

# COCKBURN

CITY OF COCKBURN OFFICIAL NEWSLETTER ISSN 1035 - 0956 No. 41 MAY 2001

# SOUNDINGS

## Message from Your Mayor

### Our Living Treasures

2001 is the "International Year Of The Volunteer" and it is therefore imperative for us to recognise and give due respect to our many volunteers, who are indeed "Living Treasures"

Throughout Cockburn in many facets of our daily lives we, or a member of our family, are assisted by volunteers. Whether it is the volunteer helpers at the school canteen, the cleaners at the church, our childrens coach at footy or the many volunteers who help run our seniors clubs or centres, they all provide many vital services that if costed out would run into millions of dollars.

On Friday 18th of May we held a breakfast launch of our "Walk Of Fame" project. A project that will see a series of plaques set into the timbers of Coogee Jetty, recognising some of the many outstanding individuals, who have helped and still are helping to make Cockburn a great place to live, work and visit.

There are many "Living Treasures" in our community that were not at the breakfast. Some we know of and some we don't. If you know of someone, who you feel



should be recognised for their true worth then let us know and help us to recognise these people, because they are all worthy of recognition.

Events will be held in 2001 as a way of saying thank you and we appreciate what you do. Please contact Yvonne Coyne on 94113583 if you believe you know someone worthy of recognition and we will do our best to recognise them because volunteers are just ordinary people making an extraordinary contribution.

*Mayor Stephen Lee*

43 Britannia Avenue  
BEELIAR WA 6164

Office: 9411 3401

Phone/Fax: 9434 1547



# Look Who's at Gateways Shopping Centre

## Major Stores

Action	9414 5444
Woolworths	9414 5222
Woolworths Liquor	9414 5222

## Food

Donut King	9498 5248
Gateways Chinese Restaurant	9498 6313
Gateways Fish & Chips	9414 6038
Good Life Health Foods	9498 5000
Micachinos Cafe	9498 5242
Oven Delight Patisserie	9498 5599
Subway	9498 5200
Wendy's	9498 5508

## Fashion

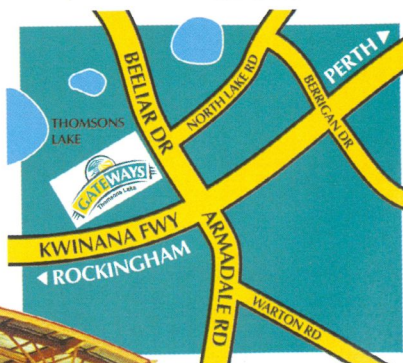
Gekko Fashion	9498 6600
Kay's Bags	9414 6785
Rockmans	9414 5600
Showcase Jewellers	9498 5276
Surf's Up Surf Shop	9414 6317

## Services

Australia Post	9498 5263
BankWest	131718
Checkers (Mens Hairdressing)	9414 6655
Clear Image Skin Clinic	9498 5188
De La Rose Creations	9498 5322
Farrington Drycleaners	9498 5316
Fixit Multi Services	9498 5958
Gateways Dental Centre	9498 5122
Gateways Medical Centre	9414 6777
Harvey World Travel	9414 6788
Kodak Express	9498 5255
OPSM	9498 5855
Price Wave (Ladies Hairdressing)	9414 6655
Richard Noble & Co.	9414 5111
Success Public Library	9414 5599
Video Ezy	9498 5111

## Household

Gateways Newsagency & Lottery Centre	9498 5222
Knives Forks & Allsorts	9498 5888
Pharmacy Plus	9498 5977
Red Dot	9414 6722
Tandy Electronics	9414 5948
Thrifty Link Hardware	9414 5333



## IT PAYS TO SHOP AT GATEWAYS!



### Orchids Show Off at Gateways

Wednesday June 6th to  
Saturday June 9th 2001

Visit Gateways and take a look at this fabulous display of orchids from the Orchids Society of WA. Speak to the orchid experts from the Orchid Society who will be in the centre to answer any queries you have about the culture and conservation of orchids grown in Western Australia.

63



This month's Lucky Gateways Saver Card Members numbers.

231

If one of these numbers is yours just present your winning Gateways Saver Card to the Centre Management office prior to Saturday June 9th 2001 to receive your \$20.00 Gateways gift voucher.

