

Talk It and Walk It

Est. 1996

SOS – Switched Onto Safety

Spring / Summer Newsletter

What Have We Been Doing?

Where has this year gone? Christmas and the New Year is just upon us already.

We are very excited that over the past 3-6 months we have created new alignments with professionals whom we believe will add value to the services and products we can provide. We have also worked with some new clients which has been very exciting.

Some of you will have also noticed our new uniform shirts with our new logo. I think they look very smart indeed.

We have made a number of SOS videos. 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 put in our videos.

We have been very busy this year which is why you will not have seen as many Chemwatch Tip Bits and even one of our newsletters didn't get out which is why we are doing a combined Spring / Summer newsletter this time. What have we been so busy doing, well let me think:

- Inspections,
- OSH and Quality Suitability Audits
- OSH and Quality Compliance Audits
- Environmental Compliance Audits
- Chemwatch Training
- WorkSafe Plan Audits
- Coaching / Mentoring

From all of us at SOS, we would like to say a very big thankyou to all those businesses / people who have supported us this year, it is very much appreciated. We would also, like to wish you all a Merry Christmas and Safe New Year.

Current Topics of Interest

Commission for Occupational Safety and Health (COSH) MINUTES – 16 October 2019

The latest minutes from the COSH have been released, interests of note are;

- Review of research findings into Nano Diesel Particulate Matter.
- An update to the Commissions Strategic Plan 2019-2022.
- Reviewed updated Guidelines and Criteria for accreditation of introductory training courses for safety and health representatives.
- Process for reporting of occupational diseases and health monitoring to DMIRS requirements.

The Commission is a tripartite body made up of employee, employer and government representatives as well as occupational safety and health experts. See the latest minutes here:

https://www.commerce.wa.gov.au/sites/default/files/atoms/files/minutes_october_2019.pdf

Spill Management

Agriculture organisation in the clear after probe into chemical spill with possible links Parkinson's Disease.

WorkSafe WA has investigated an incident in North West WA after reports employees at an agricultural operation were given unsafe instructions, allegedly causing a spill of a dangerous pesticide Paraquat

(a weed killer used for weed and grass control in Australia) linked to Parkinson's disease. No one was injured and there was no environmental damage. However, While the department was unable to release details of its inquiry, it is believed the incident occurred when employees were allegedly instructed to decant the chemical from one vessel into another vessel.

<https://thewest.com.au/news/the-kimberley-echo/quintis-in-the-clear-after-probe-ng-b881378627z>

Hence the importance of risk assessments on the use of hazardous chemicals, including emergency spill management.

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

Summer is upon us and it's going to be a hot one!

Heat kills more Australians than any natural disaster.

Those most at risk are older people, young children and people with medical conditions.

5 Tips to #surviveheat.

- Drink plenty of water
- Stay somewhere cool
- Plan ahead
- Check in on others
- Never leave anyone in a car.

Speaking of never leaving anyone in a car, this is a key time to remind parents that their most precious valuables – their children – should never be left alone in the car.

Children can and do die in hot cars – and the risks are the highest in summer. Even on mild days the temperature inside a parked car can be 20-30 degrees hotter than the temperature outside. When it's 30 degrees outside, a child could be suffering in up to 60-degree heat. As a child's body temperature rises three to five times faster than an adult, the impact of this heat on a child's body is almost immediate. Larger cars heat up just as fast as smaller ones. Leaving the windows down slightly has little effect on the inside temperature. Tests have shown that when windows are left open by 10cm, it reduces the inside temperature by only five degrees. A great practice is whenever parents get out of the car, take the kids with you, just as you do your valuables.

https://www.kidsafevic.com.au/images/2016/Do_not_leave_children_in_cars/No_Kids_in_Cars_Flyer.pdf

Statistics

Cost of Injury and Illness

We often look at statistics related to Workplaces from a fatality perspective. However, it is very important for us to be looking at statistics related to injury and illnesses. These statistics can assist us in many ways, for example, compare our organisation injury statistics to that of the general work industry, identifying high risk areas and where training etc could be focused on etc.

It is also important that Injury and Illness statistics in general are looked at as it can assist in identify business cases for where focus points are in relation to OSH e.g. high level of body stress / manual handling injuries.

In 2016-2017, serious claims by mechanism of incident showed that 38% was related to body stressing / manual handling and 24% related to falls, trips and slips of a person

Serious claims in the same period related to occupation, Labourers were 16.5 serious claims per million hours worked (25%), Community and personal service works were 11.1 serious claims per million hours worked (17%) and Machinery operators and drivers were 10.8 serious claims per million hours worked (14%).

<https://www.safeworkaustralia.gov.au/book/work-related-injury-and-disease-key-whs-statistics-australia-2018>

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

Holiday Season



This is relevant at any time of the year, but especially so during the holiday season with school holidays just around the corner. Stay Safe!

Environmental Spot

WA research reveals plastic's impact on Ocean Giants!

Recent research conducted by Marine biologists from Murdoch University and the Marine Megafauna Foundation has identified large marine creatures are consuming (ingesting) thousands of pieces of plastic from the breakdown of single-use packaging and bags every day. With time, plastics break down into smaller pieces called 'microplastics' that large marine creatures and filter feeders might accidentally scoop up when they are feeding on their prey. While large debris continues to be an extensive environmental problem, it's the microplastics that are a growing concern.

