

Issue No.3
December 2001

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

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WISE NEWS

Workplace Industrial Safety and Environment Newsletter

I can't believe it is nearly Christmas already! This year has really flown (this could be a sign of old age of course...). With both Renee and myself starting with the OHS&E Unit earlier this year, much of our time has been spent on updating our systems, methods of documentation and developing sustainable work programs for 2001/02 and beyond. In the past three months particularly, OHS training has dominated our schedule with many sites taking the opportunity to skill up their OHS representatives and line management for a flying start in the new year. Over 100 OHS representatives have attended one of our training courses during this time. In the December / January period we will be planning further activities for the coming 12 months.

Thanks to all the sites and Carl Stolz from Carter Holt Harvey Myrtleford for their contributions to this edition of WISE News.

I would like to thank the Federal Office of the Pulp and Paper Workers Branch, together with each of the Sub-Branch Secretaries, for all their help and support during the year. A huge thank you also to Renee, who produces our newsletters & publications and never complains! Have a safe and happy Christmas and a fabulous start to 2002. The next edition of WISE News should be around in March, so until then, Cheers

Denise



IFBWW Fiji tours AMCOR

Sangeeta Devi Chandra was recently in Melbourne and talking about workplace health and safety! Sangeeta, together with one other person, is employed by the International Federation of Building and Wood Workers and provides OHS services across the timber, electricity and building & construction industries in Fiji.

During her two week stay in Australia, Sangeeta was based at the Federal office of the CFMEU Pulp and Paper Workers Branch. During this time Sangeeta took the opportunity to spend a few days with the OHS&E Unit to further her studies in occupational health and safety.

During her visit Sangeeta talked safety with a number of people, toured the AMCOR Fibre Packaging mill in Fairfield and gained a more in-depth understanding of the hazards and issues faced by the employees working in the pulp and paper industry. Many thanks to Phillip Edwards for his time during the Fairfield site visit.

Site Snaps



AMCOR

Sydney

New, consolidated regulations (Occupational Health & Safety Regulation 2001) replaced the existing regulations that related to health, safety and welfare on 1 September, 2001. To ensure the implications of these changes are understood a number of people from the site have attended the seminars conducted by WorkCover. Employees and management from the Botany site were also involved in a Papers Division project to develop a strategic program to promote the use of the company's incident recording system across the division. This project was part of a wider program of OHS related activities currently taking place. A range of training has been provided to employees at the Botany mill and Enfield Recycling Depot, including confined spaces; first aid; fire and OHS Committees.

Melbourne

During the past few months a group of employees (primarily from the Fairfield mill), management and the OHS&E Unit have been developing guidelines for a behavioural safety program within the Papers Division of AMCOR. This program would use a recognised behavioural safety program and focus on one pilot site initially. Although the original pilot site was to be Functional Coatings, it is now believed that the Fairfield mill will be a more suitable pilot base, given their current involvement in the Bsafe program. This work will continue into next year.

Broadford

Hazard identification and risk assessments undertaken at the Broadford site some time ago identified manual handling as a significant risk for some employee's at the mill. Control measures to reduce the manual handling of cardboard, which is currently sorted and stacked by hand, included the acquisition of new equipment. A new Upender has been scheduled for commissioning during early 2002. It is anticipated that this will dramatically reduce manual handling on site.

KIMBERLY CLARK

Millicent

A recent Continuing Training program for OHS Representatives had great results for the site. The program focussed the OHS Representatives on identifying hazards and developing solutions to eliminate or control them. One group identified a significant hazard in the warehouse and developed a project to eliminate the hazard for people working in that area. At the completion of the training course the OHS Representatives then went on to deliver their presentation to the site OHS Committee. This proved to be a great result for CFMEU members and Kimberly Clark, as we all want to see hazards eliminated from the workplace. Employee's at the Millicent Mill would like to take this opportunity to wish all other people in the Paper Industry a Safe Christmas

and a Happy New Year!

