



RISKY TIMES



April - May 1997

Issue 9

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

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PEER SUPPORT IN CALM

Recently a number of people from CALM were trained in the role of Peer Support. Peer Support is people from within our work group, trained in appropriate methods of providing assistance to workmates, colleagues, friends or others in the work area or involved in the stressful incident.



sional counsellors, PACE WA and Micheal Tunnecliffe, trainer and coordinator of Emergency Support Network. This network includes many organisations throughout Australia, including WA Fire and Rescue, Mining and Offshore Industries, Hospitals, Government Departments,

with a work related incident. It is also an unfortunate reality that individuals may face a range of critical incidents in their day to day work.

A number of small incidents may accumulate and cause a reaction. Sometimes a so-called minor incident may be the straw that breaks the camel's back.

Peer support provides first contact and short term assistance, not counselling, and should not be seen as a substitute for professional expertise, which may be required from time to time.

As the name suggests, Peer Supporters provides "support" often involving practical steps, including making sure any immediate physical needs are met, arranging contact with family members where appropriate and providing current, accurate information which assists the individual's coping process. *Peer Supporters may just provide an ear to listen.*

Peer Supporters have participated in a very practical and informative training session, now form a part of a network of support, ably advised by CALM's profes-

Police, Taxi Board to name a few.

There are a number of things which can sometimes effect our ability to cope with our work and our lives. Working with CALM may mean there are times when we are faced with stress, uncertainty and daily hassles. Often, we are able to deal with these daily challenges. Most of us have our own coping strategies, we also have support of family and friends for dealing with these challenges.

There are times, however, when our coping strategies are stretched to the limit. For example, if we have had a number of problems before driving to work, we are probably less able to deal



There is evidence that suggests that stress becomes more manageable when people are given opportunities to talk about their reactions. There is also evidence which shows that people in stressful occupations are less likely to burn-out when they receive support in the workplace.

Peer Support complements the formal and informal systems of support already available to you, for times of stress or following incidents which may place great strain on your coping skills.

Future editions of Risky Times will contain a list of Peer Supporters. In the meantime, feel free to contact Tom Wood or Linda Gilbert Peer Support Team Leaders, for further information or contact details.

Inside..
April -
May '97.

Peer Support
Roundup changes
Footwear complaints
Fighting Fit
Near Miss
Statistics

