



"Risky Times" by C.A.L.M. Risk Management Section

John Ireland Principal Risk Management Officer
Tom Wood Principal Health & Safety Officer

Bruce Richardson Risk Management Officer
Linda Gilbert Health & Fitness Co-ordinator

Safety and Health in the Field

One of the key issues of the Human Resources Branch Strategic Plan is to "lift performance and awareness of managers in the field to meet the OH&S requirements." To help achieve this it is intended that Risk Management Staff will significantly increase time spent in the field to ensure the development of knowledge, awareness of statutory responsibilities, and compliance.

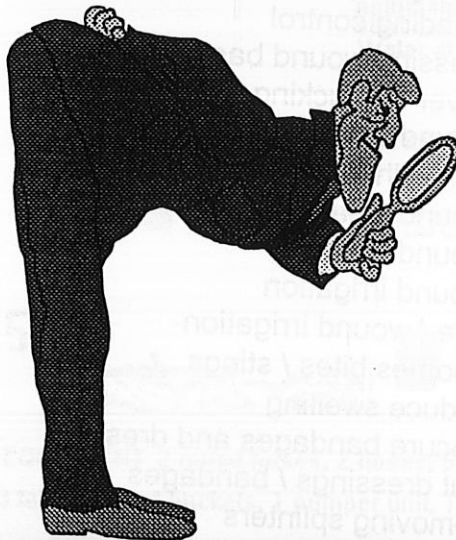
An approach we have adopted has been to modify Linda Gilbert's role to enable her to assume more responsibility for OH&S matters in the field, thereby providing much needed and valuable assistance to Tom Wood in this area. There are a number of other initiatives taking place in the management of OH&S and the rehabilitation of injured workers within CALM which will be implemented and will advise further on these aspects in the near future.



OCCY STRAPS

There has been a great deal of publicity about the usage of occy straps following the fatal injury to a 13 year old boy in Karratha. The use of these straps has been banned in the workplace since 1994, but until the above incident occurred the rule has not been enforced.

Now is an opportune time to review the tie down procedure in your work area. Managers must arrange for all occy straps to be withdrawn from service and alternative tie down practices developed to suit local requirements. Occy straps must not be used!



Fuel in Drip Torches and Firebug Lighters

Firebug lighters are being received from the manufacturer fitted with stickers that advise a mixture of fuel acceptable for use. The risk Management Section have been informed that there have been several incidents where unacceptable practices have been adopted (ie a mixture of kerosene / petrol) and the user was not aware of the contents.

Fortunately the resulting incidents to date have only injured the persons dignity and singed facial hairs, however the potential damage is obvious.

CALMfire have directed that no fuel mixes should be used.

CALM Employee Assistance Program PACE WA ☎ 1800 622 386 or (09) 472 1243

A confidential place to turn for help when you have concerns that may be affecting you at work or at home. When you encounter a situation (or a string of incidents) that is difficult to resolve, it's helpful to have someone to talk to - someone who can discuss your situation and look objectively at what options are available to you. PACE WA is available to provide confidential care and guidance for any concern you may have. Since PACE is a service provided by an independent organisation, no-one need know of your decision to seek help.

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Sept -
Oct '96.**

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REGIONAL MANAGER - CC 407 CL 108B00 PP
WHEATBELT REGION
CONSERVATION & LAND MANAGEMENT
NARROGIN

ACT	NOTE
DWO	
FILE	
DATE	20 SEP 1996

*Sign
Cofm*

FIRST AID KITS

The first aid kit contents list has been updated to reflect current practice in first aid, as recommended by St John's. Attached is a copy of the recommended first aid box contents list. This list includes the minimum contents, if you would like to add more to the box, that can be decided by local arrangements. You should include the new replacement contents in your kit as the old ones are used or expire. The contents will fit into the metal boxes which are currently in use. The items are available from St John's or the local chemist. The Risk Management Section can supply you with the order codes if you are using St John's. The contents cost around \$60.00.

The first aid boxes should be identified by a green cross on a white background. The boxes should contain a contents list and be checked regularly, for quantity, hygiene and used by dates. In addition to the first aid box, there are personal first aid kits available for individuals who are working by themselves, or away from their vehicle. These kits are available from St John's themselves (Hikers Kit).

