

# WORKCOVER NEWS

# 71

October – December 2007

The workplace safety and injury management magazine



**Celebration Edition – In this issue WorkCover NSW showcase its many fantastic award winners for 2007.**



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## OHS Consultation

(A WorkCover NSW Accredited Course)

Jan	Mon	14	Tue	15	Mon	21	Tue	22	Parramatta	PAR1
Jan	Thur	17	Fri	18	Thur	24	Fri	25	City	CIT1
Jan	Wed	23	Thur	24	Wed	30	Thur	31	Parramatta	PAR1/2
Jan/Feb	Mon	28	Tue	29	Mon	4	Tue	5	City	CIT1/2
Feb	Mon	4	Tue	5	Mon	11	Tue	12	Parramatta	PAR2
Feb	Wed	6	Wed	13	Wed	20	Wed	27	City	CIT2
Feb	Thur	7	Fri	8	Thur	14	Fri	15	City	CIT22
Feb	Thur	7	Thur	14	Thur	21	Thur	28	Rooty Hill	RH2
Feb	Mon	11	Tue	12	Mon	18	Tue	19	City	CIT23
Feb	Tue	12	Wed	13	Tue	19	Wed	20	Campbelltown	CAM2
Feb/Mar	Wed	13	Wed	20	Wed	27	Wed	5	Parramatta	PAR22
Feb	Thur	14	Fri	15	Thur	21	Fri	22	Chatswood	CHA2
Feb/Mar	Wed	20	Wed	27	Wed	5	Wed	12	Hurstville	HUR2
Feb	Thur	21	Fri	22	Thur	28	Fri	29	Parramatta	PAR23
Mar	Mon	3	Tue	4	Mon	10	Tue	11	Parramatta	PAR3
Mar	Tue	4	Wed	5	Tue	11	Wed	12	Chatswood	CHA3
Mar	Wed	5	Wed	12	Wed	19	Wed	26	City	CIT3
Mar	Thur	6	Fri	7	Thur	13	Fri	14	Parramatta	PAR32
Mar	Mon	10	Tue	11	Mon	17	Tue	18	City	CIT32
Mar	Mon	10	Tue	11	Mon	17	Tue	18	Hurstville	HUR3
Mar/Apr	Thur	27	Fri	28	Thur	3	Fri	4	City	CIT33
Apr	Tue	1	Wed	2	Tue	8	Wed	9	Parramatta	PAR4
Apr	Tue	1	Wed	2	Tue	8	Wed	9	City	CIT4
Apr	Tue	1	Wed	2	Tue	8	Wed	9	Campbelltown	CAM4
Apr	Wed	2	Thur	3	Wed	9	Thur	10	Rooty Hill	RH4
Apr	Mon	7	Mon	14	Mon	21	Mon	28	City	CIT42

This course is required to be attended by OHS Committee members & OHS representatives. It provides participants with the skills to apply the principles of workplace OHS consultation & effectively carry out their functions under the OHS legislation.

Course Length: 4 days (9am - 4pm). Course Fee: \$610 (\$671 incl. gst)

Apr	Wed	9	Thur	10	Wed	16	Thur	17	Chatswood	CHA4
Apr	Thur	10	Fri	11	Thur	17	Fri	18	Parramatta	PAR42
Apr	Tue	15	Wed	16	Tue	22	Wed	23	City	CIT43
Apr	Tue	15	Wed	16	Tue	22	Wed	23	Hurstville	HUR4
Apr/May	Wed	16	Wed	23	Wed	30	Wed	7	Parramatta	PAR43
Apr	Mon	21	Tue	22	Mon	28	Tue	29	Parramatta	PAR44
May	Thur	1	Fri	2	Thur	8	Fri	9	City	CIT5
May	Fri	2	Fri	9	Fri	16	Fri	23	Parramatta	PAR5
May	Mon	5	Tue	6	Mon	12	Tue	13	Parramatta	PAR52
May	Mon	5	Mon	12	Mon	19	Mon	26	Chatswood	CHA5
May	Wed	7	Thur	8	Wed	14	Thur	15	Campbelltown	CAM5
May	Wed	7	Wed	14	Wed	21	Wed	28	City	CIT52
May	Mon	12	Tue	13	Mon	19	Tue	20	City	CIT53
May	Wed	14	Thur	15	Wed	21	Thur	22	Hurstville	HUR5
May	Wed	21	Thur	22	Wed	28	Thur	29	Parramatta	PAR53
Jun	Wed	4	Thur	5	Wed	11	Thur	12	City	CIT6
Jun	Wed	4	Thur	5	Wed	11	Thur	12	Parramatta	PAR6
Jun	Wed	4	Thur	5	Wed	11	Thur	12	Chatswood	CHA6
Jun	Thur	5	Fri	6	Thur	12	Fri	13	Campbelltown	CAM6
Jun	Thur	5	Thur	12	Thur	19	Thur	26	Hurstville	HUR6
Jun	Fri	6	Fri	13	Fri	20	Fri	27	City	CIT62
Jun	Fri	6	Fri	13	Fri	20	Fri	27	Parramatta	PAR62
Jun	Tue	10	Wed	11	Tue	17	Wed	18	Rooty Hill	RH6
Jun	Mon	16	Tue	17	Mon	23	Tue	24	City	CIT63
Jun	Mon	16	Tue	17	Mon	23	Tue	24	Parramatta	PAR63

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## introduction to return to work co-ordination

(A WorkCover NSW Accredited Course)

This course is required to be attended by a return to work coordinator whose employer has a base tariff premium of more than \$50,000 pa. It develops the basic skills and knowledge needed to manage workplace injuries.

Course Fee: \$570 (gst free)

Course Length: 2 days (9am - 4:30pm).

Jan	Mon	21	Tue	22	City	CITR1
Feb	Thur	7	Fri	8	Parramatta	PARR2
Feb	Thur	21	Fri	22	City	CITR2
Mar	Thur	13	Fri	14	City	CITR3
Mar	Mon	17	Tue	18	Parramatta	PARR3
Apr	Mon	14	Tue	15	Parramatta	PARR4
May	Mon	5	Tue	6	City	CITR5
May	Wed	14	Thur	15	Parramatta	PARR5
Jun	Wed	18	Thur	19	City	CITR6
Jun	Wed	18	Thur	19	Parramatta	PARR6

## ohs committee chairperson

(There is no WorkCover NSW Accredited Course)

This course provides a chairperson with further skills and certainty so that they can operate the committee effectively and make a greater impact on health and safety.

Course Fee: \$320 (\$352 incl. gst)

Course Length: 1 day (9am - 4pm).

Feb	Tue	26	City	CITC2
Mar	Wed	12	Parramatta	PARC3
Apr	Fri	11	City	CITC4
May	Tue	27	Parramatta	PARC5
Jun	Tue	3	City	CITC6

## advanced return to work co-ordination

(A WorkCover NSW Accredited Workshop)

This course provides accredited return to work coordinators who have at least 6 months experience, with further knowledge and skills so they can effectively handle more complex return to work cases.

Course Fee: \$340 (\$374 incl. gst)

Course Length: 1 day (9am - 4pm).

Apr	Thur	10	City	CITE4
Jun	Tue	3	Parramatta	PAR6

## ohs committee refresher

(There is no WorkCover NSW Accredited Course)

This course is designed to refresh committee members on how to have an effective committee, revisit the OHS Act 2000 & OHS Regulation 2001 and provide updates on this legislation.

Course Fee: \$320 (\$352 incl. gst)

Course Length: 1 day (9am - 4pm).

Mar	Tue	4	City	CITF3
Apr	Fri	4	Parramatta	PARF4
May	Thur	15	City	CITF5
Jun	Wed	25	Parramatta	PARF6

## ohs risk management for supervisors & managers

(There is no WorkCover NSW Course)

This course provides participants with knowledge, skills and appropriate attitudes necessary to apply the principles of risk management and effectively manage health & safety in their areas of responsibility.

Course Fee: \$550 (\$605 incl. gst)

Course Length: 2 days (9am - 4pm).

Feb	Mon	18	Tue	19	Parramatta	PARS2
Feb	Thur	28	Fri	29	City	CITS2
Mar	Wed	19	Thur	20	Parramatta	PARS3
Apr	Tue	29	Wed	30	City	CITS4
May	Mon	19	Tue	20	Parramatta	PARS5
Jun	Wed	25	Thur	26	City	CITS6

## developing workplace safety culture: behaviour & values

(There is no WorkCover NSW Accredited Course)

This course is designed to give participants an understanding of the nature of a positive safety culture and provide them with the tools to create one in their own workplace.

Course Fee: \$350 (\$385 incl. gst)

Course Length: 1 day (9am - 4pm)

May	Fri	16	City	CITP5
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# News from the CEO



Jon Blackwell  
Chief Executive Officer  
WorkCover NSW

## NEWS FROM THE CHIEF EXECUTIVE OFFICER

In this edition of WorkCover News we pay special tribute to the winners of the NSW Safe Work Awards and the NSW Young Workers Awards.

Many businesses and individuals have made substantial efforts to improve awareness of workplace safety and reduce the risks from workplace hazards. With over 100 entrants for the Safe Work Awards and over 400 entrants for the Young Workers Awards, the awards programs continue to grow in both size and recognition across industry.

I would like to thank all of the businesses and individuals who entered the awards.

The Safety Show and Conference held recently in Sydney was another resounding success. Held during Safe Work Australia Week the events attracted over 11,000 visitors who were able to access a wealth of information about occupational health and safety, injury management and workers compensation. Congratulations to all of those people associated with the show and conference.

WorkCover NSW this year posted on its website details of the hundreds of companies who registered activities at their workplace to promote Safe Work Australia Week. We will continue to place greater emphasis on encouraging businesses to get involved during the week in 2008 to promote workplace safety.

In other news, 2007 has been a tremendously successful year for WorkCover NSW. With the NSW Government reducing workers compensation premiums yet again, bringing a total average reduction in premium rates by 30%, and improving benefits paid to injured workers, it places NSW in a much more competitive position. Injured workers and their families will also benefit from the changes.

In closing I would like to wish all our readers a safe and happy holiday season and look forward to a successful year in 2008.

A handwritten signature in black ink, appearing to be 'Jon Blackwell', written in a cursive style.

Jon Blackwell  
Chief Executive Officer  
WorkCover NSW

# Safety Show

## and Conference

### A SUCCESSFUL SAFETY SHOW

*The Safety Show Sydney 2007* was a resounding success, attracting more than 10,000 visitors to Sydney Olympic Park between 24 – 26 October.

Hosted by the Safety Institute of Australia, the trade show showcased the products and services of 350 safety suppliers, from safety equipment for working at heights to the latest in materials handling equipment, automated safety products and workplace wellness services.

Held in tandem with the trade show was a three-day conference. It featured presentations from university professors and Paralympians, solicitors and manual handling specialists, mine managers and chief executive officers.

The theme of the conference was 'Safety – essential business', with each day providing a different focus.

The first day focused on inputs and offered presentations on occupational health and safety legislation and professionalism. The concept of 'reasonable practicability', the changing role of the OHS regulator, and challenging some risk and accident prevention models were just a few of the inspiring presentations.

The theme of day two was processes, with change and training the key areas of attention. Making OHS training engaging, a case study in world's best practice, fall prevention and improving OHS performance through corporate social responsibility were among the varied topics of discussion.

Day three focused on outputs, with a bias towards the human side of safety and recovery from critical incidents. Lessons from the shooting massacre at the Virginia Tech University in the USA had the audience spellbound, as did the keynote address about the human face of the Beaconsfield mine crisis. There were also presentations about emergencies in zoos, preventing manual handling injuries, and the health and wellbeing of an ageing workforce.

One of the highlights of the conference was the *WorkCover Hypothetical*. A panel made up of unions, employer and industry association representatives as well as WorkCover

staff were confronted with a series of hypothetical workplace challenges – and further challenged by the wit and humour of the moderator, Adam Spencer, host of the ABC 702 *Breakfast Show*.

The panel included Mark Lennon from Unions NSW and Greg Pattison from Workplace Solutions, Karen Wolfe from the Safety Institute of Australia, Mark Goodsall from the Australian Industry Group and Carlo Carbonara from the University of NSW. Jon Blackwell, the Chief Executive Officer of WorkCover, was also there, as was Ian Blake, the team manager of WorkCover's retail, wholesale, transport and storage team.



# Safety Show

## and Conference

### SAFE WORK AUSTRALIA WEEK

Safe Work Australia Week, a nationwide week to focus on safety held from 21 to 27 October, encouraged all working Australians to 'get involved' in, and concentrate on, safety in their workplace to reduce death, injury and disease.

Australia currently ranks in the top five countries for reducing work-related fatalities. Since 1996, there has been a 13 percent decrease in accepted compensation claims and a 36 percent fall in compensated fatalities.

Encouraging figures they may well be, one injury or fatality in the workplace is still one too many.

During the safety week, hundreds of companies throughout NSW organised special events to highlight safety, health and injury management in their workplace.

Some held workplace competitions for best safety slogans or safety posters, others conducted fitness classes or fire-fighting exercises. Some developed intranet sites or inhouse newsletters to promote occupational health and safety issues, or offered gift vouchers to those who introduced a new safety initiative to their workplace. Motivational guest speakers were widely used by many companies to highlight the importance of safety in the workplace.

To assist workplaces promote their events, WorkCover distributed promotional kits containing Safe Work Australia Week pens, posters, post-it notes, drink bottles, lanyards and fridge magnets.





# Safe Work Awards

## INNOVATIVE EMPLOYERS AND WORKERS REWARDED AT SAFE WORK AWARDS

The NSW Safe Work Awards was a night of celebration and recognition for around 450 guests who attended the gala event at the Waterview Convention Centre at Homebush Bay on 25 October 2007.

A record 111 large and small enterprises (including government agencies) – 20 per cent more than the previous year – submitted entries for this year's awards and a common theme resonated through all submissions: implementing workplace practices that will reduce injuries to workers.

'The award presentations are an opportunity to celebrate our successes in making workplaces in NSW safer,' said WorkCover NSW CEO, Jon Blackwell.

'They reaffirm our collective commitment to helping ensure our workplaces are the safest in the world,' he added.

'WorkCover's increased focus on providing practical advice and assistance has helped reduce workplace injuries and fatalities to their lowest levels in 20 years.'

'The interest in the awards and the quality of submissions demonstrate that workers and employers in NSW are serious – and creative – about addressing their workplace safety issues.

'We were particularly pleased this year to be joined by Virginia Judge MP, Parliamentary Secretary to the Minister for Industrial Relations, who presented the awards,' said Mr Blackwell.

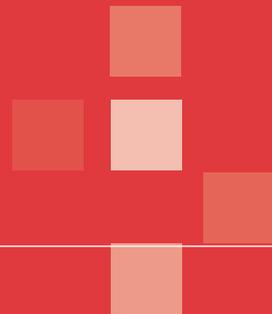
### Best Workplace Health and Safety Management System

Following a robust assessment process, four finalists contested this award with The Catholic Schools Office (CSO) in the Diocese of Broken Bay success story and showcasing an impressive online health and safety management system. Their system, which is generously offered to any school that requests it, has been found to have enormous potential for use in childcare centres and disability services.

As well as driving improvements in the safety of all 43 schools that the CSO manages, their health system has also been adopted by 22 external organisations and more than 820 other schools and church communities across Australia.

The system has been responsible for generating a 10 per cent decrease in OSCs injury frequency rate in 2006/07 and a 40 per cent reduction in their workers compensation premiums.





### Best Solution to an Identified Workplace Health and Safety Issue

Seven finalists vied for this award with ergonomic reviews and engineering controls popular initiatives. It was the not-for-profit NSW Rape Crisis Centre that won the day with its multi-pronged risk management approach to monitoring and managing the impact of vicarious trauma.