403

GUIDES ALL TEAMS

SES ALL CLUBS

FOOTBALL SOCCER

T-BALL BASKETBALL

### Gateways Supports All Local Community Groups

If you are a local community group, sporting team or club and would like to have a display or demonstration in the Centre, please register your interest by contacting the Centre Management office on 9498 5577.

### Foundation Day

Monday June 4th 2001  
Gateways Shopping Centre  
will be closed for trade.

**'The Fresh Food People'**  
WOOLWORTHS



**ACTION**  
Packed full of GOOD TASTE

Corner Beeliar Drive & Kwinana Freeway Telephone 9498 5577 Facsimile 9498 5588





# ***Azelia Ley Homestead***

## **Cockburn's History needs your Help**

In 1983 the Azelia Ley Homestead Museum was opened to the public. At the opening ceremony Council nominated the Historical Society of Cockburn as custodians of this building. It was a responsibility the Society gladly undertook and have faithfully carried out every since, according to Museum Curator Harry Willis.

Recently Harry took Mayor Stephen Lee on a tour of the 1905 homestead at Manning Park, Spearwood. "When I joined the Society in those early days, we had a large number of members but over the years, our group has diminished to a handful of dedicated battlers struggling to man the Museum on Sunday afternoons when we are open to the general public," Harry told the Mayor.

"I feel sure there must be a few young people or even 'young' retirees who could be interested in our local heritage and perhaps would enjoy spending a few hours a month helping us along the way," says Harry. If that sounds like you, then to find out more ring the Historical Society's secretary Arlene Crane on 9418 4090 or give Harry a call on 9418 2693.

If you don't want to make a phone call, feel free to come along to one of the Society's meetings, held on the first Wednesday of each month at 7 pm, in the Museum. Harry assures us that Society members are not a "stuffy lot" and in fact have more than a few laughs at the meetings.

If you haven't seen the Azelia Ley Homestead museum it is well worth a visit. Local school groups and adult groups are most welcome. It costs only \$1.00 for adults and 50c for children. For this amount groups receive a personally conducted tour of the Museum and a leisurely stroll through the Old Wagon House. For bookings other than on Sundays, ring Harry on 9418 2693.



# EAST WARD ELECTION

19TH JULY 2001

With the recent resignation of East Ward Councillor Sue Rennie, an extraordinary election is to be conducted (by Postal Ballot), closing 19th July, 2001.

## Voting Eligibility

If you **LIVE** in any of the suburbs located in East Ward (see map) and are at least 18 years of age, you **SHOULD** appear on the electoral roll for the East Ward.

However, if you own a property or occupy a business in East Ward and live in a different area, you may be eligible to enrol to vote in the election, if you are not already on the roll.

In these circumstances, enrolment is not automatic, therefore, in order to ensure your entitlement to vote is secure, it is suggested you contact Council's rates Department on 9411 3475 for confirmation.

But, you need to act fast.