+	<u>Recommended items for CALM First Aid Kit's -</u>			+
+	MIN.QTY	ITEM	USE	+
+	1	Adhesive shapes assorted (50)	minor wound cover	+
+	1	Adhesive tape (zinc oxide)	minor wound cover	+
+	2	Triangular bandage	for slings and padding	+
+	1	Conforming bandage 5 cm	secure dressing	+
+	1	Conforming bandage 7.5 cm	secure dressing	+
+	2	Conforming bandage 15 cm	secure dressing	+
+	1	Heavy crepe bandage 10 cm	secure dressing	+
+	2	Universal dressing	bleeding control	+
+	2	Eye pad - large	emergency eye control	+
+	2	Combined pad 9 x 10 cm	bleeding control	+
+	2	Wound dressing (# 14)	dressing wound bandage medium	+
+	1	Aluminium foil dressing	cover for sucking wound	+
+	2	Non-adherent dressing 7.5 x 10 cm	wound cover	+
+	1	Burns dressing - small	non-adherent dressing	+
+	4	Antiseptic swabs	wound cleaning	+
+	3	Alcohol swabs- medi prep	wound cleaning	+
+	4	Antiseptic steri-tube 30 ml	wound irrigation	+
+	4	Saline steri-tube 10 ml	eye / wound irrigation	+
+	1	Stingose gel 30 ml	soothes bites / stings	+
+	1	<i>Ice pack - instant</i>	reduce swelling	+
+	1	Safety pins in bag (5)	secure bandages and dressing	+
+	1	Scissors - stainless steel	cut dressings / bandages	+
+	1	Forceps - stainless steel	removing splinters	+
+	5	Splinter probe - double ended	removing deep splinters	+
+	2	Gloves - disposable pair	hygiene	+
+	2	<i>Rescusi face shield</i>	hygiene	+
+	1	Thermo blanket	retain warmth	+
+	1	Note pad and Pencil	record vital information	+
+	1	First aid book (Staying Alive Manual)	easy read book	+
+	1	<i>CALM first aid slip book</i>	record treatment given	+

THINK ABOUT HEALTH WHEN YOU FEED PEOPLE

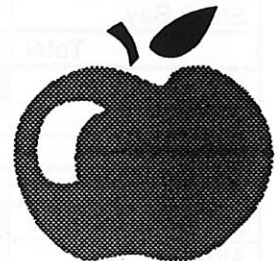
There are a number of people who have special dietary requirements. If you are supplying food and drinks, you should consider the needs of the people you are serving. During fires, training courses or even social events, try to accommodate the needs.

Dietitian Tanya Mackay says, "If you or somebody you are supplying meals for have special dietary needs it is important that you discuss these needs with a dietitian and inform catering officers of these requirements."

Diabetes or blood sugar fluctuations should be considered. There are two types of diabetes and varying degrees of symptoms. Quite common in people over 40 years is a reduced ability to control the blood sugar levels.

It is especially important for people with diabetes or varying blood sugar level to maintain a regular intake of carbohydrates and avoid products containing sugar. Note also that some people may not tell you of their condition, therefore by making sure that you have a choice available, you can accommodate the medical needs without causing embarrassment or a fuss.

Cakes, sweet biscuits and lollies should be substituted for crackers, bread, fresh or dried fruit and vegetables. When supplying cold drinks, un-sweetened fruit juice and diet soft drinks must be available.



What is diabetes?

Diabetes is a condition where the pancreas gland does not produce enough insulin or the insulin that is produced can't work properly. Insulin is a hormone that works like a key - opening the door to let glucose leave our blood and enter our body's cells. Once the glucose is in our cells we can use it for energy. When someone has diabetes there either aren't enough keys or the keys can't work properly. This causes glucose to build up in the blood. If diabetes is not treated, the build up of glucose can damage the body causing damage.

There are two types of diabetes. Most people with diabetes (90%) have non-insulin dependent diabetes - often called type 2 or mature age onset diabetes. This is the type of diabetes that you may be at risk of developing.

• **Risk factors:** over 40 years family history, overweight high blood pressure female
 • **Signs / Symptoms:** go to the toilet and urinate lots, always thirsty, wounds don't heal well, loss of weight, low energy levels



• **Action:** Very important to see your Doctor to have your blood sugar levels checked and discuss the specifics of your condition and long term maintenance.
 • Adopt a healthy lifestyle
 • If left untreated complications can occur; eg heart disease, stroke, sight failure, kidney failure, poor wound healing, gangrene of extremities (may lead to amputation).

