



OCCUPATIONAL HEALTH SOCIETY OF AUSTRALIA (WA BRANCH) INC.

The INSIDE STORY

FROM THE PRESIDENTS DESK

Welcome to the fifth and final edition of the "Inside Story" for the year 1998.....And what a year it was! The last couple of months have been action packed, as usual, with the holding of our major seminar for the year - Stories from the Coal Face, Chapter 2 - "Lessons from the School of Hard Knocks" attracting 140 registrations. This was held at Hotel Rendezvous (the old Observation City) and was a resounding success. One of our corporate members, Jardine Australian Insurance Brokers sponsored the event and came to the fore by adding that personal touch to the day by hiding prize winning bottles of wine under attendees seats. A very special thank you to Debbie Young and her team. For the low down on the content of the day, please refer to p4. The 1998 Annual General Meeting held on November 5th, 1998 also proved a winner with members, as it attracted 170 registrations. It was a pity however, that only 120 members and guests turned up on the evening leaving the Society picking up catering costs for the projected number of persons. The new committee for 1999 might consider charging members who RSVP and then do not show up for a catered function!!! An interesting evening could be quite an understatement. The Society celebrated its 20th Anniversary

The INSIDE STORY is proudly
sponsored by
PIERCE

Calibration  Laboratories

**SPECIALIST AUDIOMETRIC
AND SOUND EQUIPMENT
SUPPLY, SERVICE and
CALIBRATION FACILITY**

**Same Day NATA Calibration For
Booths And Audiometers**

**In-House Pick up or
Delivery Service in the
Perth Metro Area**

**Deliveries: 31 River Way, Salters
Point, W.A. 6152**

Mail: PO Box 49, Applecross, 6153

Mob: 0412 945 777 or 0411 024 269

Office Ph/Fax : 08 9313 2924

**Credit Card / Electronic Banking
available**

**The only NATA accredited
W.A. laboratory for
audiometers and booths**



Registration No. 1943

>> Since 1985 <<

in true to form fashion with good food (a sit down dinner), lovely wine, superb fellowship, a speaker that had most of us in stitches and a souvenir commemorative whisky glass for members who RSVP'd and fronted on the day. It was wonderful to have so many members wanting to come onto

the 1999 committee, as we really need all hands on deck to continue the top quality service to our ever increasing membership. For those of you who don't know, I did not stand for the President position this year. The last three years I have served on the Executive Committee and I am a firm believer that committees need new blood to invigorate, challenge and actively pursue continuous improvement in service delivery. This combined with my own personal work commitments (yes, I do have my own business to manage), led to my decision to hand over the reigns. The elections proved to be eventful, with two persons nominating for the President position, and six members nominating for five committee positions. The outcomes of the elections can be viewed on p2. The details of the election, I will leave for the incoming President of the 1999 committee to address when the next Newsletter hits the press. *Cont p2*

INSIDE THIS ISSUE

Coming Events	3
Safeguarding of Machinery	3
Free OHN Assistance	3
Seminar Review	4
Audio tapes of Seminar	5
OH Society History Pt 2	6
OH Society Website	7
Travel Medicine	7
Useful Websites	8
Festive Season Safety	8
New AS on Steelwork Erection/Construction	5

THE 1998 COMMITTEE

The Executive

President Ali Martins

☎ (08) 9371 0711 (m) 041 9990 601

Vice President Peter Rohan

☎ (08) 9327 8892 (m) 041 8944 632

Secretary Zoe Hewitt-Dutton

☎ (08) 9333 3544

Treasurer Kate Forster

☎ (08) 9341 5593

Non-Executive Position

Membership Officer Nicole Wood

☎ 0500 88 4404

Committee Members

Louise Beckwith

Nicole McLeod

Sandy Carvalho

Dr KC Wan

Kerry Butler

Co-opted Members

Phil Jamieson

NEW MEMBERS

We welcome the following new members to the Society:

CORPORATE

Focus Rehabilitation Services,
Laubman and Pank Industrial Division,
Municipal WorkCare Scheme,
Nationwide Environmental
Management, OH&S Consultancy,
ORS Consulting group, Serco Water
WA Pty Ltd, Work Safety Solutions &
Jardine Australian Insurance Brokers
for sub members x 5.