page 1
page 2
page 3
liftout
page 4
page 4

LIBRARIAN
LIBRARY - SUSTAINABLE RESOURCES
CONSERVATION & LAND MANAGEMENT
STATE OPS HEADQUARTERS COMO

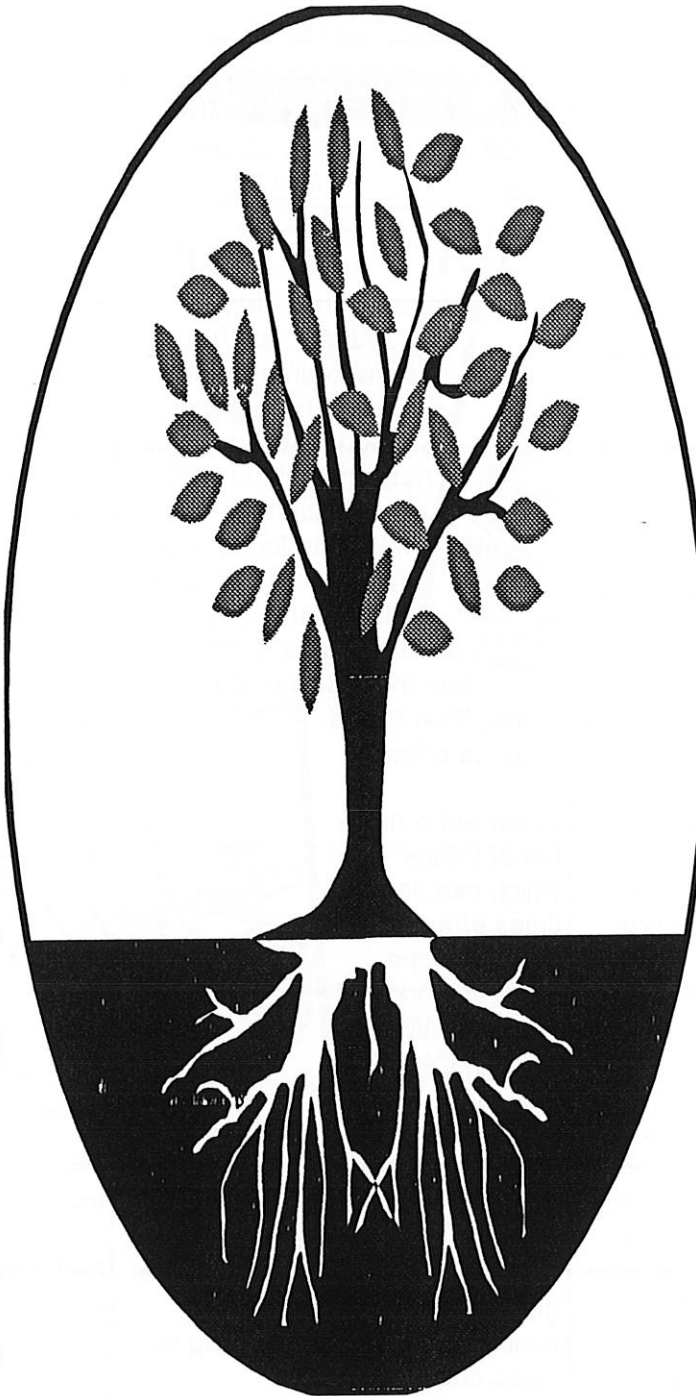
ENVIRONMENTAL SAFETY

On 30th June 1997 the National Registration Authority for Agricultural and Veterinary Chemicals will make changes to the conditions of registration of all agricultural products containing **glyphosate** under section 40 of the Agvet Codes.

Unless these products can be reformulated to afford an acceptable margin of aquatic safety, the conditions of registration for use in aquatic situations will be restricted to dry drains and channels, dry margins of dams, lakes and streams.

If the above conditions are not reached then the present formulations of glyphosate will be de-registered for use in wetlands, aquatic areas and waterways.

The labels on all product containing glyphosate will also be amended to convey



the aquatic safety message.

A new formulation of a glyphosate based product in **Roundup Biactive** is registered for use in the above situations. It also has advantages in increased safety to the operator and improved compatibility with other herbicides.

The new formulation has the same percentage of the active ingredient, glyphosate. We will therefore continue to use the current chemical users sheet (A18).

It is recommended that we should take the step, **practice personal and environmental safety**, show sensitivity in protecting the natural amphibians in our wetlands and use the new product.

Fuel Line Problems. The new Toyota Prado is fitted with dual fuel tanks and at the intersection of the two fuel lines a neoprene fitting is located. This fitting is vulnerable to damage when used in our environment. It has no protective cover and can easily be torn away from the fuel lines.

Perth District has encountered this problem with several of their vehicles. In consultation with the Toyota dealers a protective cover has been fitted. Further advice on this problem and its solution can be obtained by contacting the Perth District Office.

VEHICLE SEATBELTS

The value of seatbelts and their continued usage can be amply illustrated by the following story.

One of our employees was riding in a truck and removed his seatbelt when he encountered a rough road. Soon afterward the truck hit a large pothole. The occupant was thrown upward hitting his head on the roof sustaining a serious neck injury.

The moral of this story is twofold, i.e. Had he been wearing the seatbelt he would not have sustained the injury and secondly by his actions he was guilty of a traffic offence. (Employees have to pay their own fines even when driving CALM vehicles).

All CALM roads and tracks are covered by the traffic act and seatbelts must be worn at all times. The only exceptions to the above rule are firebreaks and newly constructed fire boundaries.

Remember belt up be Safe and Sava da Money.