Professional counsellors, extensive orientation and support, clear guidelines, regular supervision, personalised counsellor care, and constant monitoring of vicarious trauma indicators are the hallmarks of their solution. Since its introduction, there have been no compensation claims for vicarious trauma at the centre.



### Best Workplace Health and Safety Practices in a Small Business

This award went to Sharpe Bros (Aust) Pty Ltd, a family-owned company that develops and provides solutions and technologies to improve the quality and safety of local and state government road networks.

Workers' complacency about safety issues prompted the company to introduce 'Safety Bro', an iconic character who would become a champion of safety in the workplace. A Safety Bro website and MySpace page were created to announce occupational health and safety initiatives and issue health tips via text message, and Safety Bro stickers were displayed around worksites. Workers and their families warmed to the character and a renewed enthusiasm towards workplace safety issues was noticeable.

Sydney-based hairdressing salon, Pure Hair Pure Body received a **highly commended award** in this category for their workplace practices.

Purpose-built premises, state-of-the-art equipment, disability access, weekly safety meetings, a dedicated occupational health and safety officer, a safety induction program, personal protective equipment and environmentally-friendly products were among the initiatives that impressed the judging panel.

# Safe Work Awards

## BEST INDIVIDUAL CONTRIBUTION TO WORKPLACE HEALTH AND SAFETY

Four individual workers were short-listed for the award with commitment, communication, innovation and originality the common ingredients of each contribution.

Jason Painter, a butcher at Woolworths in Baulkham Hills, won this award for his redesign of the bandsaw table used to cut meat. A barrier was added to the table to prevent one's fingers from coming into proximity to the bandsaw blade and, as a result, injuries fell by 80 per cent and productivity soared.

Mirvac Hotels, Quay West Suites, Chris Stevens received a highly commended award in this category for initiatives to eliminate or substantially reduce risks related to manual handling, electrical, paint waste, loading dock safety, falling objects, access, waste handling, materials recycling and staff security.

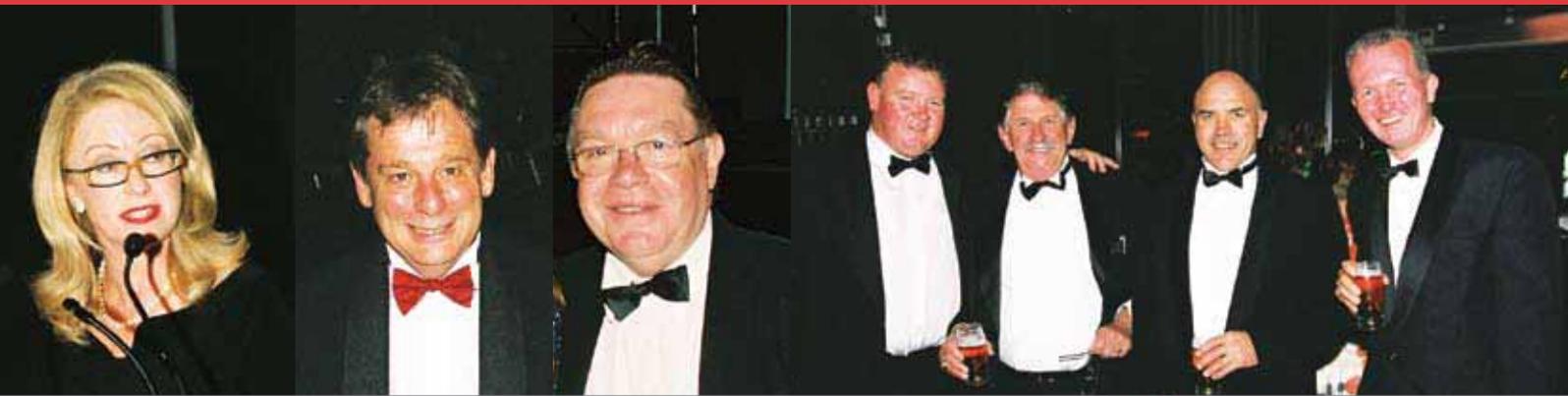
'I encourage all NSW workers and employers to continually strive to improve their workplace safety – and enter the WorkCover NSW Safe Work Awards in 2008,' said Jon Blackwell.

Full profiles of all the winners will be featured in the next issue of WorkCover News.

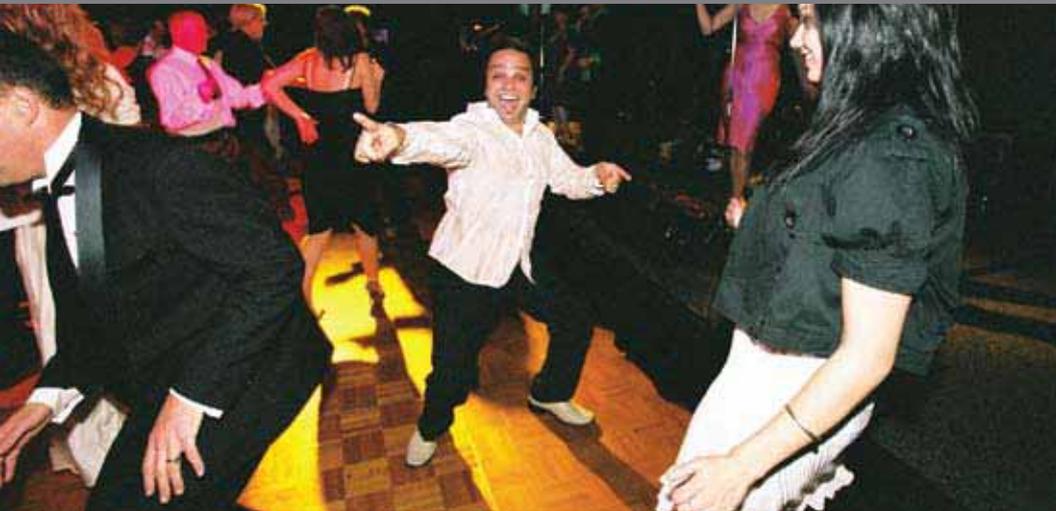


Top row: Jason Painter with WorkCover CEO Jon Blackwell and Virginia Judge MP Parliamentary Secretary to the Minister for Industrial Relations

Bottom row: Chris Stevens from Mirvac Hotels, receiving the award



Top row (left): Ms Virginia Judge MP Parliamentary Secretary to the Minister for Industrial Relations, who together with WorkCover NSW CEO Jon Blackwell (second from top left) presented the winners awards. Third from top left: Political satirist Bryan Dawe who was the evenings Master of Ceremony. Middle row: Guests and two members from the WorkCover NSW Paralympian Speakers Program. Below: on the dance floor



# Workers Compensation

## scheme valuation

### **WORKERS COMPENSATION – PREMIUMS DOWN, BENEFITS INCREASED & REDUCED BURDEN FOR NSW BUSINESS**

The last few months have seen some extremely positive changes for the NSW Workers Compensation Scheme, with a \$165 million boost for NSW workers and employers.

In October, the NSW Government announced the results of the June 2007 Scheme Valuation – with an independent estimate placing the Scheme in surplus by \$812 million.

Premier Morris Iemma made the announcement, saying: 'With the Scheme's continued strong performance, coupled with the lowest injury rates in 20 years, I am able to announce a fifth consecutive reduction in WorkCover premiums.

'In addition, we will introduce a package of reforms to again increase benefits for injured workers.'

'Workers compensation premium rates will be reduced by an average five percent reduction in the target collection rate for all policies new or renewed after December 31, 2007.

'This will result in an annual saving of about \$110 million for NSW businesses.

'The five premium rate reductions in two years amount to a 30 per cent discount, saving NSW businesses \$785 million per year.

'This is the most comprehensive reform of the NSW workers compensation benefits regime since 2001 and will mean more than \$50 million more each year being paid direct to injured workers and their families,' said the Premier.

'This is in addition to the \$250 million set aside from the December 2006 Scheme surplus for initiatives to assist injured workers.'

### **Premium Reduction**

- An average five percent reduction in the target collection rate for policies commencing or renewed on or after 31 December 2007.
- This will mean an overall annual saving of approximately \$110 million for NSW businesses and is in addition to the \$675 million worth of premium reductions delivered since December 2005.
- These five premium rate reductions in two years amount to an average 30 per cent reduction in the target collection rate.
- The new target collection rate paid by employers in NSW will fall to 1.77%, down from 2.57% in 2005.

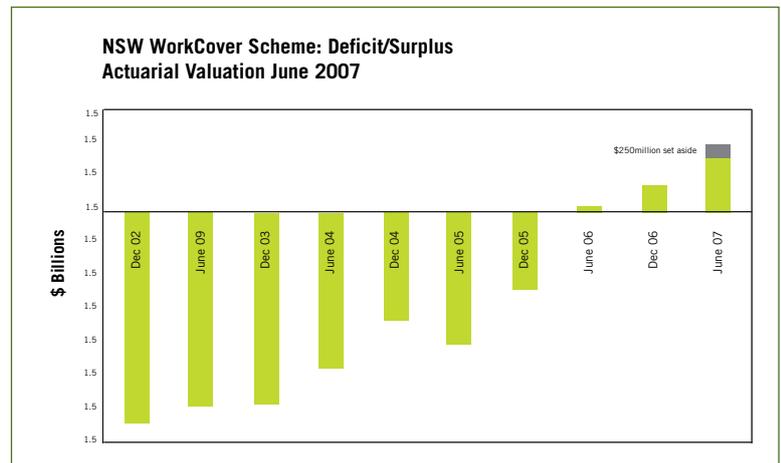
### **Benefit Improvements**

To further support the State's injured workers, the Government announced that it intends to introduce legislation that will:

- increase the lump sum death benefit from \$331,250 to \$425,000
- increase permanent impairment lump sum payments, with the maximum amount rising by more than 38 per cent to \$390,000 (the maximum amount will also be available to a greater number of severely injured workers)
- ensure all workers sustaining a compensable permanent impairment also receive an additional amount for the pain and suffering arising from their injuries (currently only workers with more severe impairments receive additional compensation for pain and suffering)
- provide for permanent impairment benefits to be indexed annually, to ensure their value is maintained over time
- streamline the permanent impairment assessment process to ensure compensation for pain and suffering is consistent and equitable for all workers
- allow more workers (in restricted circumstances) to have their ongoing benefits commuted in a one-off payment.

If a death or permanent impairment payment has already been made prior to the date that the changes come into effect - it will not be possible to apply for a top up payment.

For more information (including Frequently Asked Questions) on either of these items, please visit the WorkCover NSW website at [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au).



## WORKERS COMPENSATION CHANGES – CUTTING RED TAPE

In November, the NSW Government announced a number of further changes to workers compensation aimed at cutting red tape for employers and assisting injured workers access benefits.

Under the amendments, from 30 June 2008, only employers with annual wages greater than \$7,500 will be required to take out workers compensation insurance (except where an employer engages an apprentice or is a member of a Group of companies for workers compensation purposes).

A worker of an employer that is not required to hold a policy will still be covered for workers compensation and employers will still have the same obligations as they do now with regard to injury management and return to work.

Currently in NSW, all employers regardless of the amount of wages paid are required to hold a workers compensation policy of insurance. This includes private householders employing domestic assistance such as nannies and employers who employ on a part time or intermittent basis. Many small businesses owners also hold a policy just in case they employ someone. This change will reduce the regulatory burden for these, the smallest of the state's employers.

The changes will also extend workers compensation insurance coverage to the nearly 2.5 million households in NSW.

If the worker of an employer that is not required to hold a policy is injured, the employer will be required to report the claim and pay a one-off fee.

The changes further align New South Wales' arrangements with those in place under the Victorian workers compensation system.

Another change which will assist employers is the simplification of workers compensation record keeping requirements, with a reduction of the period that wages records must be kept, from seven to five years. This change aligns New South Wales' workers compensation requirements with those of Victoria and the Australian Taxation Office for business records.

Also under the changes, the Workers Compensation Commission will be empowered to order the payment by an insurer of an injured worker's proposed future hospital and medical expenses where the necessity of that treatment is under dispute in the Commission.

This amendment will allow for the timely provision of necessary medical treatment and thereby assist in the rehabilitation and return to work of injured workers.

# Young Workers

## PROTECTING OUR YOUNG WORKERS

Young workers are an invaluable part of today's workplace. They arrive with unbridled enthusiasm and earn experience that moulds their future. They are vulnerable, too. They need to be treasured and trained, not maligned and mistreated.

There are more than 210,000 young workers in NSW and, sadly, about 15 of them are injured or experience some occupational disease in our workplaces every day.

Sprains and strains, burns and bruising, fractures and wounds are the most common injuries to young workers. Some are more seriously injured and suffer broken bones, head injuries and amputations. Others die as a result of preventable injuries.

Pushing, pulling, carrying, lifting, repetitive movements, awkward postures are commonly found in the register of injuries beside a young worker's name. Slips, trips and falls from height are also too frequently a cause of injury.

Sadly, some young workers are tormented with bullying, harassment and discrimination. It is demeaning and causes long-term damage – and it's against the law.

Employers have a duty of care to ensure that their young workers are provided with the appropriate training, information and equipment to perform their work safely. It is important that young workers understand safe work practices and the hazards they may confront in the workplace.

WorkCover NSW is committed to improving young workers' awareness and knowledge of workplace health and safety issues. They have co-partnered other government agencies in a video conference that invited young people from as far a field as Port Stephens and Sussex Inlet, Khancoban and Kyogle, to voice their concerns, interests, ideas and suggestions to enable government to make informed decisions regarding the development of youth services.

Apart from publishing a number of publications that address occupational health and safety issues and what to do if there is an injury, WorkCover also conducted a 'young people and work' survey to determine how much young people know about their rights and safety at work.

A **safety@work** workshop chaired by WorkCover provided feedback on information required by young workers from culturally and linguistically diverse backgrounds.

A dedicated young workers site on WorkCover's website contains interactive games that allow users to test their safety skills. *Safety Zone* addresses a number of hazards, from handling chemicals to working at heights, and asks a series of true/false questions before awarding a safety certificate to those who successfully complete the tests. *Hunt for hazards* goes from the High Life Hotel to the All Stuff Warehouse and tests one's hazard identification skills, while *Don't risk it* tests safety skills, from beginner to advanced, in five virtual workplaces.

## YOUNG WORKERS POSTER COMPETITION

Each year, WorkCover invites high school and tertiary students to win cash prizes and iPods by entering the annual young workers poster competition.

The competition is designed to encourage young workers to creatively articulate the issues surrounding workplace health and safety, and to raise the awareness of employers and fellow workmates of young workers' interests.

This year's competition saw WorkCover receive over 400 entries from high school and tertiary students from around NSW. Following a three tiered judging process, a top 40 finalist listing for high school students and top 40 for tertiary students was placed on the Young Workers website.

In November, WorkCover held the Awards Ceremony for the Young Workers Poster Competition 2007 at Luna Park in Sydney with Parliamentary Secretary Virginia Judge MLA, together with WorkCover NSW CEO Jon Blackwell, presented certificates and prizes to the winners and finalists.

Two new prize categories were added this year with the Peoples Choice award taken from public nominations collected from the Young Workers website and the Industry Choice award obtained from nominations collected at this years Safety Show and Conference.

Guest included dignitaries and members from Unions, Associations, corporate businesses, schools and TAFES as well as finalist's parents and guardians.

Special guest speakers were Leisl Tesch and Shannon Dallas from the WorkCover Paralympian Speakers Program along with Rob Gray, General Manager, WorkCover Corporate Services Division as the events Master of Ceremony ensuring all attending had an enjoyable time.