INDIVIDUAL

Azlan Abdul-Rahman, Felipe
Badaraco, Rosemary Delury, Sonya
Douglas, Len Gordon, Linda Jackson,
Frank Keogh, Bronwyn Lane, Di
Morland, Bernie Murphy, Peter Perich,
Averil Riley, Lynne Rogers, Marilyn
Ryan, David Sutherland, Julian Talbot,
Mary Walsh, May Wong.

STUDENT

Ben Bouchemia, Lynley Campbell,
Nicola Devlin, Anna Rolls, Liz Walton.

THE 1999 COMMITTEE

The Executive

President Sandy Carvalho

Vice President Louise Beckwith

Secretary Nicole McLeod

Treasurer Kate Forster

Non-Executive Position

**Membership Officer to be
announced**

Committee Members

Phil Jamieson

Dr KC Wan

Norma Cox

Allaine Coleman

Judy Baldock

Peter McMahon

Co-opted Members

Zoe Hewitt-Dutton

(Continued from p1)

The 1998/99 Directory of members has been published and was distributed to members who attended the AGM and will be mailed in due course to all other members.

It also gave me great pleasure at the AGM to launch the **Society's New WebSite**. A special thank you to Marcus Cattani from Curtin University and Phil Jammieson for all their hard work in constructing the site. Refer to p7 for further details of our web address and what the site offers.

1998 has been a very successful year for the Society and was demonstrated by the offering of:-

- 3 seminars (*Meeting Your Way to Success, Burning Eye Issues, Stories from the Coal Face, Chapter 2 - "Lessons from the School of Hard Knocks"*);
- 1 Hot Topic over Dinner - "*Your Home, Your Workplace, Your Risk*";
- 1 Technical Seminar - Associate production with Dalloz Safety (*Natural Sound Technology*);
- publishing the revitalised Newsletter in the form of the **Inside Story** every second month;
- gaining tax exemption for the

Newsletter;

- having our constitution passed by the office of Fair Trading;
 - actively seeking out sponsorship for all functions, displays, the Newsletter & Directory;
 - gaining extra income through charging for use of our mailing list to fellow organisations;
 - selling at wholesale prices to members 32 Ergotapes;
 - developing and launching our website;
 - publishing our Directory;
 - producing audio tapes of speakers presentation's for sale;
 - purchasing a fax/phone as an asset for the Society;
 - developing the basis of a Strategic Plan for the Society;
 - implementing Phase 1 in the development of a Standards/ Procedures Manual for use by committee members;
 - keeping the coffers full and very much in the black with \$18,000 in the Society Accounts; and
- having a pretty fine time pulling it all together. The Society is made up of an eclectic group of people who are either OSH professionals or persons who have a genuine interest in OSH. 1999 will see the members of the Society being asked to reflect on the aims of the Society, who are the members of the Society and does our current name reflect these two variables. I look forward to constructive debate on this issue. Special thanks to all members of the 1998 committee who put their best foot forward and through their hard efforts allowed the Society to reach such great heights. Special thanks to Kate Forster for putting up with my continuous demands, to Lou Beckwith and Nicole McLeod for all their hard work, to Phil Jammieson for efforts beyond the call of duty and to my Vice President - Peter Rohan. I loved my year as President & wish the incoming committee every success in their future ventures. **Ali Martins**



COMING EVENTS

"Outbreak Investigation and Control"



A half day workshop presented by Silver Chain and Western Diagnostic Pathology STEP (Scientific Training & Education Programme). The Workshop will focus on :-

- ◆ the principles & practice of outbreak management,
- ◆ practical approaches to surviving an outbreak.

Speakers include Megan Reilly (HIV/Infection Control Consultant) & Sandi Gandossi (Infection Control Consultant).