**ENROLMENTS CLOSE ON WEDNESDAY 30TH MAY 2001, at 5.00PM.**

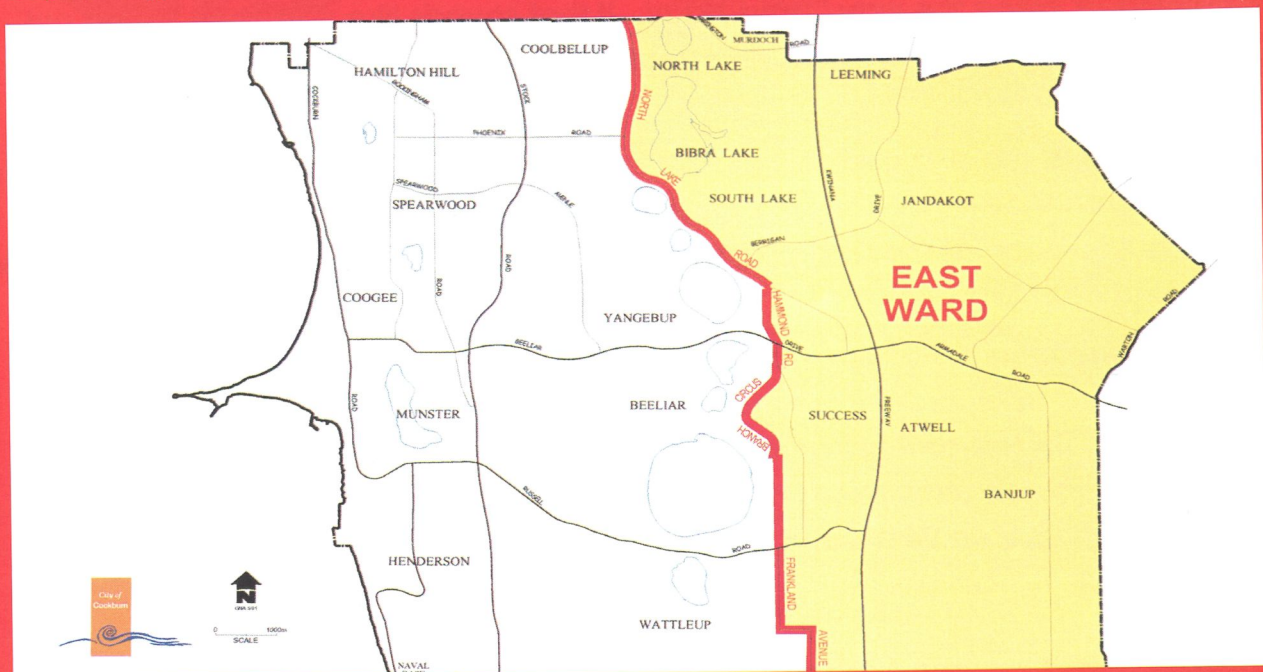
## Nominations for Election

If you are interested in nominating for the election, there are some things you need to know.

Firstly, you need to be an elector of the Cockburn District (not necessarily in the East Ward). Having established that, you will need to nominate with the Returning Officer for the election (telephone 9214 0444). Nominations open on **TUESDAY 5TH JUNE 2001** and close on **TUESDAY 19TH JUNE 2001 at 4.00PM.**

At the close of nominations, should there be more than one candidate, an election will be held (by Postal Ballot) closing on Thursday 19th July 2001, at 6.00pm.

Further details of the election procedures can be obtained from the WA Electoral Commission by telephoning 9214 0444.





# COME AND SEE BOB...LIVE & LOUD

**BOB**, perhaps known better by his full name, the Battle Of the Bands is on for it's second year. BOB kicked off in May with a concert at the Atwell Community Day held at the Atwell Community Centre. At the launch, local Spearwood band "Illegal" performed, giving the crowd a taste of what local talent is out there.

But the music doesn't stop there! Battle of the Bands heats will be held once a month on a Friday night from 7pm - 11pm beginning on Friday 8 June 2001 at the Cockburn Civic Centre. The final heat will be on Sunday 16 September 2001 at the Memorial Hall in Hamilton Hill, and winners of this will go through to perform at the 'Frosh' Youth Festival at the Cockburn Spring Fair in October.

Bands and DJs are asked to contact Heidi Mippy, Youth Development Officer at the City of Cockburn on 9411 3582 to register for the competition. There will be 4 heats so there are spaces for many, but with the interest expressed already applicants will need to get in quick! Battle of the Bands is free for all spectators and competitors. The heats and the final are open to all ages and are alcohol and drug free events.

Heat 1	Friday 8 June	7pm - 11pm	Cockburn Civic Centre, Spearwood
Heat 2	Friday 6 July	7pm - 11pm	Memorial Hall, Hamilton Hill
Heat 3	Friday 10 August	7pm - 11pm	Yangebup Hall, Yangebup
Heat 4	Friday 7 September	7pm - 11pm	Cockburn Civic Centre, Spearwood

## FINAL

Sunday 16 September 2001 - 12 - 5pm @ Memorial Hall, Hamilton Hill

## 'Frosh' - Youth Festival

Sunday 28 October 2001 - Manning Park in conjunction with Cockburn Spring Fair  
(details sent out closer to the date....watch this space)

## Cockburn and Kwinana Youth Services Enter Telstra Rally Australia

The Youth Services teams from the City of Cockburn and Town of Kwinana have successfully applied for funds from the Office of Youth Affairs to coordinate a team in this year's Telstra Rally Australia Youth Project. An "A class" rally car has been allocated to the project to help develop the driving skills and mechanical knowledge of local young people in order to reduce the incidence of motor vehicle accidents of 15 to 24 year olds.



Venues in both Cockburn and Kwinana will be used for training.

A Project Manager will be appointed in the forthcoming month and an Advisory Group established to help develop and deliver appropriate training to local young people. The advisory group will include local young people, representatives from Motorplex, Kwinana and Cockburn Youth Services and the Office of Youth Affairs.