STATISTICS FOR CALM 1 June 1995 - 31 May 1996							
	NUMBER		FREQUENCY RATE		AV DAYS	HOURS	NO DAYS
	LTI	MTI	LTI	MTI + LTI	LOST	WORKED	LOST
Central Forest							
Bunbury	0	1	0	14	0	70929	0
Busselton	2	5	16	56	7	124209	13
Mornington	8	12	49	122	11	163700	85
Blackwood	3	12	22	109	12	137426	37
Total	13	30	26	87	10	496264	135
Goldfields							
Kalgoorlie	0	0	0	0	0	29141	
Kimberley							
Kununurra	3	2	112	187	1	26756	3
Broome	1	1	46	92	15	21635	15
Total	0	3	0	62	0	48391	18
Midwest							
Geraldton	0	0	0	0	0	27929	0
Moora	0	0	0	0	0	19957	0
Shark Bay	0	0	0	0	0	14598	0
Total	0	0	0	0	0	62484	0
Pilbra							
Exmouth	0	0	0	0	0	9675	0
Karratha	0	2	0	50	0	39649	0
Total	0	2	0	41	0	49324	0
South Coast							
Albany	2	7	21	96	14	93933	28
Esperance	1	0	45	45	9	22340	9
Total	3	7	26	86	12	116273	37
Southern Forest							
Manjimup	0	14	0	113	0	124356	0
Manjimup Region	0	0	0	0	0	59746	0
Pemberton	0	9	0	82	0	110030	0
Walpole	0	12	0	134	0	89326	0
Total	0	35	0	91	0	383458	0
Swan Region							
Dwellingup	1	11	8	95	8	126294	8
Kelmscott	0	4	0	83	0	48077	0
Mundaring	3	20	21	164	68	140389	204
Perth	13	12	70	135	35	185012	456
Total	17	47	34	128	39	499772	668
Wheatbelt							
Katanning	0	0	0	0	0	10553	0
Narrogin	0	2	0	65	0	30739	0
Merredin	0	0	0	0	0	8686	0
Total	0	2	0	40	0	49978	0
SOHQ Admin	2	4	3	8	4	743502	8
Forest Resources	2	8	9	47	18	211806	36
Science and Info.	3	10	11	50	8	262144	25
Total for Dept.	40	148	14	64	23	2952537	927

LTI = LOST TIME INJURY MTI = MEDICAL TREATMENT INJURY
 FREQUENCY RATE = No. OCCURRENCES IN PERIOD x 1,000,000 / TOTAL HRS
 AVERAGE DAYS LOST = No. OF DAYS LOST / No. OF LTI's

Significant Incidents

USING A CHAINSAW IN A TREE

A CALM employee has suffered a long, deep laceration to the upper leg while using a chainsaw to cut off a branch. The incident occurred while the employee was up in a tree and lost control of the chainsaw. The incident highlights two major points;

(a) The employee was not wearing the compulsory protective equipment as laid down in Calm Safety Policy.

(b) The employee may not have sustained the injury or the cut may have been superficial if the correct compulsory equipment had been worn.

Employees are bound to abide by the provisions of the WorkSafe Act Section 20 (Duties of Employees) to wear protective clothing and equipment that is provided.

NOTE: Managers and Supervisors must ensure that employees wear the correct compulsory apparel when required and are correctly trained in the task being undertaken.

For further information on any of the issues discussed in the Risky Times please contact the Risk Management Section. If you have any issues you would like to be included in future editions of Risky Times please forward them to the section - SOHQ, 50 Hayman Road, Como 6152.

❖ Fighting Fit ❖

CALM Health and Fitness Update


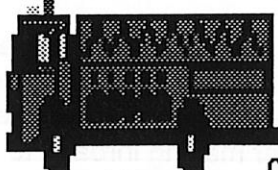
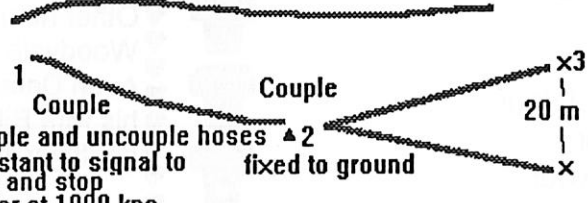



September - October 1996

Fighting Fit. The motto of CALM's Health and Fitness program has been formalised. A fitness test which can be conducted in the field, is consistent for all employees, whether they are in Jarrahdale, Collie or Walpole.

