



Safety Bulletin

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www.cshwsa.org.au

A WORD FROM THE CHAIR

Welcome to this edition of the *Safety Bulletin*, I trust that it finds you safe, well and warm. By now your worksites would have received written notification that the CCES Self Insurance Registration has been renewed for a period of 4 years. Whilst there are some conditions associated with the renewal this is a great outcome for the Catholic Church and all of us that work within it.

While a renewal of such a period is good, it does not mean that we sit back for the next period of registration. Self-insurance is a privilege and in holding such a registration we are committed to keeping our people safe, returning those unfortunately injured back to work, and to continually improving the management and implementation of our safety system.

ReturnToWorkSA have an expectation that a self-insured organisation will comply at all times with the WHS and Return to Work Legislations and the Code of Conduct for Self-Insurers. This is not just a requirement during an Evaluation!

When it comes to self-insurance the Catholic Church is considered to be one organisation. All worksites and all locations are expected to conform at all times, and should one location not conform there is an impact on the overall registration.

So I thank you all for contributing, in some way, to this registration renewal and more importantly to ensuring our workplaces have safe environments and safe work practices.

In May I had the pleasure of meeting with representatives of the Separately Incorporated entities within the CCES Self-insurance Registration. The Annual Briefing enables us to provide information regarding the status of the Registration and the work that is being undertaken to maintain it. Whilst I was pleased to see a good representation it was disappointing that more were unable to attend. I would welcome any comment regarding a change in time, venue or event for this important dissemination of information as it is very important we increase this attendance next year.

As usual my message is that you make use of the Work Health & Safety resources available to you ... the CSHW website (www.cshwsa.org.au) and the CSHW Unit WHS Consultants are great places to start. Also any Injury Management issues or questions can be responded to and supported through the CCI Office (08 8236 5400).

As always if you would like to contact me about any safety issues I can be found at dpwest@centacare.org.au

Keep safe, warm and dry as we battle the elements of what is expected to be a wet winter.

Dale P West
Chairperson Self-Insured Governing Council (SIGC)

Talkin' Safety

Catholic Safety Health & Welfare SA (CSHWSA) are frequently asked who we recommend to use for asbestos removal work.

You may or may not be aware that SafeWork SA has an up-to-date listing of all registered asbestos removalists in South Australia on their website. This doesn't mean the removalist has any affiliation with SafeWork SA, it just means they have passed the required approval process and are registered to carry out this type of work.

Prior to engaging an asbestos removal contractor, CSHWSA encourage you to carry out some basic background checks on their name and previous work they have carried out. You should always ask to see their asbestos removal licence to ensure it is current and relevant to the work they are going to undertake, and ask them to provide an asbestos removal control plan.

A plan is only required to be prepared for licensed asbestos removal work and must be prepared before the licensed asbestos removal work commences. If you engage a removalist for licensed asbestos removal work, ensure they have a plan and provide you with a copy. This helps ensure that asbestos removal is well planned and carried out in a safe manner, is similar to a job safety analysis (JSA), but focused on the specific control measures necessary to minimise any risk from exposure to asbestos.

*Removalists with a **Class A** licence are permitted to remove all types of asbestos, including both friable and non-friable asbestos.*

*Removalists with a **Class B** licence can only remove non-friable asbestos.*

Without a licence, a person is only permitted to remove up to 10m² of non-friable asbestos or associated dust or debris, which is approximately the size of a standard bedroom wall.

Friable asbestos is material containing asbestos that when dry, is in powder form or may be crushed or pulverised into powder form by hand pressure. This material poses a higher risk of exposing people to airborne asbestos fibres.

Non-friable asbestos is all forms of asbestos other than friable asbestos and includes asbestos cement sheeting and other materials where asbestos fibres are bonded into a matrix. If non-friable asbestos is damaged or degraded it may become friable and will then pose a higher risk of fibre release.

