



## **Vorarlberg on its way to a Safe Region**

Proposal Report for the  
Land Vorarlberg Re-Certification  
as Safe Region within the  
International Safe Community-  
Program

## **Impressum**

Vorarlberg on its way to a Safe Region  
Proposal Report for the Land Vorarlberg Re-Certification  
as Safe Region within the International Safe Community-Program

## **Publisher**

Sicheres Vorarlberg, Fonds Sichere Gemeinden  
Realschulstraße 6/1  
6850 Dornbirn  
Austria  
[www.sicheresvorarlberg.at](http://www.sicheresvorarlberg.at)

## **Editor**

Luzia Kremmel, MSc  
Mario Amann, MBA

## Contents

<b>INTRODUCTION.....</b>	<b>3</b>
<b>DESCRIPTION OF THE REGION.....</b>	<b>3</b>
<b>1 OVERVIEW OF INJURY PREVENTION IN VORARLBERG.....</b>	<b>5</b>
1.1 Hospital discharge statistics.....	7
1.2 Objectives of “Sicheres Vorarlberg”.....	9
1.3 Funding.....	10
1.4 Form of company and tasks.....	11
<b>2 PROGRAMS .....</b>	<b>15</b>
2.1 Programs that document the frequency and causes of injuries .....	16
2.2 Traffic safety .....	28
2.3 Home Safety .....	30
2.4 Leisure time safety.....	32
2.5 Childrens Safety.....	33
2.6 Elderly Safety.....	36
2.7 Work Safety .....	38
2.8 Violence prevention .....	39
2.9 Suicide prevention .....	40
2.10 Disaster preparedness and response.....	41
2.11 Safe public places.....	41
2.12 Hospitals safety.....	42
2.13 Sports safety.....	42
2.14 Water safety.....	48
2.15 Schools safety .....	49
2.16 Programs that promote safety for vulnerable and high-risk groups.....	50
2.17 Evaluation measures to assess the programs and the effects of change .....	51
<b>3 ON-GOING PARTICIPATION IN NATIONAL AND INTERNATIONAL INJURY PREVENTION AND SAFE COMMUNITIES NETWORKS .....</b>	<b>54</b>
<b>4 FURTHER INFORMATION .....</b>	<b>57</b>
<b>5 REFERENCES.....</b>	<b>58</b>

## Introduction

With the report “Vorarlberg on its way to a Safe Region” the federal province Vorarlberg wants to apply for recertification as Safe Region within the international Safe-Community-Program. Vorarlberg certified as “Safe Community” as early as 1998, and was recertified 2012. As an operational unit “Fonds Sichere Gemeinden” has been founded in 1997. It is seen as an offer from the persons responsible in public health to the population of Vorarlberg. The organization pursues the objective to reduce the number of injuries within all areas (above all in household, sports and leisure time activities) which results in a reduction of human sufferings and in a reduction of the consequential costs following injuries. The institution is based on a citizen-oriented and subsidiary implementation of activities, measures and projects in the vicinity and seeks the establishment of a regional carried structure for injury prevention across the province. Based on the available injury statistics, intermediate-term and long-term programs are developed and offered to different target groups. Thus, more than 600 events on the subject of injury prevention, with more than 29.000 active participants are realized annually.

## Description of the region

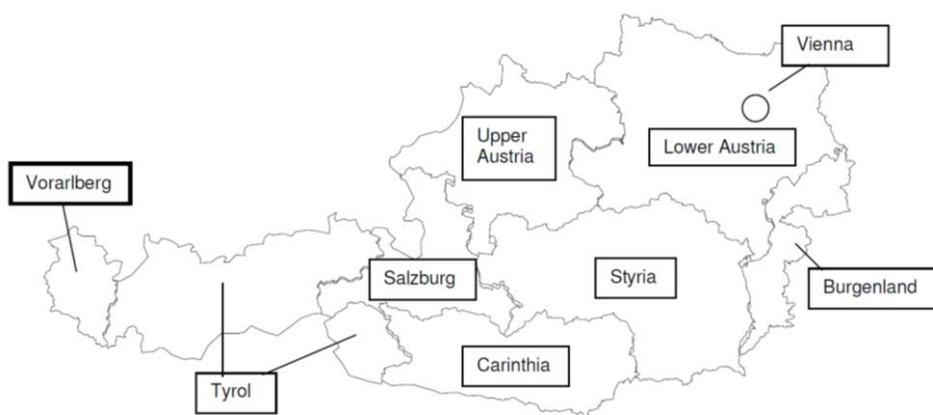


Figure: Austria and its nine federal provinces



Figure: Map of Vorarlberg

Vorarlberg is the most western province of Austria and, with an area of 2.601 square kilometres, the second smallest after Vienna. It extends from Lake Constance to the three thousand-metre high Silvretta mountains and from Alpenrhein to Arlberg. It has 389.570 inhabitants, thereof 66.230 foreigners with main residence in Vorarlberg (last updated: 31.12.2016). Vorarlberg has 96 local communities (5 of them are towns and 8 of them are market communities) and is divided into 4 administrative areas (Bregenz, Dornbirn, Feldkirch and Bludenz). The greatest population density can be found in the Rhine Valley and in Walgau. Tourism is an essential economic factor. In the years of 2015 and 2016 altogether 9.044.351 overnight stays were counted. Of these 5.113.642 in winter and 3.930.709 in summer.

Age	2015	
	Population	%
Total	382.859	100%
below 1 year	4.155	1,1 %
1 – 14 years	57.330	15,0 %
15 – 24 years	46.179	12,1 %
25 – 44 years	103.942	27,1 %
45 – 64 years	106.844	27,9 %
65 years and up	64.409	16,8 %

Figure: Population by age with main residence in Vorarlberg

## 1 Overview of injury prevention in Vorarlberg

Sicheres Vorarlberg (back then known as “Sichere Gemeinden”) was founded in 1993 by the government of Vorarlberg with the assignment to reduce the injury rate (specifically home, leisure and sports injuries). A model region including 14 of 96 communities of Vorarlberg was established as a first step. The effects of this model region were evaluated in 1996 and showed an impressive 19% decline – the initial objective was a 10% decline. This led to the extension to the entire province of Vorarlberg in 1997. Since then, it is organized as an independent organization with 4 employees and several trainers who are performing the various projects in the field. 1998 followed the designation as “Safe Communities” by the WHO.

Today’s employees of Sicheres Vorarlberg are:

Mario Amann, MBA: managing director and project lead concerning sports projects

Luzia Kremmel, MSc: project lead focusing on projects for children of all ages

Sarah Schmidler: project assistant and office work

Andrea Bodemann (part-time): accounting and office work

Franz Rein led Sicheres Vorarlberg for 20 years. 2017 Franz Rein retired and the former project manager Mario Amann has assumed office. This transition was a huge challenge for the team and the work of Sicheres Vorarlberg, but it was well prepared over the last five years and intends to guarantee a sustainable development for the following years.



Today Sicheres Vorarlberg performs around 600 events with more than 30.000 participants annually. The activities range from information for parents-to-be or avalanche safety instructions to physical activity groups for the elderly. Overall Sicheres Vorarlberg conducts 24 permanent and annually repeating programs and a wide range of different single events. Vital to the success of all programs and activities is the cooperation and networking with different local players like alpine organizations, sports associations, schools, kindergartens, communities, public authorities, police, experts, etc.

There are various approaches for Sicheres Vorarlberg to develop programmes: 1. statistics, 2. expert opinions (e.g. alpine guides), 3. our own subjective perception, 4. networking with other players (e.g. Safe Communities, BFU - Switzerland, Große schützen Kleine – Austria). Once a new problem area is identified, either by severity or by prevalence of injuries, Sicheres Vorarlberg invites experts and professionals regarding this specific topic to develop a strategy together and ideally a concrete action to target this problem.

Statistics is on the one hand, as mentioned above, the basis for future projects, on the other hand it's a method to evaluate our activities as well. Therefore, after two general evaluations of the injury rate in 1996 and 2001, now issue-specific evaluations are performed periodically. Such as a skiing and snowboarding injuries survey in 2012 or recently, a sports injuries survey.

Within the last 25 years Sicheres Vorarlberg has acquired renown with its citizen-oriented workings and the hands-on mentality based on scientific research and the cooperation with various experts.

The following timetable gives an overview on the development.

Timetable	
1990	Preliminary talks, Symposium on "Safe Communities"
1993	Conclusion of the contract between the partner (federal province Vorarlberg, Communities, VGKK, SVB, AUVA, Sicher Leben and KFV)
1994 - 1996	1 <sup>st</sup> Experimental project (3 years)
1997	1 <sup>st</sup> Evaluation of project success
1997	Project extension, all 96 communities in Vorarlberg are overseen
1998	Designation of the experimental region as "Safe Communities" by the WHO
1997 – 2001	2 <sup>nd</sup> experimental project (5 years)

2001	2 <sup>nd</sup> Evaluation
2002	Unlimited extension of the project, conclusion of contract between the partners (federal province Vorarlberg, Communities, VGKK, SVB, VAGW, VAÖE, BVA and Sicher Leben)
2002	1 <sup>st</sup> Re - Certification to become a member of the WHO network of “Safe Communities“.
2007	2 <sup>nd</sup> Re – Certification to become a member of the WHO network of “Safe Communities“.
2012	3 <sup>rd</sup> Re – Certification to become a member of the WHO network of “Safe Communities“ (including a Side Visit).
2017	4 <sup>th</sup> Re -Certification to become a member of the WHO network of “Safe Communities“.

An important part of the ongoing successful work is the continuing contact and cooperation with politics and administration, focussing on shared aims and independent of any political party.

The planning of Sicheres Vorarlberg is referring to the entire population, respectively groups of the population, not just the individual. The target groups of the injury prevention measures are lucidly circumscribed and the contents and methods of the interventions are geared to the needs of the respective target group. Socioeconomic characteristics like education, income, career are equally considered as gender, age, civil status, specific stage of lifecycle and specific interests. Key aspect related to target-group-specific working are unbureaucratic, setting-related and projects on a low threshold level.

The pursued approach is supporting and requiring self-responsibility from every person through awareness-raising through trainings, consultations, presentations, brochures, informative literature and public relations activities. Not explicitly striven for are new regulations or policies. One of the successful examples is the ski helmet. Although Vorarlberg doesn't have any regulations, different from other federal states in Austria, the usage habits are exceptional. Through a broad campaign informing on the advantages of wearing a helmet, and making aware of the consequences of not wearing a helmet, a quota of more than 90% was achieved.

### **1.1 Hospital discharge statistics**

Hospital discharge statistics from acute care hospitals after injuries are shown in the following tables. A time series from the official hospital discharge statistics (Statistik Austria)

about all inpatient treatments after injuries in acute care hospitals in Austria, by province and area of life.

## Austria

Area of life	work, school	home, leisure time	sports	traffic
2009	13.231	109.469	23.905	11.294
2010	12.993	110.275	24.227	10.666
2011	12.412	111.543	23.675	10.030
2012	11.721	124.623	26.300	11.408
2013	12.857	126.476	27.500	11.734
2014	11.913	126.024	26.600	11.564

## Vorarlberg

Area of life	work, school	home, leisure time	sports	traffic
2009	468	5.657	2.673	488
2010	439	4.786	2.569	377
2011	388	5.035	2.386	333
2012	334	5.163	2.157	321
2013	396	4.865	2.601	334
2014	431	4.975	2.688	436

## Most frequent injuries

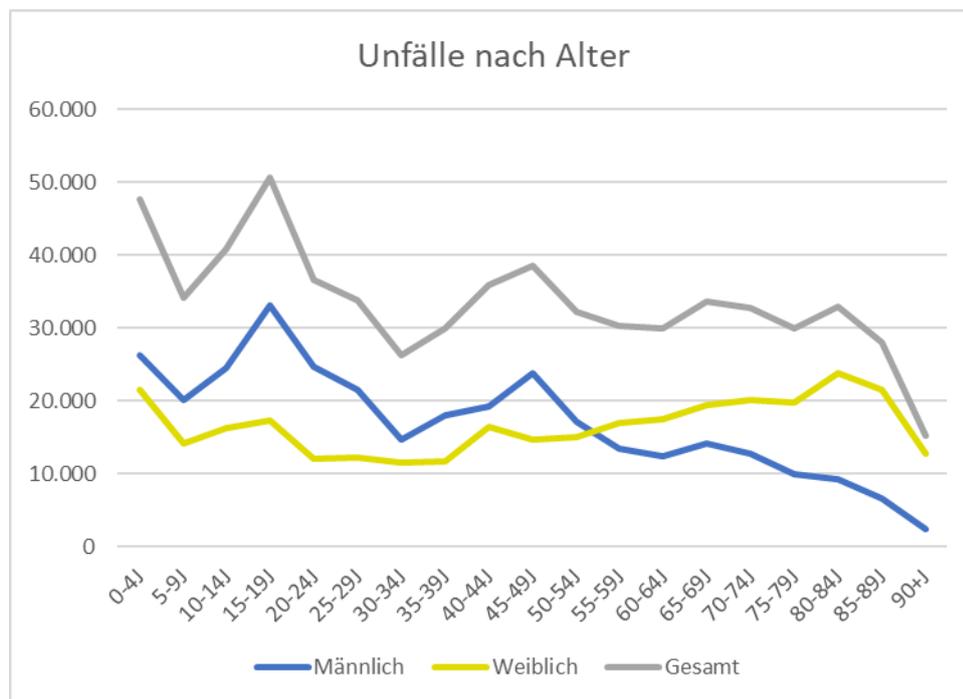
Nature of the injury	Male	Female
Head injury	481	238
Forearm fractures	230	374
Lower leg fractures	496	541
Other injury	2.034	1.305
Burns, chemical burns	64	34
Intoxication	156	150
Consequences from injuries or intoxications	772	552
Other, not defined injury	1.218	880

## Comparison

The following table shows the development of hospital discharges after inpatient treatments ensuing injuries through the years 2009-2014.

