

This Occupational Health, Safety & Environment Newsletter is published by the Pulp and Paper Industry OHS&E Unit.



WISE NEWS

Workplace Industrial Safety and Environment Newsletter

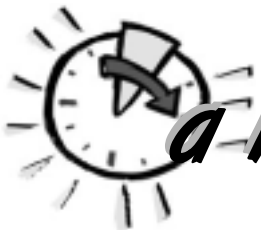
in this edition ...
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WHAT THE ???



Umm... how will I get through all this??? I'm a goner!



a minute with...

- Describe yourself in 3 words... **GOOD LOOKING, HAPPY**
- One piece of PPE you would never leave home without... **SAFETY GLASSES**
- Holden or Ford... **FORD**
- You barrack for... **BRISBANE LIONS**
- One item you would take on a desert island... **TRUCK LOAD OF VIC. BITTER & PIES**
- Who would you like to sit next to on a plane... **NELSON MANDELA**
- Health & Safety at work means... **GOING HOME AT THE END OF THE DAY!**



Kevin Riordan
OHS Representative, SCA Hygiene, Box Hill

FATIGUE... FATIGUE...



WHAT IS FATIGUE?

Fatigue is a symptom, rather than a specific disease or disorder. People who are fatigued feel tired all the time in both body and mind.

A person suffering from fatigue has slowed reflexes and reduced function in daily life. Excessive tiredness is also a known risk factor in workplace accidents.

symptoms...

- * Chronic tiredness or sleepiness
- * Dizziness
- * Slowed reflexes and responses
- * Low motivation
- * Moodiness, such as irritability
- * Impaired hand to eye coordination
- * Reduced immune system function
- * Short term memory problems
- * Impaired decision making & judgement
- * Headache
- * Sore/aching muscles
- * Muscle weakness
- * Appetite loss
- * Blurry vision
- * Hallucinations
- * Poor concentration

causes of workplace 'Fatigue'...

Shift Work - the human body is designed to sleep during the night. This pattern is set by a small part of the brain known as the circadian clock. Sleeping during the day confuses the circadian clock because the person's brain chemicals are set to 'wakefulness' mode.

Poor workplace practices - can add to a person's level of fatigue. These may include long hours, hard physical labour, irregular working hours (such as rotating shifts), stressful work environment (such as excessive noise or temperature extremes), boredom, working alone with little or no interaction with others or fixed concentration on a repetitive task.

Workplace Stress - can be caused by a wide range of factors including job dissatisfaction, heavy workload, conflicts with bosses or colleagues, bullying, constant change, or threats to job security.

How can a workplace help keep workers 'Alert'

Workplaces can help by providing environments which have good lighting, comfortable temperatures and reasonable noise levels.

If extended hours/overtime are common, remember to consider the time required to commute home, meal preparation, eating, socialising with family, etc...

Workplaces may wish to consider providing:

- * on-site accommodation / * prepared meals for workers
- * facilities where employees can take a nap before they drive home.

coping with fatigue...

Diet - Drink plenty of liquids. Keep a diary of what and when you eat and take advantage of the times when your appetite is best. Ask your doctor to refer you to a dietician, who can give you helpful dietary advice. Excessive intake of caffeine can cause insomnia and headaches. It is recommended that foods containing caffeine such as coffee, tea, iced tea, cola drinks and chocolate are not consumed five (5) hours before sleeping.

A light snack such as cereal & milk, yoghurt & fresh fruit, milk & digestive biscuits or a piece of toast with a small banana before bed helps in getting a good, restful sleep.

Exercise - Regular, light exercise such as walking. Too much exercise might make you tired but so can too little - it's important to find your own level. A good balance between being active and getting plenty of rest is best. Drink plenty of fluids before, during and after exercise.

Sleep - is very important and may help to fight fatigue as well as reduce your need to sleep during the day. Relaxation exercises can help you to sleep, but if you can't it is just as important to rest your body and mind - particularly on day sleeps during nightshifts.

Source: Better Health

Don't miss out! Don't miss out! Don't miss out! Don't miss out!

OHS Representatives Basic Training - Melbourne

April 3 - 6

The Pulp & Paper Industry OHS&E Unit is conducting OHS Representatives Basic Training - Victorian Sites -

Registration information will be posted to your Sub-Branch in early March.

Book these dates in your diary NOW!

Visited the OHS&E Website yet?

RECENT PROSECUTIONS

FINED \$500,000 - Safety Breaches...

A 57 year old truck driver who suffered a back injury due to a faulty seat in his dump truck has been awarded \$500,000 in damages.



In 1998, the driver began to suffer increasingly intense back pain when, rather than cushioning his ride, the seat of his truck bottomed out on hitting a bump in the ground.

The driver reported the problem but was told to keep working and that a mechanic would check his seat after his shift. From that day, the driver became permanently incapacitated for work.