When: Saturday, 5th Dec., 1998
0830 - 1300

Where: Western Diagnostic Pathology Conference Centre,
77A McCoy St, Myaree

Cost: \$60

Contact: Ginetta Croizer on 9242 0255 or fax 9444 6158 or Email on gcroizer@silverchain.org.au

"35th Annual Ergonomics Society of Australia Conference"

The 35th annual conference of the Ergonomics Society of Australia is being held in Perth, at the Esplanade Hotel in Fremantle on the 11-13th of October, 1999. The conference is entitled "Better Skills, Better Future: Practical Skills for Work" and papers will enhance knowledge to assist with continuous improvement in the workplace. If you are interested in attending, presenting a workshop or session, then contact Keynote Conferences on Ph: (08) 9382 3799, Fax - (08) 9380 4006, or email: keynote@ca.com.au

"AIOH Conference"

The 17th Australian Institute of Occupational Hygienists (AIOH) conference is being held on the 5th-9th December, 1998, at the National Convention Centre and Park Royal in Canberra City. More Info - Contact Cheryle Clynes on (03) 9335 2577.

"16th Asian Conference on Occupational Health"

This conference will be held at the Cebu City International Convention Centre in the Philippines. Our very own Dr KC Wan will be presenting a paper at this conference.

When: 8-12th of November, 1999

For more information, please contact the conference secretariat/Chairman Dr Benito Reverente on telephone 6-32-455 2410 or by fax on 6-32-929 7741 or by Email on pcom@netasia.net

SMA Change of Address

Sports Medicine Australia, WA Branch has moved and their new address is:



Suite 17, Sports Lotteries House (Adjacent Challenge Stadium)
Stephenson Ave, Mt Claremont
Tel: (08) 9285 8033
Fax: (08) 9441 8255

SMA have a range of resources and publications that are useful in the occupational environment.

NEW SAFEGUARDING OF MACHINERY STANDARDS



Standards Australia have two new standards on the safeguarding of machinery. AS4024.4 points out the requirements for installation and commissioning for electro-sensitive systems - pressure sensitive devices, such as pressure sensitive mats, floors, edges and bars, that are used for machinery safety applications.

AS4024.5 specifies the manufacturing and testing requirements for such pressure sensitive devices, that are used to detect persons or parts of persons who may be exposed to contact with hazardous moving parts.

Contact Standards Australia on 1300 65 46 46 for more details.

MORE ON AIRBAGS



The RAC recently published some tips to maximise the effectiveness of air bags.

Wear your seatbelt & correctly adjust it. Seatbelts should not be twisted & should be firmly fitted, as in a crash they can expand up to 30cm. Thus, the firmer the fit, the less distance for your body to move in an impact. The airbag is supplementary to the seatbelt.

Do not attach pens, notebooks or other items to your steering wheel or in front of the dashboard if an airbag is fitted as they may be deadly projectiles when the airbag deploys.

Do not rest your hands on the airbag cover in the centre of your steering wheel as the impact of the bag deploying can force them back against your body causing injury.

If you have a roobar fitted, ensure it is approved for use in an airbag equipped vehicle.

Do not place children in the front seat in child restraints, this is for both general safety, but also necessary with a passenger seat airbag that could harm a child upon deployment.

FREE OH&S NURSING ASSISTANCE



Would you like someone to assist you with some of our OH&S nursing tasks? Someone who is willing and eager, there are no wages to pay and all insurances are covered?? If so, contact Hilary Cross, the Public and Clinical Liaison Co-ordinator at the Curtin School of Nursing, who will outline details of pre-ceptoring a nursing student in their final year of a Bachelor of Sc. in Nursing. Dates for clinical placement are 12/04/98 - 09/05/98 and 10/05/98 - 06/06/98, a period of 4 weeks.

Contact details are:

Tel - (08) 9266 2094

Fax - (08) 9266 4084

Email - crossh@nursing.curtin.edu.au

SEMINAR REVIEW - "LESSONS FROM THE SCHOOL OF HARD KNOCKS"

The major seminar for The Occupational Health Society for 1998, ***Stories from the Coal Face, Chapter 2 - "Lessons from the School of Hard Knocks"*** was a great success, with presentations from six distinguished speakers. The seminar was proudly sponsored by **Jardine Australian Insurance Brokers**, with opening comments made by Debbie Young, Director of Workplace Services.