Participants will take part in many interesting and beneficial workshops such as first aid, mechanical skills, defensive driving and will have the opportunity to get their licence if they do not already have it.

Other exciting aspects of the program include participation in local rally events, public appearances at community events and of course participating in Rally Oz!

Any young people interested in the project should contact Cockburn Youth Services on 9411 3447 and/or Kwinana Youth Services on 9439 0281.



# The Melville-Cockburn Chamber of Commerce is here to help YOU...

Are you looking for a way to increase your network of business contacts and opportunities? Are you waiting for someone to offer you a range of support services that specifically assist you as a small business operator? The Melville-Cockburn Chamber of Commerce may be the answer for you.

The Melville-Cockburn Chamber of Commerce is a dedicated group of people who work very hard to assist you in your business success. "We are a vibrant and enthusiastic 'Business to Business' organisation dedicated to the service and support of all of our valued members and the growth of their business enterprise," says Chamber Executive Officer Cherie McGowan.

The Melville Cockburn Chamber of Commerce was established in October 1987 when the Melville Chamber merged with the Cockburn Chamber. The existing Melville Cockburn Chamber of Commerce is an affiliated member of the Chamber of Commerce and industry of Western Australia.

Current membership is over 300. Members are mainly small and medium sized businesses. In excess of 100 members and guests normally attend the Chambers luncheon and breakfast meetings. "We have had more than 200 people attend some business after-hours functions," according to Ms McGowan. These business after-hours functions provide an excellent opportunity to meet your fellow businessmen and women and some of that all-important "networking."

Some of the benefits of joining the Melville Cockburn Chamber of Commerce include:

- It provides a new avenue to improve and increase your business
- It is a vehicle to meet local business people
- It is an opportunity to market to a captive audience
- Upon joining you will be provided a membership directory - a valuable marketing tool
- Membership mailing labels available at low cost
- Networking, networking, networking!!!

To find out more about the Melville Cockburn Chamber of Commerce call Executive Officer Cherie McGowan at 9330 9699.

## DISABILITY SERVICES PLAN

The City of Cockburn is currently reviewing its Disability Services Plan. We are therefore carrying out a community consultation to assist us to plan for services over the next 5 years. As part of the consultation process we are holding four (4) public workshops at different times and locations for members of the community to participate.

If you are interested in having your say about access for people with disabilities then come along to one of our workshops.

- Tuesday, 5 June 2001 at 1.00pm Jean Willis Centre, corner Healy and Ingram Streets, Hamilton Hill
- Wednesday, 6 June 2001 at 10.00 am South Lake Centre, Southlake Drive, South Lake
- Thursday 7 June 2001 at 7.15pm Atwell Community Centre, 1 Lombe Cardens Atwell
- Saturday 9 June 2001 at 10.00 am Coolbellup Library 90 Cordelia Ave Coolbellup

For more information please contact our Disability Access Officer, Frank Thomas, at 9314 6363.

# The Future of Waste Management....

The June opening of the Regional Resource Recovery Centre in Bannister Road, Canning Vale, will usher in the beginning of a new and exciting era in waste management.

After four years of working closely together, five Member Councils of the Southern Metropolitan Regional Council will use the same collection and processing system. The City of Cockburn has joined with Canning, East Fremantle, Fremantle and Melville to show leadership in reducing the damaging effects of waste on our environment.

As a resident of the City of Cockburn you have a major role to play in the success of the largest local government waste management project ever undertaken in Australia

By this time, an information kit will have arrived in your letterbox. It explains how the strategy will operate and the role you will play.

There will be two separate collections across the City, one for each alternate week in the recycling collection system. Check that the calendar you receive is the same as the one you are currently using.

All residents should have access to a Recycling Bin by 4 June 2001. Because of the magnitude of the delivery contract, some residents in multiple dwellings, flats, commercial properties, etc, will only initially receive 4 Recycling Bins per property.

Following completion of the initial delivery, the contractor will return to premises that request additional recycling services. If these bins can be accommodated safely within the property and set out in a serviceable position on the verge on collection day, additional bins will be delivered.

For ordering additional Recycling Bins, Missing or Damaged bins or any information relating to this new Recycling Service please call Leanne on 9411 3543.

The collection system currently in use in Cockburn will not alter greatly, however the changes to the processing system are radical. In reading the information brochure and familiarising yourself with how it will operate, you will understand how important it will be for everyone to follow the guidelines.