Area of life	work, school	home, leisure time	sports	traffic
Austria	- 11%	+ 16%	+ 12%	+ 2%
Vorarlberg	- 8%	- 12%	+ 1%	- 11%

## Injuries by age



Source: KFV (Blue: male, Green: female, Grey: total)

### 1.2 Objectives of “Sicheres Vorarlberg”

The assignment by the provincial government and main objective of “Sicheres Vorarlberg | Fonds Sichere Gemeinden“ is an annual reduction of the number of injuries by 5%, within all areas (above all in household, sports and leisure time activities) resulting in a reduction of human sufferings and the consequential costs following an injury. The work is mainly based on involving all institutions affected by the consequential costs following an injury plus all injury risks and demographic groups. Through citizen-oriented and subsidiary implementation of activities, measures and projects in the vicinity and the long-term and sustainable establishment of a regional carried structure for injury prevention across the province, a social desired scope of safety should be achieved. Overall the awareness for injury prevention and individual behavioral change is desired. At the implementation, existing structures and citizen-oriented approaches should be used, especially the enhancement of

existing activities and an unbureaucratic, flexible, pragmatic, efficient and effective administration of resources should be focused on. In a developmental phase of several years, a network of partners in schools, kindergartens, communities, sports clubs, senior groups, family organisations and so on, was successfully built up.

Today we are facing new challenges, previously almost unworked target groups are adolescents, although statistics (including our latest sports injury inquiry) show the relevance of this group. As a first step 12 individuals, including members of our staff, are professionally trained as risk-pedagogues to do workshops with adolescents or their parents.

As probably every institution in the health-care sector, the demographic ageing will affect us increasingly. Different programs like "Im Gleichgewicht bleiben", "OTAGO" or a theatre have been launched for that reason.

We know, that many injuries happen in or around our own home doing everyday activities, unfortunately until now no appropriate activity has been found to fight this status quo. Finding sustainable measures for injuries in this area have been identified as one of the main tasks for the coming years.

### **1.3 Funding**

The fund's budget is about 500.000 Euro, and additionally project-related subsidies, sponsorship money and participant fees are gained. The funding basis is provided by fund partners, divided as shown in the following illustration.

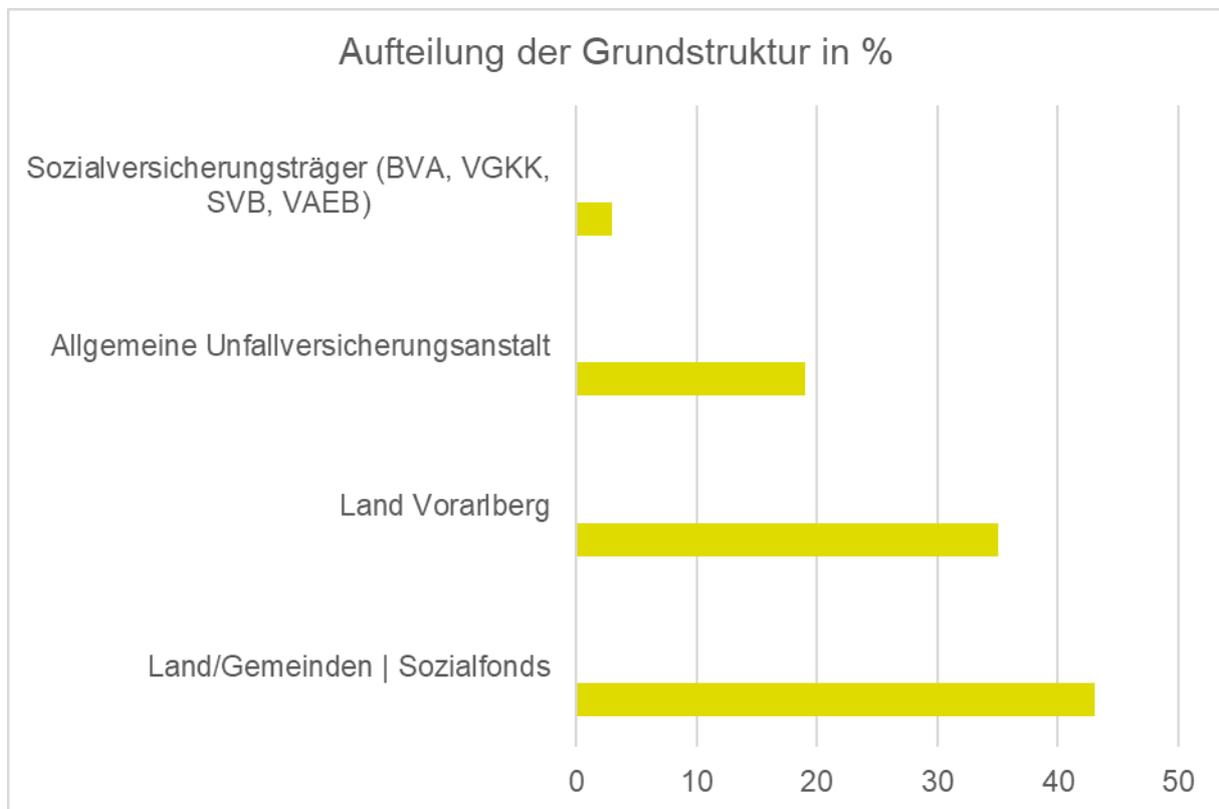


Figure: Division of the basic structure in %

#### **1.4 Form of company and tasks**

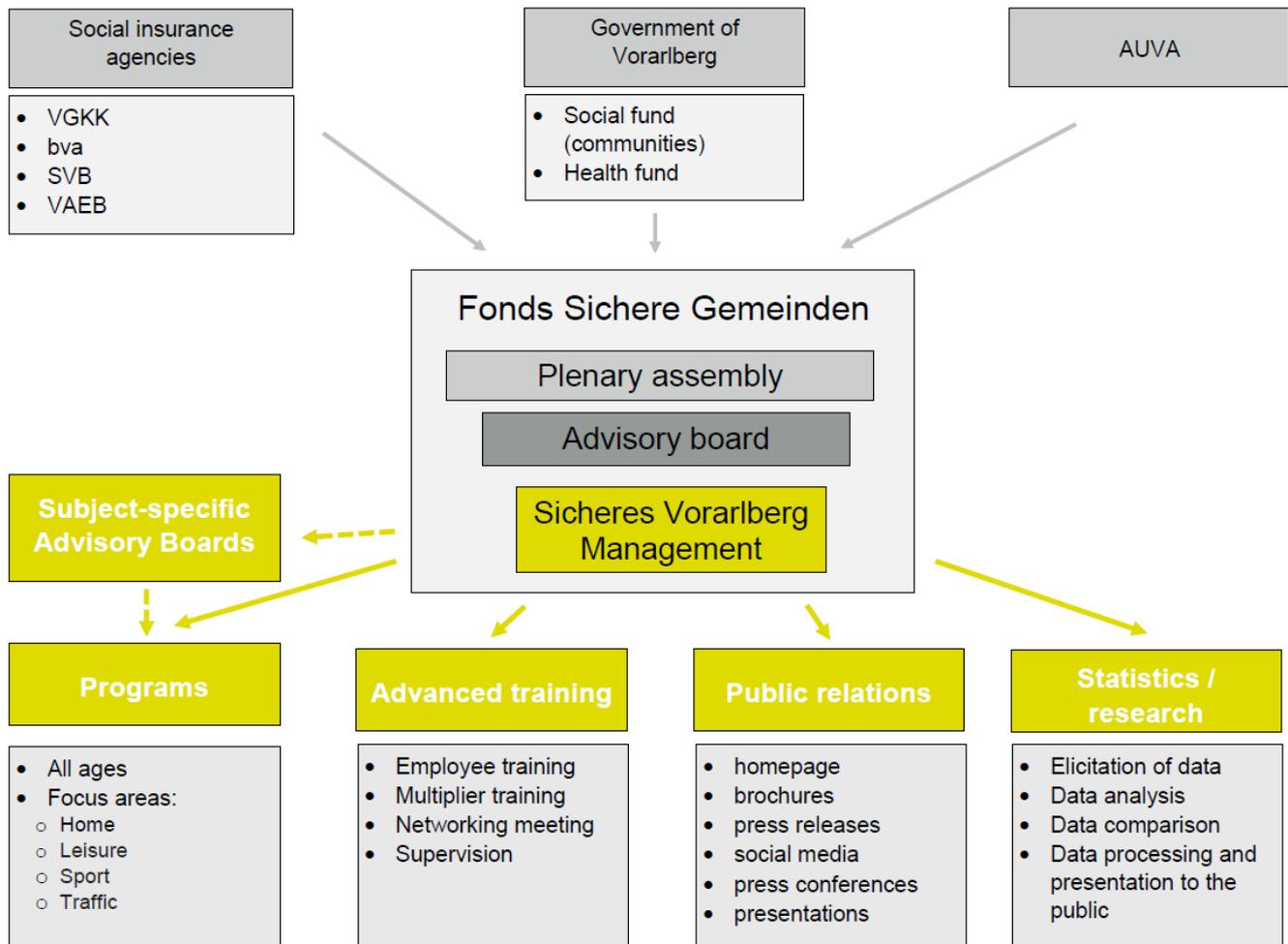
Sicheres Vorarlberg acts as an independent fund and is registered under the name “Fonds Sichere Gemeinden“. It is adapted to its purpose and limited to the province of Vorarlberg. The operations of the “Fonds“ are non-profit and non-commercial.

The tasks of the “Fonds“ are particularly

- a) planning, impulse, coordination, promotion and evaluation of actions, measures and projects, partially their execution.
- b) the granting of funding and financial subsidies for actions measures and projects,
- c) drawing up guidelines for granting fundings and financial subsidies,
- d) bearing the cost of the fund organisation, as far as the work is not done on a voluntary basis or any other funding takes place,
- e) the performance, guarantee and coordination of all necessary professionally qualified and organisational support of actions, measures and projects,
- f) the cooperation with other organisations, groups and persons, insofar as their activities answer the fund’s purposes,
- g) the fund’s purposes corresponding public relations.

The operations of the “Fonds“ are non-profit and non-commercial.

Since it's not easy to distinguish between “Fonds Sichere Gemeinden“ and Sicheres Vorarlberg and its tasks, this following simplifying depiction may help:



The institutions of the “Fonds“ are,

- plenary assembly (Vollversammlung)
- advisory board (Kuratorium)
- chairperson of the advisory board (Vorsitzende des Kuratoriums),
- management (Geschäftsführung)
- subject-specific advisory boards (Fachbeiräte).

Regarding a) The plenary assembly consists of respectively two delegated persons of each entity or institution, that make an annual payment to the fund. The plenary assembly's tasks are,

- alterations of the charter,
- acceptance of the annual activity report and the balance of account,
- predetermination of the annual program,
- discussion about the budget.

One plenary assembly is held per year.