The opening speaker was David Palandri, Chairman of the WA OSH Commission. He outlined the role of the tripartite commission, their vision, mission and values and strategic plan. The Commission, which is comprised of TLC, CCI, Expert and Government representatives exists to encourage workplace safety and health, thereby minimising prosecutions. They provide advice to the Minister on policy, including advice on prosecutions.

The second speaker was Bob Elkington, Chief Inspector of the Fatalities Branch of WorkSafe WA. He outlined that their role is to control the scene, identify and interview witnesses, investigate events and an enforcement (by directive notices) and prosecution role. An important part of their investigations is to inform the family as to what occurred.

Bob discussed several case studies, highlighting the deficiencies in some workplace systems which contributed to the injuries, and outlined some of the technicalities which caused some prosecutions to fail.

The third speaker was Martin Knee, Assistant General Manager of Mining Safety at the Department of Minerals & Energy. He discussed a serious accident which DOME investigated, which involved a contractor new to the job, using unfamiliar equipment, which was also faulty (inadequate brakes) and not designed for the purpose. He also outlined how investigations may be hampered by misleading information given to investigators.

The fourth speaker, Robert Cock, Crown Counsel from the Crown Solicitors Office outlined their role in undertaking prosecutions for WorkSafe WA. These cases are usually actively defended, but may often be complicated and require meticulous preparation to avoid being overthrown by technicalities. He outlined that prosecutions must be authorised by the WorkSafe WA Commissioner before they proceed. WorkSafe WA provides guidelines outlining when they will or won't bring a case to prosecution. These criteria are available on their website. Robert also detailed how criminal law may apply and manslaughter charges can be laid against employers, for occupational deaths. In this case, gross criminal negligence must be proved and the penalty for industrial manslaughter is up to 20 years imprisonment.

The fifth speaker, Tony Lucev, from Freehill, Hollingdale and Page, outlined the defence perspective. He stated the best defence is prevention, including sound policies, inductions, training, auditing and OSH management systems.

If prosecuted, do not rely on technicalities to dismiss the charges. The steps to be taken in the event of a serious accident or fatality are to:

- 1) Act immediately;
- 2) Assign tasks, fix the problem and take action to prevent a similar incident. Provide care for the injured person (or bereaved family).
- 3) Consider the legal position, cooperate with authorities and seek legal advice. If guilty, plead guilty as charges are likely to be lower.
- 4) Investigate the incident and take statements from all involved. Use OSH experts for the investigation. It is best to get lawyers to do reports/statements as professional privilege then ensures documents are not "discoverable" (ie: must be disclosed to other legal party).
- 5) Beware of document creation - minimise internal reports which may become "discoverable" in court.

Your defence is assisted by early legal advice, timely reaction to the fault/causative factors, cooperation with enforcement agencies, having a good safety record and having sound safety systems in place. Your defence is hindered by having a poor safety record, lack of safety systems, lack of action after the event (including not fixing the problem), non compliance with the enforcement agencies and ignoring improvement/prohibition notices. The costs relating to an injury and its defence are very good justification for having sound safety practices, when you consider the legal fees involved, potential fines, time, publicity, the effect on insurance premiums and potential effects on business dealing and contracts with clients.

The final speaker was Kate Forster, who outlined the Insurers perspective. She outlined how Workers' Compensation insurance premiums are determined. WorkCover sets gazetted rates and companies with poor safety records and poor claims management may have their premium increased by as much as 50%. Companies with a good record can negotiate a better rate and may get a dividend back after 3 years, with a good record.

