



the monitor

keeping industry informed of developments in occupational health and safety



Last Chance to Comment on Draft Model WHS Regulations and Codes of Practice

SafeWork Australia has released Draft Model Work Health and Safety (WHS) Regulations and Codes of Practice.

In particular, the draft Model WHS Regulations are based on matters that:

- are broadly common to all current jurisdictional regulations, as well as existing National Standards and Codes of Practice; and
- are included in some, but not all, jurisdictions' regulations, as well as material from national standards under review.

The RIS lists seven areas where businesses are likely to face considerable changes:

- requirements for RCD's to be installed in certain circumstances
- requirements for an annual notice of plant maintenance and annual fees
- requirements for notification of construction excavation

- requirements associated with Major Hazard Facilities
- the definition of "notifiable incident" for major hazard facilities
- requirements associated with asbestos management and control
- further regulation of asbestos management and removal in some jurisdictions.

The closing date for public comment on the Work Health and Safety Regulations and priority Model Codes of Practice is 4 April 2011.

The consultation process requires a Regulatory Impact Statement (RIS) in accordance with COAG guidelines.

For consultation purposes, the RIS to be carried out by Access Economics, includes a preliminary assessment of the significance of the expected change to each jurisdiction from the proposed model WHS regulations and Codes.

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MARCSTA training packages

As a Registered Training Organisation, MARCSTA delivers occupational safety and health units of competency for the following national training packages:

- Transport and Logistics
- Business Services
- Resources and Infrastructure Industry
- Construction, Plumbing and Services Integrated Framework

Applications for recognition of prior learning may be lodged for all training programs.

Archived editions of the Monitor are available online at www.marcsta.com

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LEGISLATION



continued from page 1...

Last chance to comment on Draft Model WHS Regulations and Codes of Practice

A preliminary analysis of costs and benefits identifies the main costs to business as that of adapting to new regulations especially for single state businesses which will not reap the offsetting benefit of reduced complexity.

Strangely, the RIS does not mention that the vast majority of employers operate in small businesses which are unquestionably going to be impacted by both the Model Act and Regulations. Most of these businesses do not have specialised OHS personnel and will now have extra monitoring and reporting responsibilities, costs of training and additional safety equipment. Most will need education and technical support if they are to be fully compliant and this support is unlikely to be forthcoming.

The consequence is likely to be a lack of understanding of requirements and non-compliance by the business sector employing the majority of the workforce.

Access Economics have already concluded that at this stage, the Model WHS Regulations and Codes will confer an overall small net benefit.

Small business is unlikely to agree.

Discrimination against worker who spoke up about safety

Patrick Stevedoring Pty Ltd were convicted and fined in Melbourne after being found guilty of discriminating against an employee who raised concerns about cargo lifting procedures.

The company was convicted of three charges and fined a total of \$180,000.

The worker, who was an elected health and safety representative, was given a warning letter, stood down, and threatened with dismissal after raising concerns about a cargo lifting method.

The total amount of fines awarded by the Courts in Victoria have accelerated sharply in recent years at a time when they are being reduced in NSW. In 2008/09 a total of almost \$7m were awarded in Victoria. By comparison, fines awarded in WA, with 40% of Victoria's population, were \$470,000.

It is understood that Western Australia will not adopt the high penalties operating in Victoria when it proceeds with harmonising legislation.

There is no evidence that high penalties result in improved worker health and safety.

PROPOSED MINE SAFETY LEGISLATION REJECTED IN THE USA



29 hard hats laid out at a memorial service for the miners who died at the Upper Big Branch Mine in 2009

In the USA proposed legislation which would have compelled poorly performing mines, which refuse to take the safety and health of miners seriously, to change their ways, has been rejected by the US House of Representatives.

The legislation focused on various issues including:

- increased inspection activities
- increased criminal and civil penalties
- tightening up the pattern of violations requirements
- increased access to evidence during inspections
- proposed health and safety management system requirements
- increased whistleblower protections
- expanding the scope of investigations of catastrophic incidents
- integrating non-mining safety issues into the legislation

Occupational safety and health legislation in the USA has not been significantly amended for the past 40 years.

In late January MSHA outlined the preliminary results of its investigation into the April 2010 disaster which caused the death of 29 miners in a West Virginia mine explosion.

MSHA had issued 557 citations for violations at the mine in the year before the explosion, shutting down work in portions of the mine 48 times for non-compliance.

The mine continued to operate because MSHA guidelines for designating repeat violations enable industry to contest citations, drawing them out for months in order to avoid amassing enough violations to qualify for 'pattern of violations' (POV) enforcement and subsequent closure.

This situation would be inconceivable in Australia where mine closure would be automatic in the event of operations being deemed unsafe by mines inspectors.

The latest development is a new move by a group of Democrat Senators to get bipartisan support in the US Senate for legislation – the Robert C Byrd Mine and Workplace Safety and Health Act of 2011 - that is similar to that defeated recently.

Source: Mother Jones Magazine, 21 Jan 2011

Mining deaths in the USA rise in 2010

Following 2009, a year marked by the fewest deaths in mining history (34), fatalities in 2010 increased sharply to 71 with 48 deaths occurring in coal mines and 23 at metal/non-metal mines.

The most significant tragedy occurred at the Upper Big Branch Mine when 29 coal miners died in a major explosion.

Source: OHS Online 18 Jan 2011



Bullying and victimisation of concern in the NSW mining industry

The Mine Safety Operations branch of Industry and Investment in NSW has reported a noticeable increase in complaints about bullying and victimisation in the workplace.

The department warned that such behaviours can pose a risk to mental health and contribute to workplace accidents and physical injuries and has recommended that all mine operations ensure that a risk assessment is carried out in relation to bullying and victimisation in the workplace.

Source: NSW Industry and Investment Safety Bulletin SB10-08

Construction industry in WA gets commendation from WorkSafe WA

A WorkSafe targeted program on High-Risk Work Licences in WA's construction industry has found a high level of compliance by the majority of workers with the requirement to hold the appropriate licences.