Regarding b) The advisory board consists of two delegated persons from the provincial government, one delegated person from the municipalities association Vorarlberg, one delegated person from the Allgemeinen Unfallversicherungsanstalt (AUVA). The advisory board's tasks are,

- appointment of the chairperson and its alternate member,
- approval of acceptance of a financial contribution and a representation in the advisory board,
- personnel matters,
- appointment and dismissal of the management (project management),
- decisions about procedural regulations,
- in accordance with the procedural regulations decisions about the granting of a funding,
- resolutions about the funding guideline,
- decisions about long-term commitments of the fund.

The advisory board is convened three to four times per year.

Regarding c) One member of the advisory board, delegated from the provincial government, is elected as chairperson and works voluntary. The chairperson's tasks are,

- convening of the plenary assembly and the advisory board,
- chairmanship in the plenary assembly and the advisory board,
- and, together with the management, representation outwards.

Regarding d) The management is appointed for organizational, economical and appropriate implementation of the fund's purposes. All affairs, not assigned to other fund institutions,

reside with the management, especially administration of the office and preparation and issuing of the documents needed by the fund's organs for its decisions.

The management administrates the operative office, which is staffed by 3,6 positions (1 management, 2 project manager, 1 accounting and office – part time).

Regarding e) For preparation and consulting of certain matters, especially consulting the management and project manager, subject-specific advisory boards are convened. These advisory boards are meeting in different compositions and consist of different experts from the respective subject-specific field e.g. mountain guides, teachers, kindergarten teachers, responsible persons in communities and other authorities, trainer, physicians, caregivers, etc. Their main tasks are designing new programs and measures, and improving existing programs.

## 2 Programs

To protect the Vorarlberg population from injuries more effectively, success is only possible with a long-term and continuous process, which includes all possible population groups and all injury relevant aspects of life. In Vorarlberg the responsible stakeholders follow the recommendations of the World Health Organisation (WHO) and implement programs for the prevention of injuries.

Measures for babies to elderlies and in all areas (above all in household, sports and leisure time activities) are adopted. These focal points are based on data attained by monitoring the population injury occurrences. They include current developments, meaning they also may adapt.

The above described action areas are implemented with focus on target groups and settings. Child and adolescent injury prevention starts in the home environment, during sports and recreation, in kindergartens and at school. Accordingly, parents, educators, teachers and professionals in sports clubs are addressed as multipliers. Traffic prevention addresses all age groups, especially – due to the raised risk of injuries – children, pedestrians and cyclists. Another focus is alpine sports in all its varieties. Not least because of Vorarlberg's geographic conditions are the number of injuries and the number of fatal injuries in this area high. The importance of fall prevention increases considering the demographic development. The number of elderlies increases in Vorarlberg, as in other countries, rapidly. According to Statistik Austria the number of people in their sixties or older increases from about 76.000 in 2010 to more than 100.000 in 2030. It is important to prevent falls in old age, not just because of pain and suffering, but also because they cause high costs and quite often end in a need for care. For that reason, Sicheseres Vorarlberg has focused on this target group in the last few years. Beside the already established "Im Gleichgewicht bleiben" training groups, the visiting program "OTAGO" has started, which is tested as a pilot project until 2019. Afterwards it's meant to be installed as a permanent program.

Besides the work that is done on programs, public relations work is an important part of the work that is done on injury prevention. A weekly "safety tip", published in different media all over Vorarlberg, a monthly radio spot on different topics, the homepage with videos, background informations to various topics and all programs, press conferences on different

topics, a page on facebook with the latest activities and a newsletter by e-mail, are the main communication channels. It is planned to test Instagram and Snapchat as tools to reach new target groups, within the next months. Since most of the Instagram-users in Austria are between 20-29, and typical Snapchat-users in Austria are not older than 20, it's an attempt to reach adolescents and young adults.

An economic incentive that Sicheres Vorarlberg is using to increase safety is individual grants. By meeting concrete criteria, associations, individuals, schools, etc. can apply for a small grant provided for activities and events concentrating on injury prevention. Additionally, several small give-aways like reflectors, first aid kits, water bottles, and so on, are handed out to inhabitants and actively involved persons.

The subsequent sections show an extract of the programs performed in Vorarlberg concerning injury prevention. All programs seek to decrease the injury rate in their specific field. Additionally, all programs are continuously revised and improved. These interim goals and future challenges are shortly described as well. All programs, described below, that are performed by Sicheres Vorarlberg and its trainers are evaluated through a feedback-questionnaire for the participants, online or on paper, to further improve the programs continuously.

The highlights of our portfolio, and especially exemplary programs are probably some of those that have been taking place for a long time, eg. Toter Winkel, Rad-Helm-Spiele-Fest or our various snow safety programs.

## **2.1 Programs that document the frequency and causes of injuries**

With few exceptions, the projects of Sicheres Vorarlberg are based on hard facts and evidence. Depending on the topic, Sicheres Vorarlberg works with different partners, e.g.

Kuratorium für Verkehrssicherheit | Traffic, home, leisure time, children

Kuratorium für alpine Sicherheit | Alpine sports

Große Schützen Kleine Graz | Children

Robert-Bosch-Krankenhaus (GER) | Elderly

Amt für Gesundheit Brandenburg (GER) | Children, Teenager

The frequency of injuries, their causes and alteration over time are continuously monitored in Vorarlberg / Austria. The monitoring results are prepared epidemiologically and evaluated. But there are some deficiencies. There is no central point that is collecting the data. Since the Austrian injury occurrence is recorded by different organisations with varying standards, the data for establishing an injury monitoring system must be gathered from different sources, prepared and evaluated as far as possible. The comparability is therefore often limited. Especially injuries at home are not surveyed sufficiently, the available extrapolation do not deliver any data about injury reasons or details about the sequence of events.

Concentrating on certain main points from time to time specific evaluations are commissioned by Siches Vorarlberg. Recently, the ski and snowboard inquiry in 2012 and the sports injuries inquiry in 2015/16 were done in cooperation with the Kuratorium für Verkehrssicherheit. All five hospitals were visited over a full year and patients in the emergency rooms were interviewed. For the sports injuries inquiry, all types of sports were surveyed by a standardised IDB questionnaire. Additionally, 3 types of summer sports (mountainbike, hiking and soccer) were observed more precisely with 10 deepening questions. With 3.485 interviews, approximately 26% of all sports injuries, treated in hospitals within this period, have been questioned. A selection of the results is presented in the charts below. The main advantage of this method is that one specific injury area can be examined thoroughly and even the exact course of events is recorded. This leads to precisely accurate analyses and in further consequences pinpoint measures. Due to the limited resources, it's not possible to do this regularly and only with specific problem areas.

## Sports injuries inquiry 2015/16

<b>Gender</b>	<b>Male</b>	<b>Female</b>	<b>Total n</b>
Soccer	92%	8%	<b>773</b>
Alpine skiing	57%	43%	<b>620</b>
Other team sports with ball	52%	48%	<b>437</b>
Biking	62%	38%	<b>227</b>
Gymnastics, track and field athletics	46%	54%	<b>226</b>
Hiking, mountaineering	39%	61%	<b>166</b>
Jogging/running, Nordic Walking	52%	48%	<b>151</b>
Mountainbiking	77%	23%	<b>138</b>
Roller sports	70%	30%	<b>121</b>
Snowboarding	82%	18%	<b>91</b>
Martial arts	87%	13%	<b>83</b>
Sports on wheels (motorised)	92%	8%	<b>64</b>
Swimming	67%	33%	<b>49</b>
Ice hockey	100%	-	<b>45</b>
Climbing, adventure	65%	35%	<b>40</b>
Equestrian sport	5%	95%	<b>38</b>
Ice skating	44%	56%	<b>34</b>
Tobogganing, bobsleighting	70%	30%	<b>33</b>
Tennis, table tennis, racket sport	79%	21%	<b>29</b>
Other sports on ice/snow	52%	48%	<b>25</b>
Other water sports	58%	42%	<b>24</b>
Weight training	80%	20%	<b>20</b>
Dancing	28%	72%	<b>18</b>
Aviation sports	79%	21%	<b>14</b>
Team sports with bats	71%	29%	<b>14</b>
Precision sports	80%	20%	<b>5</b>
<b>Total %</b>	<b>67%</b>	<b>33%</b>	<b>100%</b>
<b>Total n</b>	<b>2.318</b>	<b>1.167</b>	<b>3.485</b>

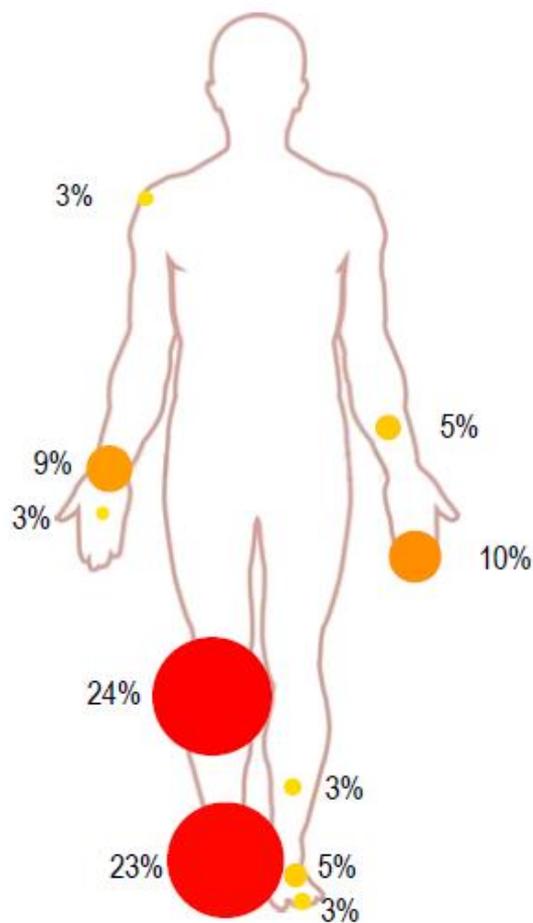
Activity	Organised sports/physical activity (leisure)	Not organised sports/physical activity (leisure)	Gymnastic instruction and school sports	Total n
Soccer	77%	14%	9%	<b>773</b>
Alpine skiing	7%	90%	2%	<b>620</b>
Other team sports with ball	50%	4%	46%	<b>437</b>
Biking	9%	91%	-	<b>227</b>
Gymnastics, track and field athletics	23%	37%	41%	<b>226</b>
Hiking, mountaineering	10%	87%	2%	<b>166</b>
Jogging/running, Nordic Walking	11%	58%	30%	<b>151</b>
Mountainbiking	14%	86%	-	<b>138</b>
Roller sports	7%	93%	1%	<b>121</b>
Snowboarding	5%	95%	-	<b>91</b>
Martial arts	89%	10%	1%	<b>83</b>
Sports on wheels (motorised)	47%	53%	-	<b>64</b>
Swimming	2%	96%	2%	<b>49</b>
Ice hockey	91%	9%	-	<b>45</b>
Climbing, adventure	38%	55%	8%	<b>40</b>
Equestrian sport	24%	76%	-	<b>38</b>
Ice skating	24%	59%	18%	<b>34</b>
Tobogganing, bobsleighbing	9%	85%	6%	<b>33</b>
Tennis, table tennis, racket sport	79%	21%	-	<b>29</b>
Other sports on ice/snow	36%	64%	-	<b>25</b>
Other water sports	17%	83%	-	<b>24</b>
Weight training	30%	70%	-	<b>20</b>
Dancing	61%	33%	6%	<b>18</b>
Aviation sports	43%	57%	-	<b>14</b>
Team sports with bats	57%	7%	36%	<b>14</b>
Precision sports	40%	60%	-	<b>5</b>
<b>Total %</b>	<b>36%</b>	<b>51%</b>	<b>13%</b>	<b>100%</b>
<b>Total n</b>	<b>1.250</b>	<b>1.787</b>	<b>448</b>	<b>3.485</b>

Type of treatment	Outpatient	Inpatient	Total n
Soccer	83%	17%	<b>773</b>
Alpine skiing	42%	58%	<b>620</b>
Other team sports with ball	93%	7%	<b>437</b>
Biking	73%	27%	<b>227</b>
Gymnastics, track and field athletics	86%	14%	<b>226</b>
Hiking, mountaineering	68%	32%	<b>166</b>
Jogging/running, Nordic Walking	87%	13%	<b>151</b>
Mountainbiking	57%	43%	<b>138</b>
Roller sports	78%	22%	<b>121</b>
Snowboarding	66%	34%	<b>91</b>
Martial arts	90%	10%	<b>83</b>
Sports on wheels (motorised)	48%	52%	<b>64</b>
Swimming	73%	27%	<b>49</b>
Ice hockey	78%	22%	<b>45</b>
Climbing, adventure	73%	28%	<b>40</b>
Equestrian sport	79%	21%	<b>38</b>
Ice skating	88%	12%	<b>34</b>
Tobogganing, bobsleighbing	70%	30%	<b>33</b>
Tennis, table tennis, racket sport	83%	17%	<b>29</b>
Other sports on ice/snow	48%	52%	<b>25</b>
Other water sports	88%	13%	<b>24</b>
Weight training	90%	10%	<b>20</b>
Dancing	78%	22%	<b>18</b>
Aviation sports	50%	50%	<b>14</b>
Team sports with bats	86%	14%	<b>14</b>
Precision sports	60%	40%	<b>5</b>
<b>Total %</b>	<b>73%</b>	<b>27%</b>	<b>100%</b>
<b>Total n</b>	<b>2.550</b>	<b>935</b>	<b>3.485</b>

