

OCCUPATIONAL HEALTH SOCIETY OF AUSTRALIA (WA BRANCH) INC.

The INSIDE STORY

FROM THE PRESIDENTS DESK

Welcome to the second edition of the "Inside Story". I am happy to report that considerable progress has been made on the Strategic Business Plan for the Society with projections to June 1999. The executive committee wants to continue with this arrangement on an annual basis to assist the new incoming committee each year to be able to function immediately within an infrastructure. The Strategic Business Plan is dynamic, which allows for changes in direction and the ability to incorporate topical issues.

Accolades to all, especially the tenacity of Peter Rohan & Sandy Carvalho in attaining the acceptance of our constitution by the Ministry of Fair Trading. See p3 for a summary of the changes. Our Seminar in March - "Meeting Your Way to Success" sponsored by 3M Australia was poorly attended. This, in no way reflected the quality of the speakers. Janet Woolard and Leo Harwood presented informative and insightful talks using multimedia as a vehicle. The 40 odd attendees were exposed to quality experience and theory on the 'meeting process' and strategies to enhance our skills in effectively marketing the OSH message

continued p2

The INSIDE STORY is proudly sponsored by

DALLOZ SAFETY

taking **PERSONAL PROTECTION** into the 21st CENTURY

Daloz Safety is now one of the worlds largest manufacturers of safety equipment following its recent acquisition of the **Bilsom, Willson Miller & Pulsafe operations**, as well as several fall protection equipment manufacturers such as **Moxham** in Australia. **Daloz Safety** is now the largest manufacturer of fall protection equipment in the world with brands like **Troll, Miller and Komet**.

With its continued focus on product development across all brands, **Daloz Safety** has fine tuned its focus towards protection of the head. With key product developments now being released in Australia such as the new **NST** range of hearing protection from the **Bilsom** brand. **NST** or **Natural Sound Technology** works on the principle that Bilsom believe effective attenuation should not be achieved at the cost of reducing effective communication.

Other key product development areas include Eye Protection - **PRISM PERFECT lens** (reduces eye fatigue & eliminates the risk of optical distortion) and breakthroughs in technology with **light weight respirators filters** with excellent absorption characteristics & three distinct sized respirators.

For further information or samples on the above please contact the local State Office Manager - **Rob Pickering** (T) 08 9336 5095 (F) 08 9336 5094 or (M) 0419 920 040

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) 9324 6632

Non-Executive Position

Membership Officer Nicole Wood

☎ (08) 9371 0733 / 0500 88 4404

Committee Members

Sandy Carvalho

Dr KC Wan

Kerry Butler

Louise Beckwith

Nicole McLeod

Co-opted Members

Adrianna Jones

Phil Jamieson

INSIDE THIS ISSUE

Coming Events	2
Hot Topic Over Dinner (June)	8
Changes to Our Constitution	3
New Members	3
UV Radiation from downlights	5
State of the Work Environment now on the Net	5
Job Vacancy-Senior OSH Pro.	5
Regulations & Code of Prac. for Truck Driver Fatigue	4
WorkSafe WA Library Now on the Net	4

FROM THE PRESIDENTS DESK

FROM PAGE 1

It has been a while since we last held a "Hot Topic over Dinner" and our next one on June 15th, is sure to be a winner. The safety and health implications of working from home will be discussed by two formidable speakers in-between sumptuous courses. The combination of good food, good wine, fantastic speakers and camaraderie makes for a fine evening.

Other coming events includes a combined function with the Cancer Foundation in August. Prof Hugh Taylor will present a one hour talk on the effects & management of radiation on the eye. Our major seminar for the year will be in September, "Stories from the Coal Face, Chapter 2 - Lessons from the School of Hard Knocks". This seminar will concentrate on case examples of Crown Law and WorkSafe WA prosecutions with emphasis on the learning points, outcomes & the implications for other industries.

So we have been busy and look forward to catching up with you all in June.

