

Butting out habit grows

Firing up — digitally

More than 2300 Queensland Health staff have been helped break the smoking habit since introduction in 2005 of the Queensland Health Quit smoking... for life staff program. Staff who register with the program get a Quit Pack from Queensland Health's Quitline and receive regular support from a Quitline advisor.

They could be eligible for a course of free nicotine replacement therapy, patches or gum, for up to 16 weeks (at four-week intervals).

Quitline advisors talk to staff about strategies to prepare them for quitting, prevent relapse and help them stay a non-smoker.

They provide information about products and services to assist in quitting.

Advisors focus on the reasons why people smoke, not why they shouldn't, so callers are not given a health lecture. For information, or to register for the staff quit smoking program, visit <http://qheps.health.qld.gov.au/qhsmp/> or call the Quitline 13 QUIT (13 7848).

Queensland Health is blazing into the future with digital technology for fire training with purchase by Townsville Health Service District of the Bullex 'I.T.S. Xtreme' Live Fire Extinguisher Training Simulator.

The district is the first in Queensland Health to take fire training into the future by purchasing the 'Bullseye' and 'I.T.S. Xtreme' fire extinguisher simulator training units. The 'BullsEye', a digital unit, is the third of its kind in an Australian hospital.

This hands-on simulator training is expected to be a major boost for employee knowledge and confidence in dealing with fires.

Chris Chester, General Manager for Bullex Digital Safety Australia, said the SmartExtinguisher helped individuals appreciate the limits of a portable extinguisher.

"The SmartExtinguisher uses a water and air mix to create a soundwave which extinguishes the fire, it will reignite if the user has not extinguished it completely" he said.

"People trained with an extin-

guisher are 250 per cent more capable of extinguishing a fire."

The Townsville Health Service District is ensuring its staff are familiar with the use of extinguishers and prepared for emergency situations.

Bruce Irvine, District Fire Safety Coordinator, said video training and classroom demonstrations were no substitute for having to react to a real fire by reaching for an extinguisher, pulling the pin and squeezing the trigger.

"Most employees who haven't actually used an extinguisher are amazed at how short the discharge time is," he said.

"This training not only builds confidence, it also breaks down overconfidence".

The I.T.S. Xtreme senses where the user aims the air/water SmartExtinguisher and automatically varies the live flames in response to the trainees actions.

This allows trainees to learn how to effectively use a fire extinguisher without the cost and clean-up associated with using dry-chemical or CO2 extinguishers.



Louise Oriti, the district's Executive Director, Organisation and Development Unit, being shown the 'I.T.S. Xtreme' by Chris Chester.

psychology professional postgrad programs

Master of Psychology (Educational & Developmental)

This is a challenging program of coursework, research and supervised clinical experience in developmental disabilities, learning difficulties, mental health issues and early intervention with a focus on resilience across the lifespan.

Master of Clinical Psychology

This course provides advanced training in clinical theory, skills and research with an emphasis on integrative approaches to psychotherapy.

These skills are fundamental to the professional practice of clinical psychology and psychotherapy. Practical experiences start from week one in the on-campus Psychology Clinic.

Doctor of Psychology (Clinical)

This course helps students to develop more advanced professional knowledge and skills in clinical psychology, allowing graduates to undertake positions of greater responsibility in a broad range of clinical settings.

Graduates in each of these courses will be eligible to apply for state registration, as well as membership of the Australian Psychological Society (APS).

Applicants must have four years of Australian Psychology Accreditation Council (APAC) accredited undergraduate psychology training. Applications for 2009 close **Friday, 31 October 2008**.

More information

To find out more, phone (07) 3138 4625, email pysc.enquiries@qut.edu.au or visit Studyfinder at qut.com

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