



RISKY TIMES



February - March 1997

Issue 8

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

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Solenoid Switch Restricting 4WD Operation

Some of the new model 4WD's (Toyota Hilux SR5 and Isuzu Trucks) have been experiencing problems with the electronic solenoid switches.



main 20 amp fuse to blow. However the green dashboard indicator light may still show that the vehicle is in 4WD when in fact the front differential is not working. When this fuse blows the battery indicator lamp may come on.

The solenoid switches are located on the front differential and the main transfer case. The free wheeling hubs on these vehicles are electronically operated by pressing a button on the 4WD gear selector. The solenoid opens thus placing the vehicle in 4WD.

This can present problems in steep terrain and at wildfires.

Carrying spare fuses is highly recommended.

Further detail on overcoming this problem can be obtained by contacting either Perth District or Engineering Services

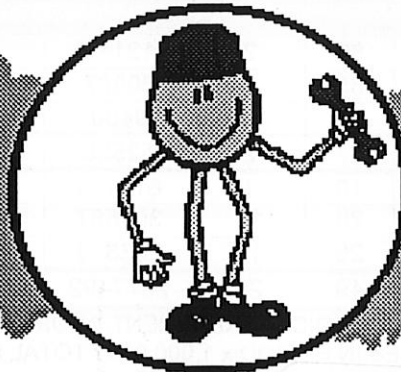
If the solenoid has been bumped it can cause the

Occupational Health and Safety Act

The Occupational Health and Safety Act was reprinted in November 1995. The supporting Regulations were proclaimed on 1st October 1996. During our Audit visits it has been noted that staff are still using old copies of the Regulations

Managers must ensure that old copies of the Act and Regulations are removed. New copies of the Act and Regulations can be obtained from WorkSafe, Bunbury (Telephone 097 910830) or from the State Law Publisher at 10 William St Perth (Telephone 3217688). Cost per copy is \$17.90

WorkSafe



Smart Move

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STATISTICS FOR CALM February 1996 - January 1997

	NUMBER		FREQUENCY RATE		AV	HOURS	NO
	LTI	MTI	LTI	MTI + LTI	DAYS LOST	WORKED	DAYS LOST
Central Forest							
Bunbury	0	2	0	31	0	65040	0
Busselton	5	3	41	66	4	121897	19
Mornington	6	12	38	113	27	158687	160
Blackwood	5	6	33	74	7	149561	35
Total	16	23	32	79	13	495185	214
Goldfields							
Kalgoorlie	0	0	0	0	0	24654	0
Kimberley							
Kununurra	1	1	33	66	3	30399	3
Broome	2	1	102	154	148	19519	295
Total	3	2	60	100	99	49918	298
Midwest							
Geraldton	0	0	0	0	0	27708	0
Moora	0	1	0	43	0	23385	0
Shark Bay	0	1	0	67	0	14815	0
Total	0	2	0	30	0	65908	0
Pilbra							
Exmouth	0	3	0	277	0	10840	0
Karratha	0	5	0	117	0	42774	0
Total	0	8	0	149	0	53614	0
South Coast							
Albany	1	5	10	61	11	98237	11
Esperance	2	0	77	77	37	25883	73
Total	3	5	24	64	28	124120	84
Southern Forest							
Manjimup	0	12	0	92	0	130283	0
Manjimup Region	0	0	0	0	0	45174	0
Pemberton	0	6	0	60	0	99914	0
Walpole	3	6	33	99	4	91015	12
Total	3	24	8	74	4	366386	12
Swan Region							
Dwellingup	0	12	0	93	0	128801	8
Kelmscott	0	0	0	0	0	40279	0
Mundaring	3	3	24	49	20	123145	60
Perth	4	7	27	73	64	150328	255
Total	7	22	16	66	46	442553	323
Wheatbelt							
Katanning	1	0	82	82	2	12148	2
Narrogin	0	2	0	65	0	30987	0
Merredin	0	0	0	0	0	9400	0
Total	1	2	19	57	2	52535	2
SOHQ Admin	1	5	2	10	1	614159	1
Forest Resources	2	6	7	26	18	304587	35
Science and Info.	2	5	7	25	12	283873	23
Total for Dept.	38	104	13	49	26	2877492	992

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

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.

Training Courses.

A number of training courses conducted by and/or coordinated by the Risk Management Section are listed in the Departmental Training Manual.

To date very few expressions of interest have been received and it is therefore difficult to plan any ongoing program. Training courses run by outside providers are expensive and justification to proceed may be dependent on a set minimum number of nominees. If in doubt after nominating please contact us at Como

If you are interested in any of the courses please fill out a CLM 90 form and forward it to the Senior Training Officer at Dwellingup.

Further information on any of the courses on offer can be obtained from the Risk Management Section at Como.