While 0% landfill may seem very ambitious, our environment cannot sustain the current levels of waste that are generated. Through this system we can dramatically reduce the amount of landfill and its detrimental effects on the environment. The resultant mulch and compost will provide nourishment to the soil and the recyclables will make their way back into industry.

If you have any queries, contact Council's Engineering - Waste Department on 9411 3543 or from June, visit the SMRC website at [www.smrc.com.au](http://www.smrc.com.au).

...Together, we can all make a difference...



Is your wheelie bin damaged or broken?  
Does it require maintenance of any kind?  
If your bin is broken, just ring Council's  
Waste Services on 9411 3543 and we will fix  
it for free.

## Not Able to Pay Your Rates?

Ratepayers who have outstanding balances and are having difficulty in clearing their arrears, should immediately contact City of Cockburn Rates Section to make suitable payment arrangements. Remember, the next issue of Council Rates is only two months away.

Council Rates Section would like to also advise that City of Cockburn are now participating in CENTREPAY, Centrelink's direct deduction facility. Should you wish to avail yourself of this service, please contact the Rates Section on 9411 3475.

City of Cockburn has a free and confidential Financial Counselling Service available to ratepayers. Should you wish to avail yourself of this service, you need to ring to make an appointment in Atwell, 9414 6302, or Coolbellup, 9331 1174.

## Bedtime Stories Come to Cockburn's Libraries

Children are invited to put on their pyjamas and to attend bedtime story sessions at Spearwood Library on the first Tuesday of each month from 6.30pm to 7.15pm. Here they will hear wonderful stories to fire their imaginations and their dreams.

Other storytime sessions at Spearwood Library are now at 10.30am on Tuesday and Friday mornings and at Coolbellup Library at 10.30am on Wednesday mornings. As well as being read, stories are often presented in interesting ways such as storytelling, felt stories and puppets to capture children's attention and promote language development. After the story children have the opportunity to have fun with an arts and crafts activity.

Also, from the 24th of May, children who live close to the Success Library will have the convenience of attending storytimes at the Atwell Community Centre each Thursday at 2pm.





# Tree Planting is Here Again

It's nearly that time of the year again. The winter rains can't be far away and with the rains comes the time for planting native trees and shrubs in our conservation reserves. The earlier we can get the plants in the ground the better the chances of survival through the summer months. This year we intend to continue with the revegetation of Yangebup and Little Rush Lakes, Market Garden Swamp and Manning Lake. Revegetation of the section of Bibra Lake that was recently burnt will also commence. A number of smaller reserves have also been targeted and we hope that with help from a number of schools and the community we can improve on last year's figure of 13151 plants.

Should you wish to be involved or require more information on Council's ongoing rehabilitation program please call Council's Environmental Services Section on 9411 3502.



## Join A Friends Group

Have you got a bit of free time? Have you got a soft spot for our natural bushland? Do you want to meet people with similar interests? Would you like to learn new skills? If so why not join a friends group?

Friends Groups are exactly that, they are "groups" of people who are "friends" of a particular piece of bushland or wetland. They sort of 'adopt' an area of land and help to conserve and rejuvenate the area by undertaking planting, weeding and general maintenance. They also enjoy the fruits of their labours by watching the area become a haven for wildlife and natural flora.

Friends groups receive support and advice from other organisations and also from their local Council. Professional help and advice is often given by other organisations such as the Urban Bushland Council and Greening Australia.

Not only does joining a friends group give you the opportunity to meet new people while caring for the environment but there are other benefits. Learn about the local plants that were once abundant in the area, learn about developing a revegetation plan, learn how to plant and propagate native species, learn how to identify plants that do not belong in your particular area and how to control them.

For further information contact Council's Environmental Management Section on 94113502.

## Who Let the Dogs Out?

The Council dog pound at Wellard Street, Bibra Lake will be open only by appointment to the public between the hours of 9.00am to 4.30pm on weekdays and at 9.00am to 4.00pm on Saturday and Sunday.

Appointments may be made to meet the Ranger by phoning 94113403, 94113402 or 9411 3444.



Remember, If you have a dog you need to pick up their excreta. Not only is failing to clean up after your dog unpleasant for your neighbours and fellow residents of Cockburn but there is a maximum penalty of -\$400.00 for failing to do so.