CARTER HOLT HARVEY

Myrtleford

The maintenance department has recently begun a structured program that will see a progressive installation of earth leakage protection for all electrical outlets across the site. Having recently conducted hazard management training for some OHS Representatives on site, a further training program is being developed that will see all maintenance employees undertake hazard management training during the first quarter of 2002. Action items are currently being developed from the recently completed Key Elements Assessment audit on site.

Box Hill

The OHS&E Unit recently conducted two OHS Basic training courses. A mix of OHS Representatives and management attended these. The OHS Committee recently formed a sub-committee to develop an OHS promotional campaign and activities for 2002. These will include quarterly themes, monthly targeted activities and more effective involvement of OHS Representatives. The November Key Element Assessment audit was underway, together with a SafetyMAP audit of the site, at the time of going to print.

PAPERLINX

Nowra

After a fairly poor couple of months with some injuries and changes to our OHS Reps and management team, we seem to be back on track. These changes, and the enthusiasm they bring, hold us in good stead for the future. We have adopted an "Employee of the Month" scheme with a dinner for two as the prize, culminating in an "Employee of the Year" award with the prize being a weekend away for two. This seems to be taken to heart by most, with some very deserved winners.

Maryvale

The OHS&E Unit have recently been involved in an OHS training program that has seen 9 new OHS Representative's complete basic training and 58 existing OHS Representatives complete a two day Refresher course. The refresher training was particularly well received with most OHS Reps appreciating the structured time to conduct hazard inspections of their work areas and network with other OHS Reps from the site. The Major Hazard Facilities licensing arrangements are currently a major focus of the site with case studies and plans to be submitted to the Victorian WorkCover Authority by 31/12/01.

Wesley Vale

With the completion of the new B Double Unloading Facility a Hazop has been conducted, together with a safety inspection. Construction and commissioning of the facility went well with lighting and alterations to the ramp being the only changes required. The use of B Double trucks reduces the number of trucks moving base reels between the mills.

Visited the OHS&E Website yet?

Pre-start checklists are currently being developed for all vehicles onsite, starting with forklifts and roll grabs initially.



Burnie

A small committee of key people are currently preparing to review isolation systems across both the Burnie and WesleyVale sites. Manual handling risk assessments continue across the site. The Tasmanian mills have a newly appointed Safety Manager, Simon Talbot.

NORSKE SKOG



Albury

During October a number of employees from across the site participated in gas testing training. A small number of employees were also trained in the calibration of the gas monitors in addition to the testing training.



Boyer

Boyer Mill has now reached 200 days free of lost time injuries. Despite this figure, there have been some serious incidents that could have changed that. Two dangerous incidents, that thankfully didn't cause injury, were a dropped granite roll in the Machine Room and a runaway of a rake of loaded paper railway wagons from the warehouse. The most serious incident was when an electrical contractor cut into a live 6.6kv cable, with a power saw whilst trying to cut up an adjacent disconnected cable for removal. Fortunately the contractor wasn't fatally electrocuted, but the flash caused major burns and threw him and his mate from the scaffold they were working on. Investigations concluded that contractors require more intensive and thorough supervision, job briefings, indepth analysis and improved communications.

www.safety website.www

Australia and the European Union have come together to launch a joint OHS website. The National Occupational Health and Safety Commission (NOHSC) and the European Agency for Safety and Health believe this is an important step towards cooperation on occupation health information.




As well as linking directly to EU information, the site is a rich source of Australian OHS information from both the federal level and states and territories. Users can access key OHS information on issues such as good practice, solutions to workplace safety problems, research statistics, training and legislation/regulations.


The website is:

www.nohsc.gov.au/NOHSC-EU

ELECTRICAL WORK AND CONTACT LENS

Arcing generates ultra-violet radiation, which causes skin damage akin to severe sunburn. Molten metal particles from the arc itself can penetrate, burn and lodge in the flesh. These effects are additional to any radiated heat damage caused by the arc. Further effects of arcing can easily be overlooked and an illustration of this has been where the recipient of arcing has been wearing contact lenses with the following consequences.