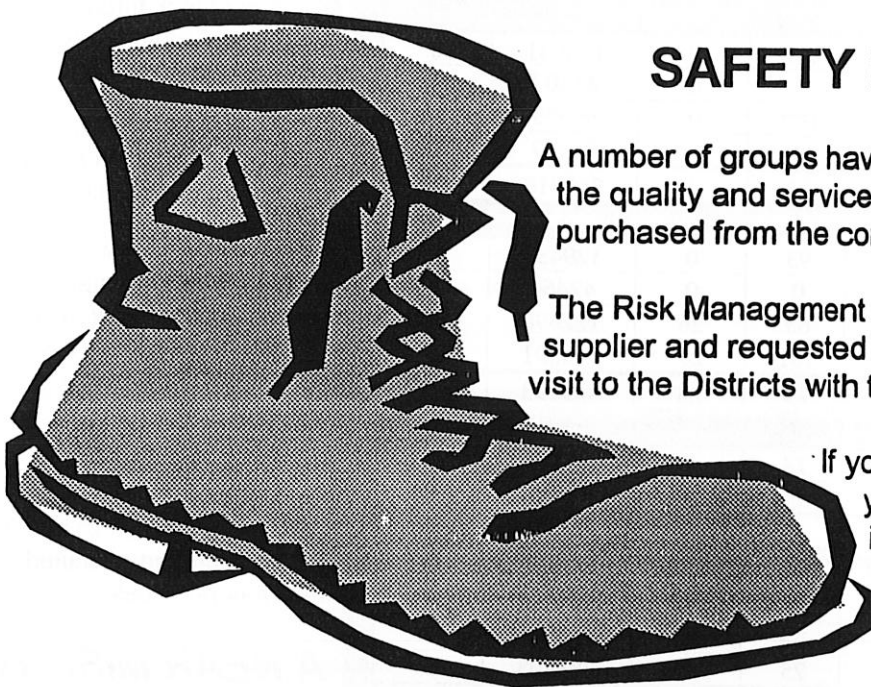


SAFETY FOOTWEAR

A number of groups have entered complaints about the quality and service life of their safety footwear purchased from the contract suppliers.

The Risk Management Section has contacted the supplier and requested that they pay a personal visit to the Districts with the footwear complaints.

If you are having problems with your footwear and are looking for assistance please contact Tom Wood (09) 334 0396..



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.

STATISTICS FOR CALM April 1996 - March 1997

	NUMBER		FREQUENCY RATE		AV DAYS LOST	HOURS WORKED	NO DAYS LOST
	LTI	MTI	LTI	MTI + LTI			
Central Forest							
Bunbury	0	2	0	32	0	62409	0
Busselton	5	5	43	86	3	116933	14
Mornington	2	11	13	83	90	156737	180
Blackwood	3	11	21	96	2	146130	7
Total	10	29	21	81	20	482209	201
Goldfields							
Kalgoorlie Total	0	1	0	42	0	23914	0
Kimberley							
Kununurra	0	0	0	0	0	25843	0
Broome	3	2	158	264	138	18958	413
Total	3	2	67	112	138	44801	413
Midwest							
Geraldton	0	0	0	0	0	27942	0
Moora	0	2	0	89	0	22431	0
Shark Bay	0	1	0	68	0	14681	0
Total	0	3	0	46	0	65054	0
Pilbra							
Exmouth	0	4	0	303	0	13193	0
Karratha	0	5	0	117	0	42868	0
Total	0	9	0	161	0	56061	0
South Coast							
Albany	1	3	10	40	16	99306	16
Esperance	1	0	39	39	64	25424	64
Total	2	3	16	40	40	124730	80
Southern Forest							
Manjimup	0	15	0	112	0	134041	0
Manjimup Region	0	0	0	0	0	41407	0
Pemberton	0	10	0	100	0	99973	0
Walpole	3	5	34	92	4	87389	12
Total	3	30	8	91	4	362810	12
Swan Region							
Dwellingup	0	12	0	93	0	129438	0
Kelmscott	0	0	0	0	0	42466	0
Mundaring	3	5	24	65	26	122698	77
Perth	8	7	54	101	29	148591	232
Total	11	24	25	79	28	443193	309
Wheatbelt							
Katanning	1	0	78	78	2	12792	2
Narrogin	0	3	0	97	0	30851	0
Merredin	0	0	0	0	0	8766	0
Total	1	3	19	76	2	52409	2
SOHQ Admin	1	6	1	8	1	824255	1
Forest Resources	3	9	9	38	3	315860	8
Science and Info.	1	6	4	25	20	283903	20
Total for Dept.	35	125	11	52	30	3079199	1046

**Significant Incidents
A Case for Circuit Breakers**

An employee was standing on a timber and weldmesh bench whilst using an electric drill. (a normal step ladder would not allow the operator to reach the work area) An extension cord was required to reach the worksite.

The cord connection caught in the bench and became partially separated. Contact was made with the weldmesh. A short circuit accompanied by smoke and sparks occurred but fortunately the operator did not receive a shock.

A much relieved but obviously shaken employee climbed down from the bench.

Three points have been highlighted during the investigation;

- A cordless drill alleviates the need for extension cords.
- A cord lock fitted to the cord would have prevented any separation of the connection
- As a last line of defence a circuit breaker is an effective safeguard against electrical incidents.

It is recommended that all groups should review their work practices with regard to working with electrical power sources

It must be remembered that built in safeguards (circuit breakers) are no substitute for well planned and executed safe work practices.

A NEAR MISS TO LEARN FROM.

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. PHONE (09) 334 0397 OR FAX (09) 334 0475.

Fighting Fit

CALM Health and Fitness Update

April - May 1997

Maintain a balance- keep to a healthy weight.

Why does weight matters? The Heart Foundation tells us why.

Your weight can effect your health.

Being overweight increases your risk of developing health problems, such as high blood pressure and high cholesterol, both major risk factors in heart attack and stroke. Being overweight is also associated with other serious diseases such as diabetes.



