



Troy Grant MP, Member for Dubbo

COMMUNITY CONTACTS



January, 2015

Emergency Numbers

- > Emergency 000
- > State Emergency Service (SES)
13 25 00 www.ses.nsw.gov.au
- > Bushfire Information Line (RFS)
1800 679 737 www.rfs.nsw.gov.au
- > Police Assistance Line
131 444 www.police.nsw.gov.au
- > Crime Stoppers 1800 333 000
www.nsw.crimestoppers.com.au
- > Flood and Weather Warnings
www.bom.gov.au
- > Live Traffic Information
www.livetraffic.com.au
- > River and Dam Information
www.waterinfo.nsw.gov.au

Key Contacts

- > Drug & Alcohol Helpline
1300 887 000
- > NSW Poisons Info Centre 131 126
www.chw.edu.au
- > Mental Health Line 1800 011 511
- > Lifeline 13 11 14
www.lifeline.org.au
- > Suicide Call Back Service
1300 659 467
www.suicidecallbackservice.org.au
- > Kids Help Line 1800 551 800
www.kidshelp.com.au
- > Child Protection Helpline 132 111
www.community.nsw.gov.au

> Troy Grant MP 6882 3577 www.troygrant.com.au

Fax: 6882 3689 Email: dubbo@parliament.nsw.gov.au

Office: 1/18 Talbragar Street, Dubbo Post: PO Box 1327, Dubbo NSW 2830

Government Contacts

- > Service NSW 13 77 88
www.service.nsw.gov.au
- > Local Land Services 1300 795 299
www.lls.nsw.gov.au
- > NSW Fair Trading 13 32 20
www.fairtrading.nsw.gov.au
- > Essential Energy 13 23 91
www.essentialenergy.com.au
- > Independent Commission Against
Corruption (ICAC) 1800 463 909
www.icac.nsw.gov.au
- > NSW Public Works 9372 8949
www.publicworks.nsw.gov.au
- > NSW Ombudsman 1800 451 524
www.ombo.nsw.gov.au

Local Councils

- > Dubbo City 6801 4000
www.dubbo.nsw.gov.au
- > Mid-Western 6378 2850
www.midwestern.nsw.gov.au
- > Wellington Council 6840 1700
www.wellington.nsw.gov.au
- > Narromine Shire 6889 9999
www.narromine.nsw.gov.au

Keep this handy list around, because you never know when you might need it. And remember, it's never too late to have a safety plan – Troy.

CPR CHART



**Ambulance Service
of New South Wales**

CARDIO PULMONARY RESUSCITATION

D Check for danger	Check for danger eg electrical cords, petrol or other hazards	
R Responsive	Check for signs of life If no signs of life: <ul style="list-style-type: none">> Unconscious> Unresponsive> Not breathing normally> Not moving	
SHOUT FOR HELP!	<ul style="list-style-type: none">> Get someone to dial 000 immediately> Ask for AMBULANCE	
A Clear airway	<ul style="list-style-type: none">> Place person on their back> Tilt head back (not for infants or injured)> Remove foreign matter from mouth (and nose of baby)> Place on side if there is a lot of foreign matter	
B Check breathing	<ul style="list-style-type: none">> Look, listen and feel for breathing> If normal breathing is present leave or place patient on their side> If normal breathing is absent<ul style="list-style-type: none">– Place patient on their back– Tilt head back (not for infants or injured)– Lift jaw and pinch nostrils– Give 2 breaths whilst watching rise and fall of chest	
C Circulation	ADULT: <ul style="list-style-type: none">> Place one hand over the centre of the chest (sternum).> Compress sternum 4 to 5 cm (or one third the depth of the chest) 30 times> Continue with 2 breaths to 30 compressions	
	CHILD: <ul style="list-style-type: none">> Position 2 fingers on lower half of the sternum> Depress sternum approximately one third the depth of the chest> Continue with 2 breaths to 30 compressions	

CONTINUE CPR UNTIL PARAMEDICS ARRIVE OR SIGNS OF LIFE RETURN

This chart is not a substitute for attending a first aid course.
LEARN CPR NOW!

This CPR chart is provided free of charge and must not be sold. The chart is available to download from the Ambulance website at: www.ambulance.nsw.gov.au.

For enquiries about this chart:
Ambulance Service of NSW
Locked Bag 105
Rozelle, NSW 2039
Tel: (02) 9320 7796

This chart conforms to the Australian Resuscitation Council's guidelines on effective CPR as at December 2008. For more information go to: www.resus.org.au