



RISKY TIMES

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

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SUMMARY INCIDENTS OS+H 1997'S

The safety and health incident database, compiled from the incident report forms introduced in 1997, has provided us with an informative picture of what is causing the incidents, who is having them and what impact the injury is having on the individual.

WHO IS GETTING INJURED? 51% of the injuries were forest workers, 25.8% were field officers, 10.6% rangers, 3.3% cleaners and the remaining 9.3% were specialist workers.

JOB BEING DONE AT THE TIME OF INCIDENT: The functions involved in driving, manual handling, equipment use and field work (surveys, walking) are reported as common jobs causing injury. Loading vehicles, hitching trailers and entering and exiting vehicles are repeatedly occurring incident causes.

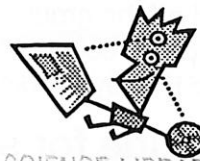
BODY PARTS INJURED BY INCIDENT. The most common site of injury is the back, contributing 30%, followed by the fingers, eyes, neck, knee, legs, shoulder, ankle/foot, arms, ribs, head and mind.

TYPES OF INJURIES REPORTED Strains made up nearly 50% of all injuries. Strains are the overexertion or overstretching of muscle groups (St John's 1st Aid). Sprains, including stretching of ligaments and joint damage, made up 12% while the remaining injuries in order of frequency are as follows. Cuts, bites, foreign objects entering body, bruising, fractures, crush injuries, scratches, stress, burns, electric shock.

**REMEMBER TO AVOID INCIDENTS AND INJURY -
THINK SAFE. IF YOU SEE A HAZARD IN YOUR
WORKPLACE - RECTIFY IT!**

CAUSE OF INCIDENT

Total injuries summarised = 71



1. Lost Footing
(22%)



2. Manual handling
(17%)



3. Vehicle incident
(14%)



4. Bites
(12%)



5. Falling objects
(11%)



6. Repetitive Use
(7%)



7. Equipment Use
eg kick back(7%)



8. Object in Eye
(7%)



9. Allergies / Reactions
(4%)



10. Falls - from....
(1%)

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

**AN INVENTION
TO MAKE
THE JOB EASIER**

DRUM LIFTER: An ageing workforce, a lack of a suitable lifting crane, an awkward load to shift are all good reasons to obtain a lifting device that suits the task.

There are a number of companies that manufacture this type of equipment but many of their products are expensive and do not meet our needs.

Necessity being the mother of all inventions, one of our employees, namely Derek Deardon (MIC Harvey) set his mind to fixing the problem of one person attempting to move a 200 litre drum of oil (approx. weight 215 kg).

He has designed and constructed a drum lifter that can be used by a single operator. Derek weighs in at an estimated 1/3 of the drum weight and as can be seen from the accompanying photo he has no trouble in shifting a full drum of oil.

When the drum is lifted off the ground it can be easily pushed to its desired location. Details of the construction and costing can be obtained by contacting Derek at the Harvey Workshop.



A new guide for sun protection- the ultra violet index.



Weather forecasts given out by most sources include information on the ultraviolet index (UV). But what does it mean?

WHAT IS UV? Solar ultra-violet radiation is divided into UVA,UVB and UVC.



More importantly the levels of UVB can be as much as 10 times higher in summer.

DO CLOUDS EFFECT UV? A cloudy day does not mean that the UV level will be low. Cloud does affect the strength of the radiation in complex ways.

It is UVB which is the most damaging. 70% of the harmful UVB that is received each day occurs within 3 hours either side of noon.

In WA we live in an extremely high UV environment and with long hot summers under clear skies we get consistently very high to extreme levels.



The UV index prepared by the Bureau of Meteorology uses an internationally agreed index to forecast the UVB for noon the next day.

THE INDEX: There are 4 broad categories of the UV index ;

- < 3 MODERATE
- 3-6 HIGH
- 7- 9 VERY HIGH
- > 9 EXTREME



Most clouds block some UV but the degree of protection depends on the type and amount of cloud.



