

WORKCOVER NEWS

The workplace safety and injury management magazine

ISSUE
78
Oct-Dec
2009



Get involved!



safe work
australia
week2009

making a difference



Public Courses Training Calendar 2009

WorkCover NSW Accredited & Specific Purpose Courses

Vital Training for Effective Risk Management

JULY to DECEMBER 2009

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OHS Consultation

(A WorkCover NSW Accredited Course)

CIT7	Jul	Tue	7	Wed	8	Tue	14	Wed	15	City
PAR7	Jul	Wed	8	Thu	9	Wed	15	Thu	16	Parra
PAR72	Jul	Fri	10	Fri	17	Fri	24	Fri	31	Parra
CHA7	Jul	Wed	15	Thu	16	Wed	22	Thu	23	Chats
HUR7	Jul	Wed	15	Thu	16	Wed	22	Thu	23	Hurst
CIT72	Jul	Thu	16	Fri	17	Thu	23	Fri	24	City
CIT73	Jul	Mon	20	Tue	21	Mon	27	Tue	28	City
PAR73	Jul	Mon	20	Tue	21	Mon	27	Tue	28	Parra
CIT8	Aug	Tue	4	Wed	5	Tue	11	Wed	12	City
CAM8	Aug	Thu	6	Fri	7	Thu	13	Fri	14	Campb
HUR8	Aug	Thu	6	Fri	7	Thu	13	Fri	14	Hurst
PAR8	Aug	Thu	6	Fri	7	Thu	13	Fri	14	Parra
RH8	Aug	Thu	6	Fri	7	Thu	13	Fri	14	Rooty/H
PAR82	Aug	Thu	11	Wed	12	Tue	18	Wed	19	Parra
CIT82	Aug	Mon	17	Tue	18	Mon	24	Tue	25	City
CHA8	Aug	Wed	19	Thu	20	Wed	26	Thu	27	Chats
CIT83	Aug	Thu	20	Fri	21	Thu	27	Fri	28	City
PAR83	Aug	Mon	24	Tue	25	Mon	31	Tue	1	Parra
CIT9	Sep	Wed	2	Thu	3	Wed	9	Thu	10	City
PAR9	Sep	Thu	3	Fri	4	Thu	10	Fri	11	Parra
CIT92	Sep	Fri	4	Fri	11	Fri	18	Fri	25	City
CAM9	Sep	Mon	7	Tue	8	Mon	14	Tue	15	Campb
RH9	Sep	Mon	7	Tue	8	Mon	14	Tue	15	Rooty/H
HUR9	Sep	Tue	8	Wed	9	Tue	15	Wed	16	Hurst
CIT93	Sep	Mon	14	Tue	15	Mon	21	Tue	22	City
PAR92	Sep	Mon	14	Tue	15	Mon	21	Tue	22	Parra

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)

CHA9	Sep	Thu	17	Fri	18	Thu	24	Fri	25	Chats
CIT94	Sep	Wed	23	Thu	24	Wed	30	Thu	1	City
PAR93	Sep	Wed	23	Thu	24	Wed	30	Thu	1	Parra
PAR10	Oct	Fri	2	Fri	9	Fri	16	Fri	23	Parra
CIT10	Oct	Fri	9	Fri	16	Fri	23	Fri	30	City
CHA10	Oct	Wed	14	Thu	15	Wed	21	Thu	22	Chats
CIT102	Oct	Wed	14	Thu	15	Wed	21	Thu	22	City
PAR102	Oct	Wed	14	Thu	15	Wed	21	Thu	22	Parra
CIT103	Oct	Mon	19	Tue	20	Mon	26	Tue	27	City
CAM10	Oct	Wed	21	Thu	22	Wed	28	Thu	29	Campb
HUR10	Oct	Wed	21	Thu	22	Wed	28	Thu	29	Hurst
PAR103	Oct	Tue	27	Wed	28	Tue	3	Wed	4	Parra
RH11	Nov	Wed	4	Thu	5	Wed	11	Thu	12	Rooty/H
CIT11	Nov	Thu	5	Fri	6	Thu	12	Fri	13	City
PAR11	Nov	Fri	6	Fri	13	Fri	20	Fri	27	Parra
CHA11	Nov	Mon	9	Tue	10	Mon	16	Tue	17	Chats
CIT112	Nov	Mon	9	Mon	16	Mon	23	Mon	30	City
PAR112	Nov	Mon	9	Tue	10	Mon	16	Tue	17	Parra
CIT113	Nov	Tue	17	Wed	18	Tue	24	Wed	25	City
PAR113	Nov	Wed	18	Thu	19	Wed	25	Thu	26	Parra
HUR11	Nov	Thu	19	Fri	20	Thu	26	Fri	27	Hurst
CIT12	Dec	Wed	2	Thu	3	Wed	9	Thu	10	City
PAR12	Dec	Thu	3	Fri	4	Thu	10	Fri	11	Parra
CIT122	Dec	Mon	7	Tue	8	Mon	14	Tue	15	City
PAR122	Dec	Mon	7	Tue	8	Mon	14	Tue	15	Parra

On-Site Training Courses

The following courses can be delivered at your premises.

