



Talk It and Walk It

Est. 1996



SOS – Switched Onto Safety

Autumn Newsletter

What Have We Been Doing?

Well the start of this year has certainly been very different from what we had originally planned for. Albeit, I have to say, that the items we set in place such as GoToMeetings, budget for Chemwatch employee etc, certainly have worked for us during this world crisis.

As for many we are fully set up to be able to continue providing our services from home, which is a big change for Stuart but not so for Guy and myself.

During this time moving forward, we will be making many more SOS videos and adding to our YouTube page. If you haven't already seen it, check it out on our YouTube page <https://www.youtube.com/channel/UCQLkHE5M9jwCaeHdkvizNRQ>.

Let us know what you think and even send through some ideas of what we could add to our page.

We have continued to be busy, since our last newsletter this year. What have you been busy doing, I hear you ask, well, to name a few:

- Inspections,
- OSH and Quality Suitability Audits
- OSH and Quality Compliance Audits
- Chemwatch Training
- Coaching / Mentoring
- Adding more members to our Chemwatch family.
- Specialist advice.

Moving forward, we are very keen to ensure that all our clients know that we continue to be here to assist them and that we will be continuing to provide helpful, tips, guidance and coaching through our

Chemwatch Tip bits, SOS videos, Social Media tips, words of wisdom etc.

From all of us at SOS, we would like to wish that you all stay safe and well and feel free to touch base every now and then as we are here for you.

Current Topics of Interest

Working from home during this crisis

Working at home during these challenging times can be a bit of a novelty for some. However, it will still be classed as a workplace! Which means a few things should be checked. Working from home is great if it can be implemented correctly, here a few tips to think about when setting up a home office (temporarily or permanent).

1. Keep to a timeline (staring time).
2. Pretend like you are going into the office (stay focused).
3. Structure your day like you would in the office.
4. Choose a dedicated work space.
5. Work when you're at your most productive.
6. Plan out what you'll be working on ahead of time (and stick to it)
7. Use technology to stay connected.
8. Communicate expectations with anyone who will be home with you.
9. Take clear breaks.
10. Pick a definitive finishing time each day.

Remember Employers and Employees have a duty of care to; so far as is reasonably practicable,

provide/maintain a safe working environment without risks to health. A workplace risk assessment should be conducted to ascertain working from you home will be acceptable. Here is a great 'Working from Home checklist' to use:

https://www.comcare.gov.au/_data/assets/pdf_file/0009/276948/Working_from_home_checklist_20032020.pdf

Spill Management

Spill Response Ready!

We have just assisted one of our regular clients in setting up a purpose-built spill response and Biosecurity trailer.



Our Team



Megan LeNoir – Business Manager

Guy LeNoir – Company Director / Principal

Stuart Platt – OSHQE Consultant/Auditor/Trainer

Peter Liron – Senior Consultant/Auditor

Dr Lincoln Morton – Dangerous Goods Consultant

Find us on





Advice – Tips and Hints

Good Hygiene

COVID-19 or not, good hygiene practices are practices that should be engaged in at any time.

Practicing good hygiene includes:

- Cover your coughs and sneezes with your elbow or a tissue.
- Put used tissues straight into the bin
- Wash hands often with soap and water, including before and after eating and after going to the toilet.
- Avoid touching your eyes, nose and mouth.
- Clean / disinfect frequently used surfaces such as benchtops, desks and doorknobs.
- Clean / disinfect frequently used objects such as mobile phones, keys, wallets etc. increase the amount of fresh air available by opening windows or adjusting air conditioning.

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/good-hygiene-for-coronavirus-covid-19>

Handwashing, which removes germs from your skin, remains the best way to protect against the coronavirus and other pathogens.

In addition to washing your hands more often during this period, you also need to make sure you wash them thoroughly. To get properly germ-free hands, you need to lather them up with soap and scrub for at least 20 seconds under clean, running water.

https://www.who.int/gpsc/clean_hands_protection/en/

Statistics

Safe Work Australia Statistics

3,751 workers were fatally injured while working from 2003 to 2018.

31% of work fatalities in 2018 were due to a vehicle collision.

Fatality rates have fallen over the past 16 years for all age groups.

Workers aged between 45-54 years old have accounted for the highest number (820) of fatalities in the past 16 years. However, in 2016, 2017 and 2018, 55-64 year old's have accounted for the highest number of fatalities.

In 2018 there were a total number of 144 fatalities. Of those 144, 51 were associated with machinery operators and drivers and 36 were labourers.

From these statistics we should be utilising this information, i.e. Lessons Learned, and applying it to our work activities. For example, reinforcing training / verification of competencies etc in organisations where machinery operators are utilised. Reviewing own trending statistics can be useful in planning future activities.

<https://www.safeworkaustralia.gov.au/statistics-and-research>



Contact us if you would like an honest / objective review of your HSE system to see if your statistics (and culture) are telling you the truth about your organisations health and whether you are utilising this information effectively.

Throwback History

KEEP 'EM CLEAN



This is relevant at any time of the year, but especially so during the current situation we are all going through. Stay Safe and Well!

Environmental Spot

Researchers identify that 'Roundup contamination unpreventable'

In a world first, Australian agricultural scientists have created a map that pinpoints global hotspots of glyphosate contamination. Glyphosate, the active ingredient in weedkiller Roundup was originally produced by Monsanto (The brand is now owned by a Bayer). The map developed was based on research compiled over years of global study. It identifies environmental risk analysis that determines that Australia's most affected regions are:

- Multiple regions in Victoria.
- South-East New South Wales
- Central-west New South Wales continuing up to north-west Queensland
- Various regions in Western Australia
- Several Regions in South Australia

<https://www.abc.net.au/news/rural/2020-03-19/international-glyphosate-roundup-hotspot-map/12063156>



Lessons Learned.

