

# Talk It and Walk It

SOS – Switched Onto Safety June 2018 Winter Newsletter

## What Have We Been Doing

As we continue into 2018, we notice the change in weather, the winter chill is finally upon us.

The end of the financial year is nearly here, and we are very excited about what is ahead of us, having been once again awarded the Panel Contract for OSH and Quality Auditing and OSH Inspections / Specialist advice for Main Roads WA. We have also been accepted to be on the Panel for pre-qualified Suppliers for the Provision of Maritime Engineering and Technical Services in the disciplines of Construction Management System, Plan and Site Auditing Services; and Emergency Management with the Department of Transport.

Activities have included:

- Promoting the new 'Electrical requirements' released by EnergySafety through our social media platforms.
- Onsite OSH and Quality Audits
- OSH and Quality Suitability audits
- Onsite Inspections
- Spill Kit checks
- Chemwatch Training
- Chemwatch Training
- Onsite Coaching and Mentoring
- Safe Design Procedure and template development.

## Current Topics of Interest

**Carbon monoxide fears spark warning for Vulcan and Pyrox Heritage gas heaters**

One of the nation's safety regulators (Energy Safe Victoria) has put out an alert with regards to 2 Vulcan gas heater models, that can produce high levels of the potentially deadly gas carbon monoxide. The Vulcan Heritage and the Pyrox Heritage gas heater should be tested by a qualified gas fitter before they are put into use. This warning comes after a coronial inquest was conducted into the death of a Melbourne woman from carbon monoxide poisoning in the winter of 2017.

The heaters are old technology and are not designed to operate in newer homes that are better sealed and have less ventilation. Victoria's director of energy safety, Paul Fearon, stated '*these heaters produced high levels of carbon monoxide under certain conditions*'. A further four people early this month, including an infant, had been released from hospital after suffering carbon monoxide poisoning, believed to have been caused by a faulty gas heater in their home.

At the end of the day we all need to ensure all appliances (both in the workplace and at home) are fit for purpose.

Carbon monoxide exposure:

- You can't see or smell carbon monoxide, but it can be deadly
- Symptoms are often mistaken for flu and include headaches, dizziness and nausea.

<https://www.bendigoadvertiser.com.au/story/5315407/carbon-monoxide-fears-spark-gas-heater-warning/>

## Spill Management

For all your Spill Management products and services, contact us.



## Our Team



**Megan LeNoir** – Business Manager

**Guy LeNoir** – Company Director / Principal

**Stuart Platt** – OSHQE Consultant/Auditor/Trainer

**Peter Liron** – Senior Consultant/Auditor

**Daniela Tutman** – Dangerous Goods Consultant / Facilitator

## Find us on



## Advice – Tips and Hints

**The old wives tail that chicken soup is good for you when you are sick may have some merit?**

In fact, chicken soup is good for soothing both cold and flu symptoms. The hot soup helps break up the congestion associated with both colds and the flu. The salt in the soup and its warmth can soothe a sore throat. ... A scientific study found that chicken soup has anti-inflammatory properties

<https://www.ncbi.nlm.nih.gov/pubmed/11035691>

## Statistics

**Hazard register for all Western Australian mining fatalities from January 2000 to December 2016**

Sobering reading! This hazard register presents the findings from the Department of Mines, Industry Regulation and Safety's investigations into 66 fatal mining accidents in the Western Australian mining industry over the period January 2000 to December 2016.

The four hazard categories that had the highest number of fatalities include:

- Fall from Height (11)
- Maintenance Procedure Deficiency (8)
- Underground rockfall (5)
- Vehicle collision (5)

<http://www.dmp.wa.gov.au/Safety/What-accident-and-incident-19287.aspx>

Scroll down to “Hazard registers” and open (download) the Excel spreadsheet to review the statistics.

## Throwback History -



If you know of any throwback safety posters, we would love for you to send them through and we can then post them or put them in our newsletter.

## Environmental Spot

### Plastic Bags – The Facts

- Australians use four billion plastic bags annually, which means over 10 million new bags are used every day, or that we each use 200 a year.
- Approximately 30 to 50 million plastic bags end up as litter on our beaches, streets and parks.
- Plastic bags don't go away; they just break up into smaller and smaller pieces of plastic, taking between 15 and 1,000 years to break down in the environment.
- Every year more than six million tonnes of rubbish is dumped into the world's oceans, 80 per cent of which is plastic, and a further 10 per cent of this being plastic bags.
- Australians throw away about 7,150 recyclable plastic bags a minute, with 429,000 recyclable plastic supermarket bags dumped into landfill every hour.
- Only three per cent of Australia's plastic bags are recycled, despite recycling facilities being available at major supermarkets.

### Plastic Bags – What you can do to help reduce plastic bag litter.

- SAY NO to plastic bags! Visit Clean Up Australia's 'Say NO to Plastic Bags' campaign for great actions and tips [www.cleanup.org.au](http://www.cleanup.org.au).
- Use alternatives to plastic bags such as green bags, calico bags, Onya bags or paper bags.
- Reuse your plastic bags again and again and again.
- If they cannot be reused, recycle them. Take your plastic 'checkout' bags to participating retailers for recycling. They cannot be placed in the home recycling bin. To find your local plastic bag recycling locations, go to RecyclingNearYou.com.au.
- If it cannot be reused or recycled, make sure it goes in a bin.
- When out and about carry them with you until you find a bin.
- If you are someone who does the right thing, you can also help make a difference by registering to become a litter reporter.