Inspectors visited 68 construction sites and checked the licences of more than 400 workers carrying out activities using scaffolding, rigging, cranes and hoists, concrete placing booms and load shifting equipment.

WorkSafe Director, Chris Kirwin, said that the inspection program was part of an ongoing series of pro-active inspections aimed at providing information to employers to assist in compliance with OHS laws.

He added that while the inspection program was aimed at raising awareness and providing information, inspectors took enforcement action where necessary.

He complimented the construction industry on its vigilance in ensuring workers held the appropriate licences.

Source: WorkSafe WA



EUROPEAN INITIATIVE TO PREVENT ROAD ACCIDENTS AND INJURIES FOR THE SAFETY OF EMPLOYEES



The distraction of a GPS while driving

The European Commission has co-funded a project titled Preventing Road Accidents and Injuries for the safety of employees, termed PRAISE. The project aims to advance work related Road Safety Management and provides the know-how to employers who have to take on that challenge.

The December 2010 Report No. 5, released by the European Transport Safety Council, offers insights on how to minimise distractions and provides a focus on in-vehicle distractions associated with the use of electronic devices or so-called 'nomadic devices' including mobile phones, smart phones, music players and portable navigation devices.

Vehicles are increasingly becoming 'moving offices', an environment in which employees are likely to receive or make phone calls, check text messages or even check their e-mails, not appreciating the enormous road risk that this type of behaviour poses while driving for work.

The report is an excellent comprehensive guide to identifying and managing the risks and provides numerous references for further reading.

Available from <http://osha.europa.eu/en/news/eu-praise-report-5-minimising-in-vehicle-distraction> it is a must read for all safety professionals.



Work-related traumatic injury fatalities 2007-08

Safe Work Australia has released its fifth in a series that estimates the number of workers and bystanders killed each year due to work-related injury.

The study identified a total of 442 work-related traumatic injury fatalities in Australia during 2007/08, a decrease of 6% from the total of 469 in 2006/07. Just under half (219) of all work-related injury fatalities resulted from traffic incidents.

Occupation

Truck drivers (69 deaths), labourers and related workers (46 deaths), farmers and farm managers (31 deaths) and tradespersons and related workers (35 deaths) were the occupations experiencing the highest fatality rates.

Industry of Employer

Half of those fatally injured while working were employed in three industries:

- Road Freight Transport (54 deaths)
- Agriculture (51 deaths)
- Construction (40 deaths)

Also above the all-industries average were the fatality rates in the Mining and Construction sectors.

Mechanism of Injury

- Vehicle Incidents were the dominant mechanism of fatal injury followed by Being Hit by Moving Objects, Falls from Height and Being Hit by Falling Objects.

This report continues to be an excellent source of data for OHS professionals who should be conversant with all the data provided.

Source: Safe Work Australia

WORK-RELATED TRAUMATIC INJURY FATALITIES, AUSTRALIA 2007-08

DECEMBER 2010

 safe work australia

In an interesting article, Cristian Sylvestre, a Director of Safetrain, suggests that safe behaviour become a habit.

Can people be responsible for their own safety?

What can we do?

Mr Sylvestre identifies three essential approaches to influencing people's behaviour that can put them at risk.

- a peer-to-peer observation program
- utilising a safety leadership program which is extended to everyone so that they can become 'safety leaders'
- human error prevention – a new approach which helps people prevent making mistakes commonly known as 'human error'

The third approach, human error, is then focused on by the author.

There are two types of at-risk behaviour:

- things people do deliberately (consciously) and;
- things people do unintentionally or habitually (subconsciously)

Deliberate at-risk behaviour includes procedure, rule and PPE violations when people know they're taking a risk and take the chance. Peer observation programs and safety leadership are very effective at dealing with this kind of deliberate at-risk behaviour.

Unintentional or habitual at-risk behaviour is not consciously chosen; it's when people go into 'auto-pilot' mode and they are not fully aware of what they are doing or what is going on around them.

Most of the time there are no hazards or the hazards do not make contact with them, so nothing happens. But they do increase the risk of injuring themselves without meaning to.



For example, when others speak or text on a mobile phone while driving, have you ever noticed the types of mistakes they make? They swerve into traffic lanes; they don't indicate when changing lanes or turning, and they don't keep to the speed limit.

If you had the chance to speak to them, they would tell you they didn't mean to do it and they will 'be more careful' or 'pay more attention' in the future.



Recent studies have shown that habits direct more than 95% of our behaviour. But because the behaviours associated with our habits are not 'conscious' we cannot 'decide them away'.

We need something else to address this type of 'at-risk' behaviour.

Research on this issue has revealed four critical errors people make unintentionally and the four states they are in when they make those errors. For example, 20,000 people were asked what unintentional errors they made. The top four responses, referred to as 'critical errors' were:

- eyes not on the task
- mind not on the task
- being in, or moving into, the line of fire; and
- loss of balance, traction or grip

When the same people were asked about the circumstances under which those critical errors were made, the top four responses, referred to as 'states' were:

- rushing
- fatigue
- frustration
- complacency

People reported that they were more likely to make critical errors when they were in one or more of the four states.

Making safe behaviour a habit

Research tells us that a states-to-errors pattern associated with unintentional or habitual mistakes is involved in more than 95% of acute injuries.

Human error prevention teaches people four critical error reduction techniques to minimise human error by up to 95%.

Since so much of our behaviour is habitual the most powerful technique is to teach people to work on their habits.

The first step is to get the person to identify their habits that are not the safest, then get them to realise what the safer habits are and finally get them to put time and effort into changing.

When organisations adopt the critical error reduction techniques, they can achieve up to 90% reduction in incident rates within 12-18 months.

Source: The full article can be found at <http://www.safetysolutions.net.au/articles/44328-Can-people-be-responsible-for-their-own-safety>.



HANDS-ON TRAINING ESSENTIAL FOR HIGHLY HAZARDOUS TASKS

In an interesting study reported in the January issue of the *Journal of Applied Psychology*, behaviour modelling, simulation and hands-on training for workers in **highly dangerous jobs** is most effective at improving safe work behaviour. However, less engaging training (e.g. lectures, films, reading materials and videos) can be just as effective in preparing workers to avoid accidents when jobs are less dangerous.