The Young Workers Competition for 2008 is currently being planned and already offers greater creative depth for entrants to highlight their artistic skills and awareness of the importance in keeping our young workers safe.

To find out more about the Young Workers Competition for 2008 simply email [youngworkers@workcover.nsw.gov.au](mailto:youngworkers@workcover.nsw.gov.au).

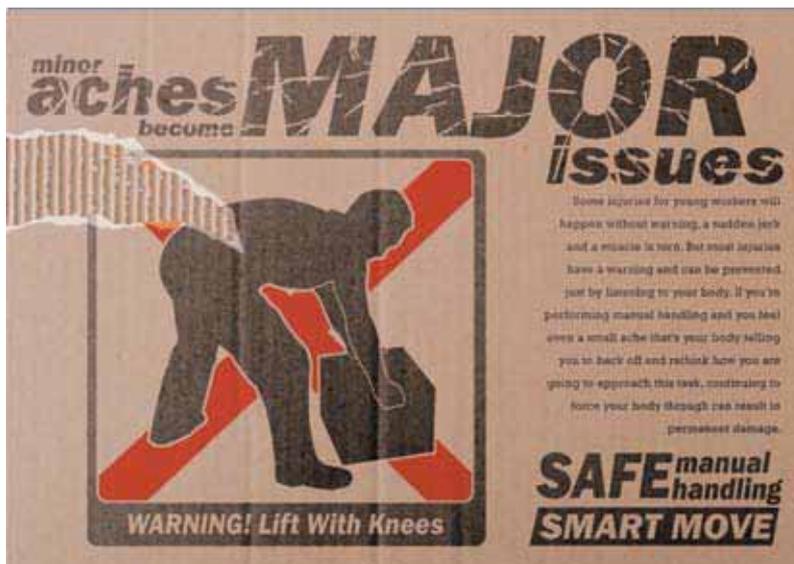


Virginia Judge MP, Parliamentary Secretary to the Minister for Industrial Relations, speaking at the Young Workers Poster Competition 2007 Award Ceremony

Entrant	Company/School	Award
Harry	St Philip's Christian College	Winner – High School - \$2,000
Lucy & Ellie	Saint Francis Xavier	Industry Choice Winner - Ipod
Joy	Illawarra Christian School – Tongara Campus	Peoples Choice Winner - Ipod
Jessica	Maclean High School	Top 10 – \$500
Huynh	Cabramatta High School	Top 10 – \$500
Denise	Dulwich High School of Visual Arts and Design	Top 10 – \$500
Amy	Riverside Girls High School	Top 10 – \$500
Aaron	Peak Hill Central School	Top 10 – \$500
Alexandra	Dulwich High School	Top 10 – \$500
Kathryn	Marist Sisters College Woolwich	Top 10 – \$500
Andrew	Epping Boys High School	Top 10 – \$500
Terri	Riverside Girls High School	Top 10 – \$500
Eloise	Cherrybrook Technology High School	Top 10 – \$500
Rachell	Cherrybrook Technology High School	Top 10 – \$500
Dhare	Wadalba Community School	Ipod
Susan	Canterbury Girls High School	Ipod
Justina	St Mary and St Mina's Coptic Orthodox College	Ipod
Sheharyar	Homebush Boys High School	Ipod
Lucy	Saint Francis Xavier	Ipod
Ellie	Saint Francis Xavier	Ipod
Sam	Oxley High School	Ipod
Philip	Wadalba Community School	Ipod
Shirley	Wadalba Community School	Ipod
Joy	Illawarra Christian School – Tongara Campus	Ipod
Jayde	Illawarra Christian School – Tongara Campus	Ipod
Jessica	Marist Sisters' College Woolwich	Ipod
Evan	College of Fine Arts	Winner – Tertiary - \$3,000
Meg	Tafe NSW – Western Sydney Institute	2nd place – Tertiary - \$2,000
Melissa	Sydney Institute of Tafe – Design Centre Enmore	3rd place – Tertiary - \$1,000
Andre	University of Wollongong	Industry Choice Winner - Ipod
Lucy	University of NSW – College of Fine Arts	Peoples Choice Winner - Ipod
Trish	UNSW	Top 10 - Ipod
Andre	University of Wollongong	Top 10 – Ipod
Richard	University of Wollongong	Top 10 – Ipod
Mrs	University of Wollongong	Top 10 – Ipod
Thomas	University of Wollongong	Top 10 – Ipod
Anne	University of NSW (Kensington Campus)	Top 10 – Ipod
Angela	University of Western Sydney	Top 10 – Ipod
Veronica	University of NSW	Top 10 – Ipod
Steven	Billy Blue School of Graphics	Top 10 – Ipod
Michael	University of NSW	Top 10 – Ipod
Carole	University of NSW	Top 10 – Ipod
Cameron	TBA	Top 10 – Ipod
Vinesh	Billy Blue School of Graphics	Top 10 - Ipod
		Peoples Choice -

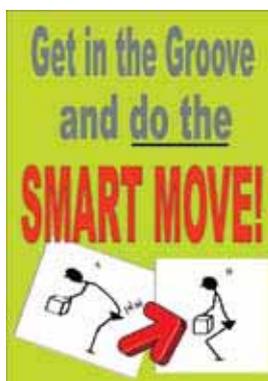
# Young Workers

## Awards



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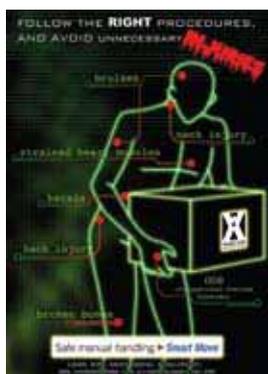
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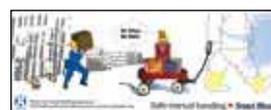
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8

1. **Winner/Tertiary** Evan, College of Fine Arts
2. **Winner/High School** Harry, St Philip's Christian College
3. **Winner/Industry Choice/High School** Lucy/Ellie, Saint Francis Xavier
4. **Winner/Industry Choice/Tertiary** Andre, University of Wollongong
5. **Winner/Peoples Choice/High School** Joy, Illawarra Christian School
6. **2nd Place/Tertiary** Meg, Tafe NSW - Western Sydney Institute
7. **3rd Place/Tertiary** Melissa, Sydney Institute of Tafe NSW - Enmore Design Centre
8. **Winner/Industry Choice/Tertiary** Lucy, University of NSW



Top row from left: The awards ceremony was held at Luna Park, Sydney; guests at the awards ceremony; Winner/ High School - Harry (left) and Winner/Tertiary - Evan (right).



Below centre: WorkCover NSW Corporate Services Division GM Rob Gray was Master of Ceremony.



# Safe business

is good business

## SAFE BUSINESS IS GOOD BUSINESS WEEK A SUCCESS

During September, WorkCover held a series of forums across regional NSW to help small and medium businesses improve their workplace safety. The forums were held in four cities as part of the WorkCover NSW Safe Business is Good Business Week, to coincide with the Department of State and Regional Development's Small Business Month.

A key feature of the week was the safe business advisory forums. They provided:

- an overview of WorkCover's Safe Business is Good Business mentor program, an initiative that invites large organisations to support and assist small businesses with their workplace safety, injury management and workers compensation obligations
- a 'Serious About Safety' workshop that offers practical advice on how to manage workplace safety risks
- an information session on WorkCover's safety solutions rebate program.

A large number of businesses in Ballina, Wagga Wagga, Newcastle and Bathurst attended the forums, where they were able to request a business advisory officer visit their workplace to provide free one-on-one advice tailored to their business.

Narelle Besseling from Ballina Concrete Pumping attended the Ballina forum and told her peers about the benefits her business had gained by participating in the Safe Business is Good Business mentor program.

'It can be difficult for a small business to be on top of occupational health and safety and it's often put on the backburner,' Ms Besseling said.

'I knew our construction business already had a number of safety measures in place, but I knew that everything may not have been up-to-scratch.

'Its not always easy to get the information or help you need, that's why we decided to join WorkCover's small business mentor program. It is an opportunity to get the safety and workers compensation information I need, so my business can move in the right direction,' she said.

'Participation in the mentor program has taught my staff about their workplace safety responsibilities, not only to themselves, but also to their employer and their colleagues. It has helped them feel more comfortable to talk about things they think may be a risk to safety.

'My mentor is from one of the nation's largest construction companies and the knowledge passed on has been invaluable. Joining the mentor program is one of the most worthwhile things I have ever done,' Ms Besseling explained.

A highlight of the Ballina and Bathurst forums was an address from inspirational speaker and Paralympian athlete, Kahi Puru, who became an amputee after a forklift incident. A member of WorkCover's Paralympic speakers program, Mr Puru discussed the personal impact of his injury, and explained how positive workplace improvements can help prevent injuries and benefit both employers and workers.

Mr Puru was 29 years old when he had his accident and his left leg amputated at the hip. Despite this, he has gone on to become one of Australia's best bench press powerlifters and a qualified fitness instructor.

Refusing to let his disability restrict his life, Mr Puru has celebrated his achievements as a world-class athlete, having represented Australia at the Sydney Paralympic Games in 2000.

Mr Puru is one of seven elite athletes sponsored by WorkCover in association with the Australian Paralympic Committee. See page 20 for a profile on Leisl Tesch, one of the newest members of the program.

WorkCover's increased focus on practical advice and assistance has helped reduce workplace injuries and fatalities in NSW to their lowest levels in 20 years.

For more information on workplace safety, contact 'your local guide to safety' on 1800 624 097, email [businessassist@workcover.nsw.gov.au](mailto:businessassist@workcover.nsw.gov.au), call the WorkCover Assistance Service on 13 10 50, or visit [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au).

# Ticket to safety competition

## WORKCOVER A WINNER WITH SMALL BUSINESS

Earlier this year WorkCover NSW held its first ever 'Ticket to Safety' competition. The competition, open to small and medium businesses, attracted an overwhelming amount of entries from across the state.

To enter, businesses were simply asked to express their interest in having an advisory visit with a WorkCover Business Advisory Officer.

The five winners received a trip for two people to the NSW Safety Show and Conference in October, as well as \$2,000 worth of safety equipment for their businesses.

The five winners were drawn on September 14. The lucky businesses were:

- ILB Computing, North Wollongong
- CV Property, East Sydney
- Brite N Shine Cleaning Services, Adamstown Heights
- Trilogy Foods, Tuggerah
- Image Designer Homes, Murwillumbah

Creagh Moore, Service Delivery Manager from WorkCover's Business Assistance Branch said the strong support for the competition from small to medium businesses was fantastic.

'It is proof that NSW businesses are looking to WorkCover for practical workplace safety advice and assistance,' he said.

The competition, as part of the *Small Business Safety Program*, builds on existing successful workplace safety initiatives, including the establishment of WorkCover's Business Assistance Branch, which has presented more than 400 free safety workshops throughout NSW in the past 18 months.

Trudy Penman, from Image Designers Homes, along with her local Business Advisory Officer Lydia Plim, has been looking at the best ways of investing the \$2,000 in safety improvements. She was enthusiastic about the positive impacts this prize would have on her business and the safety of her employees.

'This is really exciting, it's a great prize and something really useful for our business,' said Trudy.

Conrad Vass, from CV Property, works in real estate in the commercial sector. He said the competition gave his business the opportunity 'to ensure we have excellent health and safety practices in our workplace'.

The competition also highlights the importance of balancing WorkCover's greater emphasis on its advisory role with its strong regulatory role. This shift in approach, based on education, information and assistance, is significantly contributing to lowering workplace injury and fatality levels. Currently, workplace injury and fatality levels are at the lowest in 20 years.

Con Androu from Brite N Shine Cleaning Services in Adamstown Heights entered the competition because of the opportunity it presented to extend his workplace safety knowledge. He attended the Safety Show with his son-in-law to assist him becoming a supervisor of the business. The Safety Show provided both men with invaluable information and tips that were easily applied to their own business.

'The competition is a good thing as it gave us an incentive and an opportunity to learn something from the show,' said Con.

The advisory visit service is a free service that provides small and medium businesses with the opportunity to meet with a Business Advisory Officer, who provides practical business workplace safety advice.

For more information on workplace safety, contact 'your local guide to safety' on 1800 624 097, email [businessassist@workcover.nsw.gov.au](mailto:businessassist@workcover.nsw.gov.au), call the WorkCover Assistance Service on 13 10 50, or visit [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au).

# Make a smart move

## for workplace safety

Everyone knows what manual handling is ... don't they? WorkCover research suggests they don't. Many workers and employers believe manual handling relates only to lifting and hard physical labour.

In fact, manual handling is any activity that involves lifting, pushing, pulling, carrying or moving, holding or restraining. It also includes sustained and awkward postures, and repetitive movements.

Research also suggests many people believe that safe manual handling is commonsense. This is cause for concern given that manual handling is the most common cause of workplace injury, accounting for 37 per cent of major injuries.

Manual handling is part of almost everything we do, and it plays a role in everyone's job. As we move naturally when doing familiar tasks, we often become complacent and simply forget to consider our actions. Even where risks are evident, many workers and employers think it is just part of the job, but in most cases these risks can be eliminated or reduced.

Eliminating or reducing manual handling risks doesn't have to be expensive. It's about working smarter and safer. Thinking about your actions before you make them. In particular, think about those actions that place stress or strain on your body, such as:

- bending forward or sideways
- twisting
- jerky movements
- over reaching
- repetitive movement.

If you do these movements often, find a better way to complete the task. Sometimes, rearranging the workspace can make a difference. Position tools, controls, equipment and furniture so work can be done in a comfortable, upright position, preferably at waist level. Arrange furniture to allow yourself as much room as possible, so that you can move about freely. Place regularly used items close by and store rarely used items away to give yourself more workspace.

Where tasks are repetitive, or are performed in a sustained position for a long time or at high speed, ensure that workers are given a variety of tasks. Encourage them to regularly change positions and postures throughout the day. Where work pressures demand a fast work pace, ensure that schedules and procedures allow for rest breaks and job rotations. Ensure there is enough staff and equipment to get the job done safely.

Safe manual handling is more about good planning and good management, rather than simply a case of purchasing expensive equipment.

Talk with your workers. Ask for their ideas about improving safe work procedures. Emphasise your commitment to safety. If you're serious about safety, workers are more likely to follow procedures – and they will be more productive.

Never assume manual handling is 'just part of the job'. Solutions to seemingly unsolvable problems are uncovered all the time. Often, simple remedies are the best. Be vigilant about the risks. Do all you can to make your workplace safer.

So use your head instead and make a smart move towards safe manual handling in your workplace.



# reference groups



## NEW PROJECTS FOR INDUSTRY REFERENCE GROUPS

In the last edition of WorkCover News (edition 70) we provided information on some of the valuable work that has been undertaken by Industry Reference Groups (IRG's) over the last year to improve outcomes in relation to industry-specific safety issues.

Each Industry Reference Group is made up of members from peak employer associations, unions and WorkCover NSW representatives. The groups provide an important avenue for WorkCover to support industry develop solutions to improving safety.

