind of accomodation centres with 628 **beds for homeless people** and 3 soup kitchens in Tallinn. Service includes overnight stay for adult men and women, who do not have personal or rented accommodation, social counseling, food, shower, razors, soap, used clothes, books, newspapers, magazines, TV, internet & e-mail, phone etc.
- **Abused women and children.** Establishment of the possibility for children and mothers with children to use a shelter. To ensure a safe environment for mothers with

children who are at risk and to women who have suffered family violence, and necessary conditions to care, raise and develop children, and the protection of their rights and interests. Mother-child shelter service is free for citizens of Tallinn.

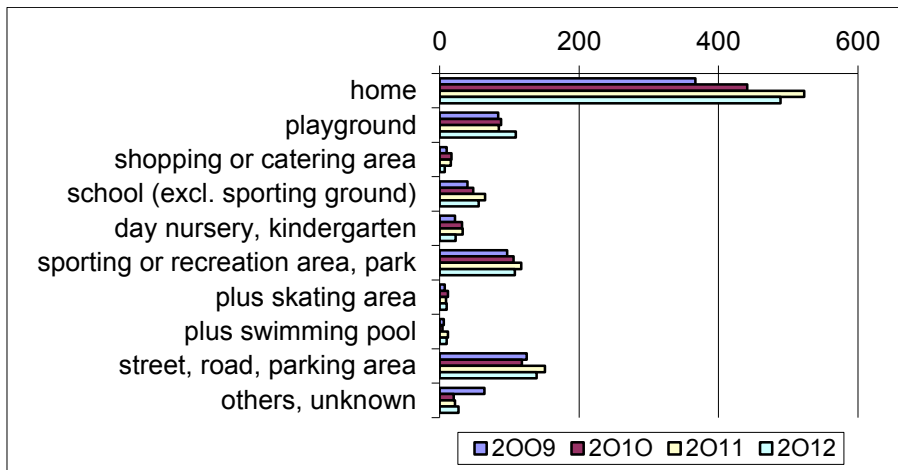
Surveillance of injuries:

On the basis of the Health Care Services Organisation Act and the relevant Regulation of the Minister of Social Affairs, all providers of health care services are submitting health care statistics reports; among other data, the annual reports must state the primary diagnoses of injuries across sexes and age groups, and their external causes on the basis of the ICD-10 Chapters 19 and 20. The National Institute for Health Development analyses the collected data and publishes it by counties (in addition to Tallinn) and for the entire country. The Social Welfare and Health Care Board of the Tallinn City Government performs initial verification of the submitted reports before forwarding these to the National Institute for Health Development. The problem with this data is that the diagnoses of e.g. Tallinn mean not the diagnosing of residents of Tallinn but simply diagnosing people in the health care institutions of Tallinn. As injuries are usually diagnosed in hospitals and in emergency medical wards established in hospitals, this data contains many people living outside Tallinn and many traumas occurring outside Tallinn. Still, the Social Welfare and Health Care Department of the Tallinn City Government has been using this data regularly for planning the prevention of injuries. More precise information about injuries of the residents of Tallinn will be available after the digital medical file project is implemented and statistical data from that system is received. Also, a suggestion has been made to the Ministry of Social Affairs to establish a national trauma registry.

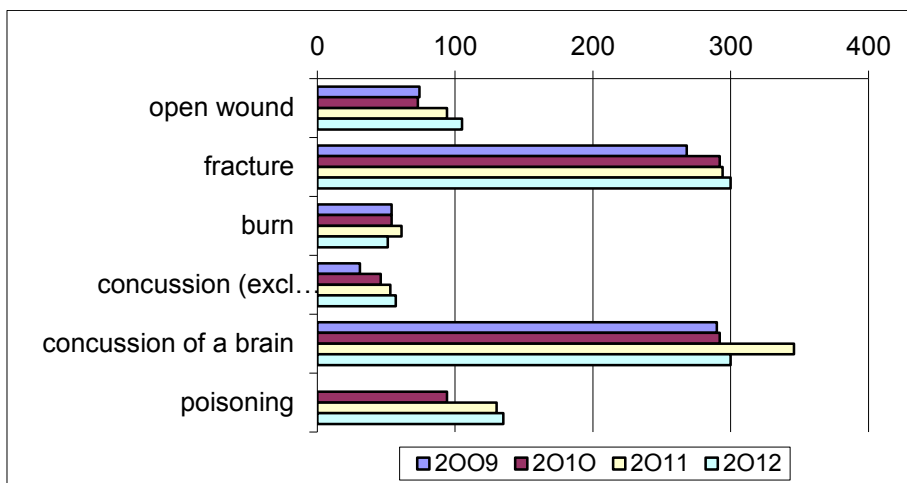
Since the beginning of year 2009, the **Social Welfare and Health Care Department** of the Tallinn City Government has organised the registration of the data of all children hospitalised with injuries in the Tallinn Children’s Hospital (not only Tallinn), on the basis of version 1.1 of the IDB, in order to get more information about injuries of children. It is paid by Estonian Health Insurance Fund. Total number of cases per year: 2009 – 822, 2010 – 866, 2011 – 1033, 2012 – 978.



Cases (injuries) registered in the Tallinn Children’s Hospital by age.



Venues of getting injured.



Main types of children injuries.

Publications:

As Estonia is a small country (1,3 mill population), most of media and bigger campaigns are national. Most of information is spread via webpages, campaigns etc.

Information about Tallinn is provided by city districts newspapers, in Tallinn TV, on Tallinn City webpage.

Staff:

A cross-sectional city level leader group was set up in 2010.

1. Head of Tallinn Social Welfare and Health Care Board, Tallinn City Government;
2. Head of Tallinn Municipal Engineering Department, Tallinn City Government;
3. Head of Tallinn Environment Department, Tallinn City Government;
4. Head of Tallinn Education Department, Tallinn City Government;
5. Head of Tallinn Transport Department, Tallinn City Government;
6. Head of Tallinn Municipal Police Department, Tallinn City Government;
7. Head of Tallinn Sports and Youth Department, Tallinn City Government;
8. Head Doctor, Tallinn Emergency Medical Services;

9. Director, North Estonian Regional Rescue Services Centre;
10. Acting Deputy Director General, Estonian Road Administration;
11. Vice Chairman of Tallinn Branch, Estonian Red Cross;
12. Member of the Management, NGO Neighbourhood Watch Estonia;
13. Head of Tallinn Social Work Centre;
14. Manager, Labour Inspectorate, Northern Region;
15. Member of the Management, Operation Lifesaver Estonia.
16. Prefect of Northern Prefecture, Police and Border Guard Administration

International commitments:

We are in a process of contacting Safe Communities in other countries. However, we have a close collaboration with other Safe Communities in Estonia – Viljandi, Rapla and Lääne counties, whom we have visited repeatedly and with whom we have had joint seminars.

We have started a tradition to have annual City safety conferences:

- 2010 Safe Tallinn I
- 2011 Safe Tallinn II
- 2012 Safe Tallinn III