Fat around the stomach is a particularly high risk factor in heart and blood vessel disease.

The key to achieving and maintaining a healthy weight is regular physical activity and healthy low fat eating. Successful weight loss takes time, so if you are

overweight, you will need to allow 6 - 12 months to reach a weight you are comfortable with.



HEIGHT cm	WEIGHT kg
148	44 - 55
150	45 - 56
152	46 - 58
154	47 - 59
156	49 - 61
158	50 - 62
160	51 - 64
162	52 - 66
164	54 - 67
166	55 - 69
168	56 - 71
170	58 - 71
172	59 - 74
174	61 - 76
176	62 - 77
178	63 - 79
180	65 - 81
182	66 - 83
184	68 - 85
186	69 - 86
188	71 - 88
190	73 - 90
192	74 - 92
194	75 - 94
196	77 - 96
198	78 - 98
200	80 - 100

TO REACH YOUR HEALTHY WEIGHT;

♥ Set a goal you can meet by aiming for the top end of your weight range. then decide whether to aim for the middle of the range.

♥ Make long-term lifestyle changes that are easy to maintain.

♥ Aim to lose 0.5 - 1.0 kg a week. More than 1 kg means that you may be losing water or muscle, not fat.



♥ Be generally more active every day and do some regular moderate physical activity.

♥ Change your eating habits in stages, by making small changes that you can live with, for example using low-fat dairy products.

♥ Keep high energy foods, such as fats and oils to small amounts.

♥ Weigh yourself no more than once a week. Use the same scales at the same time of the day. Your belt size and the mirror will also give you a guide on your fat loss.



♥ Avoid 'crash diets,' 'fad diets,' or skipping meals.

Source: Heart Foundation.

WHAT'S HAPPENING; COMING EVENTS

APRIL
28 How to Manage Stress, Health Department

MAY
4 - 10 Heart Week - Theme: Are you overweight
Wed: Como Volleyball Cup

JUNE
Planting seasons begins - start building up fitness and begin regular stretching.

JULY
TBA - training run / walk for City to Surf entrants - run/walk and BBQ at Yanchep Nat Park - bring family.

AUGUST
Heart Foundations Climb to the Top
2, 3 Avon Decent
31 City to Surf Fun Run

SEPTEMBER
As fire season is just around the corner, now is a good time to review your fitness and get active.

OCTOBER
Annual CALMfire Fitness Test. 4.8 km walk or 2.4 km run and circuit.

For further information or enquiries on any Health and Fitness issues please contact Linda Gilbert, (09) 334 0397 or your local Health and Fitness Leader.

Sports Quiz

- ♥ What is the name of the WA cricket team?
- ♥ Who won the 1996 WAFL premiership?
- ♥ Who won the 1996 WA Sports Champion of the year and what sport do they participate in?
- ♥ What is the most popular recreational sport in Australia?
- ♥ Who is the coach of the Socceroos?



- ♥ Who is the captain of the Fremantle Dockers?
- ♥ Who won the Australian Ladies Masters golf tournament in March?
- ♥ How many medals did Australia win at the Atlanta Olympics?
- ♥ Which team did Perth Heat beat to take out the NBL championship this year?
- ♥ How many players are there in a hockey team?



Keep to a healthy weight,
will help you feel great.

Answers to sports quiz: 1. Western Warriors, 2. Claremont, 3. Robert Scott, Rowing, 4. Fishing, 5. Terry Venables, 6. Peter Mann, 7. Gail Graham, 8. 56 medals, 9. Erzsabete Burdits, 10. 11.

CALM HEALTHY PERSON AWARDS

This editions health persons award goes to Alan Sands, Perth District (formally Swan Region).

Alan successful competed in the National Doubles Croquet Title in Sydney, with partner Martin Clarke. Alan and Martin were playing the reigning champions from Byron Bay in the final, after trailing 14 - 25 snatched victory from the jaws of defeat, to win with the score line 26 - 25. Croquet, for those who don't know the game, is played on lawn in which balls are driven through hoops using a mallet.

Alan describes croquet as.. "a fantastic game, mentally and physically challenging because as you are playing, you are thinking ahead for both defensive and offensive strategies, to make your break."

Alan, who many of us know for his running ability, a life member of the Big Brook Relay and the fastest of the CALM entrants in the City to Surf, says the game is great because you can play for life - against a teenager to an opponent over eighty year old. While the current state team has younger team members, the young guns, including Alan, have learnt plenty playing the cunning 80 year old champions.

Alan uses the sport of croquet as an outlet and keeps motivation by striving to achieve a better result. The world croquet championships are in Bunbury soon, we hope to see Alan in action and wish him all the best.



Congratulations on your healthy lifestyle and success.