

Road Watch—Adopt A Road



COVID-19 safety reminder

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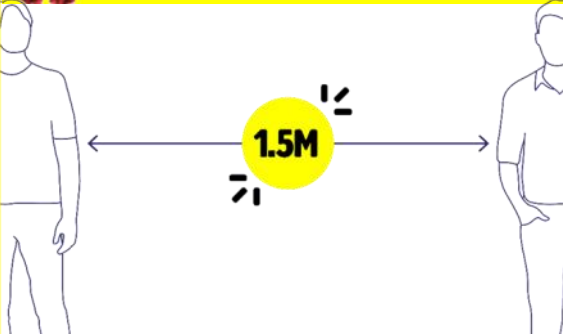


Keep safe

Please remember to keep up to date with and observe the SA Government guidelines about COVID-19 health & safety.

Remember to maintain safe physical distances when working with others.

Help keep each other safe by washing equipment in warm soapy water after each clean-up activity & seek replacements when needed.



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Reported data trends

Activity reports

A big thank you to those who have been able to submit activity reports. This data helps us foster ongoing support for the program and informs waste management initiatives.

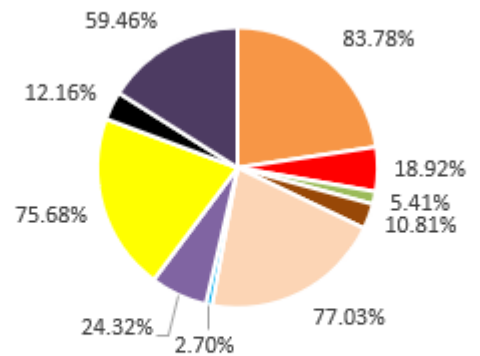
The submitted 2021 reports show that cans, plastic bottles and food wrappers are still the most commonly littered items, providing evidence that single-use plastics remain an ongoing challenge.

Reports show that there has on average been no/minimal improvement in the adopted roadside areas so we'd like to extend a special thanks for continuing to care for these areas.

The adjacent pie chart shows the makeup of reported materials. We would love to know if this is representative of what you are currently collecting: (08) 8234 7255.



What were the common litter items found?



- Cans
- Construction material
- Plastic Bags
- Other
- Cigarette Butts
- Food wrappers
- Plastic Bottles
- Clothing
- House hold items
- Tyres



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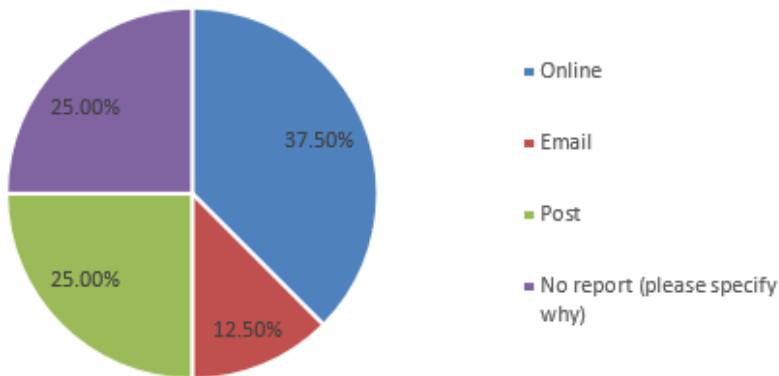
Program survey response

Thank you for your input

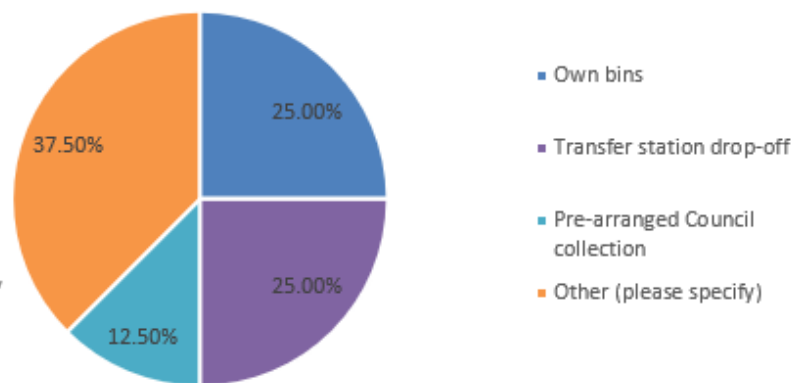
Thank you very much for your program feedback via the survey so far. If you have not already done so, we encourage you to have your say so that the program can continue to be improved. [Road Watch-Adopt a Road Program Survey \(surveymonkey.com\)](https://www.surveymonkey.com)

