

RISKY TIMES



WINTER 1999

Issue 17

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

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<http://calmweb.calm.wa.gov.au/drb/csd/hrb/risk/risky-times.html>

Congratulations on an improved safety achievement, 1998 - 1999.

This past year there has been a general improvement in the management of injuries at work. You will note in the statistics attached that the Southern Forest Region did not have any new lost time incidents for the whole year. The Central Forest Region reduced their number of LTI's by 75%. The average days lost for CALM per injury has reduced by 50% on last years figures.

Don't Skimp on Your Documentation

A leading insurer has warned that employers must work with their people to identify hazards.

In addition they must maintain adequate records of the hazard recognition and risk assessment process if they are to avoid litigation from a workplace incident.

Negligence cases are being brought against employers who incorrectly believe that their documentation satisfies the necessary requirements. Although safe working practice procedures were in place no record was able to be furnished in order to prove that a job hazard or safety analysis process had taken place.

It is therefore recommended that the development of safe work procedures be viewed as a multi-step process and that records be maintained of the job safety analysis documentation together with the written safe work procedure. These documents will require modification from time to time to allow for changes in the work system

The majority of our JSA's are in need of revision and we need your help.

Please review your JSA's for we only have 66 on our website and we are sure there are many more in operation than that. Send them on to the Risk Management Section so that we can include them in our site thus allowing all personnel rapid and accurate access to the information.



To those employees who have suffered a work injury, we wish you a speedy recovery and extend an offer of any support required, advice on treatment options, injury management plans or the Workers Compensation and Rehabilitation Act. If you have a colleague or workmate who is recovering from an injury, your support and assistance would be greatly appreciated.

DID YOU KNOW....?

- ☞ Apples have 100% more dietary fibre than apple juice?
- ☞ Salt is the most common flavouring agent used in food?
- ☞ It's estimated that a 5kg 'spare tyre' around your belly can exert 25kg of strain on your back?
- ☞ All plant foods are cholesterol free?
- ☞ It would take the average person a full hour of brisk walking to burn off the energy in a 65g Mars bar?
- ☞ One cigarette contains over 400 chemicals including arsenic, cyanide, floor cleaner and insecticide?
- ☞ You could buy 66 magazines, a mountain bike, 47 movie tickets, 6 pairs of jeans or hire 59 videos with the money you save from not smoking.
- ☞ 350 people in Australia die each week from smoking- the same as a 747 aeroplane crashing each week?

Inside..
Winter
'99.

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ROSS RIVER VIRUS

What is Ross River Virus?

Ross River virus infection (or epidemic polyarthritis) is a viral infection which occurs in all states of Australia. It can cause a wide

range of symptoms, including tiredness, headache, muscle pain, rash and fever. However, the most serious symptom is arthritis, usually in the wrists, knees and ankles. Symptoms can last for weeks or months, and can be so severe that work is impossible.

How is it spread?

The virus is spread through mosquito bites. A number of different mosquitoes, but not all, found in Australia can spread the virus to humans. Because of this, conditions which promote mosquito breeding, such as heavy rain and water lying around, can increase the risk of infection. The recent floods throughout the state and the South West of WA, including popular holiday destinations between Mandurah and Augusta, are favorable breeding conditions for mosquitos. The reported cases of Ross River are more frequent in late spring and summer.

Is there a cure?

No. treatment can be given to make some of the symptoms more comfortable, and every infected person recovers eventually, but there is no cure.

Can it be prevented?

Yes. We know that Ross River Virus infection can only be spread by mosquito bites, therefore, if people avoid being bitten by mosquitoes, they cannot get Ross River virus infection.



