



Presentation of Safe Community in Ski Municipality



Municipality: Ski Municipality

Country: Norway

Number of inhabitant: 30250

When did the work with Safe community started: 1997

Member in the International Network of Safe community: Designated in 2002. Re-designated in 2010 and 2016

Support center: International Safe Community Certifying Centre

Name of Certifier: Guldbrand Skjønberg

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Theme that covers all age groups:

- **The Safety Week**
- **Road safety**
- **Domestic Violence**
- **Fire prevention**
- **Universal Design**

➤ **Safety Week 0-100 years**

Safety Week is every year during week 37 /38.

Safety Week is extended and also applies to other events throughout the year.

Goals for Safety Week

- To focus on basic safety in Ski Municipality
- To focus on special needs groups
- To encourage awareness about security of individuals and groups
- To make Safety Week easily accessible so that it can be widely implemented

Target Group for Safety Week

- Parents with the youngest children
- Middle school 8th grade classes
- Refugees and adult immigrants with minority backgrounds attending school
- Primary 16-20 year old immigrants and refugees
- Seniors 60+

Organization of work

Main responsibility to arrange the Safety Week lies in Department of Coordination.

The common participants are: health clinic, schools, technical services, police, fire department and ambulance drivers and other health professionals. Varying from year to year there is also participation from the Norwegian Council for Road Safety, insurance companies and local businesses.

Safety Week is a large event which runs over 6 days. Preparations are divided into three working groups, each with their target group.

Parents with the youngest children - Safety Day

Parents with children age 15 months are invited to a first aid course with theory and practical exercises. Fire department, doctors, hygienists, physiotherapists and nurses inform, teach and are available for questions.

Other professionals may be invited from year to year.

Information stands showing security products offered by security companies are participating. Approximately 150 parents attend every year.

Middle school 8th grade and primary 16-20 year old immigrants and refugees attending school

Safety Week is included in the school calendar in secondary schools. Teaching is based on the learning objectives in science and social studies classes. Teachers are invited each year to an information meeting for 8th grade classes. Information material and websites related to the topics are included. Schools are strongly encouraged to undertake the preparatory work and finish of topics.

The topics of the teaching of Safety Week are:

- Traffic
- Injuries or damage caused by substance abuse

- Fire prevention
- Cardiopulmonary resuscitation (CPR)

There is also an exhibition of safety equipment and brochures
In 2015 there were 640 pupils who were taught.

Refugees and adults with minority backgrounds attending school

- Fire prevention
- Cardiopulmonary resuscitation.
- Traffic
- Violence in the home, physical punishment forbidden in child rearing, focus on the laws in Norway

About 150 refugees and adults with minority backgrounds in education were taught in 2015.

Seniors 60+:

Different topics each year according to everyday coping skills. (Examples of topics: fall prevention, first aid, fire safety, physical activity and health, diet, fire prevention, violence in the family)

Teaching offered various associations. In 2016 we will arrange an exhibition with parallel lectures in the town library.

Expanded part of Safety Week seniors:

- Refresher course for drivers 65+ in cooperation with the Norwegian Public Roads Administration. The course includes 12 hours of theory and 2 hours of driving
- Other events organized is on "Friday 13th" - for example, fall prevention, fire prevention, walker check

We collaborate with senior organizations and municipal employees.
Approximately 200 seniors are participating every year.

➤ **Road Safety**

Background

The work with the criteria for Safe Community started in 1997 in Ski Municipality. Traffic safety has been a priority topic since then. The traffic safety work is rooted in Municipal Road Safety Plan. In March 2016 Ski Municipality was approved as "Road Safe Municipality".

Kindergarten and Schools

There are instructors responsible for traffic safety in both schools and kindergartens.

Employees in kindergartens have been trained in how to teach toddlers traffic safety.

Our instructors responsible for traffic safety in schools are attending courses with the Norwegian Council for Road Safety.

All kindergartens and schools have a plan for traffic safety work. Important areas are attitudes and practical skills; how to secure children in cars, use of reflectors, and adults as role models for children.

To cooperate with parents is essential.