Ali Martins (President)

NEW MEMBERS

We welcome to following new members to the Society:

CORPORATE

Alsafe Safety
Daloz Safety
Aquashore International Pty Ltd
Jardine Australian Insurance
Brokers
Denis O'Keefe & Associates



INDIVIDUAL

Kellie Cowling, Cathy Doig,
Michael Fry, Amanda Jaques, John
Joyce, Eric Manning, Mark Mason,
Gill Mathews, Nick Meridith, Shane
Taranto, Phillip Wharram

COMING EVENTS

"Your Home, Your Workplace, Your Risk"

(please refer to page 8 for more details).

The Occupational Health Society of WA, proudly presents the first Hot Topic over Dinner for the year. The risks of working from home are not always as straight forward as you may think ! In fact, many professional people have been burnt by not acknowledging the full extent of these risks. Our speakers come from the Uninsured Fund of SGIO and the Department of Productivity & Labour Relations. The pro's and con's of working from home will be presented with a slant towards the safety & health implications.

"Practical Safety Seminars"

(please refer to flyer for more details).

Please note, that the first seminar in the practical seminar series has now been *re-scheduled* for the 6th of June, 1998.



"Asthma Week 1998"

is coordinated by the Asthma Foundation and will be held from the 12-17th

of October, 1998. The Minister for Labour Relations will launch their website, the Occupational Asthma Hotline and the week itself. The aim of Asthma week is to raise awareness of occupational asthma and to provide practical information on how to recognise and prevent it to various target groups including OSH workers, GP's, occupational and respiratory physicians, workers & employers involved in 'at risk' occupations. The visiting guest speaker is Prof. Leonardo Fabbri who will lead a series of meetings and seminars designed specifically for each target group. Please contact Mr Matthew Tweedie (Executive Director) on (08) 9382 1666 for Calender of Events.



"Sports Injury Management Courses for Nurses"



Sports Medicine Australia run an excellent training course for nurses to provide knowledge and skills in the care and prevention of sports injuries - much of this knowledge is transferable to the occupational health setting. The course covers areas such as injury management, nutrition, teeth injuries, massage and taping workshops, podiatry, infection control, heat stress injuries, children in sport, drugs in sport, and much more! The course consists of two modules, run on Wednesday evenings at a cost of \$150/module. Module 1 commenced on May 13th and Module 2 is scheduled for July 22nd, 1998. For further information, contact Karen Jones on 9441 8248. Other courses run by Sports Medicine Australia include:

- ◆ Sports Medicine Awareness Course (3 hours)
- ◆ Sports First Aid (16 hours)
- ◆ Level 1 & 2 Sports Trainer Courses

"National Healthy Bones Week"

Although this is not until August 9-15th, preparation is everything for effective health promotion! The theme this year is "Your Bones-Your Life". Access to a database is available, that is free of charge. It allows you to add your name to the mailing list, receive regular updates on the national campaign, & provides lists of educational resources and merchandise you can use in your work setting. National Healthy Bones week is organised by a steering committee including Osteoporosis Australia, the Arthritis Foundation of Australia and Dairy Industry representatives. Write to them at PO Box 467, Port Melbourne, VIC 3207, or fax them on 1800 640 129.



"WorkSafe Week"

Will be held from the 31st of August to the 5th of September, 1998. All Corporate Members are urged to consider promotion of their products and services via means of a display through this medium. Last year the week attracted 250 displays and several hundred people each day. We will keep you updated with the calendar of events as they are received.

COMMUNITY PLACEMENT FOR STUDENT NURSES

Curtin University School of Nursing is seeking placements for final semester students enrolled in the Bachelor of Science (Nursing) programme. The students need to work with registered Nurses during the four week placement. The programme involves undertaking health promotion activities and a community assessment during placement.

Please contact Joy Hicks at Curtin University, School of Nursing on Tel. (08) 9266 2086 or by Fax on (08) 9266 2959, if you are able to help the next generation of nurses.