There are a number of things people can do to avoid mosquito bites:

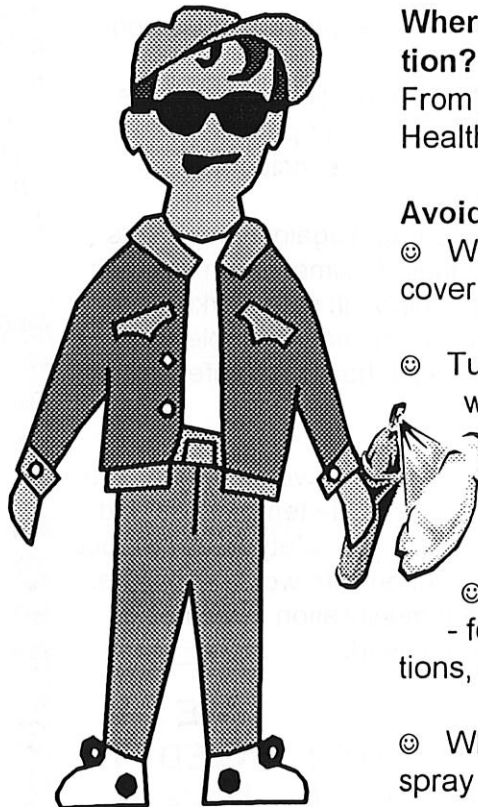
- ◆ Wear loose fitting long-sleeved

shirts and long trousers, and if outside, use an insect repellent containing a chemical called DEET. (Please note that if using products containing DEET to carefully read the precautions on the label).



- ◆ Ensure that insect screens are in good condition, and use a knock down spray inside the house when necessary.
- ◆ Check your home and garden for places mosquitoes can breed, such as garden rubbish which can hold water, or blocked guttering and drains.

PREVENTION IS THE ONLY CURE



Where can I get more information?

From your local doctor or the Health Department WA.

Avoid Mozzie Bites at Work

- ☉ Wear loose fitting clothing to cover as much skin as possible.
- ☉ Tuck trousers into socks, or wear ankle gaiters.
- ☉ When camping, use mozzie nets.
- ☉ Apply suitable repellent - following suppliers instructions, eg. WackOff.
- ☉ When staying at hotels, spray rooms (air conditioners are good breeding sites).
- ☉ Where possible, avoid working at dusk - when mozzies are most active.
- ☉ Extra precautions should be taken when working in known - eg swamps, stagnant pools, rubbish heaps.



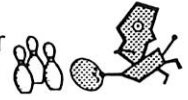
Health and Fitness Activities in your Workplace.



Winter is one of the hardest times of the year to keep up the exercise routine. There are an abundance of excuses to chose from, "It's too cold", "It's raining", "It's going to rain", "It's too dark", "I've got the flu".

Exercising with other people is a great way to motivate yourself (and them). Your workmates are ideal exercise partners. Bring your walking shoes and head out for a walk at lunchtimes or get a group together to enter the local sporting competitions or activities in your area.

There are also some fantastic examples of activities which have been run in other workcentres. If you would like further information or advice please do not hesitate to contact Linda Gilbert on 9334 0397 or e-mail on lgilbert@calm.wa.gov.au



Planning your activity;

Safety is essential.

- ◆ **Correct equipment**, including clothing, shoes, protective equipment for the sport.
- ◆ **Instruction and training** - give people an explanation of the rules, procedure and an opportunity to practice the skill.
- ◆ **Rules** - any competitive games need to be officiated. The desire to win can quickly sneak into a friendly game, making a person jump height, hit harder and bump into other people. Modify the rules to eliminate any contact.
- ◆ **Non-contact activities.** The different level of skill and experience makes contact sport an injury risk - this includes kick to kick - pack marking.
- ◆ **Warm-up and stretch.** Promoting blood flow to the muscles and stretching prior to activity significantly reduces the risk of tearing muscles or ligaments. A cool down will promote recovery after the activity.
- ◆ If entering a recreation centre competition, check what insurance cover they have - if any.
- ◆ **Have fun**, enjoy the activity and the company of the people around you.

Examples of local activities;

- ✎ Join in with activities which are being conducted in your community. Local sports clubs may organise events for charity, including fun runs, walk-a-thons, recreation centres may hold competitions,
- ✎ Participation in corporate challenge cup or activities. In Perth contact David Meyer, StateWest Corporate Challenge 9402 5303, as seen in "Intersector". Teams of 6 people, cost approx \$150 per 6 week competition. In country areas the local shire or sportsclub may hold competitions, eg Narrogin Corporate Bowls, Bunbury Volleyball.
- ✎ Challenge the nearest district or organisation to a friendly competition or inter office if the workgroup is big enough.
- ✎ Activities which most people can participate in - lawn bowls, boules, croquet, air-hockey, ambrose golf, walking.
- ✎ Organise a walk or ride on local tracks or in the CALM estate. The Bibbulmun Track / Heart Foundation walk allows you to plot your progress in distance equal to the track length.
- ✎ Interest has been shown in organising a bike ride relay, going from CALM office to office (excluding Pilbara and Kimberley). Contact Linda if you are interested.