Individual industry reference groups are already well advanced with a range of projects for the 2007/08 financial year. These include:

IRG	PROJECT
Rural	Fatigue has been identified as a major issue in the rural sector. The purpose of this project is to increase awareness of fatigue and provide practical guidance to assist in reducing and or eliminating fatigue related hazards in the rural sector. A fatigue resource kit is being developed which will include case studies and poster.
Construction and Utilities	Eighteen promotional breakfast seminars are being conducted around the state to promote the 'Overhead Powerlines Code of Practice' and the 'Working Near Underground Assets Guide.' Industry partners include the Civil Contractors Federation, IRG Members, Telstra and Country Energy.
Manufacturing	The manufacturing IRG is producing a CD Rom to provide employers, supervisors and workers the manufacturing industry with a tool to improve safety culture. The manufacturing IRG is also producing a resource pack (including CD, PowerPoint presentation and speakers notes) for the manufacturing industry to use on noise induced hearing loss. The aim is to assist increase awareness in the industry of the factors that contribute towards noise induced hearing loss and assist in eliminating and controlling associated hazards.
Retail and Wholesale; Government, Administration and Education; Health and Community Services	Each of these IRG's have identified manual handling as a priority issue for 2007/08. The projects involve promoting greater awareness of the risks associated with manual handling through a major promotion in Manual Handling Week (May 2008) and developing three conferences to increase awareness of manual handling strategies including best practice within the sector on 27 – 29 May at Taronga Park Zoo. These are aimed at assisting industries to identify, eliminate and control manual handling hazards. The campaign is aimed at employers, supervisors, OHS professionals, OHS committee members and representatives.
Transport and Storage	The Transport and Storage IRG is focusing on the hazard of being 'hit by moving objects'. Two publications are being produced aimed at increasing awareness of the danger posed from moving objects and assisting supervisors and workers in these industries eliminate and control related hazards.
Consumer Services and Business Services	Both of these IRG groups are targeting manual handling and developing an information pack including – posters, case studies and other promotional material. The objective of the project is to raise awareness of manual handling strategies.

# paralympian

Liesl Tesch

## FIRST WOMAN TO JOIN PARALYMPIAN SPEAKERS PROGRAM

*WorkCover NSW welcomed the first woman to its popular Paralympian Speakers Program in July. For half of her life, the school teacher and inspirational athlete has lived with the results of a catastrophic injury. But that has not stopped her competing in international sport, including four Paralympic Games. After recently qualifying for the 2008 Paralympic Games, she is now on her way to Beijing.*

Liesl Tesch was just 19 years old when she crashed her bicycle, falling two metres onto a cement driveway. Liesl suffered a broken back and was told she would never walk again.

Today Liesl is a high school teacher and successful international athlete, and has become the first woman in the world to play in men's professional international wheelchair basketball.

During her months of physiotherapy and rehabilitation, Liesl began to spend time playing with a small foam basketball and perspex backboard. Noticing her natural skill, a physiotherapist suggested Liesl might be the perfect candidate for wheelchair basketball.

'I knew I could do the basketball part, but I knew it would be challenging to perfect the wheelchair driving!' she said.

With Liesl's determination and ability, it wasn't long before she made the NSW Women's Wheelchair Basketball team. Shortly after, Liesl was invited to trial for the national team, where she first represented Australia at the World Championships in 1990. With the wheelchair driving irrefutably mastered, for the past six years Liesl has competed professionally as a member of Australia's successful Women's National Wheelchair Basketball League.

Representing her country in sport is something 38-year-old Liesl takes in her stride. A silver medalist at both the Sydney 2000 and Athens 2004 Paralympic Games, she sees competing at the games as a privilege but also as a lot of fun.

'It was amazing to be a part of the Sydney Paralympic Games,' she said. 'They evoked a sense of ownership, and it was exhilarating and rewarding to play in front of my family and friends.'

'The lead-up to the Sydney Games also provided me with an opportunity to address a wide range of people and give them an insight into what the Paralympic Games are all about,' explained Liesl.

As well as representing Australia, Liesl has played an active role in the sport overseas, spending more than five years playing wheelchair basketball professionally in Spain, Italy and France as part of the European men's league.

Liesl has also been the driving force behind the challenging task to establish a women's wheelchair basketball league in Europe. A league is now established in England with Germany on the way, and the commencement of a national team in both Spain and Italy is due soon.

'I am currently working closely with Eurozone (the European zone of wheelchair basketball competition) to commence a European Women's League and to promote the sport to women in the region.'

'I believe it is important that women with a physical disability in all regions of the World are given an opportunity to find out what prospects exist for them to join a professional sports team.'

'Everyone should make the most of any opportunity that arises. Anyone who takes the time to embrace doing something they enjoy will get so much more out of life' she said.

*Liesl will be promoting the importance of staying safe and how it is possible to overcome a catastrophic injury at guest speaker appearances across NSW as part of the WorkCover NSW Paralympian Speakers Program. Through the Australian Paralympic Committee, WorkCover contracts seven paralympic athletes who were injured at work to speak at events across the State. The speakers promote workplace safety, return-to-work and discuss their personal experiences.*

WorkCover, in association with the Australian Paralympic Committee, sponsors seven athletes who despite suffering permanent disabilities, went on to achieve outstanding sporting success.

Drawing on their experience, the athletes spread a strong message about workplace safety, injury prevention and their personal road to recovery, return to work and success as world-class athletes.

Through WorkCover's paralympian speaker program, these athletes are available to share their inspirational stories and promote the workplace safety message to your organisation, school, conference or event.

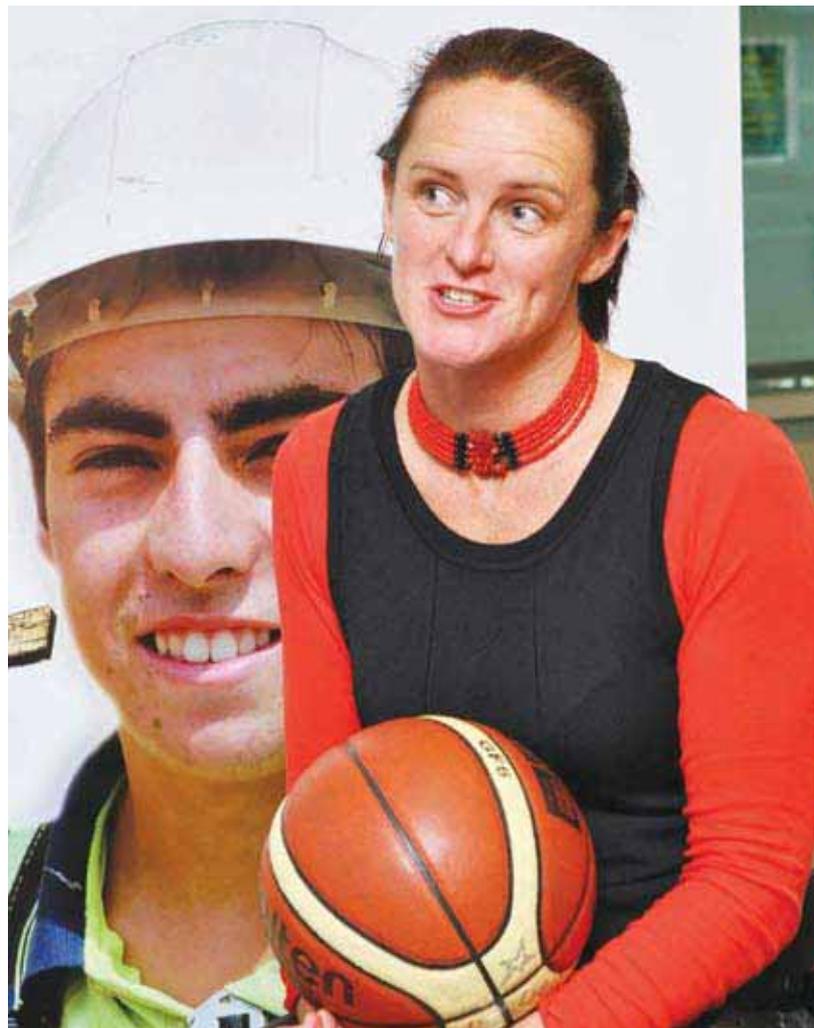
Liesl is the newcomer to the team with other members including:

- Archer John Marshall became a paraplegic after a motorbike accident
- Runner Heath Francis lost his right arm in a farming accident
- Weightlifter Kahi Puru lost his left leg in a forklift accident
- Track and field athlete Terry Giddy became a paraplegic after a tree-felling accident
- Volleyball player Nigel Smith lost his left leg in an industrial accident
- Basketball player Liesl Tesch broke her back in a cycling accident
- Downhill Sit Skier Shannon Dallas broke his back at a building site accident

To book a speaker visit the WorkCover website [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au) and download a request form or call **13 10 50**. Free copies of the DVD **One Moment Please** containing inspirational stories of five paralympic athletes can be ordered by emailing [events@workcover.nsw.gov.au](mailto:events@workcover.nsw.gov.au)

To find out more about the Australian Paralympic Committee visit [www.paralympic.org.au](http://www.paralympic.org.au)

Shannon Dallas is the newest member of the team and will be profiled in the next issue of WorkCover News. See page 32 to meet the team.



NSW Industrial Relations Minister John Della Bosca welcomes Paralympian bronze and silver medalist Liesl Tesch to WorkCover's Paralympian Speakers Program in September.



# safety systems

## INSPECTORS HELP BUILD SAFETY SYSTEMS

A series of free workshops conducted by WorkCover's construction team aims to make it easier for small construction businesses to manage their safety systems.

The focus of these 'Managing for safety' workshops is to help small business owners develop or improve their management of workplace safety, workers compensation and injury management, particularly with respect to subcontractors.

In partnership with industry associations and other key stakeholders, the construction team provides these workshops to a group of 10 to 15 participants in the Sydney metropolitan area.

If requested – and if the workplace is suitable – WorkCover will conduct the workshops onsite and, in some cases, after hours.

Together, participants develop procedures to break down the safety barriers that might exist on their work sites. They discuss how safe work practices are developed, implemented and reviewed, and how practical controls are put into action to address specific occupational health and safety issues.

Participants also learn about their legal requirements regarding documenting safe work method statements for high-risk construction work (see box).

Workshop participants receive up to 12 points towards their 'continual professional development', a mandatory requirement for contractors licensed by the Office of Fair Trading.

Those attending a workshop and developing a solution to a workplace safety problem their business may have, qualify for a safety solutions rebate of up to \$500.

To find out when a workshop will be held in your area or to book a workshop tailored to the specific needs of your business, contact WorkCover's construction team on

**13 10 50** or visit [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au).

## A SAFE WORK METHOD STATEMENT

Did you know a safe work method statement is an essential step in controlling your health and safety risks – and a legal requirement for construction projects over \$250,000 or for high-risk construction work?

A safe work method statement specifies what procedures you and your workers will follow to ensure that work is done safely.

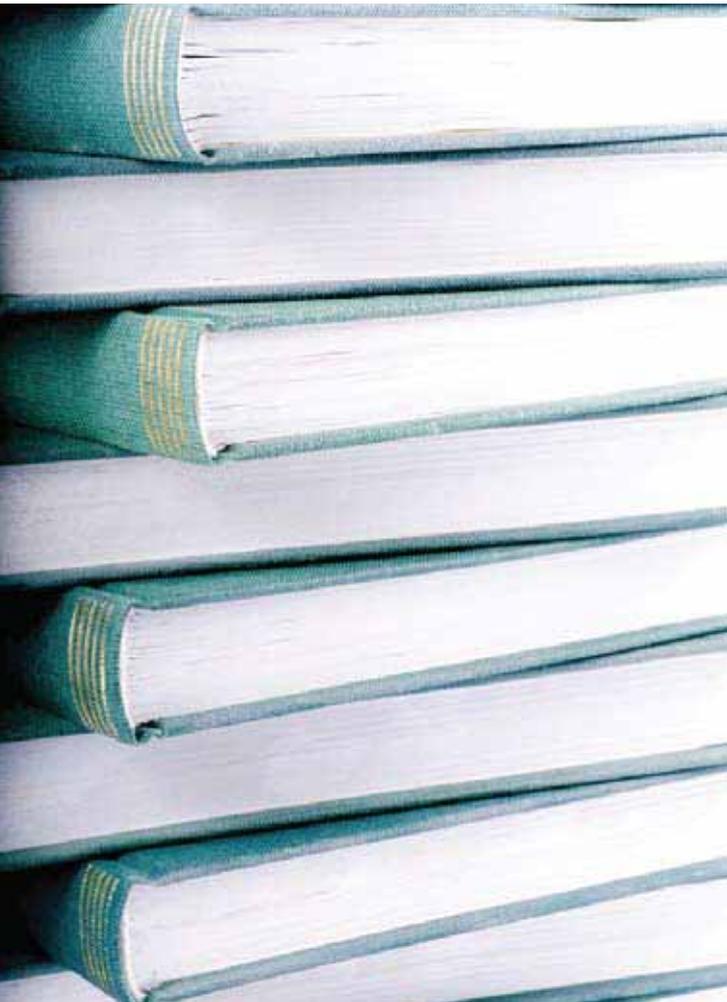
It should:

- describe how the work is to be carried out
- identify the work activities assessed as having safety risks
- identify the safety risks
- describe the control measures that will be applied to the work activities
- include a description of the equipment to be used in the work
- identify the legislation, standards or codes to be complied with
- identify the qualifications and relevant experience of the people doing the work
- identify the training required to do the work.



# WorkCover

## scholarship program



### **SCHOLARSHIP PROGRAM LAUNCHED**

A new WorkCover NSW scholarship program to support and promote the development of NSW workers compensation industry professionals was launched in October 2007.

Each year, beginning 2008, the program will offer five scholarships for a range of postgraduate courses in personal injury management.

The scholarships will be open to all those working in the NSW workers compensation insurance industry, including Scheme Agents, specialised insurers and self-insurers.

Each scholarship will be worth up to \$15,000 per year, and can be used by individuals to pay for their course fees, residential study fees, and economy airfares for any compulsory study travel.

Earlier this year, WorkCover sought feedback from industry representatives prior to finalising the scholarship eligibility criteria and the application process.

The postgraduate courses have been developed by the Personal Injury Education Foundation and focus on effectively managing injuries and assisting workers return to work. Available courses include:

- Graduate Certificate of Management (Personal Injury)
- Graduate Diploma of Management (Personal Injury)
- Master of Management (Personal Injury)
- Master of Business (Personal Injury).

For more information on the Personal Injury Education Foundation, visit [www.pief.com.au](http://www.pief.com.au).

# Agquip field days

## **WORKCOVER FIELDS STRONG PRESENCE AT RURAL EVENTS**

WorkCover NSW spread the workplace safety message among the rural community at some of the State's largest field days during August, September and October.

In August, WorkCover had an exhibition stand at the AgQuip Field Days in Gunnedah, another at the Henty Machinery Field Days in September, and yet another at the annual National Field Days in Orange in October. The events showcased the latest in agricultural machinery, products and services.

Members of WorkCover's rural team were at the field days to provide information on a range of safety issues on such things as farm machinery, silos and all-terrain vehicles (ATVs).

The WorkCover exhibition included a working model of a grain silo and grain auger, which were fitted with features that not only improve safety but save time and increase productivity. Visitors were provided with the recently published safety standards for grain augers and post drivers.

Statistics confirm that farming can be one of the most dangerous occupations in NSW and the rural community, manufacturers, suppliers and rural industry specialists congregate at these field days to share their knowledge and experience – and discuss their problems.

WorkCover also provided visitors with information about the current rebate programs, including the power take-off guard rebate program, which provides a full cost rebate of up to \$200 to fit guards to power take-off devices.

To help farmers improve safety in their workplace, WorkCover also offers a dollar-for-dollar rebate of up to \$750 per farm for improvements to silos. A range of safety features are covered by the rebate – eg: ground-level lid openers, grain-level indicators, and bottom-level access hatches.

WorkCover regularly participates in rural field days across NSW to assist the farming community, and support industry partners such as Farmsafe NSW and the

NSW Farmer's Association, to improve safety and reduce injuries.

## **ATV Demonstrations**

Of growing concern in rural communities is the increasing number of serious, and often fatal, injuries involving all terrain vehicles (ATVs).