All kindergartens and schools are approved as Road Safe Kindergartens and Schools in 2016.

Evaluations of road safety work in kindergartens and schools show that



the municipality's role is important in the whole work, in staff training and in training for both children and parents.

Conclusion

Important that:

- work is long-term
- one person in the municipality follows up by imposing requirements and motivates the person responsible both in kindergartens and schools
- facilitating of networking meetings and courses continues
- In kindergartens the employees play an important role in traffic safety work. They have become more confident in their role and their expertise in traffic safety. They dare to make demands on parents about the safety of children in cars.
- More children walk and cycle to school. Children are more physically active, lower risk of serious accidents and injuries occur on the way to school and in school areas.

Challenges we must work more with

- **Kindergartens:**
All private kindergartens need to participate in road safety work.
Parking spaces at the kindergartens must be more traffic secured.
- **Schools:**
Motivate more parents to allow children to walk or cycle to school. Increase the proportion of children who use reflectors and bicycle helmets from 10 years of age.

Where to do the work?

Planning and Technical Services

School children sign electronic maps that show which roads they use to school and in their leisure time. The result is used in urban planning: Physical planning of roads, pedestrian and cycle paths.

Rectify existing municipal roads and parking areas.

They cooperate with State Road Administration about traffic safety along county roads.

Culture Department

Cooperate with private groups to encourage young people to ride their bicycles to activities instead of parents driving them.

Important to secure someone else children in cars with safety belts when they ride together.

Health Clinics and School Health

Talk with parents about how to secure children in cars, wearing bicycle helmets, reflectors, and walk and cycle more.

Seniors

- Refresher courses for seniors 65+ to be safer and more secure as car drivers
- Repair of walkers in the spring to get seniors to walk more
- Use of crampons on winter boots and reflectors on clothing etc in autumn and winter

Employees

- Ethical guidelines
- Guidelines for driving municipal Vehicle
- Employees receive courses to become safer drivers both for their own safety and to reduce damage to the cars

The employees are the municipality's face and it is important that they show proper traffic culture.

The municipality of Ski was named 2016's Road Safety Council by the Norwegian Ministry of Transport and Communications.

➤ **Domestic Violence:**

Ski Municipality has had a coordinator for many years in charge of dealing with cases of domestic violence. From August 2016 there has been a person employed in a full-time position. A display and seminar called "If Clothes Could Talk" has been presented for staff members in the schools, home nursing units, nursing homes, activity centers for seniors and in coordinating groups within the municipality. The need for this competency in dealing with domestic violence and furthering education in the subject are in high demand. The number of reported domestic violence cases is increasing rapidly. In 2016, other staff groups as well as leaders in sporting organizations will also be given seminars on the subject.

➤ **Fire safety for vulnerable groups within the local population**

The Fire Department works closely with the municipality's health and caregiving services on the issue of fire safety for any of its population who may be at an especially higher risk. A checklist has been given to those residents under the care of the municipality. The residents are encouraged to read through and understand the content of the checklist. Then, they sign an agreement given the municipality the right to cooperate with the Fire Department on their behalf. The Fire Department evaluates the answers it receives and offers its services in the form of a visit of the residence. In 2015, there were 134 fire safety checklists handed out and of these there was a need for 44 home visits by the Fire Department. Fire blankets, fire extinguishers and smoke detectors are distributed to those with the most need. The Fire Department is equipped with the necessary tools during these visits to make any necessary fire safety improvements. Those working in home care services, with substance abuse residents, in psychiatric units, housing offices and with immigrant groups affiliated with the Ski Adult Education Program are all taught about fire safety. Kindergartens and schools have received orange-colored safety vests with different symbols to enhance children's understanding of fire safety for each topic they are learning.



➤ **Universal Design:**

The Ski Municipality has a special team which ensures that the organization necessary is interdisciplinary. This team follows guidelines set by Ski Municipality's Council.

- "Regulation of public outdoor areas, roads and streets"
- "Universal organization of public buildings. A project tool"
- "Available housing; A project tool" from the Office for Building Safety

There is also a politically-approved planning board which must consider the site. Courses to improve employees' competency in this organization is provided both locally and regionally.