Some clouds actually increase the UV because of reflection of the sun's rays.

The UV index is usually only given during the summer months when the UV at noon is about 3 times higher than that in winter.

It must be noted that the upper limit to the index is 18 but any reading above 9 is considered to be extreme.



Remember In WA you need to be SunSmart[™] most of the year.

Source: Cancer Foundation WA



FIGHTING FIT- Congratulations to all those people who have successfully completed the CALMfire Fitness Assessment. We have received results for the 4.8 km walk, 2.4 km run and the CALMfire circuit from most districts. Many districts combined the assessment with fire training and local works programs - eg Pemberton conducted their walk / run on part of the Bibbulmun Track.

If you haven't forwarded your results or participated in the assessment, please contact Linda, Risk Management Section, Como. The next edition of Risky Times will contain a summary of results.



POWER TAKE OFF POWER EQUIPMENT

(For the uninitiated - this is equipment driven by machinery - eg tractor- via a power shaft. A fence post hole digger is an example)



tractor related accidents. Fortunately we have not had any of these incidents in the past few years, however we must not become complacent. PTO shaft covers due to their locality and construc-

The advent of hobby farming and the subsequent increase in the use of power take off equipment has also led to more incidents and injuries involving this equipment.

tion are often the subject of heavy wear and tear. As a result the covers do not do the job they are designed to accomplish.

Power take off drive shaft incidents are now a major cause of

A regular inspection program is essential.



A new product to the market in the "Total Guard" system can replace the conventional cover. The new style cover is fitted with bayonet fittings and a quick release coupling system. This prevents the guard from turning, ensuring the cover remains stationary.

The covers are for all intents and purposes universal, covering 99% of all known PTO shafts.

Further information on this product is available from Risk Management Section.

CHOLESTEROL.

What is Cholesterol?

Cholesterol is a white fatty substance which is produced by every cell in the body and found in the blood stream.



Additional cholesterol is often produced by the liver from the absorption of saturated fats from food, but the body can make all the cholesterol it needs.

When excess cholesterol is consumed or produced that can not be used by the body it accumulates in the blood stream and begins to stick to artery walls.

These fatty deposits harden with time and make the blood vessels narrower, restricting the flow of blood and can lead to blockage in the vessels supplying the heart or other vital organs.

If one of the blood vessels supplying the brain is blocked, the brain tissue is damaged and this is a stroke.

Most people with high blood cholesterol feel perfectly well. They usually get no warning signs, the only way to find out is to have it checked.

Ideal Cholesterol

Cholesterol is measured in millimoles per litre of blood (mmol/L).

The Australian average for cholesterol is about 5.5 mmol/L.

The Heart Foundation recommends that adults aim to keep their blood cholesterol below 5.5 mmol/L. The higher the level, the higher the risk of heart disease.

Thus, if you have a level > 5.5 mmol/L you are advised to see your Doctor. The ideal level is below 4.5 mmol/L.

Causes of high cholesterol.

- For most people, blood

cholesterol is diet-related.

- A high cholesterol and saturated fat diet is the major reason why high blood cholesterol level are common in Australia.
- On rare occasions it is a hereditary condition.
- Being overweight and having a sedentary lifestyle contribute to high blood cholesterol levels.

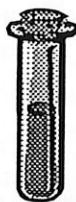
How to lower your cholesterol.

- Reduce the amount of fat in your diet, particularly saturated fats (use polyunsaturated fats)
- Eat a high fibre and complex carbohydrate diet - including plenty of whole grain products, cereals, legumes, fruit and vegetables;
- Reduce cholesterol intake to a minimum
- Maintain a healthy body weight;
- Regular exercise (3- 4 time per week for 20 - 30 minutes);
- Monitor your stress levels - take action if your stress levels are constantly high,
- Give up smoking,
- Have your cholesterol reviewed every 3-6 months until your results are acceptable.