More interactive types of safety training may help employees to become more aware of the threats they face on the job and avoid making deadly mistakes.

The primary psychological mechanism for the results of the 16 countries' analysis was termed 'the dread factor' by the Tulane University study. In the more interactive training environment, trainees are faced more acutely with the possible dangers of their job and they are, in turn, more motivated to learn about such dangers and how to avoid them.

For example, when hazardous events and exposures are extreme (e.g. fires, explosion, exposure to toxic chemicals or radiation) the action, dialogue and considerable reflection that takes place in more interactive training would be expected to create a sense of dread and realisation of the dangers of the job.

The study findings also show that the less expensive, and less interactive, training may be a good fit for workers who are not facing particularly hazardous situations on the job.

An investigation of which jobs fall into the 'highly hazardous' category would need to be carefully undertaken before selecting the appropriate type of training.

Source: *EHS Today*, Jan 2011



HOLCIM TAKES LEAP FORWARD IN OHS TRAINING



Don Kelly

Holcim (Australia) Pty Ltd has a comprehensive SHE (Safety, Health & Environment) Management System which incorporates its Safety and Health Policy stipulating its commitment to safety and goal of zero harm for all employees, labour hire employees, contractors and visitors.

To realise this goal and commitment, Fred Adams (Area Manager – North West WA) has instigated the roll out of OHS for Supervisors and Managers courses through MARCSTA for leading hands, supervisors and managers in the North West Region.

Personnel attending the course then complete the associated workbook to gain a Statement of Attainment for the following Business Services Training Package Units:

- **BSBOHS301B** – Apply knowledge of OHS legislation in the workplace
- **BSBOHS303B** – Contribute to OHS hazard identification and risk assessment
- **BSBOHS304B** – Contribute to OHS hazard control
- **BSBOHS307B** – Participate in OHS investigation
- **BSBOHS403B** – Identify hazards and assess OHS risk
- **BSBOHS404B** – Contribute to the implementation of strategies to control risks
- **BSBOHS408A** – Assist with compliance with OHS and other relevant laws



Chris Byrne



Jamie Rhodes

To date 21 people have attended the course, with 13 completing the workbook and supporting evidence to obtain Statement of Attainments. The remaining eight people are in the process of finishing the workbook.

In recognition of their great efforts, Fred Adams personally presented Statements of Attainment to the personnel photographed here and congratulated them on their achievement.



Steve Carr



L: Elliot Burton receives his Statement of Attainment from Fred Adams, Area Manager - North West WA, Holcim (Australia) Pty Ltd



Colin Kerim



Doug Coleman

HOW QUICKLY DO WE FORGET WORKPLACE DISASTERS?



Six workers were fatally injured during a planned work activity to clean debris from natural gas pipes at Kleen Energy in the USA.

In a recent editorial from Dave Johnson, Chief Editor of ISHN, he expressed grave concern that the workplace disasters in the USA in 2010 will be quickly forgotten and nothing will be done to change the disturbing pattern of deadly neglect in workplace safety that has been tolerated for far too long.

He refers to an article by Dr Tom Krause, appearing in Industry Week in December 2010, which derides the absence of a personal safety ethic on the part of too many CEO's.

Dr Krause's concern is that the cumulative horrors of 2010 will do little to change modern culture in the USA, which seems impervious to transformative experiences and reforms, noting that Occupational Safety and Health legislation has gone unchanged for four decades with permissible occupational exposure limits that are ridiculously outdated.

New safety and health standards are excruciatingly extracted from OSHA then immediately challenged in court.

Readers will recognise that occupational health and safety standards in Australia are at the forefront internationally and must be kept there.

Source: ISHN

Crane fatalities being investigated

Workplace Health and Safety Queensland is investigating two separate fatal crane incidents that occurred in January. One resulting from a crane roll-over and the other when contact was made with overhead power lines.

Source: eSAFE newsletter Incident Alert 01/2011



THE ECONOMIC BURDEN OF OCCUPATIONAL FATAL INJURIES IN THE USA

NIOSH have released a document detailing the economic loss for premature* occupational fatalities for the period of 1992-2002.

In that period 64,333 civilian workers died at a total societal cost of US\$53bn, an average cost of US\$823,000.

The cost-of-illness method used estimates the societal cost which counts direct and indirect lifetime costs.

Indirect costs are calculated for each incident by accounting for median annual compensation at the time of death, the probability of survival, household production, wage growth rate adjustment, and the real discount rate. These costs are then added to the direct lifetime cost of fatal injury.

