



Each year the RSPCA hold a Cupcake Day to raise awareness and funds which will assist in giving mistreated animals a second chance at a better life! In 2015 Boort District Health Day Centre, Nursing Home and Hostel Residents came together and held their very own Bring your Pet and Cupcake Days!

On Tuesday 18th August the first of two Cupcake Day's was held. It began with Nursing Home Residents decorating the Day Centre and was followed by a visit from several Hostel Residents and 3 very friendly and cuddly dogs. Everyone enjoyed a lovely afternoon of singing and cupcakes!

The second Cupcake Day was held on Thursday 20th August, this was well attended by our regular Thursday Day Centre group and Hostel Residents. Thursday's group were lucky enough to have around 6 dogs of various sizes and breeds visit. All the dogs enjoyed being patted and cuddled before afternoon tea was served.



Every day around 350 Australians are diagnosed with cancer. Daffodil Day assists in raising much needed funds, to go towards vital cancer research, prevention programs and patient support for the many Australians affected by cancer.

Boort District Health Staff, Nursing Home and Hostel Residents along with Planned Activity Group Clients came together in the last week of August to promote and raise awareness of Daffodil Day.

Participants purchased Daffodil Day Merchandise, whilst taking part in a number of activities these included trivia, afternoon tea and singing songs.

Boort District Health would like to thank all those who donated to this wonderful cause.



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boort

DISTRICT HEALTH

Boort
District Health

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SPRING 2015 EDITION

Redevelopment Update

**UNDER
CONSTRUCTION**

The redevelopment of Boort District Health continues to progress along smoothly. Contractors are currently working on stage one, this includes: 6 Bed Acute Ward, 25 Bed 'Ageing in Place' Unit, a Palliative Care Bed and New Courtyards.

The process began with the clearing of the site this included the existing Nursing Home garden. Excavation works followed with builders laying the basement foundations and installing an underground grey water tank. Once these were installed a continuous supply of soil was delivered by large trucks to assist in bringing the site up to one level.

Most recently the foundations were laid, concrete poured and framework for the acute ward, reception and entry lobby were erected. In the coming weeks the framework for the 'Ageing in Place' Lounge Room, Dining Room and Bedrooms will commence.

It is expected that stage one of the build will be completed by 11th March, 2016. To stay up to date with all the relevant information regarding the redevelopment check out the Boort District Health Facebook Page!

Boort District Health is currently running a competition to find a name for the 'Ageing in Place' Facility. If you have any ideas or suggestions please submit them to reception@bdh.vic.gov.au or drop them in the box located at reception before 19th October, winner will be announced at the end of October!



WELCOME



Rain. The second day of Spring and finally the rain arrived. There seemed to be a number of excited people about welcoming the first decent soak that has been experienced in a number of weeks.

For this edition of the newsletter we decided to talk about farm safety. The reason for the interest from Boort District Health is that accidents on farms are still a cause for concern and especially the increasing number of incidents that involve children. This issue talks to a few families about what they do to ensure safety in and around their farms.

I'm sure everyone reading the newsletter hasn't missed the activity happening at Boort District Health with the new building additions at the health service growing daily. I would like to thank everyone for their patience during the construction – especially people who went without power for a number of hours recently as power upgrades occurred in Kiniry and Coutts Streets. The activity was needed to put in all the electrical systems for the new health service buildings and Powercor used the opportunity to do a general upgrade.

If you would like any further information about anything in this newsletter please contact me at any time on 03 54515200.