The role of cholesterol in the body. Cholesterol is involved in a number of vital roles within the body;

- Production of bile in the liver - for absorption of dietary fat and cholesterol,
- A component of cell membranes to give stability and insulation of the brain and nervous system;
- Vitamin D production in skin;
- The production of male and female sex hormones
- Indirectly assisting the intestine to absorb fats, vitamins and minerals from food.



Excess Cholesterol.

The amount of cholesterol circulating in the blood is dependant upon the amount of saturated fats consumed in one's diet.

STATISTICS FOR CALM JANUARY 1997 - DECEMBER 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	45831	0
Busselton	3	5	31	82	18	97992	55
Momington	0	12	0	94	0	127932	0
Blackwood	3	9	24	97	21	123736	62
Total	6	26	15	81	20	395491	117
Goldfields							
Kalgoorlie	0	0	0	0	0	18322	0
Kimberley							
Kununurra	0	0	0	0	0	26549	0
Broome	1	3	47	189	2	21127	2
Total	1	3	21	84	2	47676	2
Midwest							
Geraldton	1	0	36	36	17	27648	17
Moora	0	1	0	55	0	18210	0
Shark Bay	1	0	58	58	7	17369	7
Total	2	1	32	47	12	63227	24
Pilbra							
Exmouth	1	2	62	186	1	16123	1
Karratha	0	1	0	29	0	34541	0
Total	1	3	20	79	1	50664	1
South Coast							
Albany	0	7	0	122	0	57425	0
Esperance	0	0	0	0	0	19336	0
Total	0	7	0	91	0	76761	0
Southern Forest							
Manjimup	0	6	0	49	0	121881	0
Manjimup Region	2	0	62	62	5	32401	9
Pemberton	0	15	0	156	0	96400	0
Walpole	1	5	11	65	18	91851	18
Total	3	26	9	85	9	342533	27
Swan Region							
Dwellingup	1	10	9	100	2	110539	2
Kelmscott	0	3	0	73	0	40919	0
Mundaring	5	5	46	93	50	107640	248
Perth	4	7	33	91	25	120956	100
Total	10	25	26	92	35	380054	350
Wheatbelt							
Katanning	0	0	0	0	0	12490	0
Narrogin	1	1	35	71	1	28286	1
Merredin	0	0	0	0	0	8441	0
Total	1	1	20	41	1	49217	1
SOHQ Admin	1	4	1	7	9	716102	9
Forest Resources	2	14	4	35	14	451009	27
Science and Info.	3	6	12	35	2	255328	7
Total for Dept.	30	116	11	51	19	2846384	565

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

LOADING A RIDE ON MOWER

As the ride on mower was driven up onto a trailer it bottomed out and the mower rocked sideways.

When it righted itself the drive wheel hit the metal ramp knocking it out from under the mower.



The mower tipped backward. The operator fell off, landed heavily, injuring his back and wrist. He assumed the mower was going to land on top of him and pushed it away with his legs.

The mower hit the one remaining ramp on the trailer, and again fell back, landing on his legs. Fortunately the operator of another mower observed the incident and assisted in removing the mower from on top of the first operator.

The incident investigation highlighted the following points;

- The ramps were not designed for the trailer being used to transport the mowers.
- The ramps were unable to be fixed to the tray of the trailer.
- The incompatibility of the equipment allowed the mower to bottom out on the ramp.
- No previous reports had been made on the mismatched equipment.
- The operator was inexperienced and did not foresee any problem.
- The induction and training of the new employee did not cover the above situation.
- There was no written (JSA) job safety analysis.

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 (08) 9334 0397 OR FAX (08) 9334 0475.



A 'PACE' AHEAD

AN INITIATIVE FROM YOUR PACE EMPLOYEE ASSISTANCE PROGRAM

CHRISTMAS AND RELATIONSHIPS

Christmas is a time when our thoughts are with our families and relationships. It is a time of giving and receiving, loving and wanting to be loved, a time of sharing, togetherness as well as feelings of loneliness. Loneliness can be felt at any time, but especially at Christmas.