The test consists of two parts. Part A is a functional test and should be completed by all employees who are involved in field work during fires. Part B is an aerobic endurance test and should be completed by all employees included in the resources inventory of the fire controlworking plan.

There is a 5 minute video available demonstrating the test available. This will benefit new employees applying for a position, to familiarise themselves with prior to the test date. Further detailed information is available.

PART A: FUNCTIONAL FIRE FIGHTING FITNESS TEST

1.  Carry 2 rolled hoses around marker and return \times 50 metres travelling over koppers logs (30cm apart)
2.  Walk live reel hose to full length, bring end back to truck. Rewind onto reel, with assistant to guide on.
3.  Couple and uncouple hoses Δ 2 Assistant to signal to start and stop Water at 1000 kpa
Couple \times 3
20 m
 \times
Hold at hip level
30 sec from signal
Assistant to signal
Drag hose, straight to next target, hold high under arm and direct water (75deg)
4.  Lift 3 full Amguard buckets onto tray of ute, with sides down Remove buckets from tray. One at a time only.
 DEMONSTRATE CORRECT LIFTING TECHNIQUE
5.  Rake to mineral earth a trail 1 m \times 5 m Standard fuel (leaf matter, wood chips)

EQUIPMENT 2 rolled hoses, 2 hoses, 50 m live reel, 1 red devil nassel, 1 fixing stake, 3 full amguard buckets, 1 pumper unit, 1 ute, 1 rake hoe. 6 kopper logs, 6 marker cones

PART B: PHYSICAL ENDURANCE

Complete a timed 2.4 km run or 4.8 km walk

WHAT'S HAPPENING COMING EVENTS

SEPTEMBER

14 Nannup Golf Day
15 Perth 1/2 Marathon

OCTOBER

13 Uni Triathlon
Log Chop - Royal Show
Fire Awareness Week

NOVEMBER

16 Big Brook Relay

DECEMBER

7 Rottnest Swim Thru

Big Brook Relay's 10th anniversary

Get your team together for the 10th annual Big Brook Relay. The team relay comprises of

Cross cut saw	5 rings	2 people
Bike ride	12 km	1 person
Run	7.5 km	1 person
Canadian canoe		2 people
Swim	900 m	1 person

Further detail and entry forms available from Rod Annear, CALM Pemberton - Host District. There are options being explored for cheap accommodation at the Pemberton Camp School and a Relay Dinner.

Project Aquarius

Look out for a copy of the booklet released by the researchers from Project Aquarius " Safe and Productive Bushfire Fighting with Hand Tools." The booklet includes information about food, heat, clothing, fitness, stress, train and safety, productivity and efficiency.



CARROT MUFFINS

(Makes 12 muffins)

Ingredients

- 1 cup SR wholemeal flour
- 1 cup SR white flour
- 1/4 tspn baking powder
- 1/2 cup brown sugar
- 1 tspn cinnamon
- 1/2 cup chopped walnuts
- 2 cups grated carrot
- 1 1/4 cups low fat milk
- 1 egg
- 1tblsp oil
- 1 tblspn grated orange rind

Method

- 1 Sift both flours, baking powder, sugar and cinnamon. Add walnuts, orange rind and carrot and stir well.
- 2 Wisk milk, egg and oil together
- 3 Stir egg mixture into dry ingredients.
- 4 Fill lightly greased muffin tray. Bake at 190oC for 18 - 20 minutes.

NOTE: Other fruit and veg may be used eg. apple and sultanas.



HEALTHY PERSONS AWARD

This editions healthy persons award nomination selected by the Risk Management Branch is for Irene Robson, Swan Region, Kelmscott. Irene has made a remarkable and very successful effort to loose a few of the extra kilograms she was carrying, from 81 kg to 62 kg over a six month period.

Irene says "I cut down on high fat foods, eating between meal snacks. I maintained one diet free day a week (Sunday) and weighed myself each morning."

"I did it to improve my health and self esteem and since losing the weight I feel and look better. I feel a great sense of achievement for having been able to reach my goal, and better still I am able to wear clothes that I have not been able to get into for a long time."

Congratulations to Irene on behalf of all CALM employees and management.

Other nominations were for the crew from Woodvale who successfully completed the Avon Decent, Dave Bond (Yanchep) and his wife Rita for making inroads to a healthier life. *Congratulations to all.*

*CALM Healthy Persons Award
Nominations to Risk Management,
SOHQ, Como. Fax (09) 334 0475*



**If you are sweaty, thirsty and hot,
Water will help you a lot.**