VOLTAREN EMULGEL NOW OVER THE COUNTER

For treatment of muscular sprains and strains, Voltaren Emulgel is now available over the counter from pharmacies. Although this anti-inflammatory pain relief gel is no longer a prescription item, it is recommended to be used only following medical advice.

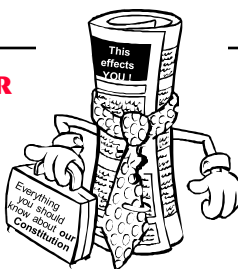


CHANGES TO OUR CONSTITUTION

Crack the champagne and chill the glasses, after months of hard work the constitution has been passed by the Ministry of Fair Trading. The changes to the constitution include:-

- ✓ the name of the Society shall be the Occupational Health Society of Australia (W.A. Branch) Inc;
- ✓ the committee shall maintain a register of the Societies current members;
- ✓ upon request to the Hon. Secretary in writing, the incorporated association of records and documents shall be made available for inspection by financial members;
- ✓ the constitution shall be altered by the consent of 75% or greater of members voting at a meeting or by the consent of 75% of all valid votes cast in a postal ballot of financial members;
- ✓ for dissolution of the Society, the consent of 75% or greater of members voting at a Special General Meeting;
- ✓ upon dissolution the remaining funds will be distributed to another association incorporated under the Associations Incorporation Act 1987 which has objects similar to those of the Society or for charitable purposes. This shall be determined by the resolution of the members when authorising and directing the Committee to prepare a distribution plan for the distribution of the surplus property of the association;

Any members who wish to review the entire document, please contact Peter Rohan on (08) 9327 8892 & he will send you a complete copy.



HIV AND Aids in the Workplace

The WA AIDS Council is seeking comments and/or support from the Society in relation to concerns they have about Regulation 2.5 of the OSH Regulations.

The Society has received correspondence from the Deputy Chairman of the Council expressing concern that Regulation 2.5 requires WorkSafe WA to be notified in the event that certain diseases are contracted in the workplace or as the result of work. The Council is concerned that the Regulation includes H.I.V., which allows "the easy identification of health care workers". This undermines the current successful system used by the Health Department of WA, which uses a coding system to identify infected persons thereby maintaining privacy.

The Council are concerned for the privacy of all individuals, not just health care workers and wish to have this Regulation reviewed and possibly amended. If any members wish to comment on this subject, please either write to the Hon. Secretary or contact her on 9333 3544, or Sandy Carvalho on 9316 0660.

Job VACANCY

One of our Corporate members is urgently seeking the services of an appropriately qualified safety & health professional with at least 10 years experience in industry (preferably mining) to assume a **senior management** position within their company. The applicant must be prepared to head up a team of OSH service professionals & provide direction and guidance to the company. A strong background in safety systems is highly desirable. Contact Ali Martins on (08) 9371 0711 for further details.



REQUIREMENT TO EXERCISE "DUE DILIGENCE"

The Occupational Health and Safety Act of NSW was recently amended to remove a key defence formerly available to directors and managers who were prosecuted under the Act. Previously, directors and managers could avoid liability by demonstrating that an offence occurred without their knowledge of the circumstances of the breach. The revised law now requires directors and managers to demonstrate that they exercised all due diligence to prevent the breach, whether they had knowledge of the breach will no longer be a relevant factor.

Whilst changes to the OHS Act are only in NSW, they are seen as a national benchmark. Thus, as good OSH practice, due diligence requires:

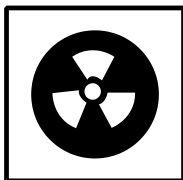
1. comprehensive systems to be established and implemented by management;
2. training;
3. auditing on a systematic basis;
4. prompt action on audit reports;
5. demonstrable commitment at board level to monitor the adequacy and currency of OSH systems applicable to all staff and contractors.

NEW COMPLIANCE STANDARD

Standards Australia has released a new standard which aims to help corporations meet the requirements of regulations. "AS 3806-1998 Compliance Programs", is a document that sets objective benchmarks for corporations to implement effective compliance programs. The standard is generic & can be used to assist both public and private organisations in developing, implementing & maintaining effective compliance programs in any form of legal, industry or in-house regulatory arrangement.

