

Talk It and Walk It

Est. 1996

SOS – Switched Onto Safety

December 2018

Summer Newsletter

What Have We Been Doing?

This past quarter we have once again been busy through out WA with our Chemical Inventories, OSH / Quality Suitability and Compliance Audits and training. We have also been busy customising Safety Management Plan templates and training courses for a variety of organisations.

We also love this time of the year as we can give back to the community. SOS has been able this year to donate three resus manikins to the local Little Possums Daycare / Kindy, Hills Outside School Care Association and the Mount Helena Community Kindy to raise awareness for 'Restart A Heart Day' in October.



Guy once again volunteered to be a Father Christmas helper (11th year) at the Little Possums Daycare / Kindy centre.



Current Topics of Interest

Australian standards for free?

There has been a bit of talk recently regarding the cost of Australian standards to individuals and organisations. Some individual standards can cost into the high hundreds where as an access licence could cost an organisation thousands per year! A simple definition of an Australian Standards:

"Australian Standards are published documents setting out specifications and procedures designed to ensure products, services and systems are safe, reliable and consistently perform the way they are intended to. They establish a minimum set of requirements which define quality and safety criteria"

Australian Standards can be a great reference point for an organisation. However, if an Australian Standard is incorporated into legislation by government (several are) then that Standard is mandatory.

If governments or entities want organisations to comply with a particular standard, then shouldn't that standard be freely available to access. A simple way to cover for the cost of producing a standard could be to levy for the industry that standard is relevant to. What are your thoughts?

<https://www.standards.org.au/StandardAU/Media/SA-Archive/OurOrganisation/Documents/Developing-Australian-Standards.pdf>

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

Shutting the business down for an extended period i.e. Christmas break.

Organisations need to ensure that any premise (location) is safely and securely locked down and this holiday period is no different.

Things to look at:

- Security (Buildings/open areas)
- Environmental considerations (chemicals/run off)
- Services: (Power/water).
- Hazards (secured/eliminated)
- Contact information
- Emergency information

A checklist is a great way to start, which can also confirm items have been checked by someone.

Statistics

Worksafe Inspection Program uncovers multiple breaches.

A proactive inspection program over a two-year period from July 2016 to June 2018 undertaken by WorkSafe looked at safety in WA's pubs, taverns and bars, has uncovered concerns with hazardous substances, manual tasks and emergency precautions. Inspectors looked at priority areas including forklift safety, electricity, falls from height, hazardous substances and machinery guarding. During the program, a total of 188 workplaces were visited, resulting in the issue of 1262 Improvement Notices and 11 Prohibition Notices.

- 368 notices were related to hazardous substances i.e. lack of training records, risk assessment records and registers of hazardous substances.
- 197 notices were related to manual tasks i.e. lack of information, instruction and

training in avoiding injury, and notices regarding manually lifting beer kegs.

- 135 notices were for breaches related to emergency precautions i.e. failure to develop and/or clearly display evacuation procedures and not providing first aid training and/or facilities.

WorkSafe Director Sally North said today “the results of the program were quite disappointing considering the number of young and itinerant workers in the sector.” “A large proportion of workers in the sector are students and young people on overseas working visas.” “This program has given us a valuable insight into the current safety issues in the sector, and we will continue to monitor it closely.” “We firmly believe that raising the safety awareness of everyone in the workplace is the best way in which to lessen the risk of work-related injury and illness.”

www.worksafe.wa.gov.au.

Throwback History



Mmmm, scary thought.

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 "Talk it and Walk it"

What if this Christmas you could help reduce waste!

There is no better time of the year to lead others to this path than at Christmas when so many increase their already wasteful ways.

Every year millions of unwanted gifts are excessively packaged and wrapped, appreciated for only a moment before they are stored away unused, thrown away, regifted or sold. Kerbside bins are overflowing with polystyrene, wrapping, packaging, wasted food and plastic bags from buying all this stuff in the first place.

Instead of getting wasted, let's prepare ourselves for our most enjoyable and sustainable year yet.

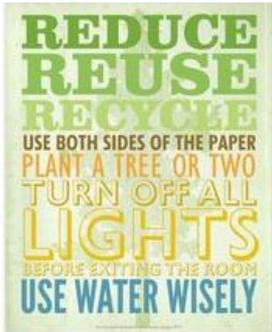
Planning. The key to zero waste living, low waste lifestyles, or just taking a little more care about the waste we create is all in the planning.

When you are planning meals, plan to the plate, not to your stomach's desires. If you are anything like me then if there is a buffet style meal on offer you want to try a bit of everything! With this in mind, cater for what will fit on a plate and no more. If your guest must have seconds just to try everything on offer there is a good chance you will have lots of leftovers to deal with. Also, save yourself some effort and turn Christmas lunch leftovers into an easy Christmas dinner. You don't have to serve up a repeat of lunch, with minimal creativity you can still offer something that will be delicious using what is already at hand.