- Course in OHS Consultation (4 days)
- Intro to Return to Work Coordination (2 days)
- Senior First Aid (2 days)
- OHS Risk Mgmt for Sups & Mgrs (1 or 2 days)
- Accident Investigation (1 day)
- Advanced Return to Work (1 day)
- Developing Workplace Safety Culture (1 Day)
- OHS Committee Chairperson (1 day)
- OHS Committee Refresher (1 day)
- OHS Risk Management (1 day)
- First Aid Recertification (1 day)
- Workplace Substances (1 day)
- OHS Induction for Employees (4 hrs)
- BackBasics Manual Handling Risk Mgmt (3.5hrs)
- BackBasics Manual Handling (2 hrs)
- BackBasics Workstation Set-up & M/H (2 hrs)
- OHS Law for Directors & Managers (2 hrs)
- OHS Responsibilities for Sups & Managers (2 hrs)

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)

CITR7	Jul	Thu	9	Fri	10	City
PARR7	Jul	Wed	22	Thu	23	Parramatta
CITR8	Aug	Thu	13	Fri	14	City
PARR8	Aug	Thu	20	Fri	21	Parramatta
CITR9	Sep	Wed	16	Thu	17	City
PARR9	Sep	Thu	17	Fri	18	Parramatta
CITR10	Oct	Mon	12	Tue	13	City
PARR10	Oct	Mon	19	Tue	20	Parramatta
CITR11	Nov	Tue	10	Wed	11	City
PARR11	Nov	Wed	11	Thu	12	Parramatta
PARR12	Dec	Tue	1	Wed	2	Parramatta
CITR12	Dec	Wed	16	Thu	17	City

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)

PARC7	Jul	Mon	6	Parramatta
CITC8	Aug	Mon	3	City
PARC9	Sep	Wed	2	Parramatta
CITC10	Oct	Thu	29	City
PARC11	Nov	Thu	5	Parramatta
CITC12	Dec	Fri	11	City

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)

PAR10	Oct	Mon	26	Parramatta
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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)

CITF7	Jul	Wed	29	City
PARF8	Aug	Fri	28	Parramatta
CITF10	Oct	Fri	2	City
PARF10	Oct	Tue	13	Parramatta
PARF11	Nov	Mon	30	Parramatta

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)

PARS7	Jul	Wed	1	Thu	2	Parramatta
CITS8	Aug	Thu	6	Fri	7	City
PARS9	Sep	Tue	8	Wed	9	Parramatta
CITS11	Nov	Thu	19	Fri	20	City
PARS11	Nov	Mon	23	Tue	24	Parramatta

For more information call our Training Consultants on:

02 9516 1499

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and Safety



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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)

PARP9	Sep	Wed	16	Parramatta
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construction general ohs induction

This course will cease to be a WorkCover course on the 1st of September 2009 and can then only be delivered by a Registered Training Organisation that has been approved by VETAB NSW to deliver the unit CPCCOHS1001A Work Safely in the Construction Industry. We will advertise dates for this training after Courtenell has received approval from VETAB.

Visit our website
www.courtenell.com.au

for information on our courses,
OHS information & recent
editions of our publication
'Your Safety Matters'.



Ready to work: EMPLOYER WANTED



(see page 16)

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WorkCover Assistance Service

Workplace health, safety, injury
management and workers
compensation enquiries

Phone: 13 10 50

Subscription Enquiries

Phone: 1300 799 003

Advertising Enquiries

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News from the CEO

Safe Work Australia Week is held each October across Australia. This year the event will run from **25-31 October**. The week spotlights workplace safety and encourages employers and workers to focus on how to reduce injuries in their workplace.

I encourage you to get involved in Safe Work Week. You may be able to visit the 2009 Safety Show and Conference in Sydney. As principal sponsor of the show and conference, WorkCover NSW will host an interactive stand and hold a series of workshops, with safety and workers compensation experts available to provide information and advice.

WorkCover will also host the fourth annual NSW SafeWork Awards during the week. Winners will be announced at an awards dinner at Rosehill Racecourse's Grand Pavilion on 28 October. These winners are then automatically entered as finalists in the National Safe Work Awards that are presented in early 2010.

WorkCover is continuing to build on a number of partnership agreements with industry sectors that are helping to make workplaces that are safer, more productive and cost effective.

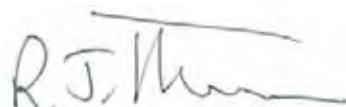
The development of industry partnerships was an outcome of the 2005 NSW Safety Summit and this edition highlights some of the work undertaken to deliver practical safety solutions to reduce injuries through the:

- Boating Industry Association Alliance
- Ballina Bypass Project Alliance
- Supermarket Alliance.

Find out more about our partnerships on page 14 and 24.

WorkCover's annual Mentor Program allows small businesses to gain industry-specific advice from large employers on how to put in place practical workplace safety arrangements, and effective injury management and return to work programs was launched in August. Details of the launch are on page 30.

Safety is everybody's business. We all want our family members to return home safely at the end of the working day and we all want injured workers to be able to achieve sustainable return to work. WorkCover NSW will continue to work closely with workers and employers to achieve these goals.



Rob Thomson
Acting Chief Executive Officer
WorkCover NSW



SafeWork Awards 2009 **you're invited!**

The WorkCover NSW **SafeWork Awards** recognise excellence, innovation and outstanding commitment to occupational health and safety in the workplace.

Taking place during Safe Work Australia Week, the SafeWork Awards will culminate in a presentation dinner on the evening of Wednesday 28 October when the winners in each category will be announced.

In conjunction with the 2009 Sydney Safety Show and Conference, the SafeWork Awards black tie dinner is the night of nights for the NSW safety industry. Delegates will enjoy a fabulous dinner, great live entertainment and the chance to mix with like-minded industry representatives in a formal but relaxed atmosphere.

Most importantly, the awards encourage individual organisations to share what they have learned so that proven safety initiatives and innovations can find their way into more widespread practