



RISKY TIMES



September - October 1997

Issue 11

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

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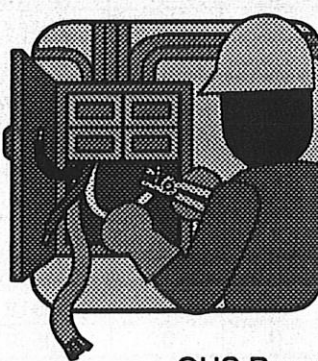
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OSH ELECTRICAL REGULATIONS EFFECTIVE on 1 SEPTEMBER 1997 Have you implemented the following regulations?

The relevant section is Regulation 3.60 of the Occupational Safety and Health Regulations 1996 and it applies to all workplaces, except construction and demolition sites. (These have other specific Regulations).

Regulation 3.60 requires that an employer, or the person in charge of a workplace, must ensure that electricity supplied to portable or hand-held equipment is protected by either a fixed or portable residual circuit devise (RCD). These devises are also sometimes known as trips or earth leakage circuit breakers (ELCB). Specifically, the regulation states that fixed systems must protect the final sub-circuit. If this is not the case, then a portable RCD must be directly connected to the socket.

This regulation came into effect on 1 September 1997 and it also requires the regular testing of any RCD to ensure its effective operation.



agement Section, for further information. At the same time it is important that portable electrical equipment is checked for satisfactory earth continuity and workmanship.

It is also important to note that self employed persons and small contractors are included in these Regulations.

OHS Regulation 3.59 came into operation on 1 October 1996 and requires employers, and those in control of a workplace, to ensure that each flexible cord which is installed or renewed has connections which are either a one-piece moulded plug or a transparent plug.

Note; This advise is for information only. Please refer to the relevant section of the OHS Regulations and ensure the necessary actions are implemented in the workplace.



There are some workplaces exempt from the regulations, however, our advise is for managers and those in charge of workplaces to get an expert opinion from their electrical contractor or contact Tom Wood, Risk Man-

Risk Management Training Information sessions to update local coordinators on the current issues and future direction of risk management, will be conducted in Bunbury during September.
Tues 23rd - Health and Fitness Leaders,
Wed 24th - Safety Coordinators,
Thur 25th - Peer Supporters
If you have not nominated, you may be able to beg or bribe us to squeeze you in. **BE THERE!**

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STATISTICS FOR CALM September 1996 - August 1997

	NUMBER		FREQUENCY RATE		AV DAYS LOST	HOURS WORKED	NO DAYS LOST
	LTI	MTI	LTI	MTI + LTI			
Central Forest							
Bunbury	0	0	0	0	0	51191	0
Busselton	5	5	51	103	10	97384	50
Mornington	0	14	0	127	0	110143	0
Blackwood	0	9	0	71	0	126237	0
Total	5	28	13	86	10	384955	50
Goldfields							
Kalgoorlie Total	0	1	0	54	0	18629	0
Kimberley							
Kununurra	0	0	0	0	0	26543	0
Broome	1	2	40	121	2	24783	2
Total	1	2	19	58	2	51326	2
Midwest							
Geraldton	0	0	0	0	0	27748	0
Moora	0	2	0	98	0	20448	0
Shark Bay	1	0	66	66	7	15175	7
Total	1	2	16	47	7	63371	7
Pilbra							
Exmouth	1	4	62	308	1	16234	1
Karratha	0	3	0	77	0	38801	0
Total	1	7	18	145	1	55035	1
South Coast							
Albany	0	5	0	84	0	59318	0
Esperance	0	0	0	0	0	20569	0
Total	0	5	0	63	0	79887	0
Southern Forest							
Manjimup	0	9	0	71	0	126654	0
Manjimup Region	2	0	57	57	5	34832	9
Pemberton	0	13	0	146	0	88808	0
Walpole	2	3	23	57	10	87349	19
Total	4	25	12	86	7	337643	28
Swan Region							
Dwellingup	1	10	9	104	25	105295	25
Kelmscott	0	2	0	80	0	25133	0
Mundaring	5	2	49	68	51	102724	255
Perth	5	7	41	98	8	122530	42
Total	11	21	31	90	29	355682	322
Wheatbelt							
Katanning	0	0	0	0	0	14053	0
Narrogin	0	2	0	65	0	30770	0
Merredin	0	0	0	0	0	8003	0
Total	0	2	0	38	0	52826	0
SOHQ Admin	1	4	1	7	1	699612	1
Forest Resources	4	18	10	52	4	420434	15
Science and Info.	2	4	8	24	3	250236	6
Total for Dept.	30	119	11	54	14	2,769,636	432

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

SLIPS, TRIPS AND FALLS are common causes of incidents. Many people incorrectly assume that these "accidents" are unavoidable and a normal part of our work environment.

Recent incident investigations have highlighted how some slips and falls could have been avoided.

Water on a surface can contribute to an increased risk.



Pools of water may come from the rain, leaks, machinery (which may also contain oil) or even from a defrosting fridge.

Poor design of drainage or 'run-off' may direct water into the path of workers or public.

Design may contribute to dampness, leading to the growth of moss or a build up of slime. Verandas, covered pathways or areas overgrown with vegetation are common damp areas.

Have a look at your work environment, inside and out. Check that your house-keeping is not increasing the risk of co-workers or members of the public slipping.



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.

PLEASE MAKE AVAILABLE TO: Health and Fitness Leaders
Safety Committees Notice boards All staff



Fighting Fit

CALM Health and Fitness Update

September - October 1997

Food Labels

Most Australians find food labels confusing. What we need to remember is that most labels are designed as a marketing strategy. If consumer health concerns improve sales, then no food company is likely to make any changes to an honest, but confusing, label.



For example, a breakfast cereal will claim to have no added sugar or preservatives, implying that it's a healthy food, but they are unlikely to reveal that half a cup contains no fibre and gives you more salt than a bag of chips!

What should you look for? The small table, often on the back of a product, provides nutritional information. The **nutritional panels** are a great source of information about a product and they can make comparing products and shopping easier.

You can look at the nutritional panel to see which can of tomatoes has less salt, or which jar of mayonnaise has the least fat.

For products which do not have the nutritional panel, look at the list of ingredients. These will be listed in descending order of weight.

Monosaturated Polyunsaturated

This refers to the type of fat present in food. It does not mean that the food is low in fat or low in calories. For example, polyunsaturated margarine has the same fat and calorie content as butter. The difference is that polyunsaturated and monounsaturated fats don't raise blood cholesterol levels.

Cholesterol Free, Low Cholesterol

Most people confuse this with meaning low in fat and low in calories. Cholesterol and fat are two independent food components. A food can be cholesterol free, yet be high in fat. A good example are vegetable oils which are cholesterol free, but 100% fat. Bread is another example, a bread label may say "cholesterol free," however, the majority of breads are cholesterol free.

Two vegetable oils, coconut oil and palm oil are free of cholesterol but are high in saturated fat, the type of fat linked to high cholesterol level (as they cause the body to produce cholesterol). Coconut and palm oil are commonly added to commercial biscuits and pastries.

low joule

Low joule is the metric term for low calorie.

Low joule foods will have the kilojoules specified on the nutrition table. In most cases, the kilojoules will be low, but always check the table. Common low joule foods include; "diet soft drink, low joule jelly, low joule salad dressings.

Low joule foods are often artificially sweetened or have extra salt added to enhance the taste. Eaten in moderate amounts, artificially sweetened low joule foods are not linked with health problems.



Don't rely on low joule foods to help you lose weight because weight loss relies on low fat eating and exercise.

NO ADDED SUGAR

Many forms of natural sugar may be added to food, including sucrose (table sugar), fructose, glucose, maltose, dextrose, maltodextrins, honey and corn syrup solids. A food labelled no added sugar, can't have any of these naturally occurring sugars added.