➤ **Age groups:**

Children 0-14 years old:

At the Maternal and Child Health Care Center, families will be asked about any presence of domestic violence. This topic is also part of routine pregnancy checkups.

Parents receive brochures on the topic called "Childrens' environment and safety". In personal conversations between the public health nurse and the parents, common situations where children can be possibly injured in the home are one of the topics. Also included in the discussions is advice for parents on how to prevent injuries and accidents. Advice on first aid and what a parent should do in the event of an accident is also given.

"**The Helper**" is a low-threshold care offering within mental health for children and young teenagers.

Personnel who are assisting children or adults either indoors or outdoors in swimming pools must have completed a course in lifeguarding. This competency must be renewed annually. All schools have a crisis and emergency plan. It is recommended that children do not cycle to schools before the beginning of the fifth grade. But laws have recently changed allowing parents to decide when their child may be permitted to cycle to school which may be as early as the first grade. The school recommends the use of bike helmets for all its pupils. Helmets are mandatory when bicycles are part of a school-run program.

Schools: All schools work with increasing their competency in dealing with the issue of bullying and preventing it. There are several national programs already in use called PALS and TIBER.

All school-aged children receive a minimum number of lesson hours in learning how to swim during in elementary school.

After school sports and activities:

There are many teams and organizations which arrange activities for children after school. Participating in sports is a significant part of a child's and young teenager's use of their spare time.

Knowledge-based strategies used by kindergartens and schools include PALS, TIBER and Teenagers in transition.

Teenagers and young adults: 15-24:

Young people in this age group are attending high schools where there is a school health service available. Many students seek the services provided. Before graduation, there is an interdisciplinary team which works with the graduating students. This team informs the students in the prevention of contagious diseases, drug and alcohol abuse and other undesired events which may occur during the graduation period which spans three weeks. This team also educates the students about driving safely and keeping motor vehicles in a safe condition.



Ski Municipality has its own Public Health Station for teenagers and young adults.

World Mental Health Day is observed every year.

Adults 25-64 years old:

Employment:

Employees working for the municipality partake in courses in driving safely. There are regulations for the driving of all vehicles owned and operated by the municipality.

Employees in the schools and kindergartens regularly attend first aid courses. In addition, all employees are offered courses on a regular basis throughout the year.

Non-working or Unemployment activities

Health Life Centers (HLC) offer counseling or courses to improve an individual's control of his or her own health; for example: prevention of ailments such as diabetes, Chronic Obstructive Pulmonary Disease (COPD) and physical muscle strain injuries.

The municipality has a HLC with activities for many different groups. This is an extensive group working together with the HLC, senior citizens and the Volunteer Center.

The township also has a crisis team which is readily available if crisis situations occur in the local community.

Seniors 65+

Home visits are offered to senior citizens over the age of 65 to increase awareness in preventing common problems for this age group. Those who do not receive any local services, can request a home visit. At age 75, all residents will receive an invitation for a home visit. The dialogue during this visit includes counseling, information about relevant services available, safety tips in the home to prevent falling, nutrition awareness, importance of physical activity, fire prevention, avoiding loneliness, and domestic violence.

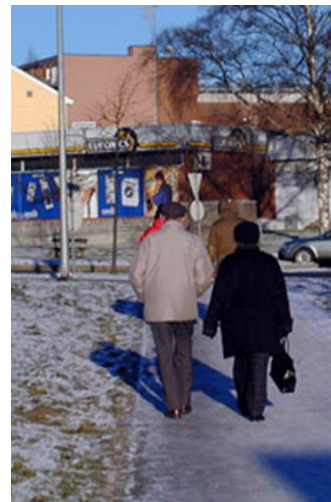
Arthritis courses are offered three (3) times a year and several exercise groups including balance training are offered as a preventive measure to reduce the incidence of falls. When a calendar year has a "Friday the 13th" in a month, seasonal-relevant courses teach fire protection, reducing falls, maintenance of wheeled-walkers and the use of crampons on outdoor shoes.

Senior Citizen Day on October 1st is observed and several times the topic of domestic violence has been a topic.