To raise awareness in the safe operation of quad bikes, WorkCover sponsors the ATV safe riding demonstrations conducted by Stephen Gall's All Terrain Vehicle Safety Institute for Yamaha Australia and publishes guidance material on the safe operation of ATVs, how to ride them correctly, how to brake, and how to avoid sudden hazards.

## **How can WorkCover's rural team help you?**

WorkCover's rural team promotes workplace safety to farmers and farm workers, and to a plethora of companies involved in grain, sheep and beef farming, horticulture and fruit growing, shearing services, and sugar cane and cotton harvesting.

The rural team regularly implements strategies to address the causes of serious injuries and deaths within the rural sector. WorkCover's rural safety improvement program, 'Safer Farms, Safer Farming', includes a range of safety initiatives that target high-risk rural sectors, work tasks and agricultural equipment.

The rural team consistently supports rural activities and field days across NSW.

To find out more about rural safety, call **13 10 50**, visit your local WorkCover office or view [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au).

Field days provide farmers and their families, and workers in rural communities, a wonderful opportunity to discuss their safety concerns with representatives from WorkCover, the NSW Farmers Association, Farmsafe NSW and the NSW Department of Primary Industries.

### AgQuip Field Days

Now in its 35th year, the AgQuip Field Days is a three-day annual event held at Gunnedah. It showcases the latest developments in agricultural machinery and equipment.

### Henty Machinery Field Days

Now in its 44th year, the Henty Machinery Field Days is a three-day annual event that attracts more than 700 exhibitors. The latest agricultural and farming equipment is on display.

### National Field Days

The National Field Days is a three-day annual event held at Orange. It is widely supported by the local agricultural industry and nearby rural communities.

ATV demonstration at the Field Day



The WorkCover stand at the AgEquip Field Day



# Pilot program

## for major injuries

### PILOT PROGRAM FOR MAJOR INJURIES

WorkCover NSW is piloting a new program to better support people who sustain a major work-related injury and their families. Major injuries include head injury, spinal cord injury and severe burns.

The aim of the program is to promote earlier contact and better ongoing communication between the hospital staff and the workers compensation insurer.

As part of the pilot program, a notification hotline is available for staff working in acute care facilities to immediately contact WorkCover following admission of an injured person with a major injury. WorkCover will then put hospital staff in touch with the appropriate insurer.

The notification system helps workers compensation insurers mobilise assistance, provide faster access to benefits, and deliver a range of services to severely injured workers. These improvements also enable the discharge planning process to start much earlier than usual.

The program aims to reduce the timeframes involved in planning for the delivery of essential services, such as the modification of the person's home or the provision of rehabilitation equipment. This helps avoid any discharge delays, which in turn, reduces the burden on the hospital system by potentially freeing up hospital beds more quickly.

Alicia Virgona, a Nursing Unit Manager in the Neurosurgery Ward at the Royal North Shore Hospital believes that a strong relationship with the insurer from the outset will help prevent patients with a traumatic brain injury becoming lost in the system as they transition back to their community.

'This early contact will provide more certainty for patients and families as they prepare to return home,' she said.

### Case Management

WorkCover NSW is also focusing on improving the case management of workers who have major injuries. Scheme agents have now implemented their own major injury models which use specialist case managers for people with major injuries. Case managers who work in this specialised area share their knowledge and ideas through a Major Injury Claims Working Group recently established by WorkCover.

The Major Injury Claims Working Group is a forum in which specialist staff from each scheme agent meet and exchange information and strategies in relation to the management of complex claims. Leading experts in the field have presented to the group on a range of key topics nominated by the scheme agents.

An example case study recently presented by one of the scheme agents demonstrated how effective case management can pave the way for very good functional, social and return-to-work outcomes for a worker who sustained a spinal cord injury. In the case study a number of key improvements were highlighted. These included:

- establishing early contact with the rehabilitation facility
- providing clarification of benefits available and assisting the injured worker to access entitlements
- participating in discharge planning
- organising suitable accommodation prior to discharge

The improved processes, highlighted in the case study, contributed to the successful implementation of a tailored return to work program.

The major injury pilot program has been highly successful to date and WorkCover will continue to provide support to the case managers who work in this specialist area.

The new approach by WorkCover will also consider the particular needs of those seriously injured workers whose families live a long way from the hospital. In such cases the insurer is able to cover reasonable transport and accommodation costs. This will enable the family to focus on their loved one at a very stressful time without having to manage the added burden of finding and paying for accommodation near the hospital. It will also allow nursing and social work staff to undertake more critical work, rather than having to try to assist family members with accommodation problems

'This new process will support patients and families as they come to terms with the reality of a traumatic injury,' said Ms Virgona.

The pilot is currently running at Royal North Shore Hospital and Prince of Wales Hospital in Sydney.

It is intended that the lessons learnt during the pilot will inform a wider roll out of the service to other public acute care facilities across the state.

# In partnership with industry

## IN PARTNERSHIP WITH INDUSTRY

WorkCover NSW and the Housing Industry of Australia (HIA) are working in partnership to develop occupational health and safety solutions specific to the residential construction industry.

WorkCover provides a dedicated technical specialist from its construction team to provide comprehensive advice to the HIA, which will assist their members and residential building contractors to meet their workplace safety obligations.

WorkCover also supports the delivery of the HIA safety leadership program, which includes the implementation of safety initiatives for high-risk activities, such as working from heights, and the development of guidelines and safety protocols for school-based apprentices and host employers, and for group apprenticeship schemes.

A similar partnership has also been established between WorkCover and the

Master Builders Association (MBA), which delivers safety programs to MBA members across the commercial and residential construction industry. WorkCover also provides a dedicated technical specialist from its construction team to provide comprehensive advice to the MBA for the assistance of its members.

Ultimately, the partnerships will deliver safety outcomes that are comparable to other sectors of the construction industry, with a view to implementing nationally consistent standards for safety in the residential construction industry.

These partnerships are yet another example of WorkCover and industry working together to prevent workplace injuries and develop safety solutions. And it is these partnerships that contribute so significantly to NSW enjoying the lowest levels of workplace injuries and fatalities in 20 years.



From left: Ron Silberberg, Managing Director, Housing Industry Association; John Della Bosca, NSW Minister for Industrial Relations; John Watson, General Manager, Occupational Health and Safety Division WorkCover NSW

# Asbestos threshold



## CHANGES TO NSW BONDED ASBESTOS LICENCES EFFECTIVE 2 JANUARY, 2008

The NSW Government has recently rolled out initiatives to ensure that the health and safety of persons removing bonded asbestos materials is maximised.

In line with these initiatives, effective from 2 January 2008, a new requirement will be implemented for all persons removing more than 10 sq metres of bonded asbestos material to hold a WorkCover NSW bonded asbestos removal licence.

Prior to applying for a WorkCover licence, all employees who carry out the work must have undergone a WorkCover NSW recognised bonded asbestos removal course.

In addition to that, there is a regulatory requirement to have a nominated supervisor at each site during the progress of the work. The nominated supervisor must also have undertaken a WorkCover recognised bonded asbestos supervisors course.

Once the course/course(s) have been completed application may be made to WorkCover NSW for a bonded asbestos removal licence using the approved form.

All bonded asbestos removal work is to be notified to WorkCover NSW. Notification forms can be obtained by contacting the Asbestos/Demolition hotline on **13 10 50**.

For more information please visit the WorkCover NSW website at [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au)

# Disability

## services grant

### DISABILITY SERVICES GRANT

WorkCover's health and community services (HACS) team recently finalised the allocation of almost half a million dollars to small and medium-sized disability service providers across NSW for occupational health and safety (OHS) resources. The funds form part of the disability services safety improvement program (DSSIP).

As part of a 10-year plan entitled *Stronger together: A new direction for disability services in NSW 2006 – 2016*, the government committed a one-off injection of \$500,000 to provide OHS training and other resources to the disability services sector. WorkCover developed the DSSIP to help build industry capability in improving OHS and reducing injury risks.

The program grew from the disability services OHS project (DSOP), which was launched by the NSW Minister for Disability Services, the Hon. John Della Bosca MLC, in June 2005. The project was completed in August 2006.

The DSOP working party was comprised of representatives from WorkCover, the Department of Ageing, Disability and Home Care (DADHC) and National Disability Services (NDS). It developed practical guidance and support to assist the disability sector in delivering positive safety outcomes for its workers in three high-risk areas – manual handling, client-related violence and working at external locations. Guidance material concerning these three high-risk areas is available on the NDS website.

The DSSIP enabled small and medium service providers within the disability sector to finance OHS solutions by applying for funding under two categories:

- the skills enhancement incentive offered funding for staff training in manual handling – proposals funded included both tailored manual handling programs and industry-recognised models
- the workplace improvement incentive offered funding for the purchase of equipment to assist in reducing identified manual handling risks – proposals funded included cutting-edge lifting devices and the latest designs in mobile ramps.

Innovative applications were encouraged, as long as the proposal adhered to the terms and conditions of the grant scheme. As a result, successful applicants proposed lateral solutions that were aligned to the principles of practical risk management and industry-based safety solutions.

Applications were also required to provide evidence of staff consultation and, in some cases, applications were submitted at the behest of workers themselves, which simply reinforces the consultative environment that is developing throughout the disability services sector.

Of the total funding, more than 57 per cent was distributed to disability service providers in rural and regional NSW. Indeed, more than half the applications received were from providers outside the Sydney metropolitan area. Of the total funding, \$330,000 went directly towards staff training, and the remainder was allocated to assist with the purchase of hoists, lifts and swings.

The DSSIP grants scheme was widely advertised on the WorkCover website and through advertisements in both metropolitan and regional newspapers.

The program has further assisted the disability services sector to continue providing services in a manner that is both safe for staff and consumer.



# Case study

## Rex J Andrews Pty Ltd

### **NOTICES AND WORKSHOPS A BLESSING FOR TRANSPORT COMPANY**

In 1989, Rex Andrews opened his transport and engineering business in Kingswood, NSW. Today, the company, Rex J Andrews Pty Ltd, is run by Rex Andrews and his three sons – Carl, Warrick and Howard – and employs 15 workers, including drivers and subcontractors.

In July 2006, an anonymous person contacted WorkCover to voice concerns about several safety issues in Mr Andrew's business.

Following a visit to the Kingswood depot by a WorkCover inspector, Mr Andrews was issued with two improvement notices and an advisory notice.

One improvement notice related to safety concerns caused by electrical leads around the workplace, the other related to a lack of consultation with workers regarding health and safety issues. The advisory notice outlined the need for an occupational health and safety induction for new and existing workers.

Soon after the visit, Mr Andrews forwarded an email to WorkCover.

'Thank you for your assistance and understanding of our workplace requirements,' he wrote.

'Your visit and inspection is the complete opposite to what we expected,' he added.

Twelve months on, Mr Andrews and one of his sons attended a 'Managing for safety' workshop conducted by inspectors and officers from WorkCover's transport team.

'I have replaced all my electrical leads with retractable leads and have not only improved safety but have saved on material costs,' Mr Andrews told his peers at the workshop.

'I also made sure that my workers were aware of our visit to this workshop,' he added, 'so they know that we are very serious about safety.'

Mr Andrews is now completing an action plan to implement further safety improvements in his workplace and will soon make an application for the safety solutions rebate.

Mr Andrew's testimonial is but one of many that confirm WorkCover's success in changing the way it does business to focus more on providing information and practical advice to businesses around NSW.

WorkCover wants to help make workplaces in NSW the safest in the world and aims to reduce workplace injuries and illnesses by 40 per cent by 2012, and workplace fatalities by 20 per cent.

For further assistance telephone WorkCover on **13 10 50**.



# Case study

## \$500 Safety Solution rebate

### GETTING FINANCIAL SUPPORT TO IMPROVE SAFETY

WorkCover's safety solutions rebate program encourages small businesses to make safety improvements in their workplaces. Established in March 2007, the program prompts employers to focus on developing solutions to their safety issues, not just identifying problems.

The safety solutions rebate is accessible to eligible small business employers who attend a WorkCover workshop or invite a WorkCover inspector or business advisory officer to their workplace.

At a free 'Managing for Safety' workshop in Bathurst, Robyn Brunton, a partner in P C Brunton Pty Ltd, a small electrical business, developed an action plan that addressed a number of safety issues at her workplace. Following discussions with her peers and WorkCover officers who were present at the workshop, Robyn found that there were quite simple solutions to her issues.

An exhaust fan was installed to rid the Brunton workplace of toxic fumes, toolbox sessions were held with staff to discuss safety concerns, scaffolds were introduced in lieu of ladders to work at heights, and temporary barricades replaced witches hats when public safety was an issue. A fire-safe cabinet was also purchased to store hazardous chemicals that were used in the business and, for this, they applied for and received a \$500 safety solutions rebate.

Todd Cornell of T & L Cornell Builders also received a \$500 rebate for purchasing signs and equipment to control traffic hazards at his workplace in Callala Bay. Todd has a greater appreciation of the importance of regular consultation with his workers and is preparing a number of new safe work method statements for high-risk tasks. An ongoing plan has also been developed to improve OHS procedures.

The rebate program demonstrates that a safety solution need not be complicated to be effective. Gabriella Piredda, a partner in Corporate Sign Solutions, received a \$500 rebate after replacing aluminium ladders with carbon fibre ladders for work near overhead powerlines. Not only were the new ladders non-conductive, they were lighter and less likely to cause manual handling injuries.

The program provides half the costs, up to \$500, for implementing an effective solution to a workplace safety problem. To be eligible, applicants must:

- be a small business employing up to 20 full-time workers (or the equivalent) and have a current workers compensation policy
- attend a WorkCover safety workshop, or arrange an advisory visit from a WorkCover inspector or business advisory officer
- consult with their workers about safety issues
- complete an action plan based around information gleaned from the workshop or visit (and the consultation process) – ie identify the safety problem, outline the remedy and confirm its implementation
- submit an application to WorkCover, together with the action plan and relevant tax invoices.

To register for a workshop or arrange an advisory visit, or to receive more information about the safety solutions rebate program, visit [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au) or phone 1800 624 097.

### WorkCover Safety workshops

All WorkCover safety workshops are free. They encourage active participation and provide a practical set of skills to manage safety in the workplace. Participants are invited to discuss safety issues that are prevalent in their workplaces and seek advice from their peers and experienced WorkCover inspectors and business advisory officers.

Topics covered at the workshops range from consultation with workers to reducing workers compensation premiums, from reporting safety issues to returning injured workers to work, from developing safe work procedures to training and supervision.

Numerous workshops are held across the state each month with some tailored to a specific industry, such as retail or rural, manufacturing or construction. There are also a number of general workshops.

For information about a workshop in your area, visit [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au) or phone 1800 624 097.

# Glass industry

## in the spotlight

### GLASS INDUSTRY IN THE SPOTLIGHT

A recent incident at a factory in Granville highlighted the importance of workplace safety in the glass industry.

WorkCover has commenced an investigation into the incident, which saw a 35-year-old man crushed to death by falling sheets of glass.

The glass, weighing 1.5 tonnes, was used to make shower screens and while unpacking it from a wooden crate atop an A-frame, it fell, pinning the worker against a steel stanchion.

This tragic case reinforces the dangers inherent in the storing and handling of manufacturing materials and highlights the safety issues specific to the glass industry. It emphasises the need for employers and workers in this industry to manage their occupational health and safety (OHS) responsibilities.

WorkCover's manufacturing team initiated a comprehensive investigation plan to effectively investigate this tragic incident, while also ensuring that safety outcomes are achieved and information and guidance is provided to the industry.

Additionally, the manufacturing team is maintaining ongoing consultation with the glass industry stakeholder group, which comprises representatives from the Glass Industry Association and key industry figures. Also, a working group has been established to develop practical guidance for the safe handling, transport and storage of glass sheets and stone slabs.

