

Issue No. 5
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WISE NEWS

Workplace Industrial Safety and Environment Newsletter

Half way through the year and the OHS&E Unit remains busy as ever.

The website has recently been revamped and changed to reflect the unit's activities and focus. There is some new material loaded and a number of extras coming soon. Be sure to check it out at www.ppwsafety.org.

On the most serious note we acknowledge the recent fatal incident at the Australian Paper, Maryvale Mill and extend our sympathies to the family, friends and co-workers of the deceased employee.

Following this tragic event, OHS Representatives from the CFMEU, AMWU and ETU participated in an incident investigation team set up by the company. The purpose of the investigation was to ensure that everything possible was learned from the incident and to make changes where necessary to protect workers from any similar situation or incident. Each of these elected OHS Representatives knew the deceased employee personally, but were able to focus their energies on ensuring none of their other mates could get caught in similar circumstances.

During this investigation period these representatives also provided extraordinary support to their grieving colleagues and ensured all workers were kept up to date with the progression of the investigation.

Having also participated in the investigation I would like to congratulate the representatives from the CFMEU, ETU and AMWU on a job well done. The work undertaken by our investigation team will be significant in preventing these types of incidents across our industry.

An Industry Alert is currently being developed for distribution.

Until next time...

IN THIS EDITION

★ **New staff member at OHS&E**

★ **Site Snaps**

★ **Recent Prosecutions**

★ **Safety Website**

★ **Managing Shiftwork: Part III Home & Social Life HINTS!**

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New Staff Member...

A significant change for the OHS&E Unit is our new Communications and Administration Officer... yes another one!

I am happy to say Anna Hedigan's departure after only 8 weeks with us was due to the opportunity of a lifetime rather than our working environment. Anna recently received a grant from the Italian Government to live and study in rural Italy for an extended period of time. Given Anna is writing a novel set in Italy it was the opportunity of a lifetime and we wish her well.

We are delighted to welcome Alissa Chaaban to our organisation as Anna's replacement.

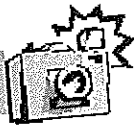
Alissa joins us from the Science Teachers' Association of Victoria, where she was employed for two and a half years. Alissa's role at STAV encompassed the implementation of the Association's professional development program, event management, database development & maintenance and a host of other administrative tasks.

Alissa brings strong computer and organisational skills to this role and is already proving to be a great asset in the few weeks she has been here.

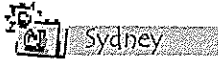
On a more personal note Alissa enjoys nights out with the girls and loves fast bikes. She also knows a lot about cars, having demonstrated her ability to change oils, globes and other things that the rest of the office are members of the NRMA for!

I am sure you will join me in making Alissa feel welcome - we need her to stay around for a while!

Site Snaps



AMCOR



Sydney

Training is the name of the game for the past couple of months and will continue into the future.

The OHS&E Unit has recently facilitated three workshops on Incident Investigation. Over forty people including OHS Reps, Grade 8's and supervisory staff attended these workshops.

To update their First Aid Certificate 12 First Aiders recently attended a 1 day Senior Re-certification Course.

Training continues for AMCARE, Cranes, Confined Spaces, Fire Training and General Fire Warden.

A High Visibility Policy has been developed and the OH&S Committee is consulting with members on an Eyewear Policy.



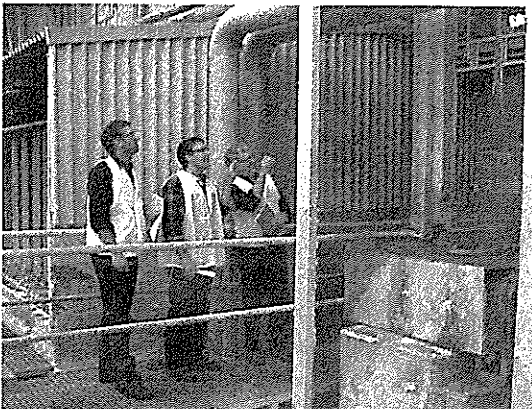
Melbourne

The Fairfield mill has been audited, audited and audited of recent weeks! The mill has participated in audits by WorkSafe, the Environment Protection Agency, internal corporate standards and a self insurance audit. Whilst this has made for a hectic schedule it is anticipated that the results of these reviews will provide for a continuous improvement cycle within the Fairfield mill.



Broadford

In mid May, through Lloyd's Register of Quality Assurance, Broadford underwent a 'SafetyMap Initial Level Assessment'. Through this process it was identified that 56 criteria were examined with 47 conformances reached. This amounts to an 84% pass in Initial SafetyMAP. It is planned that ongoing work will continue.



CARTER HOLT HARVEY



Myrtleford

The Myrtleford site has been gearing up for its certification to SafetyMAP Advanced Level. The audit for this being scheduled for mid July. Activities undertaken prior to this have included a 'pre-audit' to ensure all systems are in place. In addition to this we are involved in a training program to ensure all employees across the site are proficient in hazard identification methods, as well as working on a fatigue and shiftwork study. This fatigue study will examine whether there is an increase in injuries on night shift. The results should be available shortly.



Box Hill

The Box Hill site has been doing a lot of work upgrading its emergency evacuation procedures. The revised policy will be given final approval in June. Seventeen emergency cabinets have been installed around the site, communication procedures have been established and follow up training for all our Wardens planned. Trial evacuations will begin for all areas from mid July.

PAPERLINX



Nowra

The Shoalhaven risk assessment by task is still ongoing. It is a long process, but worthwhile as issues are coming to notice that have been unattended in the day to day running at the mill. Which in the end makes Shoalhaven a safer mill to work in. Also our four new OH&S committee reps have finished their training, which can only benefit all at the mill with their valuable work and input.