 An electrical worker threw an uncovered electrical switch into a closed position resulting in an electrical spark.

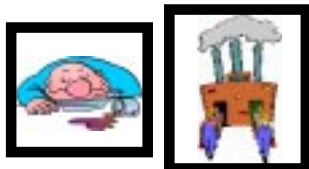
 A welder threw open his protective face shield to better position a welding rod, the rod contacted metal and produced a spark.

Nothing particularly unusual about these occurrences except both men were wearing contact lenses. On returning home they removed the contact lenses and the cornea of the eye was removed along with the lens. The result was instant blindness.

An investigation revealed in both cases the electrical arc generated microwaves that had dried up the fluids between the eye and the contact lens. The trauma is painless and the individual never knew the injury had occurred until they had removed the contact lens along with the cornea.

Clearly, therefore it may be very unwise to wear contact lenses when considering any electrical testing or commissioning activity.

*Thanks to Carl Stolz for this article.
This article originally appeared in CELSIUS,
the refrigeration industry newsletter.*



MANAGING SHIFTWORK



Talking with OHS representatives across the pulp and paper industry, one issue that is continuously raised is managing shiftwork. Although an accepted part of working in this industry, many people find managing shiftwork a challenge. In response to these concerns we will be producing a series of articles in WISE News on ways that you can positively manage the effects of shiftwork and its impact on your lifestyle. This edition's article focuses on nutrition and eating habits – not overdoing the leftover turkey and mince pies after Christmas!

Why is Shiftwork Different from Day Work?

On night shift you work when your body clock tells you to sleep, and try to sleep when your body clock tells you to be active. Your body is designed to be awake and alert in the day and rest at night. All body and brain functions are geared around this. To organise this pattern of activity and rest, there is an internal timekeeper – a body clock. Rises in functions like blood pressure and heart rate prepare you for activity during the day, whilst at night your body slows down and you feel sleepy.

The body clock is regulated by the cycle of light and dark, and cannot be altered easily. After a few nights of shiftwork, some (but not all) of your body functions start to adjust, but at different rates. They then reset themselves to daylight rhythms on days off. Even in permanent night workers, the body clock never changes permanently to a different sleep/wake cycle.

Your digestive system is controlled by your body clock and has its own rhythm of activity and rest. Digestion therefore slows down at night irrespective of how active you are, and a heavy meal can be difficult to digest. The timing and quality of meals is important, otherwise you can suffer problems such as indigestion, heartburn and constipation (it can't all be blamed on canteen food!). Forward planning will be necessary to regulate your meals and ensure you eat the right things.

When To Eat

★ Where possible keep to your daytime eating schedule. Try having two meals at the regular times and a 'night meal' in the middle of the night shift.

★ Consider having your largest meal after your day sleep.

★ Take your meal at or before 1.00AM. The effects of the meal could be to decrease alertness in the second part of the shift, so it is better to eat before you become fatigued.

What to Eat



Light meals containing lean protein (chicken, meat or fish), vegetables and a small serving of carbohydrates (bread, potatoes, rice, and pasta) are easy to digest. Too many carbohydrates may make you drowsy.



Fresh fruit and milk products (milkshakes, yoghurt or fruche) are also good as meals or snacks.



Avoid heavy meals with high fat content or anything too spicy or fried - they take longer to digest and can leave you feeling drowsy or with indigestion.



Limit the number of caffeinated drinks towards the end of your shift as they can affect your sleep patterns during the day.

Everybody of course is different. Identify an eating pattern that suits you best and stick to it.

Many thanks to Workplace Health and Safety, QLD and www.shiftworker.com for the above information.



Have
a safe and
Merry Christmas.
See you
next year!
Denise & Renee