The employee's right to access statutory allowances (weekly wages \$106,000, medical expenses \$30,000 and rehabilitation \$8000) for each injury were discussed. Injured workers may also claim further compensation through Common Law in a 93D situation, if the duty of care provisions have been breached and future loss of earnings is in excess of \$100,000. *(Continued p5)*

Key points were:

- To ensure a safe system of work;
- Lodging a claim for Workers' Compensation does not mean it will always be accepted;
- Attention must be extended to contractors;
- Injury management programs need to be implemented and this will be reflected in premiums;
- Worksite inspections must be documented, as in a legal situation, no records may be interpreted as no inspection/audit!

The Society asked our speakers to be controversial and the attendees at the Seminar received just that. We asked them to challenge our existing mind set and they also delivered on that request. For a more detailed account of the event and the complete rundown of a very interesting question time please refer to the Special Notice below of how to lay your hands on the 2 Audio cassettes (120 minute each). This is a special reduced price for members only - \$30 Non-members.

Audio Tape Available on Request for a Fee

Did you miss out on attending our Major Seminar *Stories from the Coal Face, Chapter 2 - "Lessons from the School of Hard Knocks"*? Do not despair, as the session was recorded and the content of the presentations are available on 2 x 120 minute audio cassettes from the Society at the cost of \$23 (inclusive of postage). **Also available, transcripts of Burning Eye Issues for \$10.** More info? contact Phil Jammieson on 041 991 2728 & order NOW.

DRIVER FITNESS

Last edition we outlined principles for assisting with improving the safety of employees who drive fleet vehicles. Another handy reference to assist with a fleet vehicle safety program, is a book called "Assessing Fitness to Drive", which is published by AustRoads (02) 9264 7088. It is available in WA from the Office of Road Safety at the Department of Transport - (08) 9320 9320, contact Cheryl Harvey.

MARCSTA Monitor

The Mining and Resource Contractors Safety Training Association (MARCSTA) have an informative publication, with information, reviews, case studies and safety initiatives relevant to all areas of OHS. The "Monitor" is published quarterly and further information is available on this publication and the role of MARCSTA from the Secretariat: Ph/Fax - (08) 9313 5466, or from the Monitor Editor, Geoff Taylor, on Ph/Fax - (08) 9354 7590, or email: geoff@tower.net.au



PREVENT BLISTERS

US Army medical researchers have suggested that using antiperspirant on your feet may help keep them dry, fragrant and prevent blisters! A study on 600 cadets who were sent daily on a 13 mile hike, showed that those who used antiperspirant on their feet every night had fewer than half as many blisters as those putting a placebo solution on their feet, as reported in the Journal of American Academy of Dermatology.

FARMERS Code of Practice

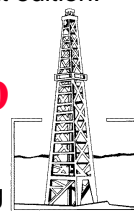
The WA Farmers' Federation has completed a voluntary agricultural workplace Code of Practice. This code is currently being considered for endorsement by the WA government, and aims to help farmers comply with the requirements of OSH legislation.

REVISED First Aid Manual

In our July issue, we outlined proposed changes to First Aid Protocols and St John Ambulance Australia have scheduled the introduction of the revised Australian First Aid Manual for January 1999. More details of the revised protocols will be outlined in our next edition.

NEW STEELWORK STANDARD AS4100

A new Australian Standard detailing safe working provisions and practices for the safe erection of building steelwork has been released. This also applies to builders and those in associated trades who may be at risk of injury from falling from heights, injury from falling objects, unstable steelwork during erection and unsafe use of plant. Copies of this Steelwork Standard are available from Standards Australia - (08) 9321 8797 at \$57 ea.



NZ Safety Publication



SAFEGUARD - the magazine for better Safety & Health is the equivalent of the Australian Safety News. This offering is from New Zealand and is published bi-monthly. The magazine is independent of the Department of Labour's OSH service and has been in operation since 1988. Murry Freiberg from Flexliner Australia recommended this journal and believes that it is a quality journal that is superior to its Australian counterpart. Annual subscription is NZ\$49 + GST. To subscribe, contact Jack Greenhaigh Freephone 0800 922 911 Tel: 64-09-418 2502 or by Fax: 64-09-418 2089 or by Email: cwshop@nznet.gen.nz

A Walk Down Memory Lane (Part 2)