## Soccer

Gender and age	Male	Female	Total %	Total n
< 15	27%	3%	31%	237
15-24	41%	4%	44%	343
25-64	24%	1%	25%	193
<b>Total %</b>	<b>92%</b>	<b>8%</b>	<b>100%</b>	-
<b>Total n</b>	<b>713</b>	<b>60</b>	-	<b>773</b>

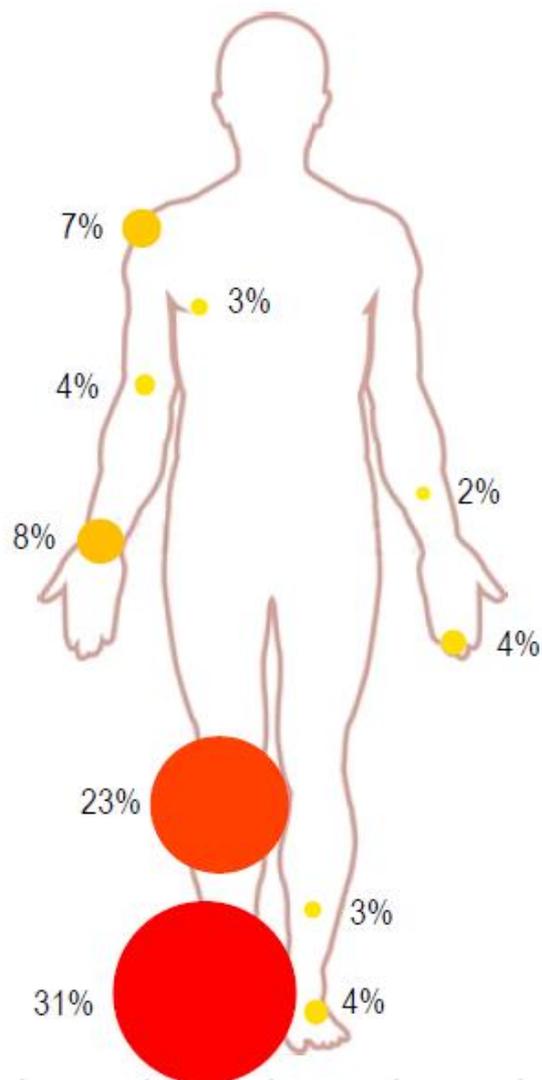
### Illustration of affected bodyparts



## Hiking

Gender and age	Male	Female	Total %	Total n
< 15	2%	3%	5%	8
15-24	3%	3%	6%	10
25-64	26%	42%	67%	112
65+	8%	14%	22%	36
<b>Total %</b>	<b>39%</b>	<b>61%</b>	<b>100%</b>	-
<b>Total n</b>	<b>64</b>	<b>102</b>	-	<b>166</b>

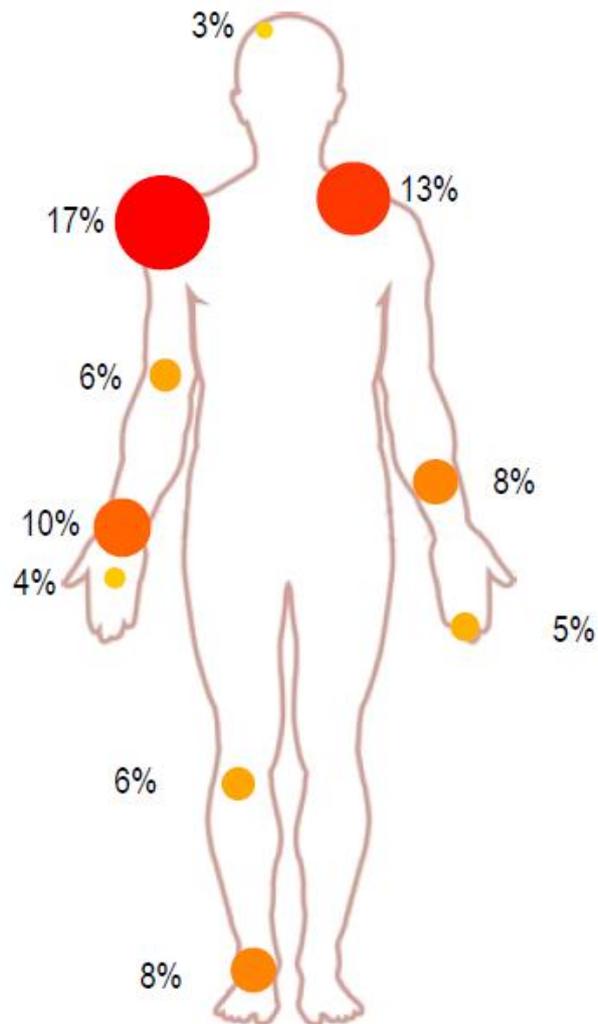
Illustration of affected bodyparts



## Mountainbiking

Gender and age	Male	Female	Total %	Total n
< 15	4%	2%	6%	8
15-24	17%	1%	18%	25
25-64	54%	20%	73%	101
65+	2%	1%	3%	4
<b>Total %</b>	<b>77%</b>	<b>23%</b>	<b>100%</b>	-
<b>Total n</b>	<b>106</b>	<b>32</b>	-	<b>138</b>

Illustration of affected bodyparts



### Some example for external data that is collected and processed

- The capture of data at the mountain is done by the alpine police. The alpine police provides this data to the Kuratorium für alpine Sicherheit. Further inquiries are done by local mountain rescue units. They document their missions meticulously. An example for data provided by the Kuratorium für alpine Sicherheit is the following chart.

	Fatalities 2016	Injured 2016	Total 2016
n.a.	0	2	2
Burgenland	0	0	0
Kärnten	38	364	407
Niederösterreich	19	288	350
Oberösterreich	30	539	571
Salzburg	42	1.402	1.385
Steiermark	31	576	626
Tirol	84	3.280	3.414
<b>Vorarlberg</b>	<b>23</b>	<b>762</b>	<b>824</b>
Wien	0	0	0
<b>Total</b>	<b>267</b>	<b>7.213</b>	<b>7.579</b>

- The injury occurrence in nursery schools (second year) and schools, including the way there and back, is monitored and evaluated by the "Allgemeinen Unfallversicherungsanstalt" (AUVA). This data has been the basis to start a new project regarding school sports recently, since the evaluation shows, this is where most injuries in schools happen.

Insurance approved injuries in schools, universities and kindergartens 2011-2015 Vorarlberg																
		01 – Elementary school	02 – Secondary school	22 – Secondary school including pilot project schools Neue Mittelschule	03 – Special-needs school	04 – Polytechnic school	06 – Secondary adademic school	07 – Technical or commercial upper-level secondary school	08 – Business school (middle or upper-level)	09 – Economic school (middle or upper-level)	10 – Socio-professional schools (middle or upper-level)	11 – Agriculture and forestry school	12 – Schools for kindergarten teachers, social education, and physical education	15 – Healthcare and nursing schools	60 - Kindergarten	Total
2011	School injuries in the narrower sense	156	112	57	18	16	33	8	4	23	-	5	-	2	-	<b>434</b>
	Sports injuries	177	338	131	10	30	100	14	11	44	-	3	1	-	-	<b>859</b>
	Commuting injury	8	12	1	2	1	5	1	1	6	-	-	-	-	-	<b>37</b>
	<b>Total</b>	<b>341</b>	<b>462</b>	<b>189</b>	<b>30</b>	<b>47</b>	<b>138</b>	<b>23</b>	<b>16</b>	<b>73</b>	<b>-</b>	<b>8</b>	<b>1</b>	<b>2</b>	<b>-</b>	<b>1.330</b>
2012	School injuries in the narrower sense	174	10	160	25	12	29	6	5	16	-	13	1	2	-	<b>453</b>
	Sports injuries	156	36	417	13	27	119	18	32	48	-	6	3	-	-	<b>875</b>
	Commuting injury	7	-	14	4	1	1	1	2	2	-	1	-	1	-	<b>34</b>
	<b>Total</b>	<b>337</b>	<b>46</b>	<b>591</b>	<b>42</b>	<b>40</b>	<b>149</b>	<b>25</b>	<b>39</b>	<b>66</b>	<b>-</b>	<b>20</b>	<b>4</b>	<b>3</b>	<b>-</b>	<b>1.362</b>
2013	School injuries in the narrower sense	210	11	126	18	17	26	4	9	8	-	6	1	-	-	<b>436</b>
	Sports injuries	139	34	427	11	19	81	17	14	32	-	9	3	-	-	<b>786</b>
	Commuting injury	6	-	13	2	-	5	-	1	4	-	-	-	-	-	<b>31</b>
	<b>Total</b>	<b>355</b>	<b>45</b>	<b>566</b>	<b>31</b>	<b>36</b>	<b>112</b>	<b>21</b>	<b>24</b>	<b>44</b>	<b>-</b>	<b>15</b>	<b>4</b>	<b>-</b>	<b>-</b>	<b>1.253</b>
2014	School injuries in the narrower sense	197	13	158	19	13	31	6	3	11	1	6	-	3	-	<b>461</b>
	Sports injuries	170	28	455	7	25	114	23	14	41	-	5	-	-	-	<b>882</b>
	Commuting injury	6	-	16	-	-	5	3	2	8	-	-	-	-	-	<b>40</b>
	<b>Total</b>	<b>373</b>	<b>41</b>	<b>629</b>	<b>26</b>	<b>38</b>	<b>150</b>	<b>32</b>	<b>19</b>	<b>60</b>	<b>1</b>	<b>11</b>	<b>-</b>	<b>3</b>	<b>-</b>	<b>1.383</b>
2015	School injuries in the narrower sense	227	8	154	15	18	26	6	3	19	-	7	-	-	11	<b>494</b>
	Sports injuries	189	34	462	21	18	128	9	13	24	-	7	4	-	-	<b>909</b>
	Commuting injury	9	1	8	1	1	5	1	1	2	1	1	-	-	-	<b>31</b>
	<b>Total</b>	<b>425</b>	<b>43</b>	<b>624</b>	<b>37</b>	<b>37</b>	<b>159</b>	<b>16</b>	<b>17</b>	<b>45</b>	<b>1</b>	<b>15</b>	<b>4</b>	<b>-</b>	<b>11</b>	<b>1.434</b>
<b>ab 2011</b>		<b>1.831</b>	<b>637</b>	<b>2.599</b>	<b>166</b>	<b>198</b>	<b>708</b>	<b>117</b>	<b>115</b>	<b>288</b>	<b>2</b>	<b>69</b>	<b>13</b>	<b>8</b>	<b>11</b>	<b>6.762</b>

<b>Sport injuries 2011 - 2015, in schools, universities, kindergartens Vorarlberg</b>						
	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>From 2011</b>
<b>Male</b>	415	436	383	434	470	<b>2.138</b>
<b>Female</b>	444	439	403	448	439	<b>2.173</b>
<b>Total</b>	<b>859</b>	<b>875</b>	<b>786</b>	<b>882</b>	<b>909</b>	<b>4.311</b>
	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>From 2011</b>
<b>Ball games</b>	448	445	426	465	475	<b>2.259</b>
<b>Gymnastics (floor, apparatus)</b>	171	189	167	192	221	<b>940</b>
<b>Winter sports</b>	85	89	76	88	96	<b>434</b>
<b>Other sports</b>	79	81	63	87	68	<b>378</b>
<b>Other athletic activities of students</b>	52	45	29	23	32	<b>181</b>
<b>Track and field athletics</b>	13	16	19	17	8	<b>73</b>
<b>Swimming and watersports</b>	9	10	5	10	9	<b>43</b>
<b>Fitness training</b>	2	-	-	-	-	<b>2</b>
<b>Skating and similar</b>	-	-	1	-	-	<b>1</b>
<b>All specific activities</b>	<b>859</b>	<b>875</b>	<b>786</b>	<b>882</b>	<b>909</b>	<b>4.311</b>
	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>From 2011</b>
<b>No object involved (eg. Colliding, fall,..)</b>	301	283	236	233	202	<b>1.255</b>
<b>Other Ball</b>	145	155	144	156	168	<b>768</b>
<b>Soccer</b>	68	52	74	91	121	<b>406</b>
<b>Handball, dogde ball</b>	41	53	51	72	41	<b>258</b>
<b>Alpine skiing</b>	44	51	52	48	60	<b>255</b>
<b>Not specified object</b>	55	45	36	30	40	<b>206</b>
<b>Basketball</b>	31	38	30	37	47	<b>183</b>
<b>Volleyball</b>	26	28	24	24	26	<b>128</b>
<b>Gymnastics box</b>	22	26	17	26	26	<b>117</b>
<b>Ice skating</b>	19	17	13	28	21	<b>98</b>
<b>Other</b>	107	127	109	137	157	<b>637</b>
<b>Total</b>	<b>859</b>	<b>875</b>	<b>786</b>	<b>882</b>	<b>909</b>	<b>4.311</b>