Serve your favourite Christmas dishes in containers that are

beautiful on display and also have lids for putting away any leftovers straight after the meal. If it doesn't make it to the fridge quickly and easily, there is a good chance it will get thrown out. Plus, no-one like dodgy food or having to tackle the clingwrap.

<http://www.wastelesspantry.com.au/win-war-waste-christmas/>



Lessons Learned.

Knowledge Sharing

After an incident we need to identify: what went wrong, how it went wrong and why it went wrong. This is extremely important for any organisation or entity. Then it is just as important that we share this information with other departments/organisations which conduct similar practices so that everyone can learn. However, despite efforts to investigate and learn from incidents many organisations still have difficulty to sustainably learn the lessons from previous incidents. More effective learnings could help prevent incidents in the future. What are your thoughts?

Quality

ISO 9001:2015 Quality Management System - How to identify the context of the organization

One of the major differences between the AS/NZS9001:2008 and ISO 9001:2015 is the defining of the 'Context of an organization' clause 4;

What is the 'Context' of the Organisation. The context refers to the business environment it is operating in. To do this, it must first decide what are the intended results of its QMS and then determine the relevant internal and external issues that affect its ability to achieve those results.

To address this clause, the organisation needs to:

- Document the context of the organization.
- Identify internal and external parties and their needs (interested parties)
- Define the scope of the organization; and
- Determination of Risk and opportunities

This is one area we have noticed since the introduction of the new standard some organisations having a few difficulties in identifying (documenting) these items.

If you need assistance with this, give us a call.



Safety and Health

"Talk it and Walk it!"
Celebrating 20 years

Don't wait for someone to die!

How often is it that you hear of someone dying before something is done about it. This is no different to someone having a Sudden Cardiac Arrest and there being no Defibrillator available / onsite, which may have saved their life. Staff are distressed, the family are shattered and the flow on effect toward workers compensation is sky rocketing and employee engagement is at an all-time low. We need your help to help us create more Heart Safe Environments across Australia.

I know many people organisations say, but the cost is an issue. Really, is it? We are talking about someone's life and for less than a coffee a day any organisation can play their part in reducing the number of deaths from Sudden Cardiac Arrest.

Did you know that more Australians die of Sudden Cardiac Arrest each year than those that die of Breast Cancer, Prostrate Cancer, Aids, Road Accidents and House Fires all combined?

Currently we are offering \$300 cash back for any AED you trade in to upgrade to a Mindray Defibrillator. Contact us for further information.



Megan's Affirmation

I can *Learn* Anything!
I can *Know* Anything!
I can *Be* Anything!



CHEMWATCH

Corner

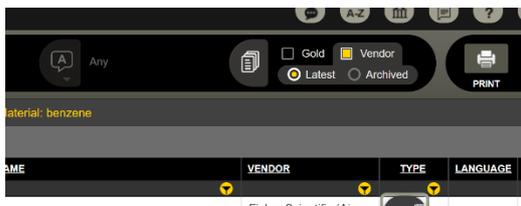
New Addition to Risk Assessment Module

You may or may not have noticed the note in the new sprint on the Chemwatch Login page in relation to the new physical state slider. Previously in the Risk Assessment Module, you may have noticed that sometimes when a product comes in different forms (e.g. solid / liquid / gas), if it was in the correct form the volatility / dustiness barrel etc was incorrect. To correct this issue you needed to do a 'data extraction' and update the state of the product. Now you are able to just use this slide bar. Check it out below



Further updates I have noticed

I also have found when you click on a Vendor SDS either through a search or in your folders / manifest, it will open to a screen that allows you to select whether you want to see Gold and / or Vendor, Latest or archived. You just need to select what you want to see, and it will display those. See screen shot below. If you need any assistance with these, please do not hesitate to contact us.



Joke of the Day



Question: Why did the can crusher quit his job

Answer: Because it was soda pressing.

Health and Exercise

Here are some effective Health and Fitness tips for the coming holiday season:

- Prep for success (meal planning)
- Mix up your exercise (helps with keeping interested and fitness for different parts of your body)
- Add in short bursts of activity (e.g take the stairs not the escalator)
- Value your rest days
- Up the intensity if you're short on time.
- Take your niggles (injury) seriously.
- Mix up your fruit and veg.
- Don't undervalue sleep.
- Make it social.
- Sign up for an event.
- Consider the mental benefits of exercise.
- Increase your cadence (rate of strides per minute) on runs. More steps less impact on joints.
- Try sports 3 times before abandoning them.

It is important for you to read and understand the signs!



Holiday's in this Quarter

Christmas Day 25th December 2018

Boxing Day 26th December 2018

New Years Day 1st January 2019

Australia Day 26th January 2019
(28th January 2019 Australia Day Holiday)

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

Next Time!

More information to come regarding the Mindray BeneVision N1 Patient Monitoring System