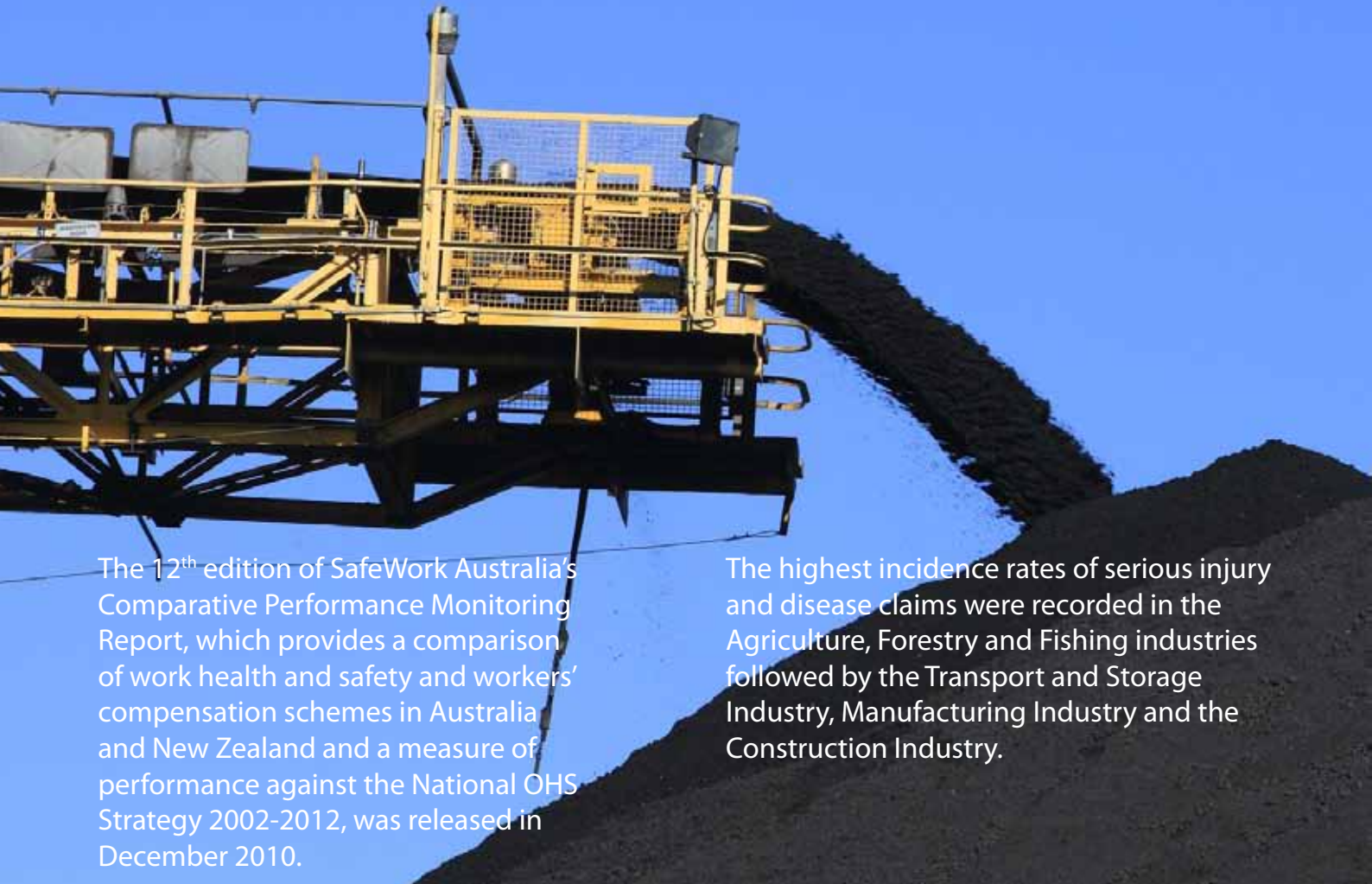
Pain and suffering are not captured by the surveillance data.

The cost model used produces a conservative estimate of lifetime economic costs of fatal occupational injuries.

Source: NIOSH

* Editor's note: Any occupational fatality is premature.

MINING CONTINUES ITS REMARKABLE PERFORMANCE IN REDUCING INJURIES AND DISEASE



The 12th edition of SafeWork Australia's Comparative Performance Monitoring Report, which provides a comparison of work health and safety and workers' compensation schemes in Australia and New Zealand and a measure of performance against the National OHS Strategy 2002-2012, was released in December 2010.

The highest incidence rates of serious injury and disease claims were recorded in the Agriculture, Forestry and Fishing industries followed by the Transport and Storage Industry, Manufacturing Industry and the Construction Industry.

The report shows a reduction in the incidence rate of injury and musculo-skeletal claims of 22% between the base period 2000/01-2002/03 and 2008/09 - which is below the rate required to meet the National OHS Strategy's long term target of 40% reduction by 2012.

Compensated fatalities decreased by 25% from the base period to 2008/09 and the national incidence rate is on target to meet the 20% reduction required by 2011/12. Volatility is still a concern when consistent performance is the objective.

The mining industry recorded the lowest incidence rate of all major industry sectors and the greatest percentage reduction, 40%, between the base period and 2008/09.

Australian average workers' compensation premium rates by industry show that the mining industry enjoys the lowest rates of all the major industry sectors in Australia.

The report should be on the 'must read' list for all of our state and federal politicians.



Above: Ambulance officers treat a farmer at the scene of a tractor accident

Agriculture and construction industries - Victoria's most dangerous

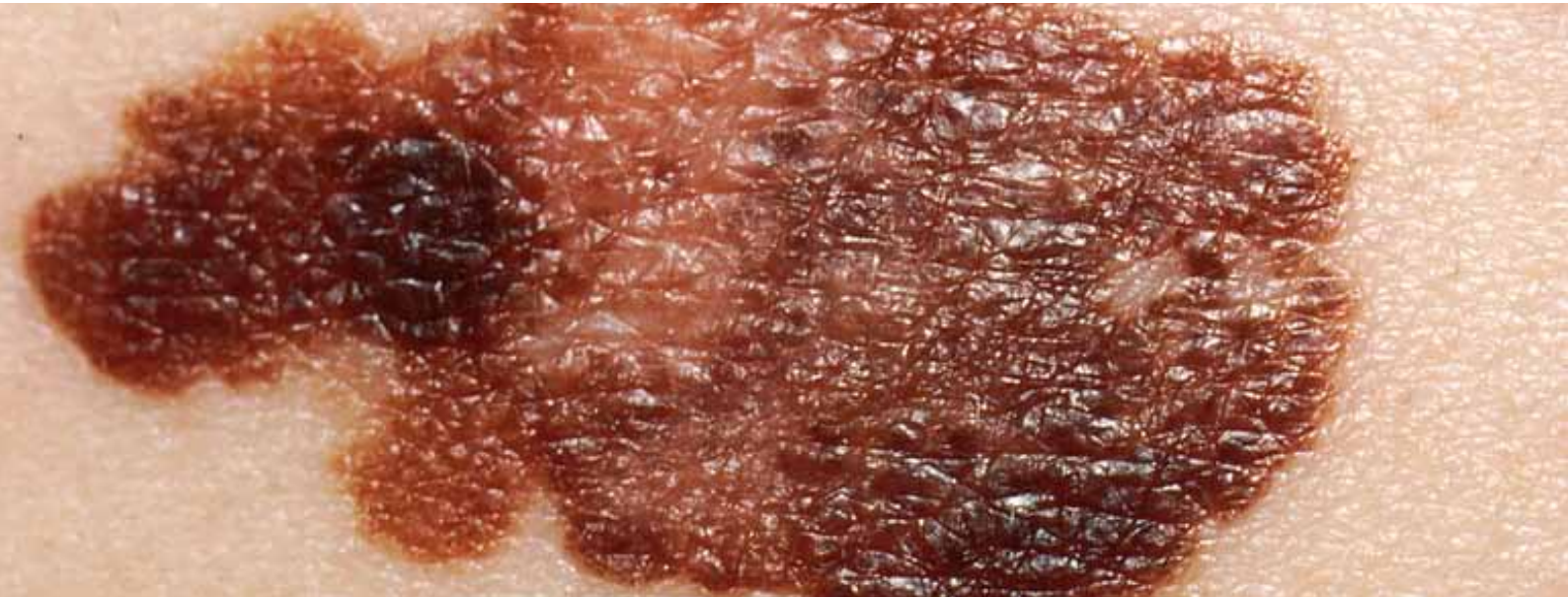
WorkSafe Victoria have reported that the agriculture and construction industries have again ranked as Victoria's most dangerous workplaces.