<https://www.kabc.wa.gov.au/librar y/file/Fact%20sheets/Plastic%20bag %20Fact%20sheet%20KAB.pdf>



## Lessons Learned.

### Construction company responsible for safety, coroner rules over fatal wall collapse

The Victorian state coroner has found that; Construction giant Grocon was responsible for the safety of a wall that collapsed on Melbourne's CUB site in 2013, killing three passing pedestrians. Two years before the wall's collapse, Grocon engaged a company to construct hoarding and signage for the wall. That company then also sub-contracted the work to another company, which in turn sub-contracted the work again to another firm!

The state coroner judge, Judge Hinchey found that the onus to ensure the wall's structural stability rested with Grocon because it owned the site.

<https://www.theage.com.au/nation/victoria/coroner-rules-over-fatal-wall-collapse-on-swanston-street-20180607-p4zk3o.html>

So, you need to ask yourself and your organisation "do you know everything your subcontractors are doing"? on the site that you own or manage?

### Megan's Affirmation

I am open  
and ready  
to attract  
ABUNDANCE  
into my life

## Quality

### Flammable cladding fix for one state government set to cost tens of millions of dollars!

Investigations are still currently being conducted on thousands of buildings (both public and private) across Australia, looking for non-compliant cladding, material. Many have already been identified as have combustible cladding installed e.g. Princess Alexandra Hospital QLD. It now appears that this type of material has been used for a very long time without authorities realising its fire hazard potential. Where were the quality control checks? Now it looks like tens of millions of dollars will now need to be spent just in Queensland to fix this quality control issue. So, if that's the cost just to the Queensland government, then what will be the cost to the other states and territories that have this type of cladding in place? And who's going to pay?

**Note:** Melbourne Lawyers are preparing a class action against construction companies who have installed dangerous combustible cladding on buildings in that state.

<http://www.abc.net.au/news/2018-05-17/government-building-recladding-to-cost-tens-of-millions-qld/9768976>

If you need an independent and transparent review don't hesitate to contact us



## Safety and Health

"Talk it and Walk it"  
Celebrating 20 years

### Working during the winter months

#### What are the health effects of exposure to extreme cold?

Working in cold conditions is a hazard for many thousands of workers exposed to cold in environments. Exposure to cold environmental conditions can result in a number of disorders. It should also be remembered that when working in clothing that is also damp from rain, body heat is lost even faster. Also, the combined effect of wind and low temperature exacerbates conditions such as:

- Decrease in dexterity and sensitivity
- increased incidence of arthritis, rheumatism and bronchitis; muscle/tissue damage
- Hypothermia
- Increase in accident rates

Exposure to extreme cold is not the only area that changes when we move into wet, cold and windy conditions. Some other thoughts / ideas to take into consideration during the winter months:

- Keep high activity areas as dry as possible.
- Tie down all loose or unused equipment that is not used on a regular basis.
- Increase workplace inspections to check for damage to plant, equipment, electrical items / buildings



## Joke of the Day

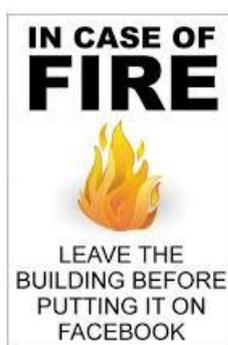


### Corner

#### Report Generator

As a part of the current Report Generator (RG) improvement process, we have included a preformatted template option for advanced reports on RG. Taking raw data, transforming it to a clean and stylish XLSX template, giving the user the freedom to further customise the templates.

- A template wizard was introduced to make the building process simple for users.
  - User will have 4 default skin styles to choose from.
  - Users can customise the templates with their own skins.
  - The report can be sorted by material name or location.
  - Alternative row colouring and grid border options are a part of the wizard.
  - Print orientation can be selected.
- These updates are available in your system and is part of our ongoing commitment to improving the Report Generator.



(unfortunately for some this is not a joke, but something they need to adhere to)

#### Health and Exercise

Exercising during winter: The body continues to sweat, but that sweat evaporates more quickly into the chilly, dry air, making it seem as though the body is losing less water. Drinking water before, during and after cold-weather workouts helps maintain peak performance, protect the body from injury and stay warm from start to finish.

[https://www.huffingtonpost.com/u/entry/working-out-in-cold-weather\\_n\\_6276544](https://www.huffingtonpost.com/u/entry/working-out-in-cold-weather_n_6276544)

#### What is 'Gus' doing today?



## Holiday's in this Quarter

Western Australia Day 4<sup>th</sup> June  
2018

### Contact



If we can be of any assistance, please do not hesitate to contact us direct on **(08) 9295 0311** or for further details on what SOS can provide, refer to our website [www.switchedontosafety.com.au](http://www.switchedontosafety.com.au)

### Next Time!

We are expanding on our Dangerous Goods projects with our new Dangerous Goods Consultant. Daniela is keen to get stuck into assisting our clients. Contact us if you would like to know more.

#### Dangerous Goods Storage



For all your Dangerous Goods Storage products and services, contact us.  
[admin@switchedontosafety.com](mailto:admin@switchedontosafety.com)