School injuries 2012 - 2016, students							
Commuting injuries, Vorarlberg							
		2012	2013	2014	2015	2016	Total
<b>School injuries in the narrower sense</b>	Routes outside of educational institution	4	5	7	7	5	<b>28</b>
	<b>Commuting injuries</b>						
	Commuting injury (no further details)	-	-	-	2	-	<b>2</b>
	Way to educational institutions	25	18	18	18	23	<b>102</b>
	Way from educational institutions	9	13	22	10	13	<b>67</b>
	Other	-	-	-	1	1	<b>2</b>
		<b>38</b>	<b>36</b>	<b>47</b>	<b>38</b>	<b>42</b>	<b>201</b>

- Work place injuries are registered through the responsible organisations of the legal insurances. Regarding work injuries and injuries occurring on the commute to and from during work, injuries incurring a sick leave of more than three days or fatal injuries are documented.
- The “Österreichische Wasserrettung“ (Austrian life-guard association) continuously documents drowning injuries in Austria.
- Data on victims of violent criminality is monitored through the police criminal statistik.
- Road accidents with casualties are recorded by the police with type, place and involved persons.
- In cooperation with the Kuratorium für Verkehrssicherheit (KFV), the LKH Feldkirch (since 1997) and LKH Bregenz (since 2008), established a hospital related injury registration system according to the international standard injury data base (IDB). Since, data of all injured patients and all departmental injury categories are continuously registered anonymously. The Kuratorium für Verkehrssicherheit, is responsible for data quality and -analyses and data transfer for European IDB. The results are representative for the region of Vorarlberg and also related to an illustration of all injury types (intentional and unintentional), since the two hospitals are hospitals with maximum care. These monitored data findings also allow a Vorarlberg assessment of injury occurrence, of various injury categories (domestic and recreation injuries, sport, work, and road traffic injuries, self-injury and injuries, elevation of the course of injury, including involved products, and an analysis of risk factors (for example alcohol related injuries) possible. Already now, this data basis is an important factor for preventing injuries.

## 2.2 Traffic safety

Name of the program / project	Toter Winkel (Blind Spot and how to stay safe around a vehicle)
Sector and organizations involved in implementation	ÖAMTC, KFV, Fire Department, Education authority Vorarlberg
Age groups targeted by the program / project	Children, Adults
Environments covered by the program / project	Schools, Companies
Situations covered by the program / project	Pedestrians, cyclists faced with larger traffic participants
	<p>A program mainly for schoolkids (age 8-10) showing them with a real truck the blind spots and how to stay safe around a vehicle.</p> <p>On an average 140 classes with more than 2500 children are going through this training annually. Per school grade 3000 children are attending schools in Vorarlberg on average, the next objective is to reach 100% of all children in third grade.</p>
Background	Between 2013 until the first half of 2016 were 11 road fatalities in Vorarlberg, where a truck was involved. (Statistik Austria, VCÖ 2017). A goal for the future is to collect more detailed data about these incidents, to adapt the program accordingly.

Name of the program / project	Sehen und gesehen werden (See and being seen)
Sector and organizations involved in implementation	ÖAMTC, KFV, Education authority Vorarlberg, Bus companies, Police
Age groups targeted by the program / project	Children, Adult, Elderly
Environments covered by the program / project	Schools, Companies, Associations
Situations covered by the program / project	Pedestrians, cyclists in the evening or at night

	<p>A program for schoolkids (age 8-10) and their parents showing them the effect of reflective materials. It's being shown that a driver has often zero chance to apply the brakes early enough if pedestrians are dressed darkly. Around 3500 persons participate annually. Considering that in Vorarlberg the average number of children attending a school per grade is 3000, this number is already high and the school environment is sensitized for this issue. In the next years the program will be opened to adults and the numbers of adults undergoing this program should be increased up to 1000 per year.</p>
<p>Background</p>	<p>According to the Austrian road safety statistics in 2014 637, in 2015 639 and in 2016 667 road injuries happened in Vorarlberg in dusk, dawn, darkness or artificial lighting. (Austrian road safety statistics)</p>

<p>Name of the program / project</p>	<p>Rad-Helm-Spiele-Fest</p>
<p>Sector and organizations involved in implementation</p>	<p>Kindergarten inspectorate, Trained advisers</p>
<p>Age groups targeted by the program / project</p>	<p>Children (3-6 years)</p>
<p>Environments covered by the program / project</p>	<p>Kindergarten</p>
<p>Situations covered by the program / project</p>	<p>The first contact with the bicycle / scooter and helmet</p>
	<p>A program for kindergarteners to improve their biking skills. Within two hours they go through different stations, showing the importance of helmets and biking through a course with various obstacles. More than 30 groups with more than 700 children are participating annually. In the last years only one single trainer has performed all events by herself. To be able to reach more kindergartens and kindergarteners, an additional trainer has to be employed and all the used material has to be duplicated. These measures would make it possible to double the number of children we reach.</p>
<p>Background</p>	<p>More and more kindergartens and schools are reporting, that an increasing number of children is not able to ride a bike properly, what makes this program even more important. Reliable data has to be collected in future, about the impact of this development and, as a consequence, if there is a need for further training lessons.</p>

<p>Name of the program / project</p>	<p>Der Ländle Radritter</p>
<p>Sector and organizations</p>	<p>Education authority Vorarlberg, Trained advisers, ÖAMTC</p>

involved in implementation	
Age groups targeted by the program / project	Children (7-10 years)
Environments covered by the program / project	School
Situations covered by the program / project	Young cyclists with often poor cycle-competencies and/or in preparation for their cycling examination
	<p>Following the concept of our „Rad-Helm-Spiele-Fest“ in kindergartens, this is our school program to further improve biking skills. Beside the importance of a helmet and a course with various obstacles (adapted to the skills of the participating group), looking out for other traffic participants and their actions is a main issue of this program.</p>
Background	<p>More and more kindergartens and schools are reporting, that an increasing number of children is not able to ride a bike properly, what makes this program even more important. Reliable data has to be collected in future, about the impact of this development and, as a consequence, if there is a need for further training lessons.</p> <p>Children up to 12 have to wear a helmet in Austria by law, this means the percentage of usage is high among this age group. But visiting school classes before the day of the event our trainers witness, that hardly a helmet is in order. On average, not more than 2 helmet per class are still fully operational and adjusted properly.</p>

### 2.3 Home Safety

Name of the program / project	Smoke Alarm
Sector and organizations involved in implementation	Fire Department
Age groups targeted by the program / project	Adults
Environments covered by the program / project	Home
Situations covered by the program / project	House fire prevention

	<p>In private living areas, smoke detectors are an important contribution for increased safety. In Vorarlberg these devices are even compulsory for new buildings since 2008. This projects seeks to inform and sensitize the citizens of older houses and buildings.</p>
<p>Background</p>	<p>0,6 fire victims per 100.000 inhabitants is a relatively low number, but still means human suffering. An alarm in time can prevent injuries and smoke poisoning. (Annual report fire prevention office Vorarlberg, 2016)</p>

<p>Name of the program / project</p>	<p>Menschengerecht Bauen (barrier-free living)</p>
<p>Sector and organizations involved in implementation</p>	<p>Ifs - Residential consultation</p>
<p>Age groups targeted by the program / project</p>	<p>Adults, Elderly</p>
<p>Environments covered by the program / project</p>	<p>Home, Nursing schools</p>
<p>Situations covered by the program / project</p>	<p>Barrier-free living for people with disabilities and the elderly</p>
	<p>Barrier-free living takes the natural life-cycle into account. From the beginning the living areas are adjusted to the changing needs of their inhabitants. Barrier-free means that the facility is useable for everyone – at all ages and regardless of physical ability or disability – without any technical or social boundary. Appropriate measures allow elderly people to stay independent and in their own homes.</p>
<p>Background</p>	<p>Around 85% of all injuries at home are due to falls. For elderly people it's even the highest health risk (possibly even resulting in death). Reasons for falls are often selfmade tripping hazards and missing tools, such as simple handles. (Ifs – barrier-free living, <a href="http://www.ifs.at/menschengerechtesbauen.html">http://www.ifs.at/menschengerechtesbauen.html</a>)</p>

<p>Name of the program / project</p>	<p>Riesenküche (The giant kitchen)</p>
<p>Sector and organizations involved in implementation</p>	<p>Communities</p>
<p>Age groups targeted by the program / project</p>	<p>Children, Adults, Elderly</p>
<p>Environments covered by the</p>	<p>Communities</p>

program / project	
Situations covered by the program / project	Showcasing the perception of toddlers and children in the kitchen, to prevent burns or scalds
	An exhibition that can be used by communities for free, to raise the awareness for household-dangers for toddlers and children. 50 communities in Vorarlberg already had this exhibition. The objective is to tour through all 96 communities at least once.
Background	Every year in Austria 3000 children have to be treated in a hospital due to burns or scalds. Two third of that number are children under four years.

## 2.4 Leisure time safety

Name of the program / project	Sichere Gartenarbeit (safe garden work)
Sector and organizations involved in implementation	Agricultural Training Institute
Age groups targeted by the program / project	Adults
Environments covered by the program / project	Garden work
Situations covered by the program / project	Tree cuttings, use of ladders
	Garden work is a common leisure activity in Vorarlberg. With information material and course offers awareness is created for the dangers and the safe handling with different tools.  At the moment, 4 courses with approximately 100 participants are performed annually. In the future it's planned to expand this program on every county in Vorarlberg.
Background	Negligence and haste are the reasons for 85% of all injuries happening during garden workings. 49% are over 60 years old. Falls from ladders are 15% of the injuries and 40% of all injuries happening during garden workings are

	severe. (SVB annual report, 2015, 2015)
--	---

Name of the program / project	Heimhandwerkerkurs (Handymen class)
Sector and organizations involved in implementation	BayWa (Garden market), Carpenter
Age groups targeted by the program / project	Adults
Environments covered by the program / project	Handymen, hobbyists
Situations covered by the program / project	Correct handling of machines and hand tools
	At these handymen classes are focused on the basic knowledge about wood processing. Under the guidance of an expert a workpiece is manufactured properly. It's intended to expand this program and implement it in annual programs of several partners.
Background	More than 80% of all Austrians are performing handicraft activities at home. One third of all respondents answered that they have been injured at least once. Nine percent had to be treated in a hospital. (KFV Umfrage 2016)

## 2.5 Childrens Safety

Name of the program / project	Hunde sicher verstehen
Sector and organizations involved in implementation	Educators and dog experts
Age groups targeted by the program / project	children
Environments covered by the program / project	Kindergarten
Situations covered by the program / project	Situations where children have contact with dogs.