In the agriculture sector the most common causes of death are tractors while in the construction sector 'falls from height' ranks first.

WorkSafe Victoria figures show that 23 people died at Victorian workplaces in 2010.

Source: ABC News 2 Jan 2011

MELANOMA



Melanoma may be preventable by regular sunscreen use in adults

A study by researchers at the Queensland Institute of Medical Research has shown that melanoma may be preventable by regular sunscreen use in adults.

In 1992, residents of Nambour aged 25 to 72 years were randomly assigned to daily or discretionary sunscreen application to head and arms in combination with 30mg beta carotene or placebo supplements until 1996. Participants were observed until 2006 with questionnaires and/or through pathology laboratories and the cancer registry to ascertain primary melanoma occurrence.

Ten years after the cessation of the trial the incidence of primary melanoma in the daily sunscreen usage group was about one half of that observed in those randomly assigned to discretionary sunscreen use.

The conclusion was that melanoma may be preventable by regular sunscreen use and adds significant evidence about the wisdom of making regular sunscreen use a habit just like other health routines.

Source: Journal of Clinical Oncology

Recognising melanomas

Researchers at the University of Illinois at Chicago have found that fourth year medical students are not very proficient at detecting melanoma, the most serious type of skin cancer.

Actors wearing a simulated melanoma were examined for carpal tunnel syndrome but less than a quarter of 190 students saw the lesion and recommended treatment.

Dr Claudia Hernandez commented that the results are disturbing, because the awareness of the dangers of skin cancer, especially the deadliness of melanoma, does not seem to be getting through

to medical students. If they are not getting the message, then the public may not be getting it either, she said.

Source: Reuters, 11 Feb 2011

Long-term use of low-dose aspirin reduces cancer

According to data published on line 7 December 2010, in the LANCET, low-dose aspirin taken for five years or longer reduces mortality from oesophageal, pancreatic, brain, stomach, colorectal, prostate and even lung cancer.

The study was a meta-analysis of eight randomised clinical trials involving 25,570 patients.

Source: Elsevier Global Medical News



Sitting for too long has health consequences

University of Queensland researchers are conducting a three year study to monitor hundreds of Brisbane office workers to see how much damage people are doing to their bodies just by sitting down.

They say the effects appear to be different from those of not getting enough exercise.

Professor Owen says that there is strong evidence that sitting disrupts the way the body deals with sugars and fats from our diet and the research could change office layouts, with people standing instead of sitting at computer screens.

The study will begin in mid 2011.

Source: ABC News Nov 2010

The importance of hearing protection

A recent study by the Canadian Centre for Occupational Health and Safety has found that if a worker removes their hearing protection for only five percent of an eight hour shift, the attenuation* is reduced by 66%. So if a worker removes their hearing protection for only 25 minutes during an eight hour shift, their protection from noise-induced hearing loss is significantly compromised.

Sensear, the local company which developed hearing protection which allows workers to hear while remaining fully protected, offers a solution that enables employees in noisy environments to avoid hearing loss.

One in six Australians suffer from hearing loss and this will increase to one in four by 2050.

Source: The Economic Impact and Cost of Hearing Loss in Australia

* Editor's note: This is really about dose not attenuation.

MSHA to increase focus on airborne contaminants

The US Department of Labor's Mine Safety and Health Administration (MSHA) has announced an increased focus on exposure monitoring at metal and non-metal mines throughout the country to ensure better protection from over-exposure to harmful airborne contaminants. Agency efforts will include stakeholder outreach, education and training and enhanced implementation of existing standards.

Dr Greg Wagner, deputy assistant secretary for mine safety and health, commented that over-exposure to harmful airborne contaminants can result in a number of diseases and illnesses which can take a long time to develop and may not be apparent at the time of exposure.

Source: US Department of Labor News Release 16/12/2010

Understanding nanotechnology and its usage

In the USA, NIOSH has released a 149 page Current Intelligence Bulletin containing an assessment of the toxicological data and recommendations for safe handling of carbon nanotubes.

The report says findings of adverse respiratory effects in animals exposed to carbon nanotubes and carbon nanofibres indicate precautionary measures based on the hierarchy of controls should be taken to limit the risk of occupational lung disease in workers with potential exposure to them.