This is the second and final part of the history of the Occupational Health Society in WA, leading to our 21st anniversary in 1999. This information was kindly provided by Geoff Taylor, one of our founding members. Following incorporation of the Society in early 1978, the founding members succeeded in attracting people from the Department of Labour and Industry (DLI), such as Bob Elkington, Jim Bennett, Keith Hughes, Peter Raybould and the late John

Exeter and from the Mines Department, the late R.A.C. (Oscar) Williams, who was the first Vice President. Bob Elkington later served as Vice President and Andrea Callagher as secretary. Neil MacDonald from the Miscellaneous Workers' Union and Judyth Watson were early stalwarts. In 1980 we staged a debate on the desirability of integrated OHS legislation and administration. Barry Chesson of Alcoa was one of the speakers.

One of the early ideas was to attempt to ensure that professional visitors to the state were invited to speak at Society meetings. Usually, this was in the Nurses Lecture Theatre at QE11, with a light meal first, however we used a bigger theatre the night we had an investigator of the Flixborough nylon plant disaster speak to the Society. Geoff recalls early speakers included Bertram Dinman (Alcoa's world chief occupational physician), Vernon Timbrell (of the Pneumoconiosis Research Unit in South Wales), Henry Walton from the Institute of Occupational Medicine in Edinburgh, Asa Kilbom from the Swedish National Institute of OSH, Tony Findlay and Gersh Major the teaching hygienists from the then Sydney University School of Public Health and Tropical Medicine (later known as WorkSafe Australia), and a speaker from New Zealand who introduced us to Hexacarbon Neuropathy from ketone solvents.

When Gerry Coles went to Shell Australia in Melbourne, he with Tony Morgan of Telecom and Leo Ruschena of SECV got another branch going in Victoria. A federal constitution was developed and it was agreed that the WA and Victorian executives would be the national executive every alternate year. In W.A., presentations made by speakers were taped for country members and were sporadically produced in print which appeared in the journal.

The Victorian Branch folded in the politics of OHS after the Labor government was elected in Victoria. In W.A., the Society set up prizes to encourage students. There was the John Exeter prize for TAFE students and the Oscar Williams prize for Curtin University Graduate Diploma in OHS students. The Society also offered an Eastern States travel award to allow people who weren't otherwise funded to attend an Eastern States conference. Kath Howell (later chief OHN at WorkSafe WA) was an early recipient.

So it is with these thoughts that Geoff wishes the Society well in its year of coming of age - our 21st Birthday!! Geoff apologises if he has inadvertently left someone out of the early history of the Society and we the Editors of the "Inside Story" invite others to add their recollections.

Obituary - Tony Terry

Tony Terry passed away in October 1998 after a three year battle with melanoma. Tony left Indrad Services in 1984 to become the first head of the Division of Information and Resource Services of the then Department of Occupational Health Safety and Welfare (DOHSWA). Tony was also a member of the Corporate Executive of DOHSWA, and was one of those who played a key part in shaping the strategies of the then new DOHSWA. He introduced a business management approach to his Division, with its original six arms - Occupational Hygiene, Occupational Medicine, Occupational Health Nursing, Noise, Ergonomics and RSI Project Team.

He made trips to Canada and Sweden, two of the leaders in self-regulation at the time, and was instrumental in bringing an experienced Swedish OHS practitioner in tripartism, Ingvar Soderstrom to Perth.

Tony was responsible for the new arm of DOHSWA, the one that didn't have DLI or Health Department roots, that is Information Services. Safetyline is in part his enduring contribution to OSH in WA. Well before others and before Internet, he also realised the value of CD-ROM's in supplying OSH information, especially chemical information, but faced the enduring distrust Eastern Australia has about initiatives from WA.

On behalf of the Occupational Health Society we bid you farewell Tony and would like any members who know Tony's family to pass on our condolences.

(Thanks to Geoff Taylor for this submission)

It is also with regret that we inform you of the death of another member - Mr A. T. Rajah of South Perth and the tragic death of Catherine Steadman.