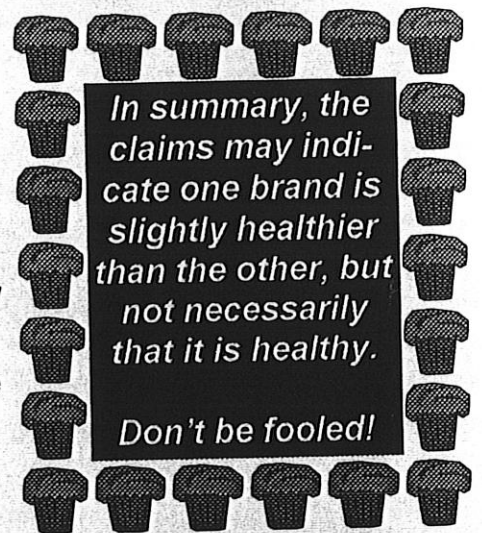
If the food is unsweetened, this means no sugar of artificial sweetener has been added. While these food may have less calories, they are not necessarily low in calories. Fruit juices are an example of this.



TOASTED

There is no food regulation for this word. Unfortunately in most cases it means the food has been fried and fried museli doesn't sound as appetising as toasted museli.

Toasted museli has about 20% more calories than raw museli.



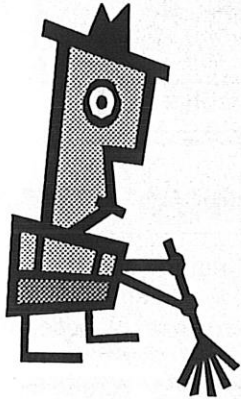
In summary, the claims may indicate one brand is slightly healthier than the other, but not necessarily that it is healthy.

Don't be fooled!

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.

ARE YOU THINKING ABOUT QUITTING?

Do you know why you smoke? Once you recognise the situations, feelings and people that make you want to smoke, you can work out some strategies that will help you quit. You make smoke for one or more of the following reasons, but, as everybody is different, you will probably have your own reasons.



- HABIT;** Do you find yourself smoking a cigarette which you don't remember lighting?
- COPING WITH PRESSURE;** Do you smoke to calm down when you feel under pressure? or to give yourself a break?
- NICOTINE ADDICTION;** Do you crave for a cigarette first thing in the morning or if you haven't had one for a couple of hours?
- SOCIAL SITUATIONS;** Do you feel the urge to smoke when you see other people smoking?
- PLEASURE;** Do you smoke a cigarette purely for the pleasure of it?
- BOREDOM;** Do you smoke just for something to do?

The Health Department WA suggests that "once you recognise why and when you smoke, you can learn to break the habit of smoking." For anyone who has smoked for a long time it may see a daunting and impossible task. If you really want to quit for yourself, and not just because someone else wants you to, you will do it. It's not easy and it may take you a few attempts, but that's quite usual, so don't feel disheartened. You may find it helpful, as a first step, to work at breaking your smoking habits.

Change the way you smoke;

- ★ Don't smoke at your regular smoking times, particularly first thing in the morning.
- ★ Change the way you hold your cigarette. Use your other hand, or put it between your third and fourth fingers.
- ★ Change the way you inhale. Breathe short and shallow, not long and deep.

Change the situations when you would normally smoke

- ★ Never smoke in a pleasant place.
- ★ Look into the corner of the room rather than at a view out a window.
- ★ Don't smoke in your favourite chair. Try standing instead.

Source; WA Health Department Quit Kit. If you would like a quit kit contact Risk Management Section.

HEALTHY PERSONS AWARD

This editions award jointly recognises all those people involved in the Heart Foundation's "Climb to the Top." This annual event, involves teams of ten, climbing the equivalent of Mt Everest using stairs (trees or sleepers, in some CALM teams).



The team organisers deserve particular recognition. They were Katy Smith, Como who organised five teams, Claire English, Bunbury, who's team climbed Everest three times and Janine Rosman, Manjimup, who organised a team of first timers.

Congratulations to all teams and thanks team organisers.



**Get out of the winter blues
Take a walk and enjoy the
forest views.**

WHAT'S HAPPENING; COMING EVENTS

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.
Triathlon season starts

NOVEMBER
CALM's premier sporting event, the BIG BROOK RELAY.

If you have events which you think should be included, or would like further info. give Linda a call on (08) 9334 0397.