

TrackSAFE Update:
Rail Suicide Prevention in
Australia

RESTRAIL Final Conference

18 September 2014, Paris

Naomi Frauenfelder
General Manager TrackSAFE

Sixth largest rail network globally



Our annual customers...

167 million
light rail
customer
journeys

620 million
heavy rail
customer
journeys

930 million
tonnes
of freight



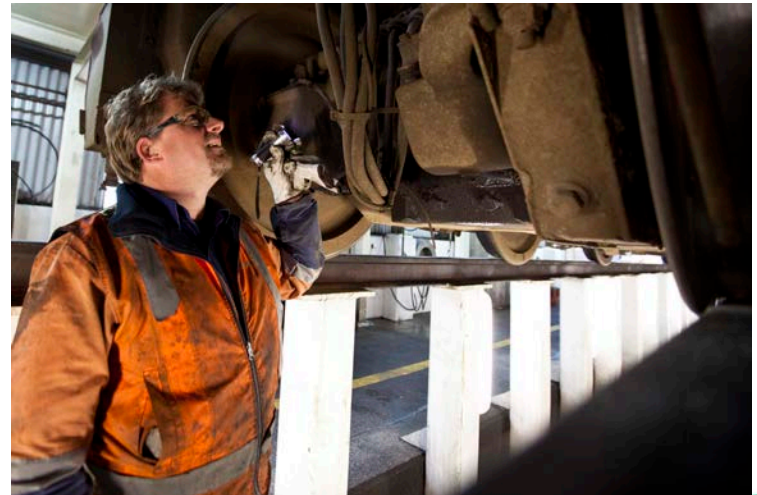
787 million customer journeys

Who we are

TrackSAFE is a registered Harm Prevention Charity launched in March 2012.

Established by the Australasian Railway Association (ARA) and rolling stock manufacturer and maintainer UGL.

Set-up in response to the desire amongst senior rail management to do more to help rail employees impacted by fatalities and incidents on the network.



Members



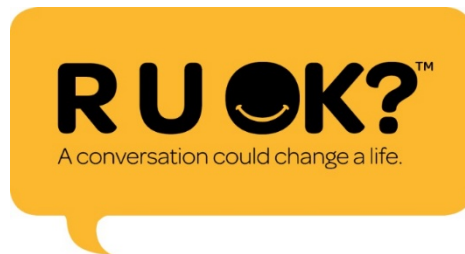
RioTinto



AUSTRALIAN RAIL TRACK CORPORATION LTD



TrackSAFE Approach



- Industry
- Police
- Community service providers
- Government
- Unions
- Road user groups
- Academics

TrackSAFE aims:

1. Reduce suicide and suicide attempts;
2. Decrease trespass incidents;
3. Improve level crossing safety education and awareness; and
4. Provide best practice trauma support for rail employees.

Structure:

- funded by Australian rail industry
- 19 members
- independent Board
- Patron - Tim Fischer AC

Rail industry trauma

- 1 in 10
- Many will never return to work
- Train drivers, guards, station, staff, maintenance workers
- Trauma Management Framework
- Staff training packages
- Trauma awareness video



Suicide on rail

- 150 fatalities annually, 1,000 attempts
- 6-8% of national deaths by suicide
- **2/3 of rail related fatalities**
- Impacts:
 - Social
 - Economic
 - Rail industry employees

In our first two years TrackSAFE trialed or implemented all recommended prevention measures.

Prevention Programs/ Initiatives

- *Mindframe*
 - Media coverage
- Research
- International engagement
- Poster campaign
- Rail suicide awareness training
- Support programs



Don't hide it. Talk to someone.

Even the toughest of us can feel totally overwhelmed sometimes. But taking charge may not be as hard as you think. Someone is always ready to listen. The sooner you take that first step, the quicker you'll be back on top. For crisis support call Lifeline. For more info contact beyondBlue. Both are totally confidential and open 24/7.

@Lifeline 13 11 14
www.lifeline.org.au

beyondBlue 1300 22 4636
www.beyondblue.org.au

trackSAFE
METRO

What next?

Rail Suicide Elimination Workshop

- August 2013
- 16 rail organisations participated in a three day rail suicide elimination innovation workshop
- Diverse experience and skill sets of participants

Five main concepts were chosen from around 40 ideas. These concepts then went through a process of:

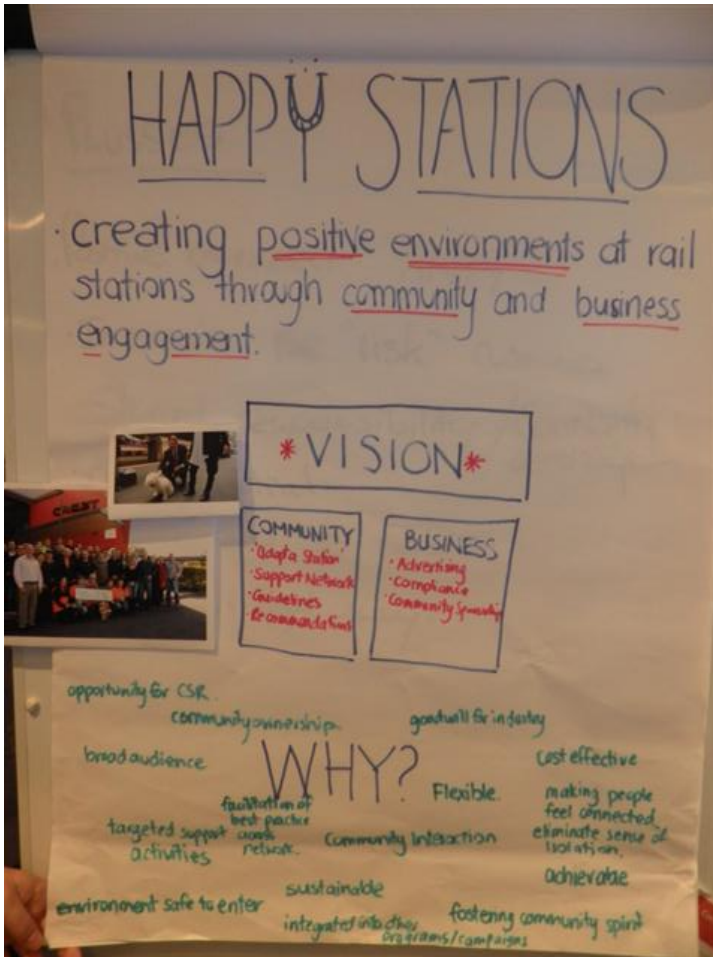
- Innovation
- Development
- Refinement

Five Concepts

1. Happy Stations
2. 'Suicide Jammer'
3. Life and Limbs ad campaign
4. Suicide: Your choice
5. Jumper Leads feature film



Community Stations



- 30% of rail suicides happen at stations
- It is thought that a contributing factor is a feeling of isolation or disconnect at rain stations
- By changing the ambience of the station environment the aim is reduce incidents of suicide

Community Stations Strategy

- Metro Trains Melbourne have agreed to turn three of their stations into ‘Community Stations’
- This will only be successful if local communities get on board and take ownership of the stations
- The Strategy includes elements such as:
 - Lighting
 - Community Events
 - Altering visual aesthetics of stations to more bright vibrant and calming colours
 - Training station staff in suicide awareness



Every employee deserves to go to work,
do their job and
return home safely.

Thank you

For further information you can contact Naomi Frauenfelder:

nfrauenfelder@tracksafefoundation.com.au

+61 2 6270 4506