A safety alert has been issued as part of an effective mix of intervention strategies to raise industry awareness of high risks and draw attention to practical controls that workplaces can adopt to prevent workers being injured by falling sheets of glass.

### CHECKLIST

Do you work in the glass manufacturing industry? Can you tick 'yes' to each of the following safety measures in your workplace?

- Glass sheets are stored and stacked on a 90 degree A-frame (an industry standard).
- Crates are stored upright or on a 90 degree A-frame, with an appropriate chock wedge to prevent the crate overbalancing.
- Workers are supervised and provided with adequate training.
- The safe working load of the racking is never breached.
- Crates are unpacked by workers who are trained in the safe handling of glass contents.
- The ground where A-frames and crates are stored is even, strong and well maintained – eg. it is not affected by weather conditions.
- The racking is stable, regularly inspected and of appropriate weight, shape and size to support crates and glass sheets.
- There is space between the ground and the racking to allow crates and sheets of glass to be removed with mechanical lifting equipment.
- Appropriate restraints with fasteners are used to store crates and sheets of glass –these are regularly inspected and can be removed while simultaneously restraining other sheets (only remove one sheet or crate at a time).
- The working area is well lit, passageways are clearly defined and mechanical lifting equipment operates safely without impeding pedestrians and other vehicles.

For further information, please refer to the safety alert for the Storage and handling of glass sheets published by WorkCover and available on [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au)

# Working outside

## **WORK OUTSIDE?**

### **BE SAFE IN THE HEAT AND SUN THIS SUMMER**

With days getting longer and the sun getting stronger, now is the time to ensure that you and your workplace are prepared for a long hot summer.

Australia has the highest incidence of skin cancer in the world – more than 380,000 people are treated for the disease every year.

Construction workers have a higher risk of skin cancer than many other workers due to the long periods they are exposed to UV radiation from direct sunlight and to UV rays that reflect from surfaces such as concrete.

### **WORK TOGETHER TO BEAT THE HEAT**

The *Occupational Health and Safety Act 2000* requires employers to ensure the health and safety of all their workers, and that includes any worker who may be placed at risk when working outdoors.

Health and safety at work is everyone's concern. Together, workers and employers can use safety equipment and simple strategies to protect themselves when working in the sun.

The risks of skin cancer and heat-related stress and illness can be minimised by using a combination of practical solutions.

### **AVOID THE UV PEAK**

Whenever the production schedule permits, schedule jobs for earlier or later in the day. Or roster your workers so that they rotate tasks regularly and are not exposed to significant amounts of sun or heat.

### **USE SHADE**

Work in areas of natural shade, or provide artificial shade that allows work to continue in a safe, less stressful environment.

## **PROPER PROTECTION**

Provide appropriate protection that covers as much exposed skin as possible – eg loose clothing, hats and sunglasses. Apply sunscreen liberally, and often.

Protective clothing and hats have labels with an ultraviolet protection factor (UPF), which increases with the density of the fabric's weave and colour – eg darker colours absorb more UV radiation than lighter colours of the same fabric. Close-weave fabric with a UPF of 30+ or more offers excellent protection and suits most conditions.

Wear a hat with a broad brim, or a legionnaire-type cap. If a safety helmet is required, additional sun protection is needed to protect the face, ears and neck. Attach a broad brim to the helmet, or a legionnaire cover with peak and flaps at the back and sides.

## **HYDRATE**

To prevent dehydration and heat stress, drink copious amounts of fluid throughout the day. Sunstroke can be serious and long lasting. Stay hydrated.

Australian Radiation Protection and Nuclear Safety Agency // [www.arpansa.gov.au/radiationprotection/Factsheets/is\\_UVProtection.cfm](http://www.arpansa.gov.au/radiationprotection/Factsheets/is_UVProtection.cfm)



# Slashing

## workplace injuries

### SLASHING WORKPLACE INJURIES

The latest workers compensation claims data confirms that WorkCover NSW is well advanced in meeting the national target of a 40 per cent reduction in workplace injuries and illnesses by 2012, and a 20 per cent reduction in workplace fatalities.

In 2005/06, the incidence rate for serious workplace injuries in NSW – where five or more days away from work are required – was 11 per 1000 workers, a 26.7 per cent drop on the 2001/02 rate. This is the lowest rate since the Workers Compensation Scheme commenced in 1987. In the last 20 years, the number of fatalities has more than halved.

A highly proactive WorkCover agenda – supported by a variety of educational materials and compliance programs – has played a significant role in these improvements.

What is particularly impressive about these improvements is the dramatic fall in incidence rates for serious injuries in traditionally high-risk industries.

The manufacturing industry led the way with a more than 17 per cent reduction over 12 months, from an incident rate of 24.9 in 2004/05 to 20.5 in 2005/06. The agricultural industry was a close second with a 12 per cent fall, from an incidence rate of 29.3 to 25.8. The construction and mining industries also recorded falls.

Over the same 12-month period, the number of workplace injuries resulting in permanent impairment declined by 23 per cent, due largely to the time and effort invested in reducing the number and severity of injuries.

Manual handling remains the most common cause of injuries, representing 22 per cent of all injuries for which workers compensation was payable. However, over the 12-month period from 2004/05 to 2005/06, there was a 21 per cent decrease in the incident rate of manual handling injuries and a 22 per cent fall in costs.

Overall, for the same 12-month period, the total cost of serious claims fell by 16 per cent.

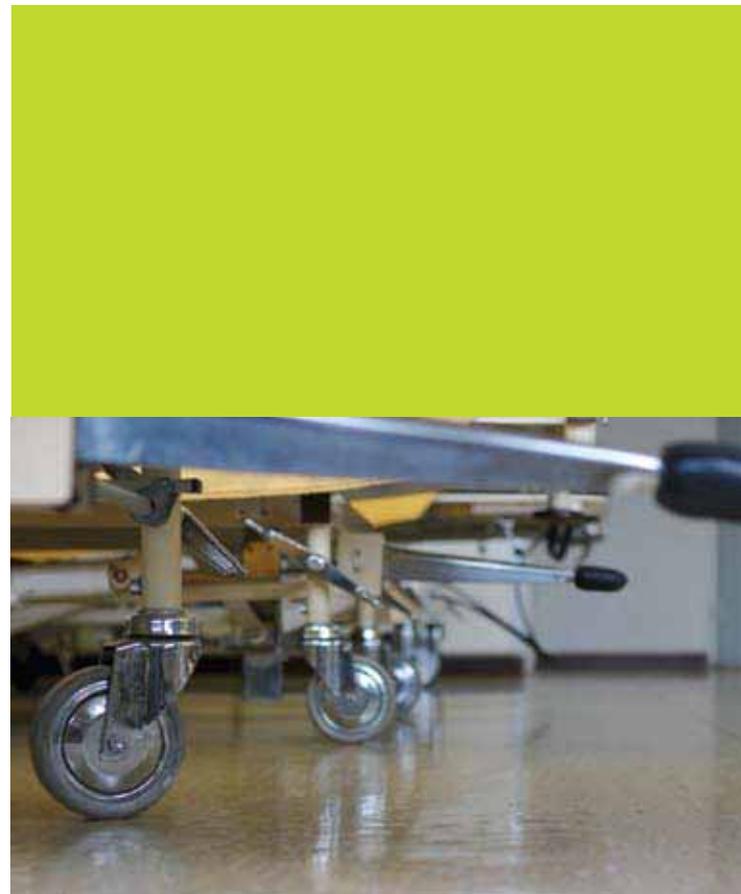
According to the economic consultants, ACIL Tasman, since the reform of NSW workplace safety laws in 2001,

there has been an annual saving of \$5.58 million to the state's economy. Their examination of claims data found that the reforms were largely responsible for improved workplace safety performance and a significant decline in the number of injury claims.

Moreover, their report demonstrates that occupational health and safety is an investment that provides direct financial benefit to both employers and the whole of NSW.

Although this data is very encouraging, there are still more than 30,000 serious injuries each year and WorkCover continues to cooperate and consult with NSW workers and employers to reduce that number.

The 2005/06 Statistical Bulletin is available at [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au)



# Bovis

## controlling noise

### CONTROLLING NOISE ON CONSTRUCTION SITES

To address the alarming number of hearing loss injuries in the construction industry, a memorandum of understanding was recently undertaken between WorkCover NSW and members of the Construction Safety Alliance and other industry partners.

Since committing to the MOU in March 2007, Bovis Lend Lease has assessed the types of hoists used on two of their sites.

'When we started implementing the MOU, we discussed the more obvious items that made noise on our construction sites – circular saws, brick saws, jackhammers and the like', said Bovis Lend Lease's regional environment, health and safety manager.

'Then one of our site managers suggested we check the sound-level meter while in the hoist'.

Hoists that lift workers and materials are often overlooked when determining a worker's exposure to noise on construction sites.

'To our disbelief, the meter jumped well above a worker's safe noise level. We knew hoists were noisy, but never this noisy', said the manager.

As a result, the company undertook a preliminary assessment of the hoist at one of its project sites at Homebush Bay. As well as monitoring all plant and equipment that entered the site, a register was kept to monitor noise levels on the hoist.

Every day for a month, using Australian Standards methodology, noise levels were recorded while the hoist was in operation.

Once collated and analysed, the data revealed average noise levels of 88 decibels. However, it also revealed that noise levels were greater when the hoist travelled down and much quieter following maintenance, given that the rails and cogs were well greased.

It was also found that noise levels were much lower on a rainy day but, surprisingly, if it rained for several days the noise would increase.

This information prompted the company to open discussions with their suppliers and principal contractors to ensure that equipment was properly maintained and replaced on a more frequent basis, if required.

The findings confirmed that implementing engineering controls was far more effective in controlling noise levels than merely providing workers with personal protective equipment, such as ear plugs.

The company is now diligent in examining the noise level of each hoist before a contract is entered into to purchase it.

The MOU is yet another demonstration of WorkCover working in partnership with NSW employers to prevent workplace injuries and incidents through risk elimination and control.



# Fatalities

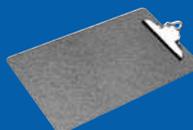
The following is a list of workplace fatalities occurring in New South Wales since those listed in Volume 70 of WorkCover News. This covers traumatic incidents that resulted in a fatality, occurring from 1 July 2007 to 30 September 2007 inclusive.

- A farmer died of injuries received when trapped in the power take off of a tractor.
- A truck driver sustained fatal head injuries while he was returning a truck mounted forklift onto the tray of the truck trailer. The forklift fell crushing the driver.
- A worker drowned while trapped in the cabin of an excavator which rolled into a river.
- A worker sustained fatal head injuries after falling 3mtrs from a roof, landing on a concrete driveway.
- A worker sustained fatal injuries when a pallet of glass fell on him while he was unpacking the sheets from a timber pack.
- A worker sustained fatal crush injuries after cases of bathroom products fell onto him from a stack in a warehouse.

## BE SAFE Resources

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TRAINING &  
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FAX 02 9896 8206  
EMAIL [info@besafe.com.au](mailto:info@besafe.com.au)  
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PO Box 6208  
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Parramatta NSW 2150



CALL BE SAFE Resources  
(02) 9636 7140

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Manual Handling  
Noise

### DETAILED REPORTS

### DIGITAL PHOTOGRAPHY

### AUDITING OHS SYSTEMS

Your System  
Propriety Systems

### SPECIFIC HAZARD TRAINING

Your site, your needs, eg:

- Manual Handling
- Hazardous Substances
- Risk Management
- Supervisor Line Manager

### MANY OTHER PROGRAMS TO SUIT

# WorkCover NSW offices

## HEAD OFFICE

Office Hours 8:30am – 5:00pm  
Monday To Friday  
92-100 Donnison Street  
GOSFORD 2250  
Phone (02) 4321 5000  
Fax (02) 4325 4145

## Postal Address

WorkCover NSW  
Locked Bag 2906  
LISAROW 2252

## WorkCover Assistance Service

Office Hours 8:30am – 5:00pm  
Monday to Friday  
92-100 Donnison Street  
GOSFORD 2250  
Phone 13 10 50

## REGIONAL, METROPOLITAN AND DISTRICT OFFICES

Office Hours 8:30am - 4:30pm  
Monday To Friday

### REGIONAL OFFICES

#### Newcastle

Level 1, Suite C  
Cnr Fitzroy and Cowper Street  
CARRINGTON 2294  
PO Box 2186 Dangar NSW 2309  
Phone (02) 4921 2900  
Fax (02) 4940 8558

#### Wollongong

106 Market Street  
WOLLONGONG 2500  
Phone (02) 4222 7333  
Fax (02) 4226 9087

## METROPOLITAN AND DISTRICT OFFICES

### Albury

Suite 5, 1st Floor  
429 Swift Street  
ALBURY 2640  
PO Box 905 Albury 2640  
Phone (02) 6042 4600  
Fax (02) 6041 2580

### Ballina

11 Grant Street  
BALLINA 2478  
PO Box 903 Ballina 2478  
Phone (02) 6620 6900  
Fax (02) 6681 6100

### Bega

Shop 1, 248 Carp Street  
BEGA 2550  
PO Box 943 Bega 2550  
Phone (02) 6491 6600  
Fax (02) 6494 7151

### Blacktown

Suite L0302, Level 3,  
22 Main Street  
BLACKTOWN 2148  
PO Box 886 Blacktown 2148  
Phone (02) 8882 4200  
Fax (02) 9831 8246

### City - CBD South

Level 10, Centennial Plaza  
Building C, 300 Elizabeth Street  
SYDNEY 2000  
PO Box 1476  
Strawberry Hills 2012  
Phone (02) 8260 5877  
Fax (02) 9281 9633

### Chatswood

Suite 1101, Level 1167  
Albert Avenue  
CHATSWOOD 2067  
Phone (02) 9406 3800  
Fax (02) 9413 1190

## Coffs Harbour

Suite 33  
Jetty Village  
Shopping Centre  
361 Harbour Drive  
COFFS HARBOUR 2450  
Phone (02) 6659 1700  
Fax (02) 6652 8213

## Dubbo

Level 2, 1 Church Street  
DUBBO 2830  
Phone (02) 6841 7900  
Fax (02) 6884 2808

## Goulburn

Lower Ground Floor  
159 Auburn Street  
GOULBURN 2580  
PO Box 242 Goulburn 2580  
Phone (02) 4824 1500  
Fax (02) 4822 1242

## Griffith

Suites G06 & G07  
Government Office Block  
104-110 Banna Avenue  
GRIFFITH 2680  
Phone (02) 6962 8900  
Fax (02) 6964 1738

## Hurstville

Level 2, 12 Butler Road  
HURSTVILLE 2220  
Phone (02) 9598 3366  
Fax (02) 9585 0261

## Liverpool

Level 3, 33 Moore Street  
LIVERPOOL 2170  
PO Box 959 Liverpool 1871  
Phone (02) 9827 8600  
Fax (02) 9824 0348

## Maitland

19 Mitchell Drive  
GREEN HILLS 2323  
PO Box 2360 Green Hills 2323  
Phone (02) 4931 6800  
Fax (02) 9287 4796

## Narrabri

Suite 6, Level 1  
100 Maitland Street  
NARRABRI 2390  
PO Box 134 Narrabri 2390  
Phone (02) 6792 8720  
Fax (02) 6792 3532

## Nowra

Level 1, 5 O'Keefe Avenue  
NOWRA 2541  
PO Box 1597 Nowra 2541  
Phone (02) 4428 6700  
Fax (02) 4422 4997

## Orange

74 McNamara Street  
ORANGE 2800  
PO Box 1056 Orange 2800  
Phone (02) 6392 7600  
Fax (02) 6362 8820

## Parramatta

Level 4, 128 Marsden Street  
PARRAMATTA 2150  
Phone (02) 9841 8550  
Fax (02) 9891 1474

## Port Macquarie

Suite 5, 53 Lord Street  
PORT MACQUARIE 2444  
PO Box 1646  
Port Macquarie 2444  
Phone (02) 6588 7000  
Fax (02) 6584 1788

## Tamworth

126 Marius Street  
TAMWORTH 2340  
PO Box 396 Tamworth 2340  
Phone (02) 6767 2500  
Fax (02) 6766 4972

## Tweed Heads

Units 25 & 26  
Corporate House  
8 Corporation Circuit  
TWEED HEADS SOUTH 2486  
PO Box 3214DC  
Tweed Heads South 2486  
Phone (07) 5506 1400  
Fax (07) 5524 6300

## Wagga Wagga

Level 2, 76 Morgan Street  
WAGGA WAGGA 2650  
PO Box 2348  
Wagga Wagga 2650  
Phone (02) 6933 6500  
Fax (02) 6937 3616

## LABORATORIES

### Thornleigh

5A Pioneer Avenue  
THORNLEIGH 2120  
Phone (02) 9473 4000  
Fax (02) 9980 6849

### Londonderry

Testsafe Australia  
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[www.activeworkingsolutions.com.au](http://www.activeworkingsolutions.com.au)

## HEIGHT AND CONFINED SPACE SPECIALISTS

We manufacture, supply and install complete Roof Safety Systems for commercial and domestic buildings.