# South Lake Leisure Centre Battles For Your Fitness

The South Lake Leisure Centre is stepping up the Battle for Fitness by introducing the Les Mills program, 'Body Combat' to its exciting new Fitness Class Timetable. This program, which is all new to the City of Cockburn, incorporates traditional martial arts including Tai Chi, Karate and Kick Boxing to give you an overall workout.

The legs are strengthened and toned through kicks and shuffles and the upper body is trained through a variety of punches, hand and elbow strikes and defensive moves. And the athletic style moves will give your abs a workout you wouldn't believe!

Body Combat is designed for all levels of fitness and offers a variety of options so that you can work at your own level.

The new timetable will be starting at the beginning of July. Also starting in the next couple of weeks will be the new programs of Body Pump and Body Balance. Keep your eye out around the Leisure Centre for the exact launch dates for these awesome total body fitness programs. There will be exciting promotions running for the launches... with prizes to be won!!!



## Grants for Youth Available from Cockburn Council

*As a part of its U Fund Youth Grants Program, the City of Cockburn has grants available for groups of young people aged 12 - 18 years living in the City of Cockburn to run activities for young people. In the past grants have been given to schools, church groups and sporting clubs to:*

*Purchase sporting equipment - Hire PA equipment for gigs - Hold a river cruise - Run sports competitions including skate exhibition and skate instruction - Run a graffiti workshop - Run music workshops - Hold a camp run a skate competition as a fundraiser for PMH*

*Grants of \$100 to \$400 are available. Call Mary on 9411 3447 for an application form or pick one up from your local school, community centre or from Cockburn Youth Services in Yangebup.*

*If you have an idea, but are unsure as to how to go about it, the Youth Services Co-ordinator, Cockburn Youth Workers or members of the Youth Advisory Council are available to help you...so give them a call!*

## Activities on at the South Lake Leisure Centre

- \* The Centre will be offering sports activities for children during the July school holidays. The sports include Soccer, Indoor Hockey, Netball and Basketball.

**For ages 6 to 12 years old. Held Monday through Friday.**

- \* July school holidays swimming lessons offered by our swim school
- \* We are looking for more teams to join our evening sports competitions, We can take extra nominations for Mixed Netball, Wednesday Soccer, and Friday morning indoor Softball
- \* New winter closing hours for weekends: The centre now closes at 6.00 pm on Saturday and Sunday evenings until the October school holidays.

**For more information on any activities happening at the Centre, call 9417 3003**



# CRIME & SAFETY

Road safety costs our state in excess of \$1 billion per year.

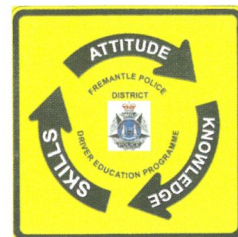
Our Government and the various instrumentalities, which promote road safety, are fighting a ceaseless war over deaths, injuries and trauma incurred on our roads everyday. As a result of the disproportionate amount of young people, whose lives are being taken on our roads, The Fremantle Police District through the Fremantle Traffic Patrol has recognised the need to implement a programme that will increase knowledge, awareness and skills of young persons who have, or are about to obtain the motor drivers license.

The Driver Education Programme is being offered to High Schools, Colleges and Community Centres within the Fremantle Police District as part of a Traffic Management and Road Safety education programme. Businesses with a vehicle fleet are also offered the opportunity to participate.

The foundation of the programme is based on the Defensive Driving Course which is an accredited theory course conducted by sworn Police Officers covering the following :

- \* Drive to Stay Alive.
- \* How to avoid a collision with the vehicle ahead and the vehicle behind.

- \* How to avoid a collision with an oncoming vehicle.
- \* The art of overtaking and being overtaken.
- \* How to avoid the intersection collision.
- \* The 'mystery' crash.
- \* Sharing the roads.
- \* The defensive driving attitude.



The programme also involves studies towards gaining a Learners Permit through the Youth Driver education Scheme. Students receive theory instruction and are tested in the classroom.

Other sessions, which are available, and provided by external agencies are :

- \* The Emergency Road Care programme (a first aid course) delivered by St John Ambulance at a cost of \$20.00.
- \* A practical hands on day offered by Drive Safe Australia as part of the RoadCare 2000 initiative. Students/Participants attend the Drive Safe Australia academy for a full day of tuition at a cost of \$75.00.