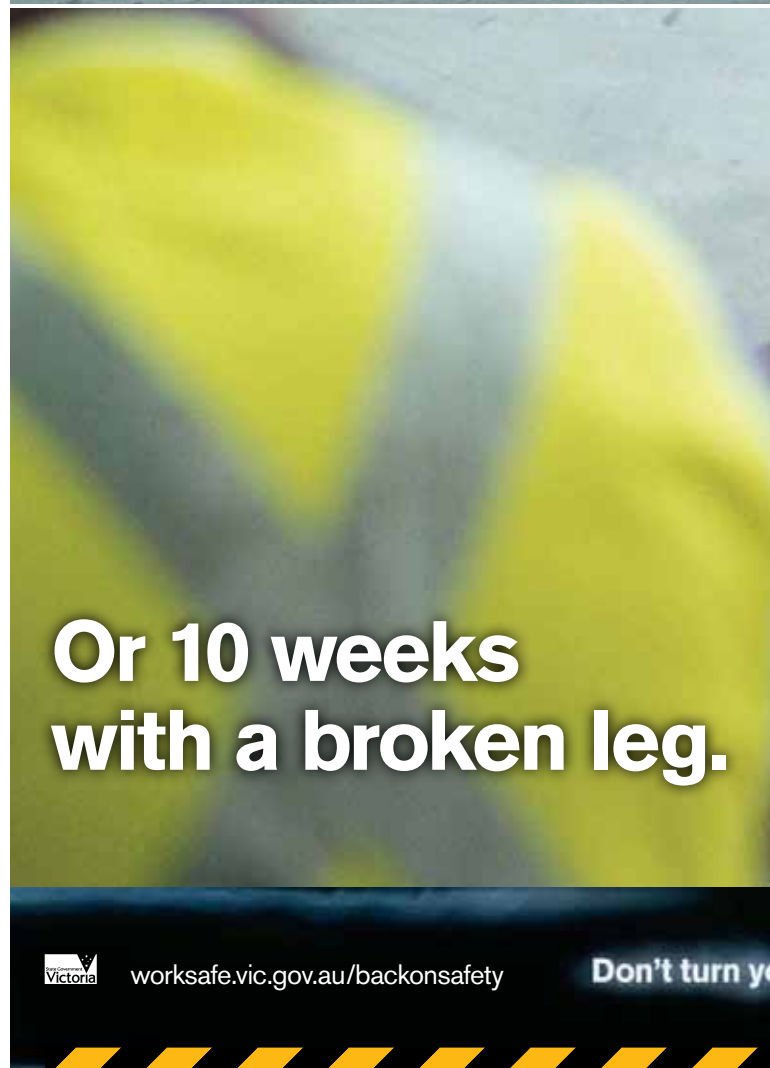
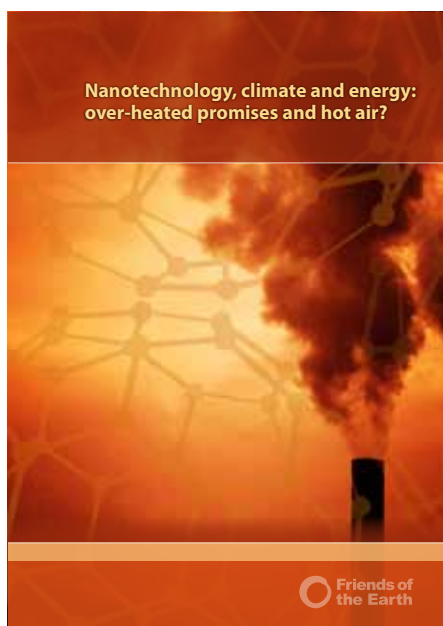
For those readers who wish to broaden their knowledge base on nanotechnology and the debate about its safe usage, a useful comprehensive report has been released by Friends of the Earth and is available free from the internet (<http://nano.foe.org.au/nanotechnology-climate-and-energy-over-heated-promises-and-hot-air>). MARCSTA provides the reference without prejudice.

It is also of note that nanoparticles have been used in more than 1,000 electronic, cosmetic, automotive and medical products so far.

In 2005 there were 54 consumer products using nanoparticles, in 2006 that figure jumped to 356.

A wide range of health care, pharmaceutical, biotechnology, electronics and other companies manufacture nanoparticles. Nanoparticles are made of silver, carbon, zinc, silica, titanium, gold and other materials.

Source: NIOSH / OHS online / Friends of the Earth / APP.com





Jumping the major cause of painful permanent musculoskeletal injuries

When you jump from the cab of a truck or the back of a trailer, or any raised object, the force of landing on the ground makes the bones in your spine collapse on each other. Research has shown that over time, this bone-on-bone impact is a direct cause of spinal disc degeneration and other soft tissue injuries.

The impact of landing on the ground causes a similar bone-on-bone effect in your knees and ankle joints. Therefore, every time you jump instead of climb to the ground, you may contribute to a painful permanent musculoskeletal injury that could eventually prevent you from working.

Source: Health and Safety Ontario, Jan 2011

New technology reduces lower back pain

An Australian company has developed a world first technology, named the Back Strain Monitor, an electronic medical device consisting of discrete wireless sensors which can be worn by a worker for up to 24 hours at a time.

The sensors measure the angular changes of the lumbar spine in forward bending, backwards bending and sideways bending at a rate of 20 times per second. The data is recorded by a pocket sized monitor that records detailed information and can display live data on a PC screen for immediate viewing and analysis.

The Austin Hospital in Melbourne is conducting a 12 month trial of the monitor which empowers patients by giving them instant feedback when poor posture is putting strain on their spine and by guiding them in how to correct it.

Some organisations are using the technology to identify high risk activities and gain a greater understanding of these tasks. Other companies are using the technology to guide injured workers back to the workplace using the biofeedback to remind them of the correct lifting techniques.

Source: Workplace Improver Blog and The 7:30 Report ABC



JIM TORLACH SCHOLARSHIP STUDENTS GAIN INDUSTRY RECOGNITION

The second graduate from the Bachelor of Science (Health and Safety) program at Curtin University, Janaya Patterson, has secured a graduate position with Chevron.

Janaya joins Cassandra Prideaux who has completed her graduate year at Argyle Diamond Mines.

Simone Jenkins, who has completed her first year of study, spent the vacational break with the Department of Mines and Petroleum gaining firsthand experience with the industry's regulatory authority.



Above: 2011 Jim Torlach Scholar, Bosko Jovanovic



Above: At left, Sheryl Kelly, MARCSTA Training Manager with graduating student Janaya Patterson .