The District Court of Western Australia found that the seat was faulty, and that the trucking contractor employing the driver and the mining company at which he was working had been negligent and failed to provide a safe system of work.

Can't teach an old dog new tricks...

Eight prior convictions for OHS breaches had not taught a commercial grain handling and storage company its lesson as it again failed to provide workers with a safe workplace resulting in a \$180,000 fine.

Whilst working the employee used a portable aluminium ladder to reach the platform. The top of the ladder extended only 0.15m above the platform and was not secured at the top.

The employee completed his work and when stepping back onto the ladder it moved sideways causing him to lose his footing. He fell 3m landing on a metal grid. The employee suffered a head laceration requiring 20 stitches, a fractured wrist and lacerations to his left knee.

The employer failed in ensuring safe access to and exit from platform. The portable ladder did not extend a metre above the platform level, as required.



FINED \$135,000 - Safety Breaches...

A light engineering and manufacturing business has been convicted and fined after a teenage worker was injured while operating a forklift without training or supervision. The employee together with another employee, was moving a load of formed metal products from one location to another. During the course of the move, the load on the forklift became unstable, fell and struck the employee, causing him major injuries including skull fractures and a collapsed lung. He was left with short-term memory loss and impaired vision.

The company failed to provide a safe system of work that was controlled and monitored. The company had also failed to ensure that the work was carried out by persons with suitable qualifications and had not provided appropriate training.

Paper Recycling Conveyor - Arm Amputated

An employer has been prosecuted for breach of s 8(i) of the OH&S Act 2000 (NSW) for failing to provide a safe place to work following a work place incident.

The company was convicted and fined \$123, 75.

An employee was directed to clear the blockage after a conveyor jammed. The employee swung open the steel mesh guard and started clearing the paper. As he brushed the paper from the belt with his right hand, his arm and hand were dragged into the nip point of the roller and became trapped.

The belt of the conveyor had to be cut to release the employee. The injuries to his arm included multiple fractures, muscle, skin and tendon damage. Surgery to save his arm was not successful and the arm had to be amputated above the elbow.



The NSW Industrial Relations Commission in court session established that the employer had no documented procedures or work method statements for the operation, clearing of blockages or maintenance of the conveyors. The injured employee had only received general on-the-job instructions from a co-worker and no formal training.

There was no evidence that the employer had performed any risk assessment on the waste conveyor system.

The Quarterly **REPORT**

- a n i n d u s t r y p e r s p e c t i v e -



KIMBERLY-CLARK AUSTRALIA

Millicent

📁	Recordable Case Incidents:	2
📁	Contractor/Labour Hire Incidents:	0
📁	Recordable Case Frequency Rate:	17

(per million person hours)

Safety Activities...

Kimberly-Clark Australia Occupational Health and Safety Services conducted a 2 day conference at the Millicent Mill. All safety reps attended.

Electric pallet stackers have been ordered by the Converting Department to reduce forklift and pedestrian interactions in manufacturing areas.

Health and Safety representatives received continuing training focusing on planned inspection methods and standards.

PAPERLINX

Burnie, Maryvale, Shoalhaven, Wesley Vale

📁	Medical Treatment Incidents:	18
📁	Contractor/Labour Hire Incidents:	2
📁	Medical Treatment Incident Frequency Rate:	

(per million person hours)

Safety Activities...

The first stage of the Search for the Future (SFTF) process at Maryvale has come to a conclusion. SFTF has been exploring ways to improve the overall safety management and culture at Maryvale by forming joint problem solving teams to explore priority issues. The Steering Committee endorsed implementation.

AMCOR

Botany, Fairfield, Functional Coatings

📁	Recordable Case Incidents:	0
📁	Contractor/Labour Hire Incidents:	0
📁	Recordable Case Frequency Rate:	12.7

(per million person hours)

Safety Activities...

AMCOR employees have undergone a significant amount of training in Risk Management Processes. The level of communication and training has highly improved across the company.

SCA HYGIENE AUSTRALASIA

Consumer - Box Hill

📁	Recordable Lost Time Incidents:	3
📁	Contractor/Labour Hire Incidents:	0
📁	Recordable Injury Frequency Rate:	13.2

(per million person hours)

Safety Activities...

SCA Hygiene won the major 2006 WorkSafe award in the category of best solution for sprain & strain injuries for the automation of turning bars in facial tissue production. Significant manual handling improvement & production efficiency has resulted from the proactive facial team crew. A table of 10 SCA Hygiene representatives comprising OH&S reps, key operators & fitters, supervisors and management attended the awards evening.

A new agreement has been approved for welfare counseling services, and review commenced on other potential health initiative proposals to meet workforce risks.

Do you have any ideas or feedback relating to the WISE Newsletter?

If so, please call (03) 9349 2344 or Fax: (03) 9349 2580 or
E-Mail : info@ppwsafety.org