- Roof Anchors
- Window Anchors
- Ladder Supports
- Safety Lines
- Harnesses
- Fall Arresters
- Roof Workers Kits



We also conduct Nationally Accredited "Confined Space Training" and sell or hire:

- Gas Monitors
- Tripods
- Breathing Units
- Ventilators



Visit our web site

Ph:02 4956 3302

[www.combinedsafety.com.au](http://www.combinedsafety.com.au)



# Benchmark

OHS CONSULTING PTY LTD

## Benchmark OHS Consulting Pty Ltd

*'The Leading Edge in Workplace Safety and Training'*

At Benchmark OHS Consulting Pty Ltd - SAFETY and TRAINING is OUR BUSINESS.

We partner with businesses and organisations to reduce workplace accidents and injuries and provide effective training solutions for businesses. Our qualified and experienced consultants would like to hear from you.

We are a REGISTERED TRAINING ORGANISATION – VETAB ACCREDITED

### NATIONALLY ACCREDITED COURSES

- Cert IV – Business (Frontline Management) - (BSB41004)
- Cert III – Road Transport - (TDT30202)
- Cert III – Warehouse & Storage - (TDT30102)
- Cert III – Transport Administration - (TDT31101)
- Apply First Aid - (HLFA301B)

### OHS CONSULTING SERVICES

- OHS Management Systems
- OHS Compliance
- OHS Audits / Risk Assessments
- Site Safety Plans for Construction
- Desktop Reviews
- On-site Inspections
- Machine Guarding Audits
- Occupational Hygiene Services

ON-SITE TRAINING ALSO AVAILABLE!

**Phone:** (02) 95234597 or CALL 0402582882

**Fax:** (02) 95231388

**Email:** ask@benchmarkohs.com.au

**Web-site:** www.benchmarkohs.com.au

### WORKCOVER ACCREDITED TRAINING

- OHS Construction Induction (Green/White Card – Daily Courses)
 

Tuesday	Taren Point
Wednesday	Wollongong
Thursday	Ingleburn
Friday	Kingsford
- OHS Consultation Course (OHS Committee Representatives)

Other Courses:

Traffic Control (Stop/Slow Bat)  
Blue Card (Transport) F197B



## BUILD A SMARTER, SAFER WORKPLACE

With 15 years expertise, we can help

### OHS TRAINING AT 4 VENUES OR ON SITE Nationally Recognised Training

(RTO Provider No. 7053 Registered by NSW VETAB)

- Safe Working in Confined Spaces
- SMARTtrain Chemical Application
- Basic Risk Assessment
- Work Safely at Heights



### OTHER COURSES, INCLUDING WORKCOVER ACCREDITED COURSES ALSO AVAILABLE

### CONSULTING SERVICES

- Safety Audits
- Risk Assessments
- Safety Management Systems

CONTACT MANDY OR ROB ON 9979 7888 TO BOOK OR EMAIL info@ctcsafety.com.au



Combined Training & Consulting Pty Ltd.  
Phone: (02) 9979 7888  
www.ctcsafety.com.au





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**“A Safer Workplace is a short breath away”**



- All products are Australian made, Certified to Australian Standards (AS) 3547 & are manufactured under a Quality Assurance Licence
- Sales & Service across Australia

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**admin@breathservices.com.au**  
**www.breathalyser.com.au**

# Advanced Fall Protection Equipment

The new range includes harnesses, lanyards and rope lines. For convenience, we have assembled a wide ranging series of kits such as Roofers Kit, Construction Workers Kit, Multipurpose Kit and many others. Safemaster also has available a wide range of products such as retractable lanyards, fall arrestors, temporary anchors and portable ladder brackets, suitable for a wide range of applications.

Through the all new Advanced Fall Protection range, we have endeavoured to make the harness as comfortable as possible, whilst ensuring maximum protection to the user. This, when coupled with a competitive pricing structure, makes the new range ideal for the competitive and demanding Australian Market.

All of the new range is of the highest quality, meeting the requirements of Australian Standards AS/NZS 1891.1. It offers maximum protection in areas of fall arrest and rescue and a myriad of choices for compliance with the relevant Standards, Codes of Practice as well as the Occupational Health and Safety Legislation.



**FREE GIFT WITH EVERY ORDER OVER \$1000 VALUED AT \$43.00**

PRICES EXCLUDE GST



**TEMPORARY ANCHORS**  
Affords 360° Fall Arrest Protection  
Rated at 24kN  
**\$239.00**



**NEW**

PORTABLE LADDER BRACKET

**\$69.95**

**SCAFFOLDERS KIT**

- SA21 Harness with rear D (lightweight) • Anchor sling [SEE HARNESS SPECS AT TOP OF PAGE]
- Multipurpose lanyard with scaffold hook and snap hook • FREE carry bag

**\$186.00**

**BASIC ROOFERS KIT**

- SA22 Multipurpose Harness (lightweight) • 20m rope safety line with snap hook and adjuster
- Karabiner (22kN) • Shock absorber with karabiners at each end • Anchor sling • FREE carry bag

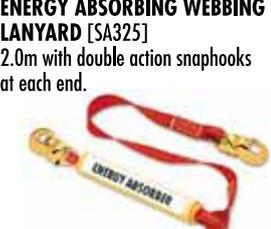
**\$330.00**

**MULTIPURPOSE KIT**

- SA22 Multipurpose Harness (lightweight) with front restraint loops
- 20m rope safety line with snap hook and adjuster • Karabiner (22kN) x 3 • Anchor slings x 3
- Multipurpose lanyard with scaffold hook and snap hook • FREE carry bag

**\$500.00**

# END OF YEAR SPECIALS

 <p><b>FULL BODY HARNESS [SA21]</b> Dorsal attachment D-Ring. Adjustable shoulder and thigh straps. <b>\$75.00</b></p>	 <p><b>FULL BODY HARNESS [SA22]</b> Two chest attachment belay loops rated for fall arrest and a dorsal attachment D-Ring. Adjustable shoulder and thigh straps. <b>\$90.00</b></p>
 <p><b>FULL BODY HARNESS [SA42]</b> Two chest attachment belay loops rated for fall arrest and a dorsal attachment D-Ring for fall arrest, two lateral D-Rings for work positioning and tool loops. Adjustable thigh straps, waist belt and shoulder straps. <b>\$120.00</b></p>	 <p><b>ENERGY ABSORBING WEBBING LANYARD [SA325]</b> 2.0m with double action snaphooks at each end. <b>\$70.00</b></p>



Compliance of this product with the standard AS/NZS 1891.1 is monitored by Certification Solutions Pty Ltd Sydney, Australia. ID No. 51031

**AS/NZS 1891.1 CERTIFIED PRODUCTS**  
HARNESSES MANUFACTURED EXCLUSIVELY FOR SAFETY ANCHORS BY KARAM.

 <p><b>6m FALL ARRESTOR</b> Polyester Web (25mm) <b>\$511.00</b></p>	 <p><b>15m FALL ARRESTOR</b> Certified for Horizontal Use 5m Gal Cable <b>\$850.00</b></p>
 <p><b>10m FALL ARRESTOR</b> 4mm Gal Cable (Not suitable for horizontal use) <b>\$691.65</b></p>	 <p><b>2.5m RETRACTING LANYARD</b> Double Action Snaphook <b>\$158.05</b></p>

**SAFEMASTER DESIGNS, INSTALLS AND HAS PROFESSIONAL ADVISORS TO SOLVE ALL YOUR "WORKING AT HEIGHTS" ISSUES! CALL OUR EXPERT TEAM NOW! 1300 773 733**



## Sun Safety @ Work

November 2007 – February 2008  
Coming to a site near you!

Construction team inspectors and business advisory officers from WorkCover NSW will be holding a series of free sausage sizzles and visiting sites from November 2007 to February 2008, to discuss sun protection with workers and employers who work outdoors.

Armed with sausages, lip balm, sunscreen and free checklists, the inspectors and advisory officers will be available to talk about sun protection policies and other general information when working outdoors.

In partnership with the Cancer Council of NSW, WorkCover NSW has developed a guide for employers called **Skin cancer and outdoor work** that will be handed out during the campaign.

To download your free copy of **Skin Cancer and Outdoor Work** guide visit [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au) or for more information about the Sun Safety @ Work campaign call 13 10 50.



### NDARC Education Trust (NET)

The National Drug and Alcohol Research Centre (NDARC) is acknowledged as the premier alcohol and other drug research institution in Australia. NET was recently formed to widely disseminate the information acquired through research at NDARC.

Alcohol and other drugs have become a major issue for all organizations in recent times due to OH&S requirements.

### What can NET do for your organization?

- With access to latest research and statistical data, we can provide a range of training programs and education sessions
- The trainers delivering workshops and lectures have access to the best resources in the field
- Sessions and programs can be tailored to any audience

### Contact details:

NET Information Manager - Paul Dillon:

t: 02 9385 0226 e: [p.dillon@unsw.edu.au](mailto:p.dillon@unsw.edu.au)

NET Project Manager - Kati Haworth:

t: 02 9385 0252 e: [k.haworth@unsw.edu.au](mailto:k.haworth@unsw.edu.au)

## OHS CONSULTATION

A WorkCover Accredited Training Course

### Hornsby

Now on the Sydney Upper North Shore!

This four day course is required for all

NSW Occupational Health & Safety

Committee Members & Representatives

**WHERE:** Hornsby RSL Club

**COST:** \$550

**For the next available course:**

**CONTACT:** ActSafe consulting

**EMAIL:** [ActSafe@telstra.com](mailto:ActSafe@telstra.com)

**PHONE:** Russell on 0423 778 981

Participants will learn the principles and practicalities of OHS Consultation and obtain the skills necessary to fulfil their legal obligations. Now offered at a convenient location in Hornsby with excellent public transport connections as well as free onsite parking.

Can also be conducted onsite at your workplace.

A minimum number of eight required.

**ActSafe**  
consulting

ABN: 21 617 453 879

WorkCover Accreditation # 03846



WORKING TOGETHER TO FIND SOLUTIONS

VETAB and WorkCover accredited courses!



Cert IV Warehousing and Storage (TDT40102)

Cert IV Road Transport (TDT40202)

Cert IV Administration (TDT41102)



Safetalk and Forktalk also provide the following services:

Work Skills Vouchers (an Australian Government initiative)

OHS Consultation (for committee members)

OHS Risk Management (for managers and supervisors)

White Card Training (for construction industry)

BLUECARD Training (for transport industry)

Fire Fighting Equipment Training

Fire Warden Training

Manual Handling Training

Gantry Crane Training

Pedestrian Operated Forklift Training

EWP Training & Licensing (WP)

Forklift Training & Licensing (LF)

Order Picking Forklift Training & Licensing (LO)

Plus more... please contact us on the details below:

Phone: (02) 4626 7091

Mobile: 0418 870 846

Fax: (02) 4620 0077

Email: [nicole@forktalk.com.au](mailto:nicole@forktalk.com.au)

[www.forktalk.com.au](http://www.forktalk.com.au)



# Advance OHS January-June 2008 Calendar



## Other Services

- Self Insurance Audit
- AS/NZ 4801 Audit
- Compliance Audits
  - Hazard Surveys
  - Risk Assessments
  - Ergonomics
- Workstation assessments
- Pre-employment assessments
- OHS Policies and procedures development and implementation

### OHS Consultation (4 days) Cost: \$525 (gst inc)

This 4 day WorkCover accredited course meets the legislative training requirements for OHS committees and OHS representatives. It aims to provide participants with knowledge, skills and attitudes necessary to apply the principles of workplace OHS consultation as an integral part of an effective OHS management.

Month	Day	Time	Location
Jan/Feb	Tuesday, 22	8:30 am - 3:30 pm	Parramatta
	Tuesday, 29	8:30 am - 3:30 pm	Parramatta
	Tuesday, 5	8:30 am - 3:30 pm	Parramatta
	Tuesday, 12	8:30 am - 3:30 pm	Parramatta
February	Wednesday, 20	8:30 am - 3:30 pm	Sydney - City
	Thursday, 21	8:30 am - 3:30 pm	Sydney - City
	Wednesday, 27	8:30 am - 3:30 pm	Sydney - City
	Thursday, 28	8:30 am - 3:30 pm	Sydney - City
March	Thursday, 6	8:30 am - 3:30 pm	Sydney - City
	Thursday, 13	8:30 am - 3:30 pm	Sydney - City
	Thursday, 20	8:30 am - 3:30 pm	Sydney - City
	Thursday, 27	8:30 am - 3:30 pm	Sydney - City
	Monday, 10	8:30 am - 3:30 pm	Parramatta
	Tuesday, 11	8:30 am - 3:30 pm	Parramatta
	Monday, 17	8:30 am - 3:30 pm	Parramatta
Monday, 18	8:30 am - 3:30 pm	Parramatta	
April	Wednesday, 9	8:30 am - 3:30 pm	Parramatta
	Wednesday, 16	8:30 am - 3:30 pm	Parramatta
	Wednesday, 23	8:30 am - 3:30 pm	Parramatta
	Wednesday, 30	8:30 am - 3:30 pm	Parramatta
	Monday, 14	8:30 am - 3:30 pm	Sydney - City
	Tuesday, 15	8:30 am - 3:30 pm	Sydney - City
	Monday, 21	8:30 am - 3:30 pm	Sydney - City
Monday, 22	8:30 am - 3:30 pm	Sydney - City	
May	Monday, 5	8:30 am - 3:30 pm	Parramatta
	Tuesday, 6	8:30 am - 3:30 pm	Parramatta
	Monday, 12	8:30 am - 3:30 pm	Parramatta
	Tuesday, 13	8:30 am - 3:30 pm	Parramatta
	Thursday, 8	8:30 am - 3:30 pm	Sydney - City
Thursday, 15	8:30 am - 3:30 pm	Sydney - City	
Thursday, 22	8:30 am - 3:30 pm	Sydney - City	
Thursday, 29	8:30 am - 3:30 pm	Sydney - City	
June	Tuesday, 3	8:30 am - 3:30 pm	Parramatta
	Tuesday, 10	8:30 am - 3:30 pm	Parramatta
	Tuesday, 17	8:30 am - 3:30 pm	Parramatta
	Tuesday, 24	8:30 am - 3:30 pm	Parramatta
	Wednesday, 18	8:30 am - 3:30 pm	Sydney - City
	Thursday, 19	8:30 am - 3:30 pm	Sydney - City
	Wednesday, 25	8:30 am - 3:30 pm	Sydney - City
	Thursday, 26	8:30 am - 3:30 pm	Sydney - City

### Green Card / White Card (WorkCover OHS Induction for Construction) (1 day)

This course is aimed at all new workers carrying out construction work, including self-employed persons, labourers, apprentices, trainees, trades-persons, supervisors and project managers. It is a legal requirement to complete this course.