Researchers also sampled fish sold for human consumption in overseas markets and found from the samples over a quarter of fish contained plastic debris in their digestive tracts of some description. However, as some species are



threatened it is difficult to confirm all results.

So, are you doing your bit and recycling everything you can so that it doesn't end up in landfill or the environment?

<https://www.watoday.com.au/national/western-australia/wa-research-reveals-plastic-s-impact-on-gentle-giants-of-the-ocean-20191120-p53chx.html>

<https://marinemegafaunafoundation.org/>

Lessons Learned.

Crystalline silica (silica) is found in sand, stone, concrete and mortar. It is also used to make a variety of products including composite stone used to fabricate kitchen and bathroom benchtops, bricks, tiles and some plastics. When workers cut, crush, drill, polish, saw or grind products that contain silica, dust particles are generated that are small enough to lodge deep in the lungs and cause illness or disease including silicosis. Under the model WHS Regulations (check your own applicable state regulations for applicable requirements)

PCBUs must provide health monitoring for workers if they carrying out ongoing work using, handling, generating or storing crystalline silica and there is a significant risk to the worker's health because of exposure.

Minimum health monitoring requirements include chest X-Ray full PA view (baseline and high-risk workers only). However, it has been found that Chest X-rays on workers exposed to dust from manufactured stone are 'failing to reliably detect' serious lung disease, with one study showing X-rays overlooked disease in more than 40% of workers.

<https://www.smh.com.au/national/nsw/x-rays-fail-to-reliably-detect-lung-disease-in-stone-workers-radiologists-20191013-p5307f.html>

<https://www.safeworkaustralia.gov.au/silica>

Quality

Product safety Australia (Recent product recalls)

The ACCC has released its latest list of product recall in Australia. With the lead up to Christmas it could be a timely reminder for a quick review to see if any products have been recalled which to may already have or are thinking of purchasing. The ACCC's role is to identify and address the risk of serious injury and death from safety hazards in consumer products. An example is the Infinity Cable Recall – Infinity and Olsent-branded Infinity cables failed to meet electrical safety standards due to poor quality insulation (plastic coating) Testing found the insulation on the 'TPS' and 'orange round' range of cables will become brittle prematurely, which may present a safety hazard if the cables are disturbed and the insulation breaks. Cables exposed to prolonged high temperatures will degrade at a faster rate.

<https://www.productsafety.gov.au/recalls>

The link between Quality and Safety!



Safety and Health

Mesothelioma diagnosis rates increase in Western Australia.

662 Australians were diagnosed with the disease in 2018, with the wave of people being diagnosed decreasing across Australian. In 2018, 699 people died from mesothelioma based on the Australian Mesothelioma Registry data at 1 May 2019. WA has become the only state with asbestos cases still on the rise. On average, two people are diagnosed with mesothelioma in Australia each day. At a recent national Asbestos Safety Conference conducted in Perth where the focus on a national Strategic Plan for Asbestos Awareness, Management and the important Responsibilities all relevant stakeholders.

The WA state government has drafted a new Work, Health and Safety (WHS) Regulations which include requirements for best practice asbestos management and removal.

<https://www.watoday.com.au/national/western-australia/one-person-a-week-suing-james-hardie-as-wa-becomes-only-state-with-asbestos-cases-still-on-the-rise-20191114-p53ari.html>

https://www.aihw.gov.au/getmedia/7df8ff10-d0b7-4d42-881b-76647a9263ef/aihw-can-130-infocus_1.pdf.aspx?inline=true

Megan's Affirmation

I can ^{Learn} Anything!
I can ^{Know} Anything!
I can ^{Be} Anything!



CHEMWATCH

Corner

FOLDER PROPERTIES

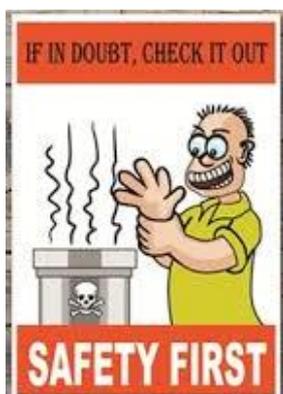
The setting up / structure of the organisations folders within the Chemwatch System is an important process and shouldn't be taken lightly. The requirements and the use of these areas is important and should reflect the business. Overtime after listening to Customers' requirements / suggestions, Chemwatch 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 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.

Safety Saying of the Day



Joke of the Day

I always knock on the fridge before I open it.

Just in case there's a salad dressing!

Health and Exercise

Staying hydrated during this Summer

This Summer's Outlook from the Bureau of meteorology indicates warmer and drier conditions across Australia which are likely to continue well into 2020, as it appears to be the hottest start to summer in 10 years! Organisations **must** do everything that is 'Reasonably Practicable' to eliminate the risks to workers' health and safety, including those associated with working in heat. Around half to three-quarters of your body is made up of water (dependent on several factors). 'Listen to your thirst' The amount of water you need to consume each day will change. You will need to drink more if it is a hot day, or if you are exercising. If you are feeling thirsty you are already dehydrated to a point. It is also important to keep this in mind when you are not at work as well.



Holiday's in this coming Quarter

- 25th December Christmas Day
- 26th December Boxing Day
- 26th January 2020 Australia Day
- 27th January 2020 Australia Day Public 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

MERRY CHRISTMAS AND A SAFE NEW YEAR