Recently in the Industrial Magistrates Court, Mr Anthony Rosier from Eco Asbestos Removal Service was convicted of seven counts of unsafe asbestos removal work. Mr Rosier, having entered a guilty plea, was convicted of undertaking Class A asbestos removal work without authorisation, failing to engage a suitably qualified person to carry out mandatory air monitoring and clearance inspection, providing false and misleading documentation to the regulator, and failing to provide the homeowner with a copy of the *Asbestos Removal Control Plan* before starting work.

The magistrate indicated an initial fine of \$40,000 reduced to \$24,000 plus court costs in recognition of his early guilty plea.

Be careful who you engage to carry out asbestos removal work and remember, if you're not sure, check with your CSHWSA Consultant.

NBN Rollout

CSHWSA recently received information from SafeWork SA about emergency communication devices that may be affected by the transition to the National Broadband Network (NBN). This will only affect your site when the NBN is being installed in your area and you have a registered lift. SafeWork SA should contact your site at this time to inform of the issues.

The NBN rollout will transition sites from existing telecommunication systems. This transition could have an impact on emergency communication devices, including those installed in lifts, fire management panels, monitored security systems and medical alarms.

Some of these emergency systems require a power supply that may not be provided by the NBN rollout and the resulting power loss could affect the operation of these emergency systems.

To assist in the migration from the existing network, NBN Co have developed a Fire and Lift Register that will support customers affected by the change and ensure that emergency systems remain operational during the changeover. The register is located on the NBN Co website at www.nbnco.com.au/connect-home-or-business/information-for-home/device-compatibility/fire-and-lift-register.html.

This information will only be important when the NBN is being rolled out in your area and if you have registered a lift with SafeWork SA. In this event, SafeWork SA should notify your site.

Nature Play

We've all heard this concept of 'Nature play' but what is it? Those of us who are a bit older, didn't we grow up playing outside and it wasn't labelled Nature Play? But what does it mean today?

Why is nature play so important? It's to encourage children to play outdoors again and make it a normal part of childhood.

Many worksites (mainly schools) are introducing nature play. Whilst it is a fantastic initiative, it is important to still think about the risks involved. E.g. if children are allowed to climb a tree, consider if they were to fall, is there adequate clearance space (have you considered the fall zone, ensure there are no obstacles in the way?)

One of the essential things to consider is consultation. It is important that staff are consulted about nature playspaces and understand the reasons for it, but without compromising on safety.

When designing a natural playspace, due consideration should be given to the existing environment, ease of supervision and developing a safe environment that provides healthy risk. Tracy Blaszkow from the [Kidsafe WA Playground Advisory Service](#) suggests the following safety-related factors be taken into account in the design of nature-based playgrounds:

- Ensure the fall height is less than 1.8m (early childhood) or 3.0m (all other settings).
- Ensure a minimum clearance of at least 2.5m around each item of equipment/natural play element.
- Ensure there is impact absorbing material under all items of equipment/natural play elements over 0.6m in height.
- Ensure the play area is free of head entrapment spaces.
- Ensure your design allows for supervision in early childhood and school settings.
- Ensure items such as boulders and logs don't have sharp edges and are resting stable in the ground.

If your school/worksite is considering a nature playspace, perhaps consider making contact with Climbing Tee www.climbingtree.com.au or Nature PlaySA www.natureplaysa.org.au. Further information is available at the website below: <http://natureplaysa.org.au/wp/wp-content/uploads/NaturePlay-ThingsToDo-Principles.pdf>



Winter Is Coming

Slips and trips result in thousands of injuries every year. The most common ones are musculoskeletal injuries, cuts, bruises, fractures and dislocations but more serious injuries can occur.

Slips occur when a person's foot loses traction with the ground surface due to wearing inappropriate footwear or when walking on slippery floor surfaces such as those that are highly polished, wet or greasy.

Trips can occur when a person unexpectedly catches their foot on an object or surface. In most cases trip on low level obstacles that are not easily noticed such as uneven edges in flooring, loose mats, opened drawers, untidy tools or cables from electrical equipment.

Falls can result from a slip or trip but many also occur during falls from low heights such as steps, stairs and curbs, falling into a hole or a ditch or into a body of water.