Coming Events;

CLIMB TO THE TOP - during August. Teams of 10 attempt to climb the height equal to Mt Everest using stairs (or sleepers or trees). Climb to the Top entry costs \$50, details and kits are available from Rebecca Slide, Heart Foundation on 9388 3343.

CITY TO SURF FUN RUN Saturday 29 August '99. CALM will again be entering a team in the 12 km or 4 km fun run. Entry forms are available from Linda or Activ Foundation.

STATISTICS FOR CALM JULY 1998 - JUNE 1999

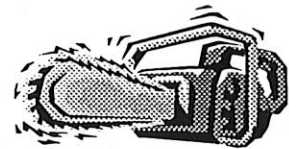
	NUMBER		FREQUENCY RATE		AV DAYS LOST	HOURS WORKED	NO DAYS LOST
	LTI	MTI	LTI	MTI + LTI			
Central Forest							
Bunbury	0	1	0	32	0	31122	0
Busselton	1	4	13	63	2	79622	2
Mornington	1	5	8	49	2	121557	2
Blackwood	2	8	19	95	4	105689	8
Total	4	18	12	65	3	337990	12
Goldfields							
Kalgoorlie Total	0	0	0	0	0	25803	0
Kimberley							
Kununurra	2	0	69	69	3	29108	6
Broome	0	0	0	0	0	19282	0
Total	2	0	41	41	3	48390	6
Midwest							
Geraldton	0	0	0	0	0	31949	0
Moora	0	1	0	47	0	21504	0
Shark Bay	0	0	0	0	0	44762	0
Total	0	1	0	10	0	98215	0
Pilbara							
Exmouth	1	0	48	48	9	20681	9
Karratha	0	0	0	0	0	33610	0
Total	1	0	18	18	9	54291	9
South Coast							
Albany	3	7	50	167	6	59836	17
Esperance	0	1	0	47	0	21406	0
Total	3	8	37	135	6	81242	17
Southern Forest							
Manjimup	0	3	0	32	0	94547	0
Manjimup Region	0	0	0	0	0	23353	0
Pemberton	0	9	0	101	0	88716	0
Walpole	0	4	0	44	0	90220	0
Total	0	16	0	54	0	296836	0
Swan Region							
Dwellingup	3	7	38	128	18	78403	54
Kelmscott	0	1	0	42	0	23779	0
Mundaring	3	9	26	105	31	114423	94
Marine	1	3	50	200	5	19994	5
Perth	6	5	51	94	18	117159	110
Total	13	25	37	107	20	353758	263
Wheatbelt							
Katanning	0	0	0	0	0	25099	0
Narrogin	1	2	33	99	1	30200	1
Merredin	0	1	0	98	0	10244	0
Total	1	3	15	61	1	65543	1
SOHQ Admin	1	6	1	10	1	725275	1
Forest Resources	6	19	10	43	8	578679	48
Science and Info.	2	10	6	37	7	321191	13
Total for Dept.	33	106	11	47	11	2987213	370

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



A recent incident has highlighted a hazard when starting high compression motors using a starter cord.

Motor bikes have electric starters, however, the recent incident arose when a flat battery prevented the engine starting.

The operator suffered a fractured ring finger, pulling on the starter cord. The engine motor "locked up" during the starting motion.

Starter cords are used in a variety of engines, from cement mixers and whipper-snippers to chainsaws and motor cycles, as a primary or back-up start-up system.

The tension will vary according to the size, type and condition of the engine.

Operators not familiar with the system should test the start cord for tension, length, grip and degree of difficulty before attempting a full starting motion.



For further information on any issues discussed in "Risky Times" or recommendations for future editions please contact Risk Management Section. - SOHQ, 50 Hayman Road, Como 6152. PHONE (08) 9334 0397 OR FAX (08) 9334 0475.