NORSKE SKOG



Boyer

With the successful completion of trials a new Contractor Safety Management plan has been endorsed, incorporating a comprehensive 'Contractor Permit to Work'. This includes detailed induction and works area familiarisation processes and is aimed at mitigating against risk of contractors exposing themselves, company employees and plant to danger arising from any unfamiliarity with the work place.

Recently revised and updated is the Hot Work and Fire Permit system with the mill. The Emergency Response Team are continuing to undergo high level training to provide an efficient and effective response against any emergency event.

Visited the OHS&E Website yet?

Recent Prosecution

Industry: Manufacturing

A 29 year old employee sustained an amputation to the index finger and thumb of his right hand when they were caught in the blade of a 'Brobo' metal cutting saw which had had the guard removed.

There was another system of work associated with the operation of the saw that was unsafe: when cutting aluminium on the saw it was necessary to lubricate the blade for ease of cutting by applying wax to the blade after every four or five cuts. The system of work for lubricating the blade was such that a block of wax was held by hand and pushed against the blade while it was running.

The breach was fundamentally dangerous, and heightened by the removal of the guard and failure to supervise.

The company believed that it had a system that would work, but failed in this case.

In response to the incident, the company stopped the operation and contracted the work out.

OUTCOME

GUILTY

RESULT

Fined \$75,000 plus costs

Recent Prosecution

Industry: Transport & Storage

A casual truck driver was assaulted by his supervisor. As a result he suffered injuries to his face & neck.

Following the incident, an Inspector visited the company, and emphasised the seriousness of the issue. The company agreed to put in place appropriate procedures and policies for dealing with workplace violence.

However, the company failed to take any action in respect of training its employees to deal with workplace violence. On 8 February 2000, the same supervisor assaulted another truck driver.

OUTCOME

GUILTY

RESULT

Fined \$20,000 plus costs



Managing Shiftwork Part III



SOCIAL LIFE

Normal social interaction with family and friends is very important for shiftworkers. When you are awake everyone else is sleeping, and when you are at work, other people have free time. However, it is also important that you do not become socially isolated.

Shiftworkers can experience a tug-of-war between personal and social needs.

When on shiftwork you should:



Plan to make the most of your time off. Let your friends know when you are free.

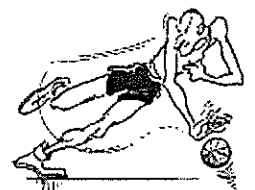


Use your free day, when others are working, for activities you like to do by yourself, and do some of the jobs that might otherwise interfere with social occasions.



See if there are others on shiftwork who will join you in a recreational activity such as sport, or going to a film.

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www.safety website.www

When visiting our useful and informative website **www.ppwsafety.org** jam packed with valuable OHS information be sure to take advantage of our link to ILO - International Labour Organisation or simply log onto:



www.ilo@ilo.org

The ILO is the UN specialist agency, which seeks promotion of social justice & internationally recognised human & labour rights.

View and download the most recent information on press releases/kits, publications, leaflets, brochures, photo's and video clips.

Resources include the latest ILO convention recommendations, databases, statistics, direct links to recommended sites and a whole lot more...

www.ppwsafety.org






Managing Shiftwork Part III



HOME LIFE





Just as your body follows a rhythm, so does your family and social life. Once again, the shiftworker is out of step, and you are eating and sleeping at different times. Your school age children may see you for only short periods, and you may be working at weekends when a lot of family activities occur.

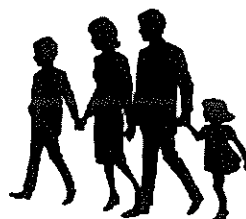
To help reduce difficulties with home and social arrangements:

-  *Talk to your family ahead of time about problems, which result from your upside down work schedules, and look for solutions.*
-  *Work out the best way to make sure you get your sleep.*
-  *Buy a large monthly planner. Fill in your roster and when you will be sleeping. This makes it easier to organise activities together.*

Your changing sleep patterns will make household and meal routines difficult. Other members of the household will need to be flexible about when some jobs get done.






Shiftworkers with children will have special considerations:

-  *Let your children make suggestions about how you can fit in to their activities.*
-  *Take pre-school children to play group or a child care centre in the mornings before you sleep, or arrange for friends with small children to swap child minding duties on sleeping days.*
-  *Make an effort to stay in touch with your school age children. You might collect them after school, and let them help you with the shopping or some of the late afternoon chores.*
-  *During school holidays, plan days out with the family.*






HEALTH & PHYSICAL FITNESS

In the past, shiftworkers have had more problems with their health than dayworkers. The most common health problems have been gastro-intestinal complaints and sleep disorders, which are affected by:



-  *night work not being in harmony with body rhythms;*
-  *chronic sleep loss and fatigue;*
-  *changed eating patterns;*
-  *heavy smoking, drinks containing caffeine like coffee and cola drinks (to help with staying awake), and alcohol (sometimes as an aid to sleep);*
-  *stress caused by problems with home & social life.*

It is wise to report to the doctor if you have:



-  *sleeping problems or excessive fatigue;*
-  *problems such as irritability, feeling run-down or depressed, lacking energy, or feeling general symptoms of malaise; or*
-  *indigestion or other stomach or bowel problems.*

It is important that you don't self-medicate, for example with antacids or other remedies, without consulting your doctor.

Also see your doctor for advice before beginning shiftwork if you:

-  *are on regular medication (eg. insulin for diabetes); or*
-  *have a regular chronic condition (eg. asthma, epilepsy).*

General physical fitness is also important:

-  *make an effort to increase your physical activity during leisure time;*
-  *join a gym or sports club so you can make use of their facilities on your days off.*