Vicki Poxon - CEO

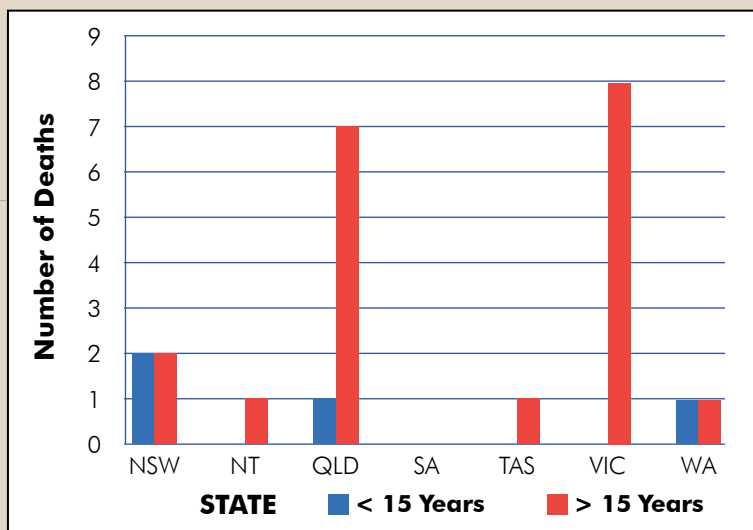
FARM SAFETY

Farmsafe Australia aims to raise awareness of farm safety issues in rural communities across Australia. The main focus is on the practical issues that farmers can take to improve safety for themselves, their workers, family members and farm visitors. Over the past 20 years significant reductions in farm fatalities have occurred, although safety around tractors, quad bikes and children on farms still remain areas of concern.

TRACTOR SAFETY

Tractors are one of the leading causes of injury or death on farms

During 1st January – 20th June 2015, 24 fatal on-farm cases were reported in Australian print media.



- Four (16.6%) of the 24 deaths involved a child aged 15 years and under.
- Tractors (n=8), Quads (n=8), and motorcycles (n=2) were reported most frequently.

How to prevent tractor injuries...

- Do not get off a moving tractor
- Do not jump start tractor whilst standing on the ground
- Ensure that older tractor models are fit with a rollover protection structure as this reduces the risk of injury to the operator in the event of a rollover.

^{1,2} *Source: Aust. Centre for Agricultural Health & Safety/The University of Sydney "Australian Farm Deaths & Injuries Media Monitors Snapshot" January 1 – June 20, 2015

QUAD BIKE SAFETY

Losing control, collision, quad rollover, carrying passengers or loads and the use of vehicles by riders under 16 years can result in serious injury, disability or death of riders and passengers. Quad bike rollovers are involved in 60% of fatal incidents, with 84% of rollover deaths occurring on farms. 20% of these fatal incidents involved children under 16 years of age. In the past four years quads have overtaken tractors as the leading cause of on farm fatal injury.

Prevention:

- Make sure quad is not overloaded
- All operators should wear a helmet
- Fit a Crush Protection Device to prevent injury during rollover
- Do not let children under the age of 16 operate a quad of any size

'Children account for around 20% of quad bike deaths, and quads of all sizes (including those made for kids) have been involved in child deaths. NO CHILD under 16 years should ride a quad of any size as they don't have the skills to handle such dangerous equipment' ¹

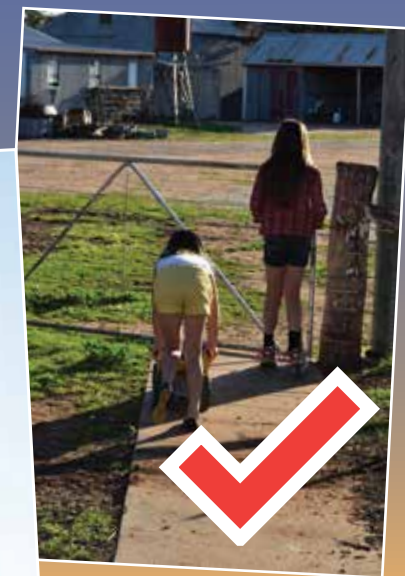
CHILD SAFETY ON FARMS

The most common causes of injury and death to children on farms involve drowning, quad bikes, farm vehicles and machinery. **Drowning accounts for 35-40% of child farm deaths, with farm dams being the most common cause. Children aged under 5 are at a greater risk of drowning on farms.** Children aged 5-14yrs most commonly presented to emergency with non-fatal injuries due to motorbike accidents.

Prevention:

- Create a 'Safe Play Area' with a securely fenced yard and latching gate to prevent toddlers from wandering away.
- Wear helmets when riding horses or farm motorbikes.
- Make sure children and passengers are wearing seatbelts in farm vehicles.
- Do not carry children as passengers or allow children to operate quad bikes, tractors or machinery.

'It is estimated that about 20 children under 15 years are fatally injured on an Australian Farm every year and many more are hospitalised or treated by GP's across rural Australia' ²



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How do you keep your children safe around the farm?

Supervision!...Involving kids in the day to day activities and teaching them about the dangers from an early age i.e. water, machinery, chemicals and wearing helmets. It's also really important to remind them to ask if they are unsure if something is safe.
Karen Allison, Boort



How do you keep your children safe around the farm?

We never start machinery unless we have a clear visual of the children. It is also extremely important they know where is off limits around the farm yard!



Steve Lanyon, Boort