UV RADIATION FROM QUARTZ HALOGEN DOWNLIGHTS

WorkSafe WA and the Health Department of WA have highlighted problems associated with employees working under quartz or tungsten halogen down-light systems.



The high filament temperature produced in these lights and the quartz envelope which transmits the ultraviolet radiation (UVR), results in potentially hazardous UVR emissions from the globe. Excessive exposure of the skin to such lighting can cause sunburn and long term skin cancers ie exposure from desk lamps.

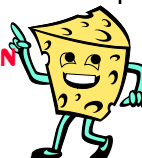
10 minutes exposure to noon time summer solar UVR, is approximately equivalent to the daily exposure limit for general and occupational exposure to UVR. Some brands of unfiltered 50 watt quartz halogen globes, can emit up to this amount of UVR at 25 cm to unprotected skin in about 10 minutes! Recommended practice includes replacing lamps or providing filters for them, educating employees' and providing warning of risk through labelling.



HEALTH & NUTRITION INFORMATION

The Australian Dairy

Corporation has developed a complete range of up to date materials, aimed at the general public, which are excellent for health promotion initiatives, and come free of charge. Booklets, posters and fact sheets are available for educating adults and children on issues such as dental nutrition, healthy recipes, osteoporosis and healthy bones, the amount of calcium in food guides, lactose intolerance, dairy myths and fallacies and much, much more. For more information, ring the Australian Dairy Corporation on 03 9694 3777, or free call on 1800 817 736.



EDUCATIONAL OHS WORKBOOKS



A series of twenty four workbooks are now available to assist students and those who wish to privately study OHS. Each workbook is based on an OHS module of the national curriculum for Certificate 3, 4 and Diploma in OHS. The workbooks provide a series of activities centred around workplaces. The number of essential texts accompanying the workbooks has been kept to a minimum, and text material is provided. The books can be ordered individually or in packs. The packs are Certificate 3, Certificate 4 and Diploma. They are designed to be suitable for any Australian OHS jurisdiction.

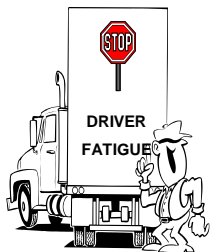
The workbooks are also available in packs suitable for trainers to use on short courses. These packs are; Fundamentals of OHS, Working Environment, Hazardous Substances Management, Ergonomics, Occupational Health, Compensation and Rehabilitation, and Safety Management. The Fundamentals pack would also suit a high school teacher running a work studies or work placement program.

For further information, contact: Training Publications, Prospect Place, West Perth 6005. Phone: 08 9227 3360, Fax: 08 9227 3298.

1996/97 SAFETY STATISTICS FOR WA NOW AVAILABLE!

Word is out that the latest edition of State of the Work Environment will be available from WorkSafe WA by Monday the 25th of May, for \$15 or for free when you surf the SafetyLine web site. The internet address for the SafetyLine website is <http://www.wt.com.au/SafetyLine>

TRUCKIE FATIGUE REGULATIONS AND CODE



From August, new National Road Transport laws will be introduced to combat driver fatigue amongst truck drivers.

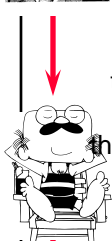
This includes:-

- † regulated driving hours to a maximum of 12 hours or 14 working hours per day;
- † a maximum of 72 hours driving and/or working in any 7 day period (including a 24 hour rest break).

These laws, however, will not be adopted by WA. The WA Department of Transport and Main Roads is currently developing a code of practice on *Fatigue Management*, with the final draft of the code expected to be submitted to WorkSafe WA in July, 1998. It is envisaged that an awareness campaign will be implemented and that the code will be fully operational by 1999.

Copies of the draft are available from the Dept. of Transport.

Holidays ↓ Your IQ??