PFAS class action settled over toxic firefighting foam at three Australian defence bases

A long running class action over potentially hazardous chemicals used in firefighting foam at three Australian defence bases has been settled. The 'in principle' (details not yet established) will assist local residents to move forward.

The groundwater around the three bases was identified to be contaminated with the chemicals, following the widespread use of per-and poly-fluoroalkyl substances (PFAS) over many decades. These chemicals were widely used in firefighting foams at many defence bases. PFAS are chemicals that do not breakdown and instead bio-accumulate in soil, which intern crept into the local communities soils and water table making their land worthless. Lessons learned: all hazardous chemicals need thorough risk assessments conducted before they are used.



<https://www.theguardian.com/australia-news/2020/feb/27/pfas-class-action-settled-over-toxic-firefighting-foam-at-three-australian-defence-bases>

<https://www1.health.gov.au/internet/main/publishing.nsf/content/A12B57E41EC9F326CA257BF0001F9E7D>

[/\\$File/PFAS-factsheet-15June2016.pdf](/$File/PFAS-factsheet-15June2016.pdf)

<https://www.defence.gov.au/Environment/pfas/PFAS.asp>

Quality

Why get your ISO: 9001 accreditation?

Sometimes we get the questions during discussion with our clients (or potential clients); Why does our company need to be ISO 9001 certified? What are the benefits? Having a quality management system (QMS) standard is all about quality! It could be a product or a service that you want to get endorsed. The 9001 standard is now internationally recognised and aligned.

There are many benefits for a company willing to go that route of 9001 accreditation.

- Meet client/customer requirements
- Describe, Understand, and Communicate Your Company Processes
- Increase Client/Customer Satisfaction with your Products
- Improve Company and Product Quality
- Improve the Consistency of Your Operations
- Improve Efficiency, Reduce Waste etc.
- Improve Company and Product Quality
- Improve the Consistency of Your Operations and
- Achieve International Quality Recognition

Becoming ISO 9001 certified means your organisation needs to pass a physical ISO 9001:2015 certification audit by a certifying agency. There

are several great organisations here in Australia

If you would like to know more, do not hesitate to get in contact with us

Note: World quality day 2020 will be Thursday, 12th November 2020

<http://www.quality.org/article/world-quality-day-2020>



Safety and Health

Dreamworld Thunder River Rapids accident inquest findings handed down by coroner

"The design and construction of Dreamworld's Thunder River Rapids ride posed a significant risk to patrons' safety and the park's systems were frighteningly unsophisticated", the coroner has found.

This resulted in the deaths of four members of the public on the Thunder River Rapids ride at the park in October 2016. Key findings included:

- Dreamworld had a "systemic failure" in all safety aspects
- Safety systems were "frighteningly unsophisticated"
- A serious accident "was simply a matter of time"
- There was no proper engineering oversight
- No holistic risk assessments ever conducted on the Thunder River Rapids ride.
- Bad record keeping practices.
- Inexpensive safety devices were not installed



The Coroner James McDougall stated Ardent Leisure (owners of Dream world) may have committed an offence under workplace laws and stated he would refer the company to Queensland Office of Industrial relations. As too the external engineer who oversaw the rides compliance to be referred to the Board of Engineers to investigate taking any disciplinary action.

A copy of the 300 page report can be acquired through the Queensland Courts:

<https://www.courts.qld.gov.au/courts/coroners-court/findings>

<https://www.abc.net.au/news/2020-02-24/dreamworld-accident-inquest-coroner-findings/11993742>

stored in but want all materials allocated to sub folders.

- Country and Language for a folder and / or subfolder
- Remember, the Read and / or Read and Write function should also be applied to folder structures.

If you would like further information regarding this, please do not hesitate to contact us.

Joke of the Day

Why don't ants get sick?

Because they have little anty bodies.



Health and Exercise

Why exercise is more important than ever!

Physical activity helps our body and mind in many ways, but here are a few of the key ones:

- Exercise releases chemicals in your brain, like serotonin and endorphins, which are great for your mood
- It can also lead to better sleep and give you more energy
- Physical movements can help ease tightness in your shoulders and neck, which often come with stress and anxiety
- It also makes you feel like you achieved something
- Regular exercise can help reduce your risk of serious health issues, like type 2 diabetes, heart disease and stroke
- It also helps with weight management
- And lastly, but definitely not least given the current situation, regular physical activity is great for your immune system.

<https://www.vichealth.vic.gov.au/b-e-healthy/exercise-covid-19>

Holiday's in this coming Quarter

- Friday 10th April (Good Friday)
- Monday 13th April (Easter Monday)
- Monday 25th April (ANZAC Day – Public Holiday 27th April)

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

HAPPY EASTER AND STAY SAFE AND WELL



CHEMWATCH

Corner

FOLDER PROPERTIES

The setting up / structure of the organisations folders within the Chemwatch System is an important process and shouldn't be taken lightly. The requirements and the use of these areas is important and should reflect the business. Overtime after listening to Customers' requirements / suggestions, Chemwatch have continued to update the properties function of folders. The following aspects can be assigned to different folders depending on the needs of the business:

- Folder type – such as storage, room, shelf, outdoor and many more
- Identify if materials can be stored in individual folders e.g. the organisation may have a building that they do not want materials