Common slip hazards include:

- Spills of liquid or solid material
- Wet cleaning methods
- Wind driven rain through doorways
- A sudden change in floor surfaces

- Change from wet to dry surface
- Dusty and sandy surfaces
- Incline of a ramp
- Loose bumpy flooring
- Low light levels
- Use of unsuitable footwear.

Common trip hazards include:

- Ridges in floors or carpets
- Worn floor coverings or broken tiles
- Potholes and cracks in floors
- Changes in floor level
- Thresholds and doorsteps
- Floor sockets and phone jacks
- Cables from power extension units
- Loads that obstruct vision
- Obstacles in traffic areas.

For further information <http://www.safeworkaustralia.gov.au/sites/swa/about/publications/Documents/659/Slips%20and%20Trips%20Fact%20Sheet.pdf>

Working at Heights

For those workers who already have their Working at Heights Certification an online ELearning refresher option is available. The cost is \$85. The course takes around 2 hours to complete over a four week period. For those workers wanting to do this training please contact Peter Masters at pmasters@cshwsa.org.au and provide your first and last name along with an email address. If you don't have a work email your personal email will suffice. Once registered you will receive a user name and password.

For any worker who requires a certification for working at heights, there are two companies who provide this training. Both companies provide training facilities at their own premises. It is a full day course and applications can be made on their websites in their public courses. CSH&W will no longer be organising this training and it will now be up to the individual sites to organise their own.

Protector Alsafe

487 South Road
Regency Park SA
(08) 8440 0200

<https://training.protectoralsafe.com.au/workplace-safety-training.cfm>

Construction Industry Training Board

7 La Salle Street,
Dudley Park South Australia
(08) 8169 9800

<http://www.accesstrainingcentre.com.au/training-courses/height-safety/work-safely-at-heights-1-day.cfm>



Not Submitted Incidents

There are two and a half pages of not submitted reports on the Incident Reporting Database. Can the WHS Coordinators please check the Incident Reporting Database and locate any not submitted reports. If they are duplications of a report that has already been submitted then send Chris Donnelly an email with the report number informing him of the duplication and he will delete it. Otherwise please click on the radio button for the report, click on the continue edit tab and complete and close the report.

Walking Happiness

When you go for a walk it's not just your body that benefits, the way you think and feel changes too. The world looks better and brighter.

So, how does walking bring happiness? It's partly because healthy, active people tend to be happier, but it's also because taking a brisk walk gives you a chance to take time out, think and reflect.

Walking also sets off a number of other processes that contribute directly to your sense of happiness and wellbeing, including:

- Promoting the release of endorphins - "happy" hormones
- Releasing adrenaline – the body's own "mood-lifting" chemical
- Producing hormones to improve sleep
- Releasing muscle tension.

Walking is:

- **Simple** – no instructors or membership needed
- **Free** – no special equipment involved.
- **Practical** – can be done anywhere, anytime
- **Easy** – just get up and walk!

Make it one long walk or a few short ones

Walking is a great way to get **30 minutes** of physical activity on most days. And you don't have to do it all at once. Any brisk walk of at least 10 minutes is good for our health and can reduce the risk of disease.

Walk yourself healthy

Whilst you're walking yourself happy, you're also walking yourself healthy. Depending on your situation you could also:

- Reduce your risk of heart disease and stroke
- Reduce your risk of developing some cancers
- Feel more energetic
- Increase muscle strength and endurance
- Lose weight, reduce body fat and increase muscle tone
- Lower blood pressure
- Prevent or control diabetes
- Reduce joint and muscular stiffness and pain
- Strengthen your bones and reduce the risk of osteoporosis
- Improve balance
- Improve sleep.

So take every opportunity to be active because each step you take is making you healthier and happier. (Department of Health SA)

We all need time out – Wally to the rescue! Give yourself 5 minutes to find him and look at all the hazards! Watch this space in 2016.
'The world is filled with diverse people and customs, which make it all the more interesting place. Today is about appreciating one another and the things that make us unique. In recognition of the world's diversity, think about what it is that makes you stand out from the crowd'
- Wally

