



“The Safety-week” in Ski Council



SKI KOMMUNE



Ski Municipality became a member of The Internationale Safe Communities Network in 2002

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In 1991 our local Health Service was contacted a merchant of security equipment for children who wanted to demonstrate safety seats for use in cars. A local nurse seized the idea and started the work which resulted in the “Safety-week” in Ski Council. A therapist too joined the planning. Representatives from the Fire Service, the Ambulance Service and the Police Service also joined the planning on an early stage, and so did some people from other sections within the council. The “Safety-week” was established as a result of joint efforts from several sections in Ski Council. The team evolved and carried through the idea so well that they already in 1995 were awarded the “Child safety prize”. The prize was given by the “Forum for the prevention of accidents among children.” Very soon the “Safety-week” evolved into a teaching and training programme for various groups.

The target groups were first and foremost

- 9th grade in middle school, (age 14-15 year.)
- Grown-up immigrants attending Norwegian courses
- Seniors and staffs in kindergarten
- Parents with the youngest children
- Employees within Ski Council.

Topics of the teaching programme

- “The kiss of life”, mouth-to-mouth method, heart compression. Practical exercise.
- How to prevent fire, and how to put out a fire, practical exercise.
- Behaviour in traffic, and use of safety gear.

The objects of the “Safety-week” are

- To focus safety in general in Ski Council.
- To focus safety for selected groups with special needs
- To initiate processes among individuals and groups to reveal their need for safety.
- To make way so the “Safety-week” can be implemented in a greater forum.



Sections we co-operate with within Ski Council

Health- and Social-service, Technical-service, Department of Primary and Middle school, Ski Police service, The Local Fire service, The Ambulance service of Akershus County. Local businesses and traffic organisations are sometimes also included as partners in our work.

People responsible for the organising and arranging of the “Safety-week” are always team-members employed in Ski Council.

The teaching is carried out by personel from the Fire Service, the Ambulance Service and the Police Service.

When the “Safety-week” is arranged for seniors, the teaching is always carried out by a special team.

Target group: School children/classes

Sets of pamphlets in all the topics are provided. Then some representatives from the team have a preparation meeting with the head-teachers. The pamphlets are handed out to the teachers so they can prepare the students for the courses to come. After the courses it is expected that the students shall write an essay on a subject connected to the “Safety-week”. The head-teacher will then send the best texts from his/her class to the team. The team will read and evaluate the texts and the best essays will be awarded.

The courses take place in the town-hall. The students turn up for the different courses according to a set timetable. The different classes are divided into three groups which rotate between three separate teaching stations.

When fire is the topic it has both a theoretical and practical part. A container is placed on the square just outside the town hall. A fire is made in it, and the students can in turn try to put out the fire using water.

This course takes two hours per class. Before the course is finished the students are given a written test where they can show how much they remember from the training. The class gaining the highest score in average receives a prize. In addition to the so called class-prize, one student from each class is picked out to receive an individual prize. Then we use helmet and reflector-waistcoat.

The class-prize is different from year to year. Once a meeting with an MC-club where motor biking and safety-gear was focused and all the students were taken on a ride and a picnic.



Another year the winner class got more knowledge in how to prevent fire in a special-ly centre for fire prevention.

The topics taught in our courses are mentioned in the curriculum for the secondary school, the 9th grade. The topics are usually attached to subjects like Domestic since, Natural science and Physical education. The topics are also dealt with when Ethics and Social science are on the schedule.

Target group: Foreign-speaking adults

This group belongs to adults attending Norwegian courses at Follo Qualifying Centre and students attending the Secondary school for 16-20 year old immigrants. The teaching contains the same topics, but the stress is put on themes like

- preventing fire in houses
- safety of children and adults in car
- Norwegian laws regulating these aspects.

How safety is integrated in the Norwegian society and culture is very important to express to these foreign students.

The lecturers or course leaders are dressed in their ordinary uniforms when they teach. To be taught and advised by a police in uniform is to many of the foreign students a new and a bit scary experience. But after the courses the response from them has been very positive. The effect has been in away double. They have learnt how to protect themselves and their children, and at the same time their fear from police and other personel in uniform has been reduced.



When teaching the foreign students you sometimes have to use an interpreter. Also an extra day is set off so that the “Safety-week” for the foreigners shall have enough time at their disposal. All the subjects dealt with in the “Safety-week” are revised in lessons at Follo Qualifying Centre.

These pamphlets are handed out:

- “Safe Children in Cars” made by the organisation “Safe First” (Trygg Trafikk.) in 8 languages.
- “Avoid Fire” made by Oslo Fire Service in 12 languages.

About 120 immigrants are given these courses every year.

Target group: Seniors

Lectures about how to prevent injuries are held for clubs and organisations which have their meeting on the Service Centre the actual week. Every year we have different lectures such as:

how to avoid falling, how to avoid fire, how to remain activities when getting older, how to be a safe driver in old age.



Target group: Parent with the youngest children

In 2004 parents were invited to the Health Clinic. The lecture about “the kiss of live” was held and how to avoid injuries at home when they have children. 100 parents participated during the day.

The exhibitions

In addition to the courses there is an exhibition of safety products. The exhibition contains

- Different safety chairs for use in cars.
- Safety gear for biking, rollerblades, skateboards and other sports and activities.
- Safety gear for use at home meant to protect children and seniors.
- Safety bag for old age. This bag contains products which health personal can use to teach and motivate seniors and their relatives to think about safety and be more aware of what they can do themselves concerning safety in their own homes.
- Pamphlets about safety

At the exhibition which takes place in the Service Centre for seniors you can also watch special made electric equipment and different products which can help you from falling both indoor and outdoor. The visitors can freely help themselves to the pamphlets they find interesting.

During the exhibitions both in the Town Hall and at the Service Centre, there are always people from the team present.



All in all about 600 students attend the courses at the “Safety-week” each year. The number of students in 9th grade is each year about 380. This means that during 14 years of “Safety-week” about 5000 14-year-old boys and girls have received this systematic training.

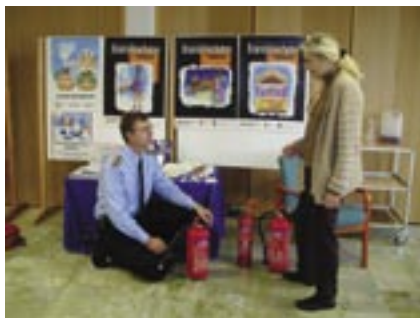
Demonstration Day

In connection to the “Safety-week” the team started in 1997 to arrange a so called “Demonstration Day” for the public. The activities during this day vary. For example:

- Simulated side-collision followed up by a rescue demonstration.
- Securing of children in car
- El-security
- Putting out a fire, (demonstration)

There are also information stands which are presented by our different co-operative partners.

Local firms, business, assurance and traffic organisations have sometimes helped in arranging this day.



Expenses

The expenses connected to the “Safety-week” are shared between the partners. Expenses concerning the “Demonstration Day” are covered by the partners causing them. Common expenses are covered by Ski Council. Each year a report is written. It is sent to the Administration, to the politicians and all the working partners. Others who may have interest in this kind of information can of course also have the report.

The “Safety-week” is arranged in the middle of September each year. It lasts for 7 days.

From 2006 we prepare to rename this work to:

“The safety week from 0 to 100 years”