	<p>Children learn to understand, “greet” and respect dogs, and how to stay safe when a dog approaches you. Before our teams with dogs visit a kindergarten, the kindergarten teachers themselves are schooled. Every year we visit more than 500 children in 15 kindergartens. Considering that in Vorarlberg the average number of children attending kindergarten or school is 3000 per grade, a clear increase up to 1000 children is the future aim.</p>
<p>Background</p>	<p>An Austrian statistic from the year 2002-2007 shows that an average of 5.900 persons had to be treated in a hospital as a result of a dog bite. 20 percent of this injured persons were under 15. 38% of all injuries happened while playing or cuddling with a dog. (KFV, Leisuretime accident statistics, 2008)</p> <p>Because of these numbers and an increasing number of dogs, the program “Prevent a bite” developed in UK by John Uncle and refined by Jeanine-Claude Belet in Switzerland was adapted to Vorarlberg.</p> <p>More current data would have to be collected in future, to show trends and developments.</p>

<p>Name of the program / project</p>	<p>Sicherheitsclowns</p>
<p>Sector and organizations involved in implementation</p>	<p>Clown experts, teachers</p>
<p>Age groups targeted by the program / project</p>	<p>Children</p>
<p>Environments covered by the program / project</p>	<p>Kindergarten</p>
<p>Situations covered by the program / project</p>	<p>Dangerous situations and spots for children at home.</p>
	<p>Raising children's awareness of the dangers of injuries at home and in leisure time activities. They learn to recognize dangerous situations and to react to them properly. Recently Sicheres Vorarlberg has produced a small booklet for children, in an attempt to make the program more sustainable. They receive it from the clown after the event and take it home to read it with their parents. Almost 2000 kindergarten children are visited by one of our clowns annually. Since this clown-programs are now running for more than 10 years, a content-related goal is the revision of the covered topics by the clowns.</p>

Background	Every year 165000 children are having an injury and 25 children die due to an injury in Austria. This means that injuries are second leading cause of death and the second leading cause for a treatment in a hospital in this group of age. Although there has been a strong decline from 1996 until now, the numbers are still alarming. And the numbers are showing, that most of the children's injuries happen at home. (Research centre for children's injuries, Child safety in Austria Report 2016)
------------	---

Name of the program / project	Bergführer auf Wintersportwoche
Sector and organizations involved in implementation	Mountain guides
Age groups targeted by the program / project	Children
Environments covered by the program / project	Schools in winter sports week
Situations covered by the program / project	Introduction to the basic knowledge of dangers in the alpine area in winter
	A programm for schoolkids in winter sports week. Professional mountain guides show them how dangerous off-piste skiing can be as well as how to handle an avalanche transceiver and other safety equipments. Every year, about ten schools take part in this program. A next step is to develop a one-day program (the current program is only applicable for two days).
Background	The experience and the mountain rescue statistics shows an increase of adolescents who get in dangerous alpine situations and have to be rescued. (Annual report mountain rescue Vorarlberg 2014)

Name of the program / project	Wandertag mit Wanderführer
Sector and organizations involved in implementation	Adventure guide / Mountain guide
Age groups targeted by the program / project	children
Environments covered by the program / project	School
Situations covered by the program / project	Introduction to the basic knowledge of dangers in the alpine area in summer.

	<p>Hiking can be much fun – even more if an adventure guide joins the schoolclasses. He introduces the basic knowledge of dangers in the alpine area to more than 400 kids annually.</p> <p>In the future a train the trainer education shall be provided. An offer to teachers still in training is supposed to motivate and enable future teachers to do hiking trips with their students.</p>
<b>Background</b>	<p>Starting point was a decrease of hiking trips done in schools, reported by the local school authority.</p>

## 2.6 Elderly Safety

<b>Name of the program / project</b>	Im Gleichgewicht bleiben (Staying in balance)
<b>Sector and organizations involved in implementation</b>	Trained senior trainers
<b>Age groups targeted by the program / project</b>	Elderly 65+
<b>Environments covered by the program / project</b>	Different groups such as citizens' dance, Kneipp, anti-osteoporosis treatment, Red Cross and Communities.
<b>Situations covered by the program / project</b>	Mobility and the minimising of the risk of falls
	<p>Trained senior trainers exercise in several different groups with more than 2500 elderlies every week. The aim is to reduce the risk of falls through mobility and vitality.</p> <p>A future challenge is finding new trainers who can be trained and then perform these groups.</p> <p>The age group of 65 and older includes more than 60.000 persons in Vorarlberg, this means that the number of exercising persons has to be increased. As a first step the plan is to increase the number of groups, that would mean that 3000 elderlies can be trained every week.</p>
<b>Background</b>	<p>An increase of femoral neck fractures was the basis to start this program. 2016 more than 630 femoral neck fractures from patients over 65 years, where reported in Vorarlberg. (Office of the federal statistics in Vorarlberg, Report 2016)</p>

<b>Name of the program / project</b>	OTAGO
<b>Sector and organizations involved in implementation</b>	OTAGO trainers, mobile care service Vorarlberg
<b>Age groups targeted by the program / project</b>	Elderly 70+
<b>Environments covered by the</b>	Home care

program / project	
Situations covered by the program / project	Elderly people who are not able to leave their house on their own
	<p>OTAGO is a visiting training program for very elderly, who will be accompanied by trainers through one whole year. Through this structured and regular training balance and strength are strengthened.</p> <p>After the pilot period this program is supposed to be installed as a fix program within the mobile care service without any external help or financing.</p>
Background	<p>With increasing age, the risk for falls increases. Beside severe physical and psychological consequences, falls cause high health care costs.</p> <p>The predecessor pilot project was evaluated by scientist of the local university and the effectiveness proven. (Sicheres Vorarlberg, Final report FHV falls prevention with OTAGO-Training. Documentation and evaluation of the pilot project in Vorarlberg, 2015)</p>

Name of the program / project	Mehr gesunde Lebensjahre ab 65
Sector and organizations involved in implementation	Trained lecturer
Age groups targeted by the program / project	Elderly 65+
Environments covered by the program / project	Seniors associations, nursing schools, communities
Situations covered by the program / project	Mobility and the minimising of the risks of falls
	<p>An information program on a low threshold level to sensitize elderly persons and multipliers (nurses, doctors,..) for the risk of falling in various settings. (Institute for sports science consulting. Fall prevention workshop. Theoretical basics, 2014)</p>

Name of the program / project	Seniors Theater "Ein falscher Schritt"
Sector and organizations involved in implementation	Amateur theater for seniors
Age groups targeted by the program / project	Elderly 65+
Environments covered by the	Seniors associations, Communities

program / project	
Situations covered by the program / project	Awareness raising about of the risk of falls
	<p>The theater “Ein falscher Schritt” addresses elderly people. The amateur actors present a play in which they want to raise the elderlies’ awareness about the risk of falls.</p>

## 2.7 Work Safety

In Austria the Employee Safety Act regulates work safety internally with companies by means of safety experts and safety officers. Smaller companies of up to 50 employees receive additional support through the General Accident Insurance Office (AUVA), for example in areas of injury prevention and health promotion.

Name of the program / project	Chainsaw introduction
Sector and organizations involved in implementation	Vorarlberg Chamber of Agriculture, Agrarian Educational Institution
Age groups targeted by the program / project	Adults
Environments covered by the program / project	Builder’s yard employees, Loggers
Situations covered by the program / project	Correct handling of forestry machines, especially chainsaws
	<p>Many injuries happen while using a chainsaw. That is why a chainsaw introduction is offered to learn and train the correct handling with it and other forestry machines. The next step for this program is the implementation as a permanent element in the training of all builder’s yard employees of the communities.</p>
Background	Statistics show 2016 in this area of work, 21 injuries happened. 2 of them were fatal. (AUVA injury statistics 2016, forestry working)

Name of the program / project	Safety officer education
Sector and organizations involved in implementation	Government for labor safety
Age groups targeted by the program / project	Adults
Environments covered by the program / project	Companies up to 50 employees
Situations covered by the program / project	General injuries in Companies
	This safety training to become a safety representative in your company, is an eight-week course offered by the AUVA. One module performed by Sicheres Vorarlberg is about injuries in the non-professional environment (leisure time, sports, home) and what companies can do there. A redesign of the module is planned for 2018.
Background	2015 110.049 sick leave days caused by an occupational injury and 163.756 sick leave days caused by an accident that has happend at home, leisure time or sports, were reported – based an 130.000 labour-insured persons in Vorarlberg. (Cases of sick leave in Vorarlberg GKK, 2015)

## 2.8 Violence prevention

In Vorarlberg the prevention of violence is of primary interest not only at Sicheres Vorarlberg, but is also a significant part of prevention work at other institutions. Joint efforts between various institutions are taken for granted when the need presents itself.

Name of the program / project	Gewaltschutz (Education Events regarding violence prevention)
Sector and organizations involved in implementation	Catholic Church Vorarlberg
Age groups targeted by the program / project	Children, Youth, Adults
Environments covered by the program / project	Main and honorary staff
Situations covered by the program / project	An open debate about causes, forms and effects of violence is effective prevention itself. Through addressing these issues, like “what is violence”, “how emerges violence” or “under which conditions can violence persist” a clear stance against violence should arise. Further measures against violence were installed: ombudsman’s office, agency for violence prevention and a commission.
Background	There is no detailed data available about violence victims. It is assumed that there is a high number of unreported

	cases and therefore the data collected do not give the full picture of the situation of sexual, physical and psychological violence. Particularly affected are children, because they are still psychological and physical developing and therefore especially sensitive to acts of violence. (Don't give violence a chance. Katholische Kirche, 2015)
--	--

## 2.9 Suicide prevention

Suicide prevention is not specifically focused on by Sicheres Vorarlberg, but rather a significant part of the preventative work of other institutions. Of course, there are joint efforts between Sicheres Vorarlberg and other health institutions if the efforts prove necessary.

Name of the program / project	Consultation
Sector and organizations involved in implementation	Aks Vorarlberg
Age groups targeted by the program / project	All Age Groups
Environments covered by the program / project	Affected
Situations covered by the program / project	Information and awareness training is provided to multipliers, with a specific focus on the development of new risk groups. With the integration in different training courses this issue is made a subject of discussion and is constantly revised due to new emerging focal points (e.g. traumatized refugees, new addictions,..)
Background	2016 in Vorarlberg 42 persons committed suicide. This is a rate of 11,1 per 100.000 inhabitants. (Suicide report 2016 aks Vorarlberg)

Name of the program / project	Bitte lebe (Please live)
Sector and organizations involved in implementation	SUPRO
Age groups targeted by the program / project	Adolescents
Environments covered by the program / project	Persons at high risk of addiction and adolescents
Situations covered by the program / project	This program is mainly focused at adolescents and persons at high risk of addiction. The goal is to discuss this issue publicly and deprive it of its taboo status.
Background	Although the suicide rate is at highest level at elderly people, suicide attempts are fairly common with adolescents. (SUPRO 2016 - Workshop for prophylaxis of

	addiction <a href="http://www.bittelebe.at">www.bittelebe.at</a> )
--	--

## 2.10 Disaster preparedness and response

Disaster preparedness measures are organised by the Federal Ministry of Internal Affairs, throughout Austria, and implemented by the respective province. In Vorarlberg the responsibility lies with the Landeswarnzentrale.

Name of the program / project	Different Trainings and health programs
Sector and organizations involved in implementation	Landeswarnzentrale, Hilfs- und Rettungsorganisationen
Age groups targeted by the program / project	Adults
Environments covered by the program / project	Safety Officers and competent persons from Communities, Ski Resorts, Police...,
Situations covered by the program / project	To guarantee safety in Vorarlberg on a high level, it is important to take precautions early and to invest continuously. Mainly focussing on securing residential areas, operational infrastructure and traffic routes. A variety of measures are conducted by the Landeswarnzentrale and other institutions, making Vorarlberg a pioneer in this field.
Background	Disaster control laws in Vorarlberg requires measures to prevent, contain or eliminate immediate effects of disasters. (Landesgesetzblatt Nr. LGBl. Nr. 54/2015)

## 2.11 Safe public places

Name of the program / project	Playground seminar
Sector and organizations involved in implementation	Schloss Hofen Educational Center, Playground educators
Age groups targeted by the program / project	Adults
Environments covered by the program / project	Dangerous spots on playgrounds.
Situations covered by the program / project	Public playgrounds



Employees from communities, real estate agents and social insurance agencies are taught about issues of responsibility, installation, servicing and care of public playgrounds. Every second year one course with up to 20 participants takes place.

Name of the program / project	Gemeinsam.Sicher
Sector and organizations involved in implementation	Police, communities, authorities, various institutions, associations
Age groups targeted by the program / project	Adults
Environments covered by the program / project	Dangerous situations
Situations covered by the program / project	Subjective feeling of danger by inhabitants
	<p>Based on the community policing model from cities all over the world, "Gemeinsam.Sicher" has been started 2017. A preventive and confidence-building measure to work on different topics. A changing group of local and regional safety partners are working together on these, in the broadest sense, safety topics.</p>

## 2.12 Hospitals safety

On behalf of the Austrian Federal Health Agency, hospitals in Austria are extensively examined and a survey of their measures conducted. The high quality is secured by a set of guidelines, a specific quality strategy or a separate department, respectively a quality manager anchored in the each hospital. Examples for quality measures are surveys with patients, quality reports, handling of complaints, patient safety, and risk management.