For further information please contact Senior Constable David WALL at the Fremantle Traffic Patrol. Ph. 9430-1150 or E-mail david.wall@police.wa.gov.au

## THOMSON'S LAKE - GROWING WITH THE COMMUNITY

Thomson's Lake will be linked to the Perth CBD by a high-speed train service in mid-2004.

With planning for the Thomson's Lake transit station well underway the City of Cockburn and the State Government are looking at the infrastructure and services necessary to support this new focal point for the region.

The Thomson's Lake Steering Committee which includes representatives from the City of Cockburn, the Ministry for Planning, Perth Urban Rail Development Office and project manager LandCorp, is currently developing a comprehensive community consultation and information program to help shape the vision for the region.

Due to begin later this year the consultation program will look at issues sensitive to Aboriginal heritage and the local environment as well as the services and facilities required in the region. Keep reading Cockburn Soundings for more information about how you can participate in the exciting development of Thomson's Lake.



# **PROPOSAL FOR NEW SUBURB NAME**

During the past six months, Council has been pursuing the possibility of renaming a part of the suburb of Bibra Lake (between North Lake Road and Stock Road), primarily because that part of Bibra Lake is located in Council's Central Ward (for voting purposes) and the original Bibra Lake residential area is situated in East Ward.

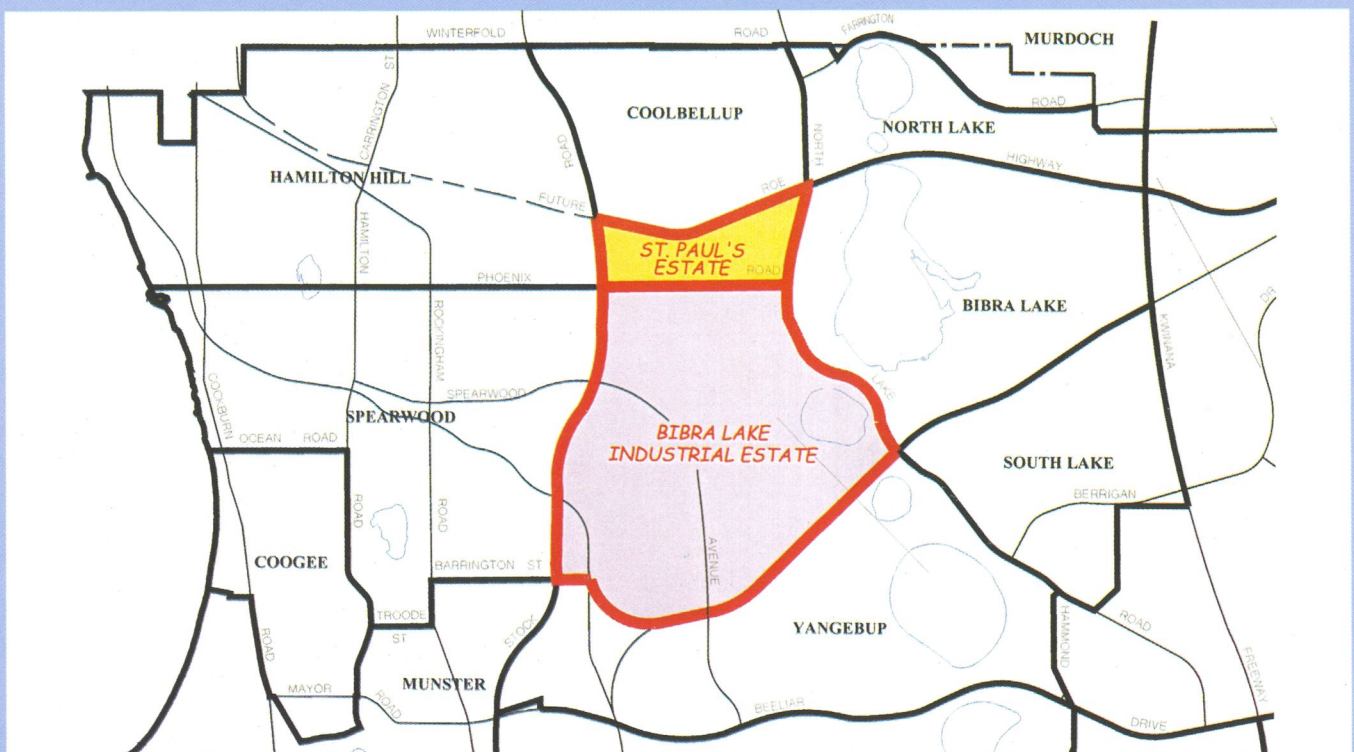
During the investigation process, two interesting outcomes became very clear. Firstly, the residential section of the subject area were very keen on having a suburb name in its own right, while the commercial and industrial area were just as adamant that there should be no change to the suburb name.