The 2011 scholarship was recently awarded to Bosko Jovanovic. Bosko is a mature age student who has been employed as a senior process technician at BHP Billiton's Worsley Alumina Smelter. He has experience as a health and safety representative and has completed a Certificate IV in Occupational Health and Safety.

James Milne Torlach (1938 – 2006) made an outstanding contribution to the improvement of safety and health in the mining industry in Western Australia, being responsible for the complete overhaul and modernisation of mine safety legislation culminating in the passage of the Mines Safety and Inspection Act 1994.

This perpetual scholarship honours his memory.





MARCSTA Members

ORDINARY MEMBERS

Alpha Safety Management
Ausdrill Ltd
Barminco Limited
BGC Contracting Pty Ltd
Bucyrus Mining Australia Pty Ltd
Cape Skills
Downer EDI Engineering
GFR Group
GR Engineering Services
GRD Minproc
Holcim (Australia) Pty Ltd
Komatsu Australia Pty Ltd
Roche Mining Process Engineering
Skilled Group Ltd
Westrac Equipment Pty Ltd

ASSOCIATE MEMBERS

Aveling
Jako Industries Pty Ltd
Mandurah Safety and Training Services Pty Ltd
Mine SafeGear
Strudwick HR

MARCSTA Training Providers

Jayson Aveling
Danny Bognar
John Christie (C) (O) (R)
Stacey Clark
Brian Cloney
Jim Dandie
Geoff Day
Vlad Doguilev (C) (O)
Peter Dowding
Duncan Edwards
Linda Elezovich
Keith Finnie
Donelle Fraser (C) (O) (R)
Rhonda Gilchrist (S only)
Ross Graham
Brett Green
Paul Harring
Theo Hermans

Ralph Keegan (S)
Sheryl Kelly (C) (O) (R)
Joe Maglizza
Les McIntyre
Neil McMeekin
Katherine Montague
John Preston
Graeme Richards
Jason Roberts
Victor Roberts
Grant Shearwin (C) (O)
Nugent Stiles
Julian Strudwick (C)
Peter Tynan
Micheal White
Paul Willoughby

All training providers listed provide the General Safety Induction program.

C denotes the Work Safely in the Construction Industry program.
O denotes the OHS for Supervisors and Managers program.
S denotes the Extended Working Hours program.
U denotes the Underground program.



**Safety is
everyone's
responsibility**

SLEEP APNEA DEVICE EASES FATIGUE IN THREE WEEKS



US researchers have found that regular use of treatment with continuous positive airway pressure (CPAP) masks reduces the fatigue caused by obstructive sleep apnea, a chronic disorder that affects 12 million Americans.

The results are important because they show that patients who comply with CPAP therapy can find relief from fatigue and experience increases in energy and vigour after a relatively short treatment period, says the study which appears in the Journal 'Sleep'.

Several studies have shown that CPAP treatment can reduce other health risks, such as lowering the risk of stroke, but few have studied the impact on fatigue, which can reduce work performance and increase the risk of accidents.

Source: Reuters, Jan 2011

Baker fails to protect workers

A country bakery proprietor has been fined a total of \$60,000 plus costs for breaching WA's laws on fatigue management for commercial vehicle drivers, the third time the company has been charged with offences under these laws.

The court heard that the employer failed to:

- ensure the drivers knew how long they could drive without the required break and understood the requirements for breaks;
- allow the drivers enough time in their schedules for the required breaks;
- have an effective system in place to check, monitor and control the drivers;
- provide a relief driver;
- ensure that all drivers held a commercial vehicle driver's medical certificate.

WorkSafe Commissioner, Nina Lynhe, said that it was crucial that the commercial transport industry recognises that fatigue is a significant OHS issue and that the human body has limitations and adequate sleep and rest is essential to safely undertake long-distance driving.

Source: Department of Commerce



Fatigue at work; a bad sign of the economic times

Prolonged work days are causing American workers to fall asleep or feel sleepy at work.

A new report points out that 63% of those polled in a survey stated that they simply accept this sleepiness and just keep going. Unfortunately, where many of these workers are going is to the emergency room.

The consequences of a struggling economy are that many businesses have reduced their workforce to stay afloat with those left working longer hours and, in some cases, performing duties unfamiliar to them without adequate training. Add the stress related to concerns about continued workforce cutbacks and the lethal combination of fear and fatigue, and this results in rising workers' compensation claims.

Fatigue and long hours in the workplace are serious issues. In its investigation of the causes of the BP Texas City Oil Refinery explosion in 2004 in which 15 workers were killed and approximately 170 injured, the US Chemical Safety Board cited worker fatigue and long work hours as likely contributing factors to the explosion.

Source: EHS Today, Dec 2010



Working nights and rotating shifts double the risk of being injured at work

A recent study by researchers from the University of British Columbia has concluded that Canadians working nights and rotating shifts are almost twice as likely to be injured on the job as those who work regular day shifts.

The study examined data on 30,000 Canadians and compared trends in work injury among workers involved in different types of shift work from 1996-2006.

In the past few decades the number of Canadians working shifts has risen substantially. The number of women working shifts increased by 95% during the study period, mainly in the health care sector, almost double the 50% increase in men, occurring mostly in the manufacturing and trades sectors.

Injuries related to shift work are costly. In 2006, 307,000 work-related injury claims associated with shift work represented more than C\$50.5m in costs to the workers' compensation system.

Source: Canadian Centre for Occupational Health and Safety



Managing fatigue in transportation, resources and health conference, March 21-24

The eighth International Conference on Transport Fatigue will be held at the Esplanade Hotel, Fremantle in March with an impressive array of quality speakers scheduled to participate.

The organising committee has recognised the importance of including the resource and health sectors by including them as core themes for the conference.

Core topics include:

- studies of fatigued and distracted drivers
- fatigue management in occupational settings
- from laboratory research to operational fatigue risk management
- fatigue management – science, flight crew and public safety
- sleep performance and health among oil industry shift workers
- chronic sleep restriction in the operational environment; complications, implications, illustrations and simplifications

The official conference website is www.fatigueconference2011.com.au.