According to German academic, Sigfried Lehl, holidays can reduce your IQ by up to one fifth. Pass times that are usually mandatory on holiday, such as sleeping on the beach, relaxing by the pool or being driven around in a tour bus were found to cause the mind to shut down (*wasn't that the objective??*). Lehl states that after just 5 days the IQ is reduced by 5% and after 3 weeks by an amazing 20%. What Lehl doesn't say, is how long it takes for the IQ to return to normal post returning to work.

GARDEN SOIL A HAZARDOUS SUBSTANCE ???

The Health Department of WA gazetted on March 17th, 1998, the Health Regulations 1998 - HE301, declaring garden soil to be a hazardous substance (Reg. 5). This regulation requires a Schedule 1 warning notice to be displayed on packaging or at point of sale for unpackaged garden soil. A Schedule 1 warning notice states:-



Health Warning"
Garden Soils contain microorganisms that may be harmful to your health. Always

wear gloves, keep soil damp whilst in use, avoiding inhaling the mix and wash hands after use.

Garden soil however is not classified as a Hazardous Substance under the WorkSafe WA Regs. According to Reg. 5.2(C), the WA OSH regulations *do not apply to a substance that may be hazardous only by reason of its containing any disease causing organism such as Legionella in garden soil/potting mix*. However, Section 19 of the OSH Act places a duty of care by the employer to ensure that all packaged goods coming on site were labelled as above and handlers of the packaged goods received appropriate advice to ensure a safe system of work.

WorkSafe WA LIBRARY

CATALOGUE NOW ON THE NET.

This initiative is a bonus for student & professionals alike. You can access the library catalogue direct on <http://www.safetyline.wa.gov.au/inmagic/libcat/libcat2.htm> or if this fails try <http://www.wt.com.au/safetyline> & go into safety and health information.



Silica A HUMAN CARCINOGEN

Mr Pat Gilroy, Deputy Chief Executive Officer from the Chamber of Minerals and Energy forwards the Chambers view on their recent Seminar - "*Silica - Its current Classification as a Human Carcinogen - Consequences for Employers*".

The decision by the Chamber of Minerals and Energy to conduct a public seminar on the 1996 classification by the International Agency for Research on cancer was a logical extension of the industry's health monitoring program. The Chamber has taken an active role in the debate on silica as a carcinogen including participation in international meetings and ongoing research on previous industry employees in underground mining operations.

The decision by IARC to declare silica a human carcinogen was in the Chamber's view highly questionable and this concern was shared with Dr Bruce Armstrong in his keynote address.

The seminar attracted 120 delegates from a range of interests and was enthusiastically received as little



attempt has been made since the decision to appraise affected industries of its impact. Attendees were given a full briefing on all aspects of silica exposure, its consequences and legal implications. The WA mining industry has been free of industrial disease for a quarter of a century and the Chamber is determined to ensure that workplace exposures to respirable silica are minimised to prevent silicosis and in doing so, prevent any possibility of lung cancer being contracted in the mining industry.

Book Review

"Emergency Incident Risk Management - A Safety and Health Perspective"

by Jonathan D. Kipp and Murrey E. Loflin (1996), published by ITP a division of International Thomson Publishing Inc (Van Nostrand Reinhold) Melbourne. The book is available from,
Archive Book Merchants,
256 Stirling Hwy, Claremont.
Contact Person - Kevin Della-Bosca
(9385 2972)

Cost is \$93.95 + delivery
(within 6 Weeks)

Emergency Incident Management is a useful reference text that has been designed to provide information and guidelines for emergency personnel on how to develop and implement comprehensive emergency risk management programmes.

The aims of these programmes are to reduce any harmful exposures that can attribute to on the job fatalities or injuries. The book has been written to ensure that programmes are designed with the intention to minimise both property and equipment damage in the event of an emergency.

The text has been divided into 4 main subject areas:-

Part One : Administration and Organisation

The basics of risk management from an administrative standpoint, including discussion of applicable laws, codes and standards.