Christmas is a time for giving, so give someone the gift of your time and attention. Everyone - children, working people, retired people like to be listened to. Plan a special holiday dinner and invite family, neighbours, singles and people who live alone. Write letters - Do you think you don't have anything to say? One line - "Thank you for just being you" - is enough.

Evidence shows that people who have healthy relationships have less physical and mental illness than people who are socially isolated. They also tend to live longer. Pets are also good for your health and mental wellness.

Sharing is a vital part of wellness. After all, wellness is more than physical vitality and health; it's a positive mental and emotional state as well. You can't reach that on your own. *We all need other people.*

Waiting for others to reach out to us is lonely and frustrating. Whether it's a child waiting to be asked to play, or an elderly person in a nursing home watching out the window for a visitor who never comes, those who wait for support are likely to be disappointed.

A better way to get the support you need is by giving it yourself. If you're lonely, visit someone else who's lonely, or a friend.



Identifying Your Support Network

Each of us has our own definition of friendship. Some sample definitions are listed below; add any other you think of.

A friend is someone

- who has the same values I have.
- to do things with
- I can tell my innermost thoughts to
- I can call when I'm feeling down
- who'll stand by me through thick and thin
- who will always be honest with me
- who cares about me

What Friends Can Provide

Different people in your network fill different needs. There are four categories of help that friends can give us:

- Advice or information based on their knowledge or experience
- Material help like loans, carpools, baby-sitting, etc.
- Emotional support - love, understanding, empathy
- Companionship - sharing time and activities together

Are you getting the support that you need in all four categories? *And just as importantly, are you returning the favour.*

Confidential PACE Helpline 1800 - 622 - 386

AN INITIATIVE FROM YOUR PACE EMPLOYEE ASSISTANCE PROGRAM

Friendship and Values

Creating and nurturing a social support network requires that you have a strong sense of your own values. What's important in your life? Do members of your network share (or at least not contradict) those values?

In any close relationship, there are bound to be times when the other person does something that you think is wrong. When that happens, ask yourself the following questions:

- Is what my friend did truly wrong, or did he or she simply handle the situation differently than I would have?
- Will anyone be hurt if I say nothing? If I say something?
- Is what my friend did a violation of his or her own values too? If so, how can I help make it right?



A "WIN/WIN" solution leaves both people feeling good. Everyone has ups and downs, good days and bad days. But, given the choice, who wouldn't prefer to feel good?

Make time for fun and relationships.



Making time for fun is like taking extra holidays throughout the year. What are your favourite amusements?

I'd Pick More Daisies

If I had my life to live over again, I'd try to make more mistakes next time. I would relax. I would limber up. I would be sillier than I have been this trip.

I know of a very few things I would take seriously. I would take more trips. I would climb more mountains, swim more rivers and watch more sunsets. I would do more walking and looking. I would eat more ice cream and less beans. I would have more actual troubles and fewer imaginary ones. You see, I am one of those people who lives prophylactically and sensibly and sanely hour after hour, day after day. Oh, I've had my moments, and if I had it to do over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another instead of living so many years ahead each day. I have been one of those people who never go anywhere without a thermometer, a hot water bottle, a gargle, a raincoat, aspirin, and a parachute. If I have it to do over again, I would go places, do things and travel lighter than I have.

If I had my life to live over, I would start barefooted earlier in the spring and stay that way later in the fall. I would play hockey more, I wouldn't make much good grades except by accident. I would ride on more merry-go-rounds. I'd pick more daisies.

Nadirie Stair, Age 85

PACE W.A.

(PROGRAMMES ASSISTING COMPANIES & EMPLOYEES)



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

MERRY CHRISTMAS

1800 622 386

*PACE staff wishes you all a very Merry Christmas and a healthy and happy New Year
HAPPY HOLIDAYS*

Confidential PACE Helpline 1800 - 622 - 386