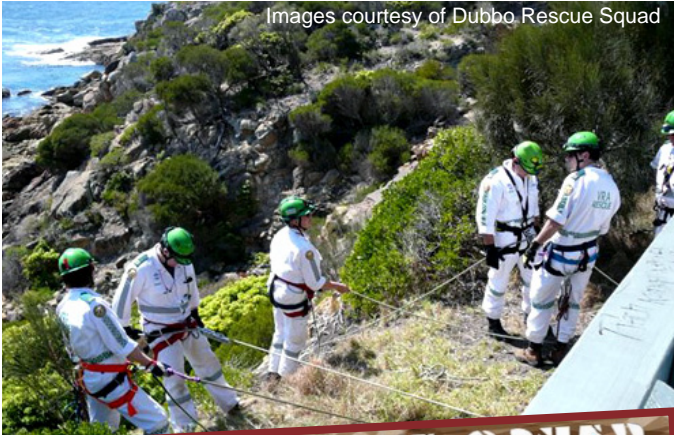




Images courtesy of Dubbo Rescue Squad



DUBBO RESCUE SQUAD

Volunteer

n - One who enters into, or offers for, any service of his/her own free will.

A level crossing accident in Dubbo in 1962 set off the creation of a specially-trained volunteer group supporting authorities in Western New South Wales in times of accidents and natural disasters.

Today that group, the Dubbo Rescue Squad is an affiliate of the Volunteer Rescue Association (VRA) with a membership of over seventy-two squads through out rural and regional New South Wales.

The association is pri-

marily made of people who give up their time to attend to rescue and emergency incidents throughout the state from vehicle accidents and animal rescues to major disasters within the state like the Thredbo landslide.

Back in Dubbo, the Dubbo Rescue Squad is the Primary Rescue Unit for the city and surrounding areas including Orana.

This means the squad is first to respond to any rescue incident; or any other incident at the dis-

What's on the CD?

1. Richmond Fellowship supporting people with mental health conditions (5min)
2. What is CWAATSICH and what programs do they run in south-west QLD? (5min)
3. Dubbo Rescue Squad and volunteering (1min)
4. Music Outback encouraging kids to stay in school (1min)
5. Find a helping hand through Outback Links (1min)
6. Virtual Clinic for people with social phobias (1min)

This project is funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs.



my contacts * my contacts

Richmond Fellowship

02 6872 4501

CWAATISCH

07 4654 3277

Volunteer Rescue Assoc.

1300 872 777

Music Outback Foundation

02 6684 4816

Outback Links

1300 731 349

Virtual Clinic

www.virtualclinic.org.au

Frontier Services' Outback Links program matches up volunteers with families and those living in isolated areas who may be 'doing it tough' due to factors such as drought, illness and seasonal workloads.



THE KINDNESS *of Strangers*

Lending a helping hand and pitching in is all part of the spirit of the outback – and when it comes to volunteering, it works both ways.



Images courtesy of Outback Links

Outback Links
1300 731 349

In return, volunteers gain something truly unique – an authentic outback experience. They travel to some of Australia's most beautiful and least visited regions while lending a helping hand. It's a win-win situation for everyone.

Nadine Fatnowna and her partner Darren Lorenz discovered this recently when they welcomed Outback Links' volunteers Rodney and Judy Green to their outstation home in Durham Downs (out the back of Eronmanga), Queensland.

The Greens arrived just in time to help Nadine, Darren and their three children Matthew, 9, Eboni, 5 and Jesse, 4 move 700 kilometres away to Durrie Station in Birdsville.

"I don't know what I would have done without Rodney and Judy," says Nadine.

"We only had a week to wind up our life here after seven years. Judy helped me with the packing and the kids while Rodney and Darren tackled the long list of things to do in the handover of the outstation. Then, they travelled with us to our new home to help us get settled in."

"It can get pretty lonely in these parts and it was great to have someone to talk to as well, while you are going through something as big as a move," says Nadine.

"Rodney and Judy really fitted in with us and the kids were calling them "Aunty" and "Uncle" by the time they left."

The experience was just as positive for the Greens who have been volunteering with Outback Links for three years now.

"This has become our ideal way of travelling," says Judy.

"We get to meet real people and see some beautiful places off the beaten track. Otherwise you just meet other tourists in the caravan parks."

Frontier Services Outback Links program is unique in that all types of skills and requests for assistance are considered.

It takes a personal approach to the matches made, with emphasis on skills as well as the compatibility of each party.

www.frontierservices/outbacklinks



cretion of the local police or ambulance.

There are twenty-six members, a majority of whom have to undertake hours and hours of training to become accredited rescue operators.

Generally the training takes place in Dubbo a couple of days a week, but sometimes operators have to attend regional weekend training to increase their knowledge and rescue techniques. This ongoing training enables volunteers to respond to:

- Motor Vehicle Accidents
- Heavy Vehicle Accidents (including Trucks and Buses)
- Aircraft Incidents
- Railway Incidents
- Domestic Animal Rescues
- Vertical Rescues (cliffs etc)
- Searches for missing persons
- Emergency lighting
- Storm Damage (Emergency Roof Tarping)
- Industrial and Domestic Accidents
- Flood Assistance
- Crime Scene Lighting

If you wish to join the Dubbo Rescue Squad or other VRA squads the mini-

mum age is 18 years and you have to hold a current Australian drivers licence.

You also have to hold or willing and able to obtain:

- A first aid certificate;
- Boat licence; and
- MR class drivers licence for on road members

You also have to be willing and able to:

- Undertake all training necessary to become a registered rescue operator;
- Be on call as required to attend incidents the squad is responded to;
- Assist in fundraising activities as required; and
- Adhere to all squad and association policies as required

So apart from the satisfaction of helping local people in your community you will learn new skills like communication, abseiling, boating and operating machinery to get people out of vehicles.

If you're interested get in touch with the Volunteer Rescue Association
1300 872 777 or visit the
Dubbo Rescue Squad website at
www.dubborescuesquad.com.au

Protect your hearing

NOISE INDUCED HEARING LOSS

Anyone and even bystanders exposed to excessive noises from machinery or power tools on the farm (or other workplaces) are at risk of developing noise induced hearing loss.

That also means your child, especially if they're around you while you work. Exposure to loud noise over a long amount of time leads to hearing loss.

It also causes tinnitus which is noise or ringing in the ears. If your ears have a ringing noise in them straight after exposure to loud noise, damage to the ears has already occurred.

Research shows 60 percent of male farmers show signs of noise induced hearing loss and those over 40 years of age are impaired to such an extent that it affects their daily lives.

Some of these effects include difficulty in hearing the telephone or TV, hearing a conversation at



Do you work daily with tractors, chainsaws, angle grinders and other power tools?

If you do, you're at risk of hearing loss especially if you don't take the right safety precautions. While injury to your hearing is not life threatening if left untreated you could end up deaf.

work, at meetings or wherever there is background noise.

It could also put you at increased risk of accidents on the farm because of your inability to hear signals etc.

Each state and territory has Occupational Health and Safety laws requiring employers to maintain a safe workplace for workers and visitors. So you also have a legal obligation to reduce exposure to excessive noise.

Tips for limiting excessive noise

- 1 Eliminate the hazard
- 2 Substitute for a lesser hazard
- 3 Install engineering or designing options
- 4 Observe safer work practices and procedures
- 5 Use personal protective equipment