Daily Parramatta & Sydney - City

### First Aid - Senior Cost: \$125 (gst free)

This 1 day WorkCover and VETAB accredited course covers the outcomes required to recognise and respond to an emergency using basic life support measures.

Month	Day	Time	Location
January	Monday, 3	9:00 am - 3:30 pm	Parramatta
February	Wednesday, 23	9:00 am - 3:30 pm	Parramatta
March	Monday, 4	9:00 am - 3:30 pm	Parramatta
	Monday, 18	9:00 am - 3:30 pm	Parramatta
April	Monday, 3	9:00 am - 3:30 pm	Parramatta
	Monday, 17	9:00 am - 3:30 pm	Parramatta
	Monday, 31	9:00 am - 3:30 pm	Parramatta
May	Monday, 7	9:00 am - 3:30 pm	Parramatta
	Monday, 21	9:00 am - 3:30 pm	Parramatta
June	Monday, 5	9:00 am - 3:30 pm	Parramatta
	Monday, 12	9:00 am - 3:30 pm	Parramatta
	Monday, 26	9:00 am - 3:30 pm	Parramatta
	Monday, 16	9:00 am - 3:30 pm	Parramatta
	Monday, 23	9:00 am - 3:30 pm	Parramatta

### Introduction to RTW Coordination (2 days) Cost: \$390 (gst free)

Employers who have a worker's compensation premium of more than \$50,000 are required by law to have a Return-to-Work Coordinator who must complete this WorkCover course. This course gives a Return-to-Work Coordinator the basic skills and knowledge, to effectively manage workplace injuries.

Month	Day	Time	Location
January	Wednesday, 30	8:30 am - 3:30 pm	Parramatta
	Thursday, 31	8:30 am - 3:30 pm	Parramatta
February	Wednesday, 20	8:30 am - 3:30 pm	Parramatta
	Thursday, 21	8:30 am - 3:30 pm	Parramatta
March	Wednesday, 19	8:30 am - 3:30 pm	Parramatta
	Thursday, 20	8:30 am - 3:30 pm	Parramatta
April	Wednesday, 13	8:30 am - 3:30 pm	Parramatta
	Thursday, 24	8:30 am - 3:30 pm	Parramatta
May	Wednesday, 21	8:30 am - 3:30 pm	Parramatta
	Thursday, 22	8:30 am - 3:30 pm	Parramatta
June	Wednesday, 25	8:30 am - 3:30 pm	Parramatta
	Thursday, 26	8:30 am - 3:30 pm	Parramatta

### Traffic Control (RTA approved) (1 day) Cost: \$150 (gst free)

This course is for any person required to control traffic using a Stop-Slow bat.

The course runs every Thursday.

Phone:  
02 9635 4444

book NOW!!!...

[www.advanceohs.com.au](http://www.advanceohs.com.au)



Peach WCR0033

## WorkCover NSW Small Business Forums

Everyone has an opinion when it comes to **workplace safety**. That's why WorkCover NSW wants you to be involved in the Small Business Forums being established across NSW, where you can talk about the safety of your business. No issue is too big, or too small. You can have your say on topics like injury management, codes of practice, legislation and productivity while networking with local businesses and sharing success stories. Your opinion can help make NSW a safer place to work.

For more information call **1800 624 097** or visit [www.workcover.nsw.gov.au/safebusiness](http://www.workcover.nsw.gov.au/safebusiness)

**your opinion** will help  
make NSW **a safer place to work**



New South Wales Government

# OUR CUSTOMER SERVICE CHARTER



*"To ensure safe and secure workplaces WorkCover NSW is committed to providing high quality service. This charter identifies the standard of service you can expect to receive from WorkCover NSW.*

*The charter covers the whole of WorkCover NSW and the services provided, and we welcome feedback on our services."*

Jon Blackwell  
Chief Executive Officer

## WHAT WE DO

We work in partnership with the NSW community to achieve safer workplaces, effective recovery, return to work and security for injured workers.

## WHAT YOU CAN EXPECT FROM US

We will help you with your rights and responsibilities by providing professional, relevant and timely services.

### Our actions will be:

- fair, honest and impartial
- completed within an identified timeframe
- considerate of your individual needs.

### Our information and advice will be:

- easy to access
- accurate
- consistent
- useful.

### Our staff will:

- treat you with courtesy and respect
- listen carefully to you and respond to your needs
- follow through on commitments they make
- value and encourage your feedback.

## YOU CAN HELP US BY:

- working cooperatively to address workplace safety and compensation issues
- checking our website for the information you need
- having all relevant information ready when dealing with us
- treating our staff with respect and courtesy
- providing feedback, either by way of suggestion, compliment or complaint.

## FEEDBACK

WorkCover NSW welcomes your feedback and the opportunity to improve our services. Our contact details are listed below.

## MORE INFORMATION

You can find out more information about WorkCover NSW by:

- viewing our WorkCover website at [www.workcover.nsw.gov.au](http://www.workcover.nsw.gov.au)
- visiting a WorkCover NSW Office in your metropolitan or regional centre
- telephoning our Information Centre on **13 10 50**
- emailing us at [contact@workcover.nsw.gov.au](mailto:contact@workcover.nsw.gov.au)
- mailing us at Locked Bag 2906 Lisarow NSW 2252.



Discover the  
smarter way  
to lift,



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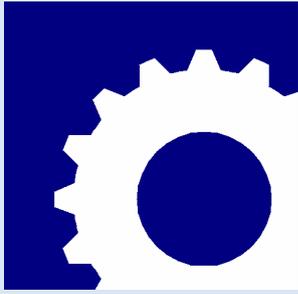
push,  
pull,



hold,



and  
carry  
at  
work.



# Nationally Recognised & Accredited Safety Training

[www.easyhr.com.au](http://www.easyhr.com.au)

**Easy HR™** understands that everybody learns differently.

That's why our training methods include small group discussions, videos, quizzes and games to ensure that participants have fun while they learn.

We believe that the fundamental success of a course is to make it as interesting as possible for all participants.

**All our safety courses can be conducted at your workplace !**

**We offer Nationally Accredited, Workcover NSW Accredited & Custom Safety training courses.**

**"Knowledge is a process of piling up facts;**

**wisdom lies in their simplification."**  
*(Martin H Fischer)*

**Easy HR™ can help simplify YOUR safety training needs.**

**All Easy HR public courses are offered with our unique Easy HR Money Back Guarantee.**

Terms and conditions on our website !

#### **Free Newsletter**

Visit our website to subscribe to our free Safety and Human Resources e-Newsletter

#### **Free Wallet Safety Reference Card**

We have a limited number of Wallet Safety Reference Cards that we are giving away.

Details on our website.

#### **Certificate IV in Occupational Health & Safety (BSB41604)**

Distance Education - Mention this ad and enrol before 1st Feb 2008 and receive **25% Discount** on normal enrolment price. **(Save \$348)**



#### **Diploma in Occupational Health & Safety (BSB51604)**

Distance Education - Mention this ad and enrol before 1st Feb 2008 and receive **20% Discount** on normal enrolment price. **(Save \$478)**



#### **Manual Handling**

Conducted in your workplace. Our trainers will travel to conduct this nationally accredited Module. (TDTD197B)



#### **Safety Committee Consultation training—Workcover NSW Accredited**

Regular courses conducted in Sydney CBD or your Workplace. Mention this ad to receive your free Easy HR Safety Showbag ! **\$475 + GST**

#### **Return To Work Co-ordinator—Workcover NSW Accredited**

Regular courses conducted in Sydney CBD or your Workplace. **\$395**

#### **Construction Induction—Workcover NSW Accredited**

Regular courses conducted in Sydney CBD or your Workplace. Get your interim statement of training on the day! **\$100**

#### **Risk Management For Supervisors**

Our custom 1 day course covers the key aspects of the NSW OHS Act as well as the Risk Management principles. Courses are conducted in Sydney CBD or we can tailor a course to be conducted in your workplace.

**Call us or visit our website for a complete list of courses**

[www.easyhr.com.au](http://www.easyhr.com.au)

**Phone: 1300 667 331**

**Easy HR Pty Ltd**

ABN 67 100 061 747 Trading as Easy HR™ (RTO No. 91334)

**Safer. Better. Smarter.**

## Nationally Recognised and Accredited Training

**Safetynet Management Solutions** is a unique Registered Training Organisation. We can offer flexible training solutions through attendance at our general public courses, commercial corporate training or flexible distance delivery methods. Our training solutions are designed to meet your busy work and lifestyle. In an environment of ever-changing compliance legislation, employees may be put in a position where they have to prove their competency in a legal situation. Safetynet Management Solutions only offers National Accredited and Recognised Training – **Why take the risk?**

Nationally accredited and recognized by:



### Nationally Accredited and Recognised Qualifications

#### Occupational Health and Safety

- Certificate IV in OHS (BSB41604) 9 Days
- Diploma of OHS (BSB51604) 10 Days
- Advanced Diploma of OHS (BSB61004) 10 Days

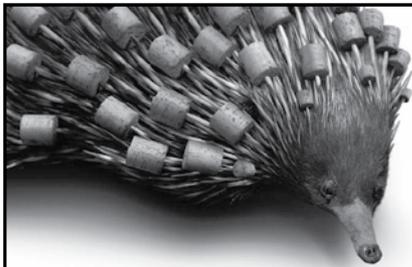
#### Training & Assessment and Management

- Certificate IV in Training and Assessment (TAA40104) 14 Days
- Upgrade Certificate IV in Training and Assessment (TAA40104)
- Certificate IV in Business (Frontline Management) (BSB41004)

\* Nationally Accredited and Recognised Short Courses also available

For further information on all our courses, dates, fees and to make a booking: Visit our website [www.safnet.com.au](http://www.safnet.com.au) OR call 1300 728 715

**SafetyNet**  
[www.safnet.com.au](http://www.safnet.com.au)



**NSCA** Workplace Health & Safety. Solved.  
National Safety Council of Australia Ltd

## Workplace Health & Safety. Solved.

The NSCA is your comprehensive solution to OHS training, and has an eighty year track record in the field. Attend a course in January and receive a \$30 Coles/Myer voucher\*

#### Courses now enrolling include:

##### Sydney - Surry Hills

- > Diploma of OHS - Cycle 1: **21-25 Jan 08**  
Cycle 2: **10-14 Mar 08**
- > Certificate IV in OHS - Cycle 1: **11-15 Feb 08**  
Cycle 2: **7-11 Apr 08**
- > OHS Consultation (4 days) - **8, 9, 15, 16 Jan 08** or **4, 5, 11, 12 Feb 08**
- > OHS Consultation Refresher (1 day) - **17 Jan 08** or **7 Feb 08**

##### Sydney - Parramatta

- > OHS Consultation (4 days) - **14, 15, 21, 22 Jan 08**
- > OHS Consultation Refresher (1 day) - **10 Jan 08** or **14 Feb 08**

##### Sydney - Liverpool

- > OHS Consultation (4 days) - **21-25 Jan 08**
- > General Induction for Construction (1 day) - **21 or 28 Jan 08**
- > Risk Management (2 days) - **7-8 Feb 08**

##### Newcastle

- > Certificate IV in OHS - Cycle 1: **10-14 Mar 08** Cycle 2: **12-16 May 08**
- > OHS Consultation (4 days) - **14, 15, 21, 22 Jan 08**
- > OHS Consultation Refresher (1 day) - **23 Jan 08**

##### Wollongong

- > OHS Consultation (4 days) - **14, 15, 21, 22 Jan 08**
- > OHS Consultation Refresher (1 day) - **7 Feb 08**

\*Terms and conditions apply. Visit [www.nscsa.org.au](http://www.nscsa.org.au) for details.

NSCA also provides onsite training and consulting services. To book or for more information call 1800 655 510 or visit [www.nscsa.org.au](http://www.nscsa.org.au). Visit the website for details of other courses available.

[www.nscsa.org.au](http://www.nscsa.org.au)

## 2008 TRAINING CALENDAR

### OHS Consultation for Workplace Committee Members and OHS Representatives

- > 4, 5, 11, 12 February
- > 5, 6, 12, 13 March
- > 14, 15, 16, 17 April
- > 9, 16, 23, 30 May
- > 16, 17, 23, 24 June
- > 14, 15, 16, 17 July
- > 4, 5, 11, 12 August
- > 2, 9, 16, 23 September
- > 13, 14, 20, 21 October
- > 3, 4, 5, 6 November
- > 1, 2, 8, 9 December

### OHS Risk Management

- > 13, 14 February
- > 10, 11 March
- > 30 April / 1 May
- > 2, 3 June

### OHS Risk Management (cont.)

- > 21, 22 July
- > 10, 11 September
- > 15, 16 October
- > 24, 25 November

### OHS Fundamentals (4 Days)

- > 8, 15, 22, 29 February
- > 28 May, 4, 11, 18 June
- > 3, 10, 17, 24 October

### OHS Committee Refresher Training

- > 5 June
- > 27 October

### OHS Workplace Committee Chairperson Course

- > 26 June
- > 11 December

### First Aid

- > 6, 7 February
- > 14, 15 May
- > 23, 24 July
- > 3, 4 September
- > 17, 18 November

### First Aid Recertification

- > 7 February
- > 15 May
- > 24 July
- > 4 September
- > 18 November

### Managing Plant Hazards

- > 7, 8 May
- > 26, 27 November

### Manual Handling Employee Awareness

- > 26 March
- > 25 June
- > 25 September
- > 10 December

### Introduction to Return to Work Co-Ordinator

- > 25, 26 February
- > 16, 17 June
- > 18, 19 August
- > 12, 13 November

### Developing and Implementing OHS Management Systems

- > 27, 28 February
- > 26, 27 May
- > 17, 18 September

### How to Conduct an OHS Audit of your Workplace

- > 31 March, 1 April
- > 1, 2 October

### OHS Incident Investigation

- > 21, 22 May
- > 27, 28 August

### Applying Principles of Occupational Health

- > 21, 22 April
- > 10, 11 November

### OHS Induction for Construction Work(5 Hours)

- > 20 February
- > 3 March
- > 2 April
- > 19 May
- > 12 June
- > 18 July
- > 13 August
- > 8 September
- > 22 October
- > 7 November

### Risk Management Workshop (1/2 day)

- > 21 February
- > 5 May
- > 22 September

### Developing Site Safety plans (1/2 day)

- > 21 February
- > 5 May
- > 22 September

### Office Safety and Setting up workstations (1/2 day)

- > 7 March
- > 13 June
- > 8 October

### Writing SWMS (1/2 day)

- > 7 March
- > 13 June
- > 8 October

### Making OHS Consultation Work For Us (1/2 day)

- > 8 April
- > 2 July
- > 3 December

### Planning for Emergencies (1/2 day)

- > 8 April
- > 2 July
- > 3 December

### OHS Risk Management (For Specific Industries) (1/2 day)

- > 14 March
- > 30 June
- > 29 November

Unless otherwise stated, courses are held in our training rooms in the city

All courses can be delivered on site at your workplace.



Our aim is to continue to provide quality training and consultancy services tailored to our clients' requirements. Our trainers have qualifications in OHS and Adult Education. They are WorkCover Accredited and have extensive industry experience in OHS and training.

VISIT OUR WEBSITE  
www.safety.com.au

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