

CSaIM Bulletin

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Catholic Safety & Injury Management Update

Welcome to the February 2024 edition of the CSaIM Bulletin

Just a reminder, in the coming few months Donesafe (replacement for RAPID) will be implemented. Training on the use of Donesafe will be scheduled prior to the transition from RAPID to Donesafe.

Initially three (3) Donesafe modules will be implemented (Incident reporting, Hazard reporting and Audit, (workplace inspections, checklists)). Donesafe allows for these to be completed via computer, phone, or tablet.

Remember if you need any assistance with safety or injury management issues / queries, please contact your Safety or Injury Management Business Partner.

Stay Safe

CSaIM Team

Is It That Time for Electrical Testing?

Is your site due for all electrical equipment to be tested?

Step 1: Workers shall visually inspect electrical appliances and equipment on a regular basis. Visual inspection will allow identification of obvious damage, wear or other conditions that may make the equipment unsafe.

Step 2: It is the responsibility of the workplace to ensure that electrical appliances and equipment that requires inspection and testing is identified and inspected / tested in accordance with AS / NZS 3760

In addition to this please note the following:

TESTING AND TAGGING – PORTABLE EQUIPMENT

Electrical machinery and equipment with a flexible cord and plug that is moved during its normal use for the purpose of its operation (eg laptop and phone chargers, portable protectors, radio / speakers, and domestic vacuum cleaners). Testing and tagging should occur either every six (6) months or annually, depending on environment and use.

FIXED EQUIPMENT

Machinery and equipment fitted with a flexible cord and plug that is not moved during use; or is installed above a

height of 2.5 metres (eg desktop computers, monitors / screens, photocopiers, printers, power whiteboards, fixed projectors, fridges).

Testing and tagging required every five (5) years.

PORTABLE RESIDUAL CURRENT DEVICE

Testing required every three (3) months. Push button test prior to use.

FIXED RESIDUAL CURRENT DEVICE PUSH BUTTON

Testing required every six (6) months.

FIXED RESIDUAL CURRENT DEVICE TRIP TIME TEST

Time testing required every twelve (12) months, usually completed by qualified electrician.

Results should always be recorded for testing electrical equipment. For further information please refer to [CSaIM Procedures](#) website, Procedure Number 10, Version 5.1 or refer to *In-service safety inspection and testing of electrical equipment* located in the procedure.



Healthy New Years Resolutions for 2024

Healthy New Years Resolutions for 2024

The start of a new year for some is a time to set new health goals and build healthy routines.

[How to Keep Your New Year's Resolutions: 10 Smart Tips \(verywellmind.com\)](https://www.verywellmind.com/how-to-keep-your-new-year-resolutions-10-smart-tips-4782478)

Being physically active combined with a healthy diet can help you stay physically and mentally healthy.

Here are some ideas to get you started for a healthy diet in 2024 as recommended by the CSIRO

1. Enjoy fewer treats
2. Try smaller portions
3. Feast on fresh flavours- use herbs and aromatics to add flavour
4. Diversify your diet- add more vegetables into your main meals

Further information can be found here

[Fresh start: tips to spring clean your health - CSIRO](#)

Here are some recommendations for physical activity required for adults below:

- 2.5 to 5 hours of moderate intensity physical activity

per week. For example a brisk walk or swimming.

- 1.25 to 2.5 hours vigorous intensity physical activity per week. For example jogging, fast cycling, soccer.
- Or a combination of both.



Further information can be found here [For adults \(18 to 64 years\) | Australian Government Department of Health and Aged Care](#)

Other resources

[3 Steps to Building a Healthy Habit | CDC](#)

[Creating healthy habits | healthdirect](#)

[How to Build New Habits: This is Your Strategy Guide \(jamesclear.com\)](#)

Clearing The Air

From **1 March 2024**, new laws will ban smoking and vaping in a variety of public outdoor areas in South Australia. [Regulations under the South Australian Tobacco and E-Cigarette Products Act 1997](#) are being introduced to address risks associated with passive tobacco smoking and passive inhalation of e-cigarette aerosol. This will occur through the creation of smoke-free and vape-free areas in the following areas:

- at early childhood services premises, and education and children's services facilities (including schools), and within ten (10) metres of their boundaries
- at and within ten (10) metres of non-residential building entrances, such as entrances to shopping centres, government and commercial buildings
- at public hospitals and health facilities, private hospitals and residential aged care facilities, and within ten (10) metres of their boundaries (note: the regulation for residential aged care facilities will come into operation 12 months after the day on which the other regulations are made)
- within outdoor public swimming facilities
- at major events venues declared under the *Major Events Act 2013*
- at and within ten (10) metres of a sporting venue during an organised underage sporting event, training or practice session
- on beaches between and within fifty (50) metres of red and yellow patrol flags, and under (and within five (5) metres of) jetties.

Download the [guide to the new smoke-free and vape-free laws](#).