Why Use a NATA Accredited Laboratory?

because NATA accreditation signifies two things to our clients :-

- ✓ the laboratory has the ability and competence to do specific tests, measurements, or calibrations;
- ✓ the laboratory undergoes regular independent audits to help ensure it is providing the best possible service to you!

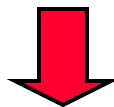
PIERCE CALIBRATION LABORATORY is NATA Accredited

To become NATA accredited, a laboratory must be able to demonstrate

**What is NATA ?
It is the Commonwealth Government recognised laboratory accreditation organisation**



- ✓ competence to perform specific tests, measurements or calibrations - as with Pierce Calibration Laboratory;
- ✓ sound laboratory management - as with Pierce Calibration Laboratory;
- ✓ suitably qualified staff and proper staff training - as with Pierce Calibration Laboratory;
- ✓ proper equipment management, calibration, and maintenance - as with Pierce Calibration Laboratory;
- ✓ adequate quality control and quality assurance procedures - as with Pierce Calibration Laboratory.



- NATA is the National Association Of Testing Authorities - the worlds oldest and largest national laboratory accreditation system;
- NATA has over 45 years experience in laboratory evaluation and accreditation;
- NATA rigorously examines and re-examines every accredited facility;
- NATA only accredits those facilities that meet all it's criteria for testing competence and sound laboratory practice;
- NATA provides the customer with an independent arbitration body if they are not satisfied with the service they receive from a NATA accredited laboratory.

Feel Free To Contact NATA or Ourselves For Details About Our Expert Personnel, Our Equipment, and Our Facility.

Pierce Calibration Laboratory Is the ONLY NATA Accredited Laboratory in WA. For Audiometers And Booths.

REG. No 1943 - Proudly since 1985

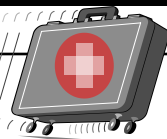
P.O. BOX 49 APPLECROSS WA. 6153

PH/FAX: 08 9313 2924

MOB: 0412 945 777 or 0411 024 269



TRAVEL MEDICINE



Employees travelling overseas for business is on the increase. It is important to identify potential hazards they may face overseas and adequately protect them from such hazards - the most obvious ones are infectious diseases. Other hazards to consider include the effects of altitude, heat and humidity, sun, insects and other animals, accidents overseas, physical response to travelling across timezones, risks from food and drink and the risk of sexually transmitted diseases. Two handy references to assist you with determining what vaccinations are required, and most importantly, allowing time for such immunisations to occur and for immunity to develop are:

1. "Travel Bugs", 7th ed, by CSL Vaccines;
2. "International Travel and Health" - 1998, by the World Health Organization.

Useful INTERNET Addresses

Our Website

The Occupational Health Society of Australia (WA Branch) Inc. has finally acquired their own website. It offers a base for new members to access subscription information, hear about coming events, download summaries of HOT Topics/Seminars & increases are exposure & availability to the world. You can visit our site at:-
<http://www.curtin.edu.au/org/ohsawa/>

"Road Safety"



The Federal Office of Road Safety Web site home page can provide you with further information on some of the topics in this newsletter, such as fleet safety programs and airbags, as well as a wide range relating to road safety. Their address is <http://www.dot.gov.au>

"Bodies in Motion, Minds at Rest"

This website gives you the kick start and motivational pep talk to improve you physical and mental well being, to get out there and get fit and healthy. See the site at:
<http://www.ozemail.com.au/webwonders/indexsport.html>

"NZ OSH Service"

OSH Information from New Zealand can give us some further ideas on how to approach OSH issues. The home page of the Occupational Safety and Health Service of NZ's Department of Labour provides access to educational and training resources and links in to recent press releases, publications and OSH issues. Visit their website at:
<http://www.osh.dol.govt.nz>

**"Parenting for DADS"**

Parenting is deemed to be one of the most challenging, demanding and rewarding professions. This website aims at enhancing **Parenting for Dads**, and is a one stop site for learning all about parenting, kids illnesses, keeping fit and healthy as a parent, cooking with kids and some humour in the areas of "Dream List of Parents' Rights" and the "Manifesto in Support of Parents". Visit this interesting site at:

<http://www.fathersworld.com/features.html> (Source Weekly Web Wonders Ed 26)

"Chemistry for Kids"

Chem4kids is a site that aims to get your children interested in learning about science, its fun and educational, and is found at:-
<http://www.ozemail.com.au/webwonders/indexscience.html> (Source Weekly Web Wonders Ed 27)

**"NT Work Health Authority"**

The WorkHealth Authority in the NT, produces some excellent safety bulletins and other resources. Their web address is:-
<http://www.nt.gov.au/wha>

"DOME WA"

The Department of Minerals and Energy here in WA have a range of products and services and details can be obtained at:
<http://www.dme.wa.gov.au>

Useful Medical and Health Internet Addresses

Australasian Fac. of Occ. Medicine :-
<http://www.ozemail.com.au/AFOM/>

British Medical Journal :-
<http://www.bmj.com/bmj/>

Health Department of WA:-
<http://www.health.wa.gov.au>

Occ. Environmental Med. Journal:-
<http://100632.3615@compuserve.com>

"Noise Induced Hearing Loss"

From June 30th, 1999, all Workcover approved audiometric testers will need access to the Internet, in order to continue to provide WorkCover tests. The WorkCover WA Noise Induced Hearing Loss on line data transfer system is expected to be operational by January 1999, and will run concurrently with the "paper" version until June. For further information contact Chris Gairns on (08) 9388 5607. Access address is:-
<http://www.workcover.wa.gov.au>

"Conscious Living"

This is an online magazine that covers everything you need to know about gaining control of your life from spiritual, physical, ecological and dietary issues. There are treatments for common allergies & illnesses, discover how to design and build an eco-friendly house, learn about all the important anti-aging therapies & even work out how to unleash your energy flows with Feng Shui. Read all about the Alexander technique, Teiki, Chinese Medicine plus lots more. Visit the site at:-<http://www.conscious-living.com.au/> (Source Weekly Web Wonders Ed 28)

"Blackmores Web Site"

In search of some natural remedies? Then visit this site! You can contact a naturopath online or just type in an ailment and be presented with a remedy. I.e. hayfever, rhinitis, etc. (Source Weekly W Wond. Ed 30)
<http://www.blackmores.com.au/default.asp>

Festive Season Safety

It's time to wish you all a very Merry Christmas and Happy New Year. We also wish for this festive season to be a safe time for you all, so we have compiled some tips for the season.

Remember your drink drive limits - stay under 0.05 (males approx 2 standard drinks per hour, then one drink per hour after that, and for women, approximately one standard drink in the first hour, and one per hour after that. Safe health drinking limits state that a binge in health terms is no more than six drinks for men and four drinks for women in a row. Think Safe when buying Christmas gifts especially for children - check right age group, no sharp parts, be aware of pinching points, unguarded chains, no swallowable items, check that glue, plasticine, play dough, textas and paints are non-toxic.

Festive food is a must to enjoy, so if you indulge, make sure you do some exercise so you don't bulge. Importantly, make sure you store your hams, leftovers etc as recommended to prevent harmful bacteria from giving you an unwanted upset tummy.

If going away for the holidays, ensure you lock all your windows, let a neighbour know your plans, cancel your paper/milk and get someone to pick up your mail.

If you are driving over the Festive season, remember other drivers may not be as safe as you. Allow adequate stopping distances, e.g. driving at 60kmph will take at least 30 metres for you to make an emergency stop, at 100km, it will take at least 70 metres. The stopping distances are doubled in rainy weather. Other issues of car safety are checking your oil, water, tyre pressure - yes, we know you know that, but how often do you do it? Having a mini fire extinguisher and first aid kit in your car is also prudent. **Most of all, we wish you a great festive season.**



We want your feedback on the 'INSIDE STORY' and ways of improving this newsletter to better serve the needs of our members. Please feel free to contact the Editor for 1999 Louise Beckwith on (08) 9432 1403