## 2.13 Sports safety

Name of the program / project	Mountainbike instructions
Sector and organizations involved in implementation	Trained mountainbike instructor
Age groups targeted by the	Children, Adults

program / project	
Environments covered by the program / project	Hobby biker
Situations covered by the program / project	Enhancement of cycling skills and specific driving techniques
	<p>This program is for sporty people. The participants enhance, with the help of mountainbike instructors, their cycling skills and specific driving techniques. The next steps are implementing an E-Mountainbike-module and increasing the number to 3 courses per year.</p>
Background	Every year 150 mountainbikers in Vorarlberg have to be treated in a hospital after being injured, 43% of them even inpatient. (Sicheres Vorarlberg, KFV, Land Vorarlberg, Sports injuries in Vorarlberg, injury survey 2015/2016)

Name of the program / project	Soccer fairness awards
Sector and organizations involved in implementation	Referees, responsible trainers and manager
Age groups targeted by the program / project	Children, Adults
Environments covered by the program / project	Amateur and minor league matches, amateur championships
Situations covered by the program / project	Fair play, warm up, safety equipment
	<p>More than 3700 soccer players participate in the "Soccer fairness award", every year. If they play by certain rules, they receive a price. The aim is to reduce injuries by warming up, wearing shin guards and playing fair. The next step is to implement the fairness awards within organised soccer, at at least 5 tournaments per year.</p>
Background	22% of all sports injuries in Vorarlberg are related to soccer. 77% happen in organised soccer sports, 14% in amateur soccer sports and 9% in school sports. (Sicheres Vorarlberg, KFV, Land Vorarlberg, Sports injuries in Vorarlberg, injury survey 2015/2016)

Name of the program / project	Freeride safety camps
Sector and organizations involved in implementation	Mountain guides, Mountain rescue, Alpine police

Age groups targeted by the program / project	Youth, Adults
Environments covered by the program / project	Freerider
Situations covered by the program / project	Introduction to the basic knowledge of dangers in the alpine area in winter
	In this program, well trained skiers have the opportunity to gain some experiences in off-pist skiing, the use of an avalanche transceiver and other safety equipments. It is separated in a theoretical and a practical day. At the moment 70% of all participants are older than 25. One goal is, that 60% of all participants will be under 25 by 2019.
Background	The mountain rescue has reported that an increasing number of adolescents has to be rescued out of alpine emergency situations. (Annual report mountain rescue Vorarlberg 2014)

Name of the program / project	Off the Beaten Slope - instructions
Sector and organizations involved in implementation	Mountain guides, Mountain rescue, Alpine police
Age groups targeted by the program / project	Youth, Adults
Environments covered by the program / project	Touring skiers
Situations covered by the program / project	Introduction to the basic knowledge of dangers in the alpine area in winter
	Touring skiers learn in a theoretical evening and a practical day the basic knowledge of dangers in the alpine area in winter as well as the importance of good equipment. About 8 courses take place every year. In the future it is planned to create conditions and incentives to encourage the participants to do further trainings and become members of alpine organisations. As an example: a personal "off the beaten slope-licence" could be such an incentive.
Background	In the winter 2016/17 104 touring skiers were injured. 5 wintersportsmen were injured fatally. (analyse:berg. Winter 2016/17)

Name of the program / project	LVS (Avalanche transceiver) Day
Sector and organizations	Mountain rescue

involved in implementation	
Age groups targeted by the program / project	All
Environments covered by the program / project	Beginners in the off-piste area
Situations covered by the program / project	Introduction to the basics with emergency equipment
	People who like off pist-skiing have the opportunity to practice the use of an avalanche transceiver in a safe are. The number of participants is relatively low. An increase from 180 up to 300 shall be achieved.
Background	Surveys have shown that wintersportsmen are well equipped, but there is a lack of knowledge for the correct handling of the emergency equipment. (Forum Gesundheit, Freeride: Wintersports off-piste, 2014)

Name of the program / project	Inline skating classes
Sector and organizations involved in implementation	Inline Skater Instructors
Age groups targeted by the program / project	Children, Youth, Adult
Environments covered by the program / project	School, Companies, Communities
Situations covered by the program / project	Introduction to the basics in technique and safety equipment
	Inline skating is a popular activity. In this program, the participants learn the correct driving technique as well as how to brake correctly. The importance of personal safety equipments is also part of this program. About 60 classes with more than 1200 participants take place annually. In the future a decrease from 60 down to 45 courses is planned, as a compensation 10-15 skateboardcourses shall take place.
Background	The number of inline skating injuries has decreased in the last years. Conversely the number of skateboard injuries has decreased rapidly. (Sicheres Vorarlberg, KFV, Land Vorarlberg, Sports injuries in Vorarlberg, injury survey 2015/2016)

Name of the program / project	Climbing introduction
Sector and organizations involved in implementation	Mountain guides, Mountain rescue, Alpine police
Age groups targeted by the program / project	Adults
Environments covered by the program / project	Beginners in the climbing area
Situations covered by the program / project	Introduction to the basics in technique and safety equipment.
	<p>Beginners in the climbing area learn in a theoretical evening the basics about technique and safety equipments. The highlight is the practical day which is spent in a via ferrata. There, the 70 participants can practice what they have learned before.</p> <p>2018 an evaluation of this new program and it's practicability and effectiveness will take place.</p>
Background	<p>This program was implemented 2016 due to the number of rescues. The participants and the trainers have been interviewed already and these experience will be used to further adapt and improve the program. (analyse:berg. Yearbook. Summer 2015)</p>

Name of the program / project	Climbing Safety Guides
Sector and organizations involved in implementation	Mountain guides
Age groups targeted by the program / project	All
Environments covered by the program / project	Beginners in climbing gyms
Situations covered by the program / project	Low-key instructions and help

	<p>Several times during the opening hours of the climbing gym a mountain guide is there to advice beginners. They show them how to climb in a save way and give them instructions. Until winter 2018/2019 a second climbing gym is planned to be included.</p>
<p>Background</p>	<p>A big study about climbing gyms has shown that overconfidence is a big problem in climbing gyms. The majority thinks, that they are doing everything properly. But the reality shows a different picture. (Berg und steigen. Climbing gym study 2015)</p>

<p>Name of the program / project</p>	<p>Traversing snowfields safely</p>
<p>Sector and organizations involved in implementation</p>	<p>Mountain guide</p>
<p>Age groups targeted by the program / project</p>	<p>Adults</p>
<p>Environments covered by the program / project</p>	<p>Mountaineers</p>
<p>Situations covered by the program / project</p>	<p>Introduction how to cross a snowfield in summer safely</p>
	<p>A lot of people underestimate traversing snowfields. That is why a program is offered in which they learn the use of step irons, ice picks and other helpful pieces of equipment. But since the program is really specific, the number of participants was low in the last years. Interested persons are very often members of alpine organisations and will do such a course within their organisations. In the next years "Sicheres Vorarlbergs" seeks to further evaluate this program and possibly outsource it to external mountain guides.</p>

<p>Name of the program / project</p>	<p>Hiking weekend for families</p>
<p>Sector and organizations involved in implementation</p>	<p>Hiking guide</p>
<p>Age groups targeted by the program / project</p>	<p>All</p>

Environments covered by the program / project	Familien
Situations covered by the program / project	Hiking with children
	<p>Once a year, a hiking weekend for families with a hiking guide is provided. The whole family, but especially the kids, learn how to hike safely and they have the opportunity to discover the nature. About 25 persons take part in this program. 2018 it's planned to offer two weekends for the first time.</p>
Background	<p>Our statistics show, that hiking injuries happen at all ages. But especially women, age 25-64 are affected. Every second injured person treated in a hospital has a fractured bone. (Sicheres Vorarlberg, KFV, Land Vorarlberg, Sports injuries in Vorarlberg, injury survey 2015/2016)</p>

## 2.14 Water safety

Name of the program / project	Swimming lessons
Sector and organizations involved in implementation	Water rescue, Swim Federation
Age groups targeted by the program / project	Children, Adults
Environments covered by the program / project	School, Beginners
Situations covered by the program / project	Water safety
	<p>A remodeled program, formerly concentrating on swimming rules, now with a focus on teaching how to swim. The course includes a water safety check (similar to the successful swiss water safety check) and swimming and emergency rules. Starting in autumn 2017 in the district Bregenz, the ambitious goal is to expand this program all over Vorarlberg and make it available for every school.</p>

Background	An evaluation has shown that more than 50 percent of children (age 8-10) in Vorarlberg are not able to swim safely. (Final report school swimming 2016/2017, swimming association Vorarlberg)
------------	---

Name of the program / project	Open water and biotopes
Sector and organizations involved in implementation	Landscape gardener
Age groups targeted by the program / project	Adults
Environments covered by the program / project	Communities
Situations covered by the program / project	Information and awareness-raising
Situations covered by the program / project	Water safety
	Parents and owner of biotopes are informed about the dangers around water spots, eg. a flyer designed together with landscape gardeners.
Background	After injuries in road traffic, drowning is the second leading cause of death for small children. It's not possible to supervise children 100% of the time, that's why construction measures and technical protective measures are an important help to secure natural swimming pools and biotopes. (KFV, Death trap pond, <a href="https://sicherheitslexikon.kfv.at/detail/eintrag/todesfalle-teich/">https://sicherheitslexikon.kfv.at/detail/eintrag/todesfalle-teich/</a> )

### 2.15 Schools safety

The responsible authority for schools safety is in Austria the Federal Ministry of Education. For those responsible on site at schools (teachers, headmasters), trainings and training material in the form of a "crisis compass" is provided.

## 2.16 Programs that promote safety for vulnerable and high-risk groups

Sicheres Vorarlberg and other responsible organisations, institutions and associations in Vorarlberg are having a special focus on high-risk groups. Risk groups are selected on the basis of analysis of injury incidents. Based on this data special measures for the respective risk group are developed and, in further consequence, implemented.

By age, risk groups are children up to 4 years, adolescent and elderly (starting from 65 years). But the factors for risk groups are complex. Beside the specific age and different life phases, there are specific risks based on gender, social environment, family background, origin or education. One example for these programs are:

Name of the program / project	Cycling classes for migrants (especially women)
Sector and organizations involved in implementation	Welfare departments in the communities
Age groups targeted by the program / project	Adults, Women
Environments covered by the program / project	Communities
Situations covered by the program / project	Migrant women
	<p>Bicycling is in Vorarlberg an easy, healthy, cheap and relaxing possibility to get from A to B. The newly learnt mobility supports the integration, since they (mainly women) are increasingly participating in community life. Important parts of these courses are safety related, with traffic rules and an introduction to their new and free helmets.</p> <p>Continuously five courses shall be provided all over Vorarlberg.</p>
Background	<p>Many people never had the opportunity to learn how to ride a bicycle. The reasons are divers, but proportionally high are women with a migration background affected. This means often limited mobility, especially in everyday tasks, and affects their ability to participate in community life. The background for this program is, that communities mentioned this problem and Sicheres Vorarlberg was able to set up this course.</p>

## 2.17 Evaluation measures to assess the programs and the effects of change

An evaluation through all prevention programs in Vorarlberg is not possible, due to the high number of involved actors. This means that every organisation evaluates its programs by themselves, although this happens often in coordination with other stakeholders.

The programs' evaluation for Sicheres Vorarlberg takes place on several layers and levels. On the one hand the application and implementation is evaluated, on the other hand the effectiveness and sustainability is evaluated.

### Evaluation tools

Description	Who	How
Fachhochschule Vorarlberg (FHV)	Employees FHV	Inquiry and documentation
Advisory boards	External specialists	Exchange of Experience
Feedback	Multipliers	Oral, written
	End-user	Oral, written
	Trainer	Oral, written
Conferences	Experts	Best practices

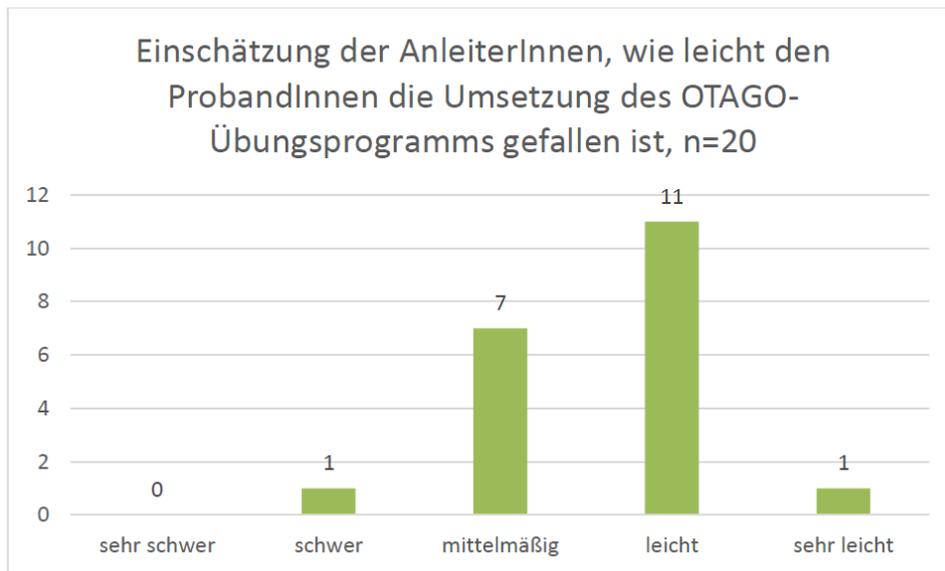
Conferences are an important tool to present and discuss approaches and programs with other experts.