Consequently, Council decided to submit an application to the State Government to have the residential area to the north of Phoenix Road renamed "St Pauls". This proposal was rejected because it could not comply with Government guidelines regarding lot numbers and size. In other words, the area is too small to be considered a suburb in its own right.

However, it is allowable to include the estate name as part of the suburb name, and therefore the addresses in the area have been amended to include "St Pauls Estate" and "Bibra Lake Industrial Estate" respectively, as depicted in the diagram.

Consequently, Council's official property addresses will be amended to include the respective Estate names, however, it has been emphasised that both of these areas remain as part of Bibra Lake and retain the post code 6163.

For further information, please contact Don Green on 9411 3411.

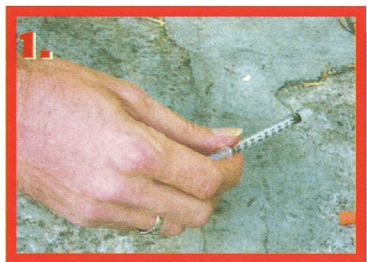




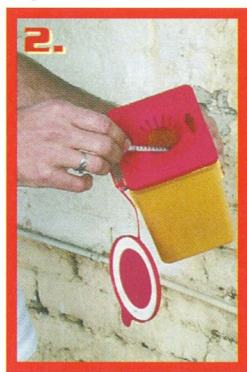
# NEEDLE AND SYRINGE SAFETY

Needles and syringes may be found at all sorts of locations. You might find one in your workplace, or improperly discarded in your yard or neighbourhood.

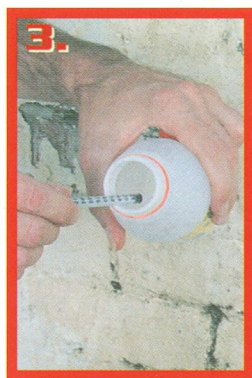
Don't panic! By following the simple directions below needles and syringes can be disposed of safely with no danger or health risk to you or your community.



1. When you find a discarded needle or syringe do not try to re-cap it. Simply pick it up carefully with the sharp end away from the body.



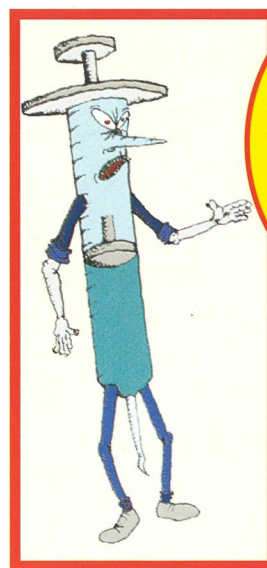
2. If you are at your workplace you may have access to a medical waste or sharps container. Place the needle into the sharps container, again taking care that the needle points away from your body.



3. If you do not have access to a medical waste or sharps container you can still dispose safely using rigid plastic containers with screw top lids. Do not use glass containers as they are easily broken, causing twice the disposal problem.



4. Once you have placed the needle or syringe into the plastic container and screwed the lid on tightly, it can now be disposed of in the regular garbage (not the recycled). Syringes in fitpacks can also be disposed of in the garbage.



"I might be nasty and dangerous lookin' but if you keep y'r head on & remember this stuff you'll have no worries"



## What to do if you injure yourself on a discarded needle.

- Wash the area gently with soap and running tap water as soon as possible.
- Apply an antiseptic and a clean dressing.
- Obtain prompt medical advice from your local doctor or hospital emergency department, preferably within 24 hours.
- Place the needle in a rigid plastic container and take it with you to your doctor.

If your workplace does not have a procedure for safe disposal of needles and syringes, you may like to write to one. Contact W.A.S.U.A. on {08} 9227 7866 for any assistance you might need.

Information reproduced with kind permission from Marketing and Communications. Health Department of Western Australia Artwork and Layout by D Brockwell and P Gill. "Freddy Fit" by M. Durham

Should you require further information or would like a pamphlet detailing this information, please contact Council's Health Service on 9411 3589.