Ski Municipality is presently working on providing an outpatient clinic together with local doctors focusing on patients who have fallen.

Catastrophes:

Ski Municipality has an emergency plan which also includes health and social services in the event of a catastrophe. There are regular emergency drills which are also coordinated with all emergency services at both the local and county level.



Suicide Prevention Work:

There is a coordinated effort working with mental health issues.

Ski injuries and accidents

Injuries

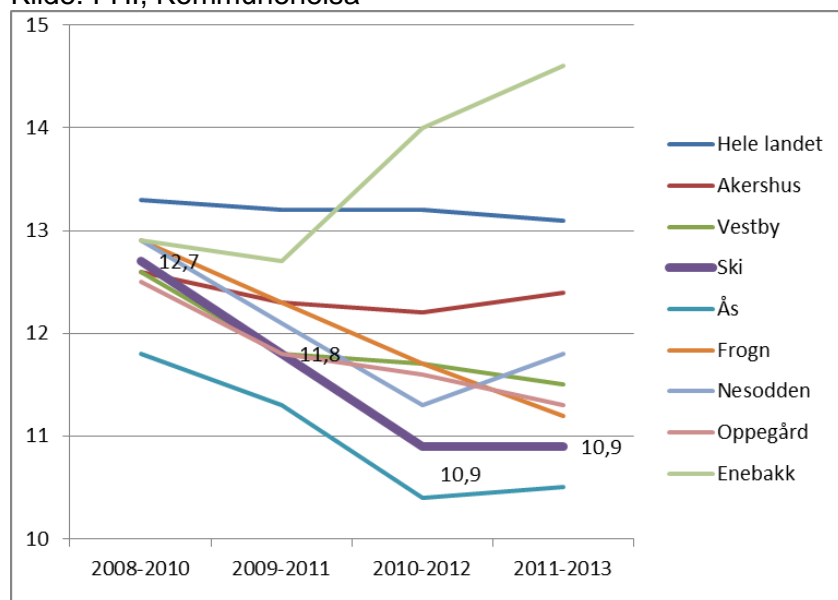
Ski municipality has in recent years enjoyed a very positive development in injuries treated in specialist services. Compared to other municipalities in Follo, the decrease was strongest in Ski, from a level of 12.7 per 1,000 to 10.9 per 1,000 people.

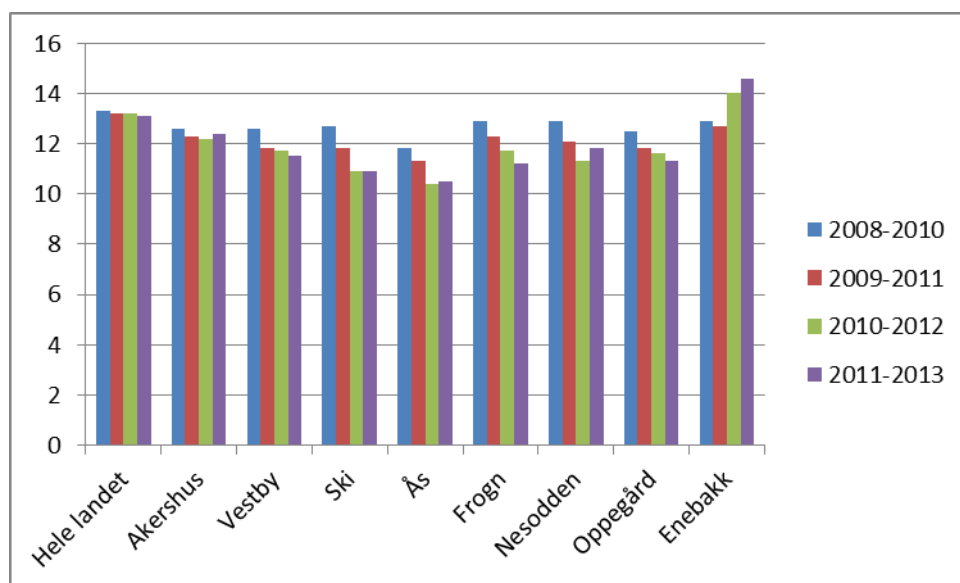
Below are the same numbers shown in table, line charts and bar graphs. The source is Public Health, Municipal Health Department statistics bank. Use whatever you want. Also adds the Excel sheets for this.