Feedbacks are used frequently. In most programs every participant, in schools and kindergartens every teacher, receives a questionnaire. Only recently the system has been converted from a paper-based system, to an online-questionnaire. Which makes it not just easier for the participants to complete the form, but also the analysis for the employees of Sicheres Vorarlberg is easier and more comprehensive.

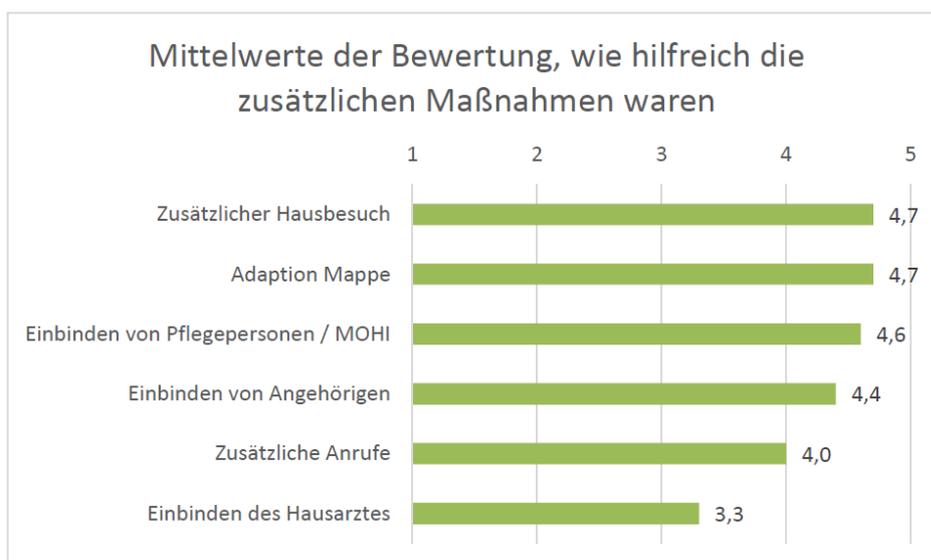
The advisory boards are an important evaluation measure. Not only are the participants' feedbacks discussed, but also the subjective impressions from trainers and the feedbacks they've received verbally.

The local university of applied sciences, Fachhochschule Vorarlberg (FHV), is doing external evaluations periodically. As an example, the first pilot project implementing OTAGO, back then with a home nursing institution was evaluated by FHV. The aim was a preferably comprehensive insight in the entire project progression and an assessment based on the collected experience reports of all involved parties. This evidence-based preparation was meant to be a transparent basis for possible follow-up projects in Vorarlberg. The following

display shows the estimation of the trainers, how easy it was for their clients to implement the exercise-program. As shown, 1 said “very easy”, 11 “easy”, 7 “mediocre” and 1 “difficult”.



And the following display shows the clients opinion regarding additional measures, rating from 1 (not at all) to 5 (very helpful). The rated measures are “additional home visits”, “adaption of maps”, “involvement of other caregivers”, “involvement of relatives”, “additional calls” and “involvement of doctor”.



The results of all evaluations are used as a basis for prioritizing and planning continuous improvements. The potential for improvements exists in the follow-up of analyses of activities. For example, proposals for activities are reported on the basis of adverse events.

The results are also presented to the institution's committees like plenary assembly and advisory boards. They are also discussed in the subject-specific advisory boards concerned. Several times interesting data has been prepared and presented to public in press conferences and press releases. Many data Sicheres Vorarlberg is using, is collected by external partners. This data is available to the public on their respective website.

### **3 On-going participation in national and international Injury Prevention and Safe Communities networks**

On a national and international level, stakeholders of injury prevention in Vorarlberg maintain a close exchange of experiences with other organisations and associations, and with members of the Safe Community network.

- On a national level, there is an exchange with GROSSE SCHÜTZEN KLEINE Styria on a regular basis. It is certified as an Affiliate Safe Community Support Centre since 2011.
- Further Sicheres Vorarlberg is in contact with other institutions like the Kuratorium für Verkehrssicherheit or the Kuratorium für alpine Sicherheit regularly.
- Regarding traffic education Sicheres Vorarlberg is member of the Verkehrserziehungsbeirat. An institution convened by the federal government of Vorarlberg several times a year, where the strategy for road safety education in Vorarlberg is discussed.
- Regarding occupational safety Sicheres Vorarlberg is in a regular exchange with the Allgemeinen Unfallversicherung (AUVA), which is legally responsible for this part of safety in Austria.
- On an international level, there is an exchange with the federal state health office in Brandenburg on a regular basis. Brandenburg was certified as Safe Region Brandenburg in 2009 and recertified 2015.
- An important partner is the Beratungsstelle für Unfallverhütung (bfu) in Switzerland. The geographic vicinity and comparable living conditions make a regular exchange especially important.
- Regarding sports safety Sicheres Vorarlberg is part of the network "D-A-CH Sport". It consists of members from Germany, Austria and Switzerland and meets annually.
- Regarding child safety Sicheres Vorarlberg is part of the network "D-A-CH Kindersicherheit". It consists as well of members from Germany, Austria and Switzerland and meets annually at different locations. The next meeting will be organised by Sicheres Vorarlberg and held in Vorarlberg.
- Furthermore Sicheres Vorarlberg is part of the regional European Safe Community Network.

- Beyond that, Sicheres Vorarlberg's employees are visiting international conventions and congresses to different topics every year. A selection of international and national conferences, representatives from Sicheres Vorarlberg have attended in the last three years:

bfu-Forum Sport (2015)

17. Österreichisches Gesundheitsförderungskonferenz, Austria (2015)

**Rezertifizierung Sicheres Brandenburg, Germany (2015)**

D-A-CH Dreiländertreffen Sport, Switzerland (2015)

KFV Interdisziplinäres Symposium Kindersicherheit, Austria (2015)

D-A-CH-S Vierländertreffen Bergsport, Austria (2015)

Symposium für alpine Sicherheit, Austria (2015)

Tagung Sturzprävention, Germany (2015)

AUVA Forum Prävention, Austria (2016)

Arbeitstreffen D-A-CH Kindersicherheit, Germany (2016)

18. Österreichisches Gesundheitsförderungskonferenz, Austria (2015)

**12<sup>th</sup> Safety World Conference, Finland (2016)**

Suizidprävention von Kindern und Jugendlichen, Austria (2016)

D-A-CH Sporttagung, Austria (2016)

Alterstagung, Germany (2016)

Rausch und Risiko als Thema der Gesundheitsförderung mit Kindern und Jugendlichen, Austria (2017)

AUVA Forum Prävention, Austria (2017)

Arbeitstreffen D-A-CH Kindersicherheit, Austria (2017)

Fachtagung Sicherheit im Kindergarten, Austria (2017)

European Conference on Injury Prevention and Safety Promotion, Netherlands (2017)

D-A-CH Tagung Sport, Germany (2017)

Since injury prevention is a cross-sectional matter Sicheres Vorarlberg is contributing expertise to various work groups, committees and boards. Examples for these collaborations are:

**Bebi:** An initiative to provide young parents and professionals with standardized and reliable informations. Different institutions in Vorarlberg, including midwives and paediatricians, have joined together, under the leadership of "aks gesundheit GmbH", to develop information material for everyday life. Sicheres Vorarlberg has participated in all work groups on different issues, and led the work group on safety.

**Road safety education advisory board:** Different player like institutions, principals, police, parent representatives, and so on, all involved in road safety education in Vorarlberg, meet on a regular basis to coordinate their actions.

**Senior advisory board:** Senior citizens' representatives and different institutions meet regularly to discuss problems and new measures.

Vocational schools: Using multipliers to spread the word is an easy and efficient measure. That's why Sicheres Vorarlberg is giving classes in vocational schools (from one hour to several days) about safety issues. This aims to ensure that, as an example, a salesperson in sports retail can give basic informations on safety measures for different sports activities.

Regional cooperation union: In Vorarlberg several regional cooperation units are promoting regional value creation through different actions, grants and events. Sicheres Vorarlberg is providing expertise and is a member of some of the boards.

#### **4 Further Information**

The Re-Certification is happening as part of our anniversary celebration at the evening on 16th of November 2017. The Governor of Vorarlberg and several state ministers will be attending the event.

For the designation ceremony all European Safe Communities are invited, especially “GROSSE SCHÜTZEN KLEINE Styria” and the federal state health office in Brandenburg. Brandenburg was certified as Safe Region Brandenburg in 2009 and recertified 2015. Additionally other injury prevention actors from all over Europe are invited, such as bfu – Beratungsstelle für Unfallverhütung Switzerland, Bundesarbeitsgemeinschaft Mehr Sicherheit für Kinder e. V. Germany or KFV Austria.

## 5 References

- aks Vorarlberg, Suicide report, 2016
- analyse:berg, Winter 2016/2017
- analyse:berg, Yearbook, Summer 2015
- Austrian road safety statistics, 2013
- Austrian road safety statistics, 2014
- Austrian road safety statistics, 2015
- Austrian road safety statistics, 2016
- AUVA injury statistics forestry working, 2016
- Berg und steigen. Climbing gym study, 2015
- Bundesvereinigung Prävention und Gesundheitsförderung e.V., Prevention and Care 2015
- Cases of sick leave in Vorarlberg 2015 GKK, 2016
- Ellsässer, Garbiele, Federal Public Institute of Brandenburg
- Fire prevention office Vorarlberg, Annual report, 2016
- Forum Gesundheit, Freeride: Wintersports off-piste, 2014
- Ifs – barrier-free living, <http://www.ifs.at/menschengerechtesbauen.html>
- Institute for sports science consulting. Fall prevention workshop. Theoretical basics, 2014
- Katholische Kirche, Don't give violence a chance, 2015
- KFV survey, 2016
- KFV, Death trap pond, <https://sicherheitslexikon.kfv.at/detail/eintrag/todesfalle-teich/>
- KFV, Leisuretime accident statistics, 2008
- Landesgesetzblatt Nr. LGBl. Nr. 54/2015
- Mountain rescue Vorarlberg, Annual report, 2014
- Office of the federal statistics in Vorarlberg, Report, 2016
- Österreichisches Kuratorium für alpine Sicherheit
- Research centre for children's injuries, Child safety in Austria Report, 2016
- Sicheres Vorarlberg, Final report FHV falls prevention with OTAGO-Training. Documentation and evaluation of the pilot project in Vorarlberg, 2015
- Sicheres Vorarlberg, KFV, Land Vorarlberg, Sports injuries in Vorarlberg, injury survey 2015/2016
- Statistik Austria, VCÖ, Press release on road safety, 2017
- SUPRO 2016 - Workshop for prophylaxis of addiction [www.bittellebe.at](http://www.bittellebe.at)
- SVB annual report, 2015
- Swimming association Vorarlberg, Final report school swimming 2016/2017
- Trainingprogram of the Landeswarnzentrale for the field of disaster prevention, 2017



## **Words of gratitude**

At this point, we want to thank all involved persons for the good cooperation during our Re-Certification process. A special word of thanks is due to our Certifier Michal Grivna and especially Michael L. Wilson, who have examined the work of injury prevention in Vorarlberg carefully with special expertise, but also with empathy. We are convinced, that the knowledge, gained through this Re-Certification process, will help us with our future work.

Furthermore, we want to thank our Fonds-partners and our projectpartners who have accompanied the work of Sicheres Vorarlberg over the last two decades, and always supported and contributed to our work in a friendly and fruitful relationship.

The team of Sicheres Vorarlberg  
Andrea, Mario, Sarah und Luzia