



Catholic Safety Update	1
Mental Health	1
Heat-related Illness	2
Dangers of Double Adaptors	2

Safety Bulletin

Catholic Safety Update

Welcome to the February 2023 edition of the Safety Bulletin.

Let us keep the downward trend of incidents going from 2022 and refocus on safety.

Check out the new Process Flowcharts on the CSH&W SA Website. They are located with the [procedures](#).

Keep a lookout for the revision of Procedures on our consultation page and have your say. You can also get ahead and let us know your thoughts on the procedures that are being reviewed in 2023.

Stay Safe
CSHWSA Team

2023	Number	Procedure to be reviewed
February	2	Incident Reporting & Investigation Procedure
March	4	Asbestos Procedure
April	5	Consultation & Communication Procedure
May	8	Driver Safety Procedure
June	13	Induction & Training Procedure
July	17	Remote & Isolated Work Procedure
August	22	Volunteers Procedure
September	26	Confined Space & Restricted Access Procedure
October	28	Waste Management Procedure
November	31	Event Management Procedure

Mental Health

Most jobs involve some psychosocial hazards. These are hazards that can harm workers' mental health.

Under the model WHS laws, a person conducting a business or undertaking (PCBU), such as an employer, must manage psychosocial risks (e.g. risks to mental health) at work.

The things at work that can harm mental health are known as psychosocial hazards. These hazards can also cause physical harm.

Psychosocial hazards include :

- job demands
- low job control
- poor support
- lack of role clarity
- poor organisational change management
- inadequate reward and recognition
- poor organisational justice
- traumatic events or material
- remote or isolated work
- poor physical environment
- violence and aggression

- bullying
- harassment, including sexual harassment, and
- conflict or poor workplace relationships and interactions
- consultation

Psychosocial hazards can come from:

- the design or management of work
- a work environment
- plant (e.g. equipment) at a workplace, or
- workplace interactions or behaviours.

Under the *Work Health and Safety* legislation, a PCBU must manage the psychosocial risks in the workplace.

If you are struggling to cope, please speak to your Manager / Supervisor or make contact with your Employee Assistance Provider.

Further information can be found in the [Model Code of Practice – Managing psychosocial hazards at work](#).

Source: SafeWork SA

Heat-related Illness

The human body needs to maintain a body temperature of approximately 37°C. If the body has to work too hard to keep cool, it starts to overheat and a worker begins to suffer from heat-related illness.

Heat-related illness is used to describe a range of progressive heat related conditions, including:

- dehydration
- heatstroke
- fainting
- heat rash
- heat cramps
- heat exhaustion

Preventing heat-related illness when at work

There are a number of things workers can do to guard themselves against getting heat-related illness when working in a hot environment. They include:

- commence work well hydrated, and fit for work
- consult with the PCBU regarding workplace heat management and monitoring
- eat regular meals and snacks to help replace salt and electrolytes lost through sweating

- drink enough water while working to maintain adequate fluid replacement – at least a small cup (200ml) of *cool* (not cold) water every 15-20 minutes
- never replace water with energy / caffeinated drinks or alcohol
- always use the mechanical aids provided (e.g. fans, cooling units, trolleys, etc)
- take rest breaks in air conditioned areas or at the very minimum, in a shaded area
- remove any unnecessary clothing / PPE – only if safe to do so
- If necessary, ingest crushed ice and / or apply ice towels.

Temperature is just one of many factors to consider

The WHS Regulations require employers and other PCBUs to ensure, so far as is reasonably practicable, that workers working in extremes of heat can carry out their work without risk to their health and safety.

The WHS Reg does not state a precise temperature at which workers should stop work because exposure to heat-related illness depends on a number of factors.

Dangers of Double Adaptors

There are multiple dangers associated with double adaptors and using them as extensions:

- Adaptors have no overload protection built within which means that they can overload easily. Plugging multiple appliances into the same outlet means that there is more power involved and can lead the adaptor becoming hot quickly. This lack of protection from overloading mixed with the overheating can lead to electrical fires.
- Most double adaptors are designed with sloping faces to plug cords into. This slope can increase the chance of leads being dislodged or falling out. As a result, live pins may be exposed, increasing the likelihood that they will be touched and lead to electric shock or a blown circuit.
- It may seem convenient to install multiple double adaptors, especially on top of each other. However, this will increase the chances of an overload. The chance of fire or circuit overload will increase with every double adaptor that is installed onto a previous one.
- When unplugging cords from a double adaptor it is possible to touch the live pins of the plug. This incidental contact can lead to a massive electric shock. The chance will increase with the increased use of double adaptors.
- Although double adaptors are constructed as extensions, they are often cheaply made. This can result in heat, overloaded circuit, or an electrical spike. As a result, serious shocks or even fires are possible.

Replacing double adaptors

Instead of trying to use double adaptors, consider the alternatives that are available. If more power outlets are required, consider installing a quality power board with individual switches and surge protection. Not only will the additional protections be in place, but powerboards generally have more outlets available (i.e. 4 instead of 2). The boards can also lay flat which makes it harder for plugs to slip out of the outlet.

Another alternative is to install more powerpoints in certain, high use areas. Having more powerpoints in areas like kitchens, studies or loungerooms will allow for better electrical protection and remove the possibility of double adaptors being overused or result in them overheating.

USB powerpoints over adapters

A popular solution that is becoming more widely accepted is to include USB ports with the fixtures in a powerpoint. Multiple USB ports allows for multiple devices to be plugged in at a single powerpoint without using a plug, saving space and reducing the exposure to electricity.