Current responses show that an online platform for reporting is the most common and desired reporting method. We invite you to try the online report [here](#). We also thank you kindly for utilising your own or public bins for disposal and remind you that if require any disposal assistance, new bags or equipment you can contact us at any stage for assistance or for materials to be posted or collection arranged.

Current reporting methods



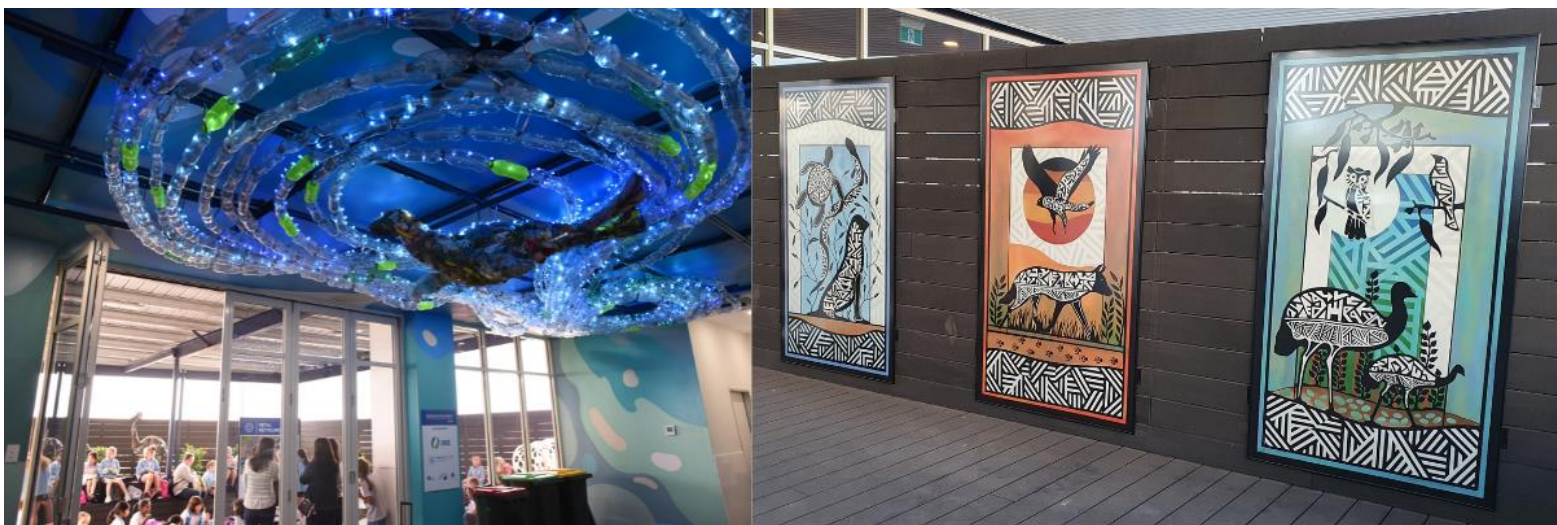
Current litter disposal methods



KESAB Education Centre

New site

KESAB has a new purpose-built education centre at the IWS facility (integrated Waste Management) in Wingfield, just down the road from the original site. Lapisi our sealion (left image) is a key talking point for visitors who are encouraged to think about how Lapisi got lost in an ocean of litter. Environmental stewardship is further supported with indigenous artworks and a native sensory garden. Visitors learn about resource management via interactive activities and get a first hand experience of local management with access to the viewing platform at the operational site. To visit the centre, please contact KESAB on (08) 8234 7255.