CONGRATULATIONS
 our lowest incident
 rate in many years,
 keep thinking safety.

Fighting Fit

CALM Health and Fitness Update

February - March 1997

What is blood pressure?

Blood pressure is the pressure of the blood in the arteries as the heart pumps the blood around the body.

How is blood pressure measured?

Blood pressure is recorded as two numbers e.g. 130/84.

The larger number indicates the pressure in the arteries as the heart squeezes out blood during in each beat. This is called the systolic blood pressure.

The lower number indicated the pressure as the heart relaxes before the next beat. It is called the diastolic blood pressure. It is best to measure blood pressure when you are relaxed and sitting or lying down.

Blood pressure varies.

Blood pressure does not stay the same all the time. It is always changing to meet your bodies needs. It varies from moment to moment, responding to posture, exercise, anxiety, eating, time of day, sleep, work, stress and other factors.

If your reading is high your doctor will measure your blood pressure again on several occasions to confirm the level.

What is normal blood pressure?

There is no sharp dividing line between normal and high. The lower the pressure, the smaller the risk of coronary heart disease. The following figures are a useful guide:

Normal blood pressure

Less than 140/85 (i.e. systolic less than 140 and diastolic less than 85).

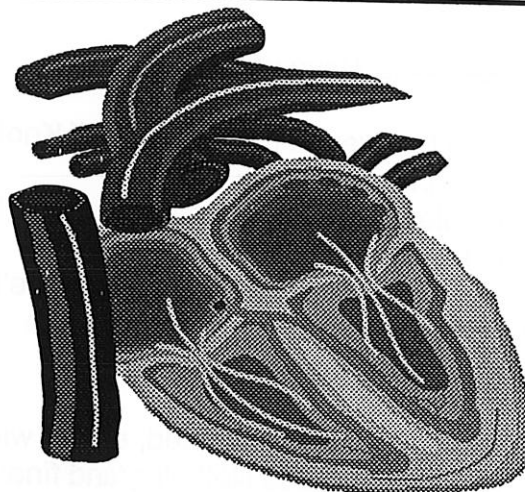
This is a guide only.

Borderline

Between 140/85 and 160/90.

High

More than 160/90. If the level is confirmed as more than 180/110 you have very high blood pressure.



Why does high blood pressure matter?

If the blood pressure remains high it can cause serious problems, like heart attack, a stroke, heart failure or kidney disease. High blood pressure does not usually give warning signs.

The only way to find out if your blood pressure is high, is by having it checked regularly.

You can have high blood pressure and feel perfectly well.

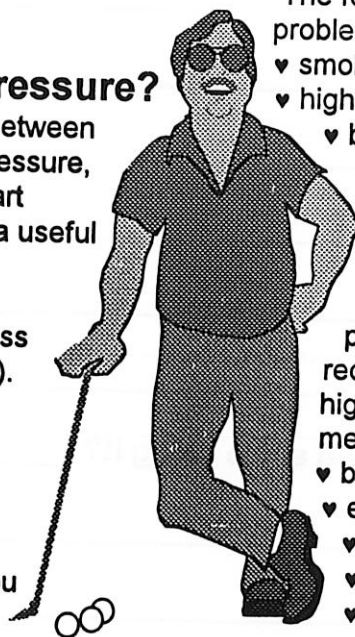
The following will add to high blood pressure problems:

- ♥ smoking,
- ♥ high cholesterol,
- ♥ being overweight.

What can you do about high blood pressure?

You can reduce the risks of high blood pressure by lowering it. You can also reduce other heart risks. Many people with high blood pressure need lifelong medication. Work with your doctor.

- ♥ be a non-smoker,
- ♥ eat less fat and salt,
- ♥ lose excess weight,
- ♥ exercise regularly,
- ♥ keep alcohol intake down.



CALM HEALTHY PERSON AWARDS

You are invited to nominate yourself or your colleagues for an annual award to recognise CALM employees who have achieved success in health and fitness. We want to hear what success you have had, what you have done and a little about how you did it?



FOR EXAMPLE, Have you.....?

- Climbed Mt Everest (or maybe Bluff Knoll)
- Lost weight or waistline
- Been able to give up blood pressure tablets
- Made the State Croquet Team
- Caught the biggest fish in the world (we'll need a photo)
- Given up smoking for good

CALM teams may be nominated, eg. for winning the Dwellingup D grade Netball grand final.

Nominees will be profiled in the Risky Times, Fighting Fit Newsletter. Annual winners will be judged by the Risk Management Section.