Injuries (S00-T35), per 1,000 standardized, sexes combined, age 0 -74 years

År	2008-2010	2009-2011	2010-2012	2011-2013
Hele landet	13,3	13,2	13,2	13,1
Akershus	12,6	12,3	12,2	12,4
Vestby	12,6	11,8	11,7	11,5
Ski	12,7	11,8	10,9	10,9
Ås	11,8	11,3	10,4	10,5
Frogn	12,9	12,3	11,7	11,2
Nesodden	12,9	12,1	11,3	11,8
Oppegård	12,5	11,8	11,6	11,3
Enebakk	12,9	12,7	14	14,6

Kilde: FHI, Kommnehelse





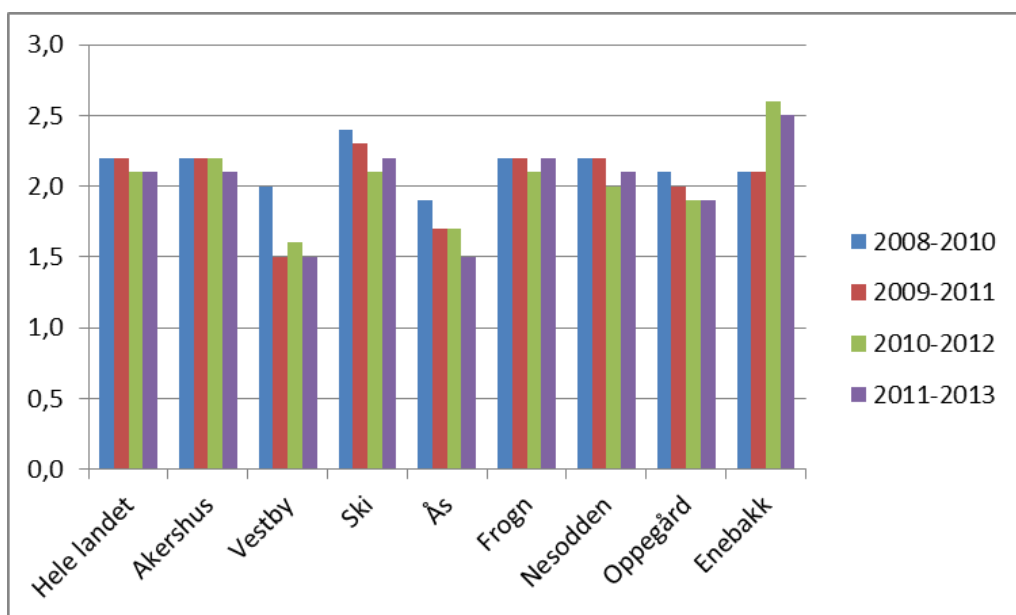
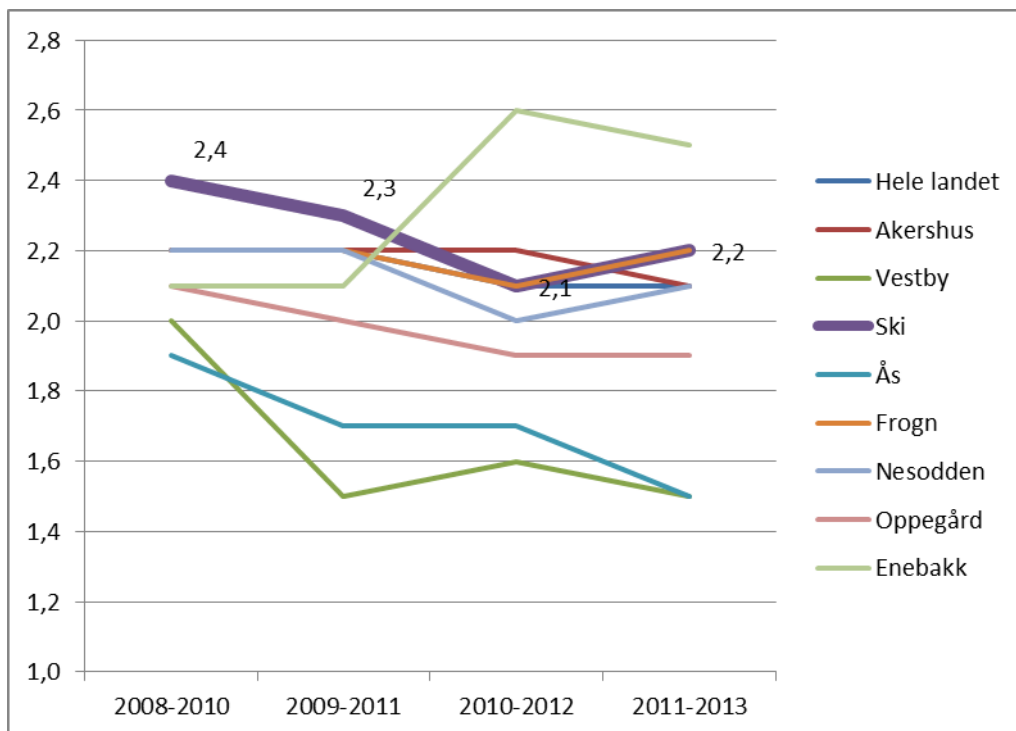
Injuries - Femoral Fracture