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8th International Conference on
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AROUND THE GLOBE

Asbestos still in common use internationally

According to estimates published in January in Environmental Health Perspectives about one quarter cases of mesothelioma worldwide go unreported.

Malignant mesothelioma is caused almost exclusively by exposure to asbestos. The disease is difficult to diagnose until it is far advanced and the prognosis is usually poor.

Cumulative asbestos use in 89 countries, which accounted for more than 82% of the global population in the year 2000, totalled more than 65 million metric tonnes during 1920-70.

The United States, Russia, United Kingdom, Germany and Japan led the group in asbestos use.

For the 56 countries also reporting mesothelioma data, there were approximately 174,300 deaths during 1994-2008.

The study authors propose that every country ban the mining, use and export of asbestos because mesothelioma can be prevented by eliminating exposure to asbestos.

Source: EHS Today, 10 Jan 2011

China

Workers poisoned while making i-phones

Workers in southern China, who say they were assembling Apple laptops and i-phones, have become seriously ill after using a dangerous chemical.

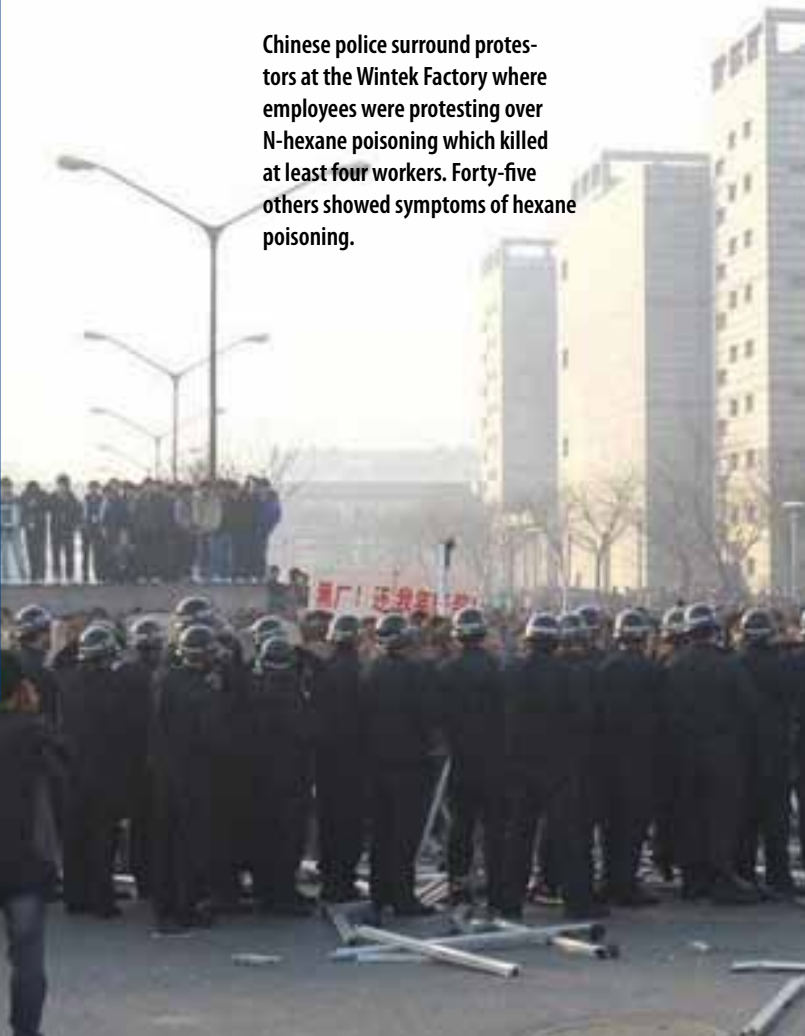
The workers report that breathing in vapours from the chemical n-hexane, used in the production of Apple products, has left them unable to walk.

After breathing in the chemical's vapours, they became dizzy and numb and eventually could not walk.

Apple, meanwhile, would not confirm it has sourced products from China, but said it had tightened its requirements regarding workplace safety at its suppliers.

Source: ABC News 26 Oct 2010

Chinese police surround protestors at the Wintek Factory where employees were protesting over N-hexane poisoning which killed at least four workers. Forty-five others showed symptoms of hexane poisoning.



USA

New OHS initiative to train quarry workers

In the USA, MSHA and the National Stone, Sand and Gravel Association (NSSGA) have co-operated in the development of an online education and training toolbox for the aggregates industry.

“Safety Pro in a Box” includes handbooks on accident/illness reporting and metal/non-metal inspection procedures; instruction guides for conducting safety and health audits at aggregates operations; on-the-job training modules for sand, gravel and crushed stone mines; an instruction guide for establishing an occupational health program for respirable crystalline silica; and training modules on high wall hazards, PPE, hearing conservation and workplace exams.

Source: OHS online 17 Jan 2011

Increased life expectancy – increased years of ill health?

Increased life expectancy in the USA has not been accompanied by more years of perfect health reveals new research published in the December issue of the Journal of Gerontology.

Indeed, a 20 year old today can expect to live one less healthy year over his/her lifespan than a 20 year old did a decade ago; even though life expectancy has grown.

The research shows that the period of life spent with serious disease or loss of functional mobility has actually increased in the last few decades. We spend fewer years of our lives without disease, even though we live longer.

Source: EHS Today, Dec 2010

Asia

Ground water exploitation raises arsenic concern

Over-exploitation of groundwater in Vietnam has resulted in arsenic contamination of water supplies. It may only be a matter of time before the toxic element also permeates deep aquifers in other Asian countries.

Some 100 million people throughout Asia are currently at risk from unsafe levels of arsenic in their water supplies. The element can trigger conditions ranging from anaemia to skin cancer.

Researchers analysing private wells reaching to depths ranging from 10 metres to metres to more than 50 metres found that 27% of the wells contained levels of arsenic exceeding the WHO standard.

Source: Reuters 17 Jan 2011



Above: Sand filter for iron and arsenic removal, used by rural households in the Red River delta (Vietnam). Photo: copyright Eawag

Below: A side effect of arsenic poisoning