Nominations will be accepted at any time. Send your or your workmates nomination to Linda Gilbert, Health and Fitness Coordinator, Risk Management Section : SOHQ 50 Hayman Rd, Como, WA 6152. or fax (09) 334 0397

Name _____ From _____

What have you done to improve your health? _____

How did you do it? _____

Why did you do it? _____

What benefits have you experienced since doing it? _____

Congratulations on your improvements in health. Please return to Linda by FAX (09) 334 0475

AN INITIATIVE FROM YOUR PACE EMPLOYEE ASSISTANCE PROGRAM

New Habits

- Like yourself: Try to find work, or a hobby which gives you a feeling of satisfaction or accomplishment.
- Be compatible: If you can, choose environments and people with whom you feel at home.
- Share your feelings with someone you can trust, who lets you be yourself. Join a group of like-minded people.
- Work off your tensions in sport, gardening, cleaning, have a good laugh, or cry.
- Give in sometimes: Give way to highway bullies. Have the courage to change the things you can change; and the serenity to accept the things you can't. Flexible people are less likely to break.
- 'Be positive': Recall your successes; let them help you through defeats.
- Get fit: Brisk walking, jogging and other vigorous activities, burn off the biochemical products of daily stress, improve your sleep and the way you feel. Fitness helps you recover from stress.

Stress Meter

Events and changes put all of us under some degree of pressure. Your response will depend on your experience and coping abilities, level of health, comfort, hormone balance and social support.

Stress keeps your body's survival mechanisms in trim, increasing your alertness, muscular strength and other abilities. At the end of the stressful situation, your body should return to its normal, relaxed (or healing) state. However, much modern stress is long-term. Our worries about money, competition, difficult people, etc. keep us in a state of chronic alertness - our bodies are tensed up even when we think we're relaxed. We bottle up unused adrenaline, sugar, lactate, urine and hormones. For relief, we may start to depend on smoking, drinking or overeating - all of which increase our susceptibility to coronary heart disease and other health problems.

Warning Signs

- Headache
- Tense muscles
- Indigestion
- Diarrhoea
- Backache
- Skin problems
- Less resistance to infection, viruses
- Irritability
- Worry
- Restlessness, disturbed sleep
- Loss of interest
- Sadness
- Withdrawal
- Family/relationship problems

Risks

- High blood pressure
- Angina
- Atherosclerosis
- Thrombosis
- Coronary heart disease
- Migraine
- Back problems
- Ulcer
- Asthma, allergies

PACE W.A.

(PROGRAMMES ASSISTING
COMPANIES & EMPLOYEES)

EAP counselling is a positive and effective way to deal with personal, family and work-related problems.

Confidential
Comprehensive
Professional
Free (to employees)

1 800 622 386

*PACE staff wishes you all a healthy and happy
New Year.*

Confidential PACE Helpline 1800 - 622 - 386

A 'PACE' AHEAD

AN INITIATIVE FROM YOUR PACE EMPLOYEE ASSISTANCE PROGRAM

HEALTH AND STRESS

Coping with 'One Of Those Days'

Maintaining peace of mind in your day to day life is the best way of avoiding undue stress. However, as we all know, this is very hard to maintain. Everyone has "one of those days." The days that the baby-sitter can't come, your car breaks down, your boss wants the report by 4:00, your child's doctor's appointment is at 3:30, and you have a cold. The days when it all just "hits the fan," and you feel overwhelmed and out of control. There are a few things you can do to pull yourself out of this state and put yourself back in the driver's seat.

Identify The Elements

First, break down the problem into its parts. Outline your priorities, then evaluate all of your resources and figure out how each thing is going to get done. Think of anyone you can ask for help. Can your neighbour come over and wait for the repair person while you go to the doctor? Call in all of your resources and let them help you. Remember, your Employee Assistance Program is only a phone call away at 1800-622-386.

Life Event Score

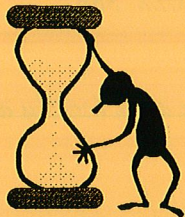
How many of these things have happened to you in the past 12 months. Add up your score.

Your Score

Life Events

Rating

Death of spouse	100
Divorce	73
Marital separation	65
Death of close family member	63
Jail term	63
Personal injury/illness	53
Alcoholism/Drug addiction in family	50
Fired	47
Retired	45
Reconciliation	45
Ill health of family member	44
Pregnancy	40
Childbirth	39
Sex difficulties	39
Financial change	38
Different work	36
Increased arguments with spouse	35
Debt or mortgage	31
Motor accident	30
In-law trouble	29
Child leaving home	29
Outstanding achievement	28
Child starting/leaving school	26
Partner starting/stopping work	26
Change in alcohol	25
Change in religion	25
Change in smoking	24
Change in hours	23
Trouble with boss	23
Change in sport/exercise	20
Change in recreation	20
Change in residence	20
Change in social activity	18
Change in sleep	16
Change in eating/weight	15
Prolonged travel/vacation	13
Minor law violation	10



SCORE: _____. If above 200, your stress level is above average. Try to simplify your life.

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