Ski municipality was at a high level for femur fractures in the three year period 2008 -2010. It was over both county and national level. Ski municipality has in recent years shown a positive trend, with a reduction in the number of femoral fracture.

Below are the same numbers shown in table, line charts and bar graphs. The source is Public Health, Municipal Health Department statistics bank.

Femoral Fracture (incl. Hip fracture) (S72), per 1,000, standardized

År	2008-2010	2009-2011	2010-2012	2011-2013
Hele landet	2,2	2,2	2,1	2,1
Akershus	2,2	2,2	2,2	2,1
Vestby	2,0	1,5	1,6	1,5
Ski	2,4	2,3	2,1	2,2
Ås	1,9	1,7	1,7	1,5
Frogn	2,2	2,2	2,1	2,2
Nesodden	2,2	2,2	2,0	2,1
Oppegård	2,1	2,0	1,9	1,9
Enebakk	2,1	2,1	2,6	2,5



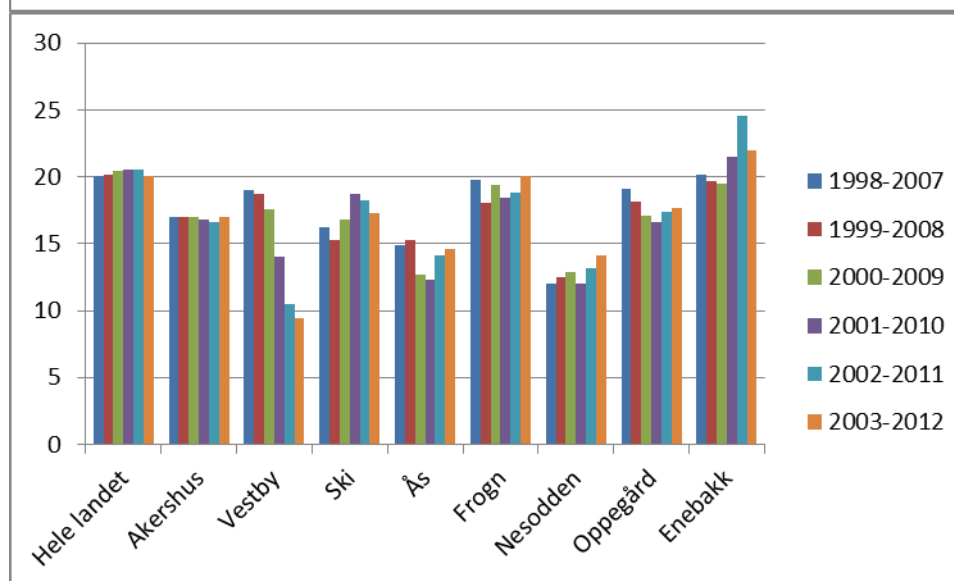
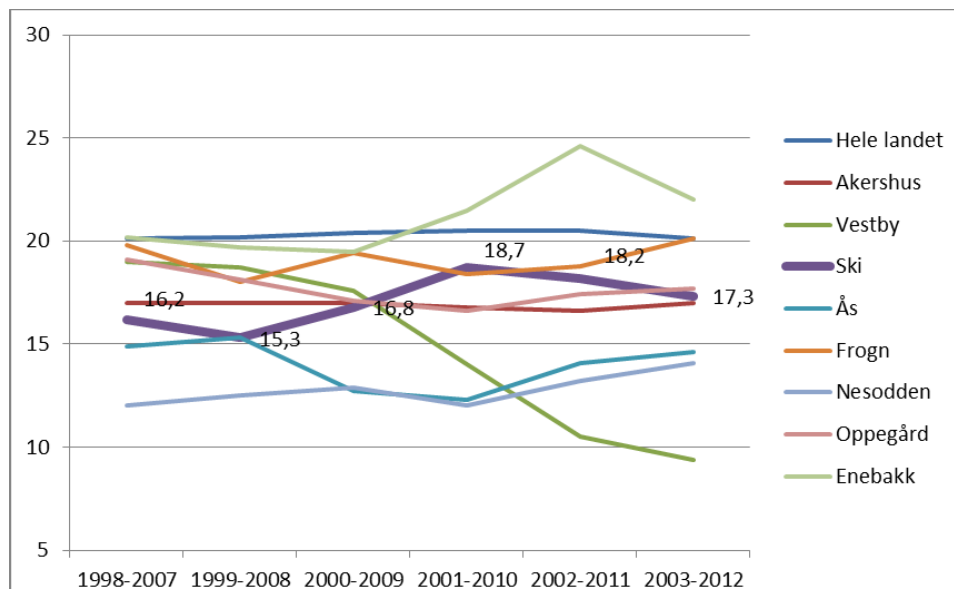
Fatal accidents

As regards fatal accidents, is Ski municipality around the county average. Here are all the injuries and fatal accidents with.

Below are the same numbers shown in table, line charts and bar graphs. The source is Public Health, Municipal Health Department statistics bank.

Accidents (V01-X59) fatalities per 100 000 population, gender collected 0 - 74

År	1998-2007	1999-2008	2000-2009	2001-2010	2002-2011	2003-2012
Hele landet	20,1	20,2	20,4	20,5	20,5	20,1
Akershus	17	17	17	16,8	16,6	17
Vestby	19	18,7	17,6	14	10,5	9,4
Ski	16,2	15,3	16,8	18,7	18,2	17,3
Ås	14,9	15,3	12,7	12,3	14,1	14,6
Frogn	19,8	18	19,4	18,4	18,8	20,1
Nesodden	12	12,5	12,9	12	13,2	14,1
Oppegård	19,1	18,1	17,1	16,6	17,4	17,7
Enebakk	20,2	19,7	19,5	21,5	24,6	22



Ski Municipality has a 50% position for a coordinator to ensure a safe local community. The position is a permanent one. The municipality also has a public health advisor in a 100% position and ensuring safe community is a part of this position.

A cross-section working group consists of employees in local planning, building and geodata, municipal engineering, real estate, school, kindergarten/daycare, head physician, commerce, school health service.



Adviser Health Promotion and Safe Community

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The chief administrative officer management team have the absolute responsibility in all matters. Their work is based on political decisions made within the Ski Municipality's Council.

Participation in International conferences and network meeting

Nordic conference in Sarpsborg and Fredrikstad 1999

4th Nordic conference in Finland 2003

14th international conference in Bergen 2005

Nordic Conference in Karlstad 2005

20th. international conference in Falun 2011

European conference in Falkjøping 2012

European conference in Harstad 2014

Safety 2016, Finland 2016

Since 1997, Ski Municipality has continued to keep up to date with its national network participation. It has also arranged several national conferences on the topic of ensuring.