Part Two : Comprehensive Risk Management Plan

Establishment of a framework for a comprehensive, pre-emergency risk management plan for the organisation.

Part Three : Emergency Incident Risk Management

The nuts and bolts of assessing and controlling the risk on the scene of an emergency.

Part Four : Integration

A review of the key components of the book, and how they all tie together.

The strengths of this text are that it is:-

- 👉 an easy reading reference text; &
- 👉 each Chapter contains:
 - major Goals;
 - lists the key learning points; &
 - suggested methods of implementation.

The biggest weakness of this text is that it is based on American legislation.

ERGOTAPE A WINNER



The indispensable ergonomic aid has attracted an overwhelming response from members. As a result we have decided to continue with the promotion until all stocks have been cleared. For those who are not familiar with the Ergotape, it is a two metre tape measure with correct ergonomic heights for seats, desks, keyboards and screens labelled on it. There is also a spirit level to establish angles of surfaces and a mirror to orient computer screens and identify sources of reflection.

There are over fifty, separate ergonomic measurements and checks on this tool. It also comes with a detailed, illustrated user guide.

These tapes normally retail for \$48 and are available at a wickedly low price for members for \$30 + \$3 postage. Contact Ali Martins on 9371 0733.

Safety Advisor Wanted

Another member and employer of safety personnel is looking for an experienced construction safety advisor for a short term contract in the Pilbara (8-10 weeks). For further details please contact Ali Martins on (08) 9371 0711.

SEMINAR REVIEW - MANUAL Handling

March '98 saw a mixed bag of participants ranging from OSH professionals, management reps and company personnel attend a challenging seminar presented by the Manual Handling Centre entitled "Successful Workplace Programs". The aim of the seminar was to revisit manual handling (MH) injuries, that still attribute to 30% of all lost time injuries in WA workplaces. The opening address was presented by the Hon Graham Kierath, the Minister for Labour Relations and followed by speakers from WorkSafe WA, the Chamber of Commerce & Industry and Curtin University. This session tackled legislative initiatives, the latest MH research, risk assessment and why workplaces are not effectively dealing with MH issues.

The afternoon was based on practical MH initiatives and solutions from Hamersley Iron, Sir Charles Gairdner and CSR Construction. These case studies highlighted that a collaborative approach driven via employee involvement was fundamental to the success of the company's MH programmes and strategies.

Overall, this seminar was informative, practical and most of all it challenged us to look further than our own job role as the manager, OSH professional or employee, and to 'step into someone else's shoes' to experience their perspective on MH.

Further information regarding this seminar can be obtained from the helpful staff at the Manual Handling Centre on (08) 9388 9266.



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 Editors.

Ali Martins on (08) 9371 0733 and Lou Beckwith on (08) 9432 1403

FULL 16 DIGIT ACCOUNT NUMBER WRITTEN ON CREDIT CARD

Have you changed jobs, moved house, changed your field or interests, no longer a student or have got an E Mail address recently ???

Then, maybe it's time to inform us so that we can change your Membership Details.

Remember, we print the Directory in approximately August/September and would like to produce a quality, useful and hopefully accurate reference document!!

Please check the 1997/98 Directory and make appropriate changes if required.

Member Type Standard ☐ Corporate ☐ Student ☐

Do You Want Your Details to be Published in the Directory YES / NO

Name: _____

Company: _____

Occupation/Title: _____

Mailing Address: _____

Directory Address (1): _____

Directory Address (2): _____

Contact Numbers/Addresses

Home (T) _____ (Fax) _____

Work (T) _____ (Fax) _____

Mobile _____ Pager _____

Email: _____

Internet: _____

Any changes to your field of interest ?

If you are a Student, are you currently studying fulltime and not working? If not, you do not qualify for student membership and should upgrade to Standard Membership.

**Please return the completed form to the Membership Officer, OH Society (WA) Inc,
PO Box 639, West Perth WA 6872 or send by fax (08) 9371 0733**