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Contact: Sarah Bruns—Program Manager—8234 7255 or email roadwatch@kesab.asn.au

Fruit fly outbreak

What you need to know

Did you know that before 2019, fruit and vegetables in SA didn't need to be cold or chemical stored? That's because we were fruit fly free meaning that we could enjoy super fresh and healthy produce. Now our produce and our valuable industry is under threat. That's **37,000 jobs** and an industry worth \$1.3Billion.

To stop the damage there are restrictions for produce in SA according to locality zones. Please [check your zone](#) but know that this traffic light system basically means that produce can't be moved from higher to lower order zones. This may mean that you have to cook/process produce before taking it to work and ensure that any scraps are commercially composted. Kerbside organic collections go to commercial SA composters who ensure that it heats up enough to kill the larvae, which a home compost cannot achieve. If you collect produce in your activities, please either place into green organics bins or seal in airtight bags for landfill. KESAB [are currently working with PIRSA](#) to deliver important fruit fly messaging such as the information adjacent.

DO	DO NOT
<p> Pick fruit from your tree</p> 	<p> Give fruit away to family or neighbours</p> 
<p> Pick up fallen fruit</p> 	<p> Sell fruit online</p> 
<p> Put unwanted fruit in green bin</p> 	<p> Compost fruit and vegetable scraps</p> 

Sustainable Community Awards

Register now



KESAB
environmental solutions

sustainable COMMUNITIES

Sustainable Communities Awards
are now open!

Do you know of a great community initiative that should be celebrated? Are there projects you'd like to share or see scaled-up?

The **Sustainable Community Awards** are now open: <http://www.kesab.asn.au/programs/sustainable-communities/>

Sustainable Communities exists to showcase South Australian regional communities, their initiatives and their people. The program provides a platform for sharing initiatives and catalysing positive change whilst rewarding communities; fostering resilience and further engagement. Any planned, maintained or implemented community initiative between June 2019-June 2021 is eligible, with single or combined entries accepted. For more details contact: communities@kesab.asn.au

Submissions close on Friday September 10th.



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Safety & equipment

Equipment cleaning and maintenance

Sprains & strains

To keep everyone safe, please remember to appropriately clean/sanitise equipment after each activity and ensure that you stay up to date with COVID19 related advice. This may mean the postponement of some activities as seen in July.

Pauses may provide opportunities to consider replacement equipment which is available including: volunteer safety signs, high visibility vests, litter bags, gloves, pickers, tongs and sharps containers.

Please call (08)8234 7255 or email: roadwatch@kesab.asn.au and we will arrange delivery or collection. If you identify a need for other supplies, please also let us know so that we can continue improving the program.

SAFETY SPOTLIGHT: Sprains & strains

Physical activity keeps us fit and healthy but sometimes sprains and strains do occur. If you experience intense pain, restricted movement of an injured joint, rapid swelling or bruising, muscle tenderness and or loss of power, follow these steps:

1. Follow DRS ABCD: Danger checks, Response checks, Send for help, Airway checks, Breathing checks, CPR & Defibrillator application.
2. Then follow RICE:
 - **Rest:** rest the patient and the injured part
 - **Ice:** apply an ice pack or cold pack for 15 minutes every 2 hours for 24 hours, then for 15 minutes every 4 hours for 24 hours.
 - **Compression:** apply a compression bandage firmly, extending well beyond the injury.
 - **Elevation:** elevate the injured part.
3. Avoid HARM: Heat, Alcohol, Running/exercise and Massage.
4. Seek medical aid, complete an incident report and communicate with KESAB: (08) 8234 7255.

If you are unsure if the injury is a sprain/strain or fracture, treat as a fracture: Follow DRS ABCD, control any bleeding, immobilise and seek medical aid. More detail about fractures & dislocation will be provided in the next newsletter.

**With acknowledgement & thanks to St Johns Ambulance Australia for information*

Free CPR training

St John's training

Take advantage of free CPR training provided by St Johns Ambulance Australia with generous funding from Masonic Charities SA & NT.

Simply [view the available public training sessions](#) for your area and then call 1300 785 646 to make a booking under this free option. (Please note that online bookings may not be registered under this free offer so please call to clarify).

You'll receive a certificate of attainment as well as a personal leisure first aid kit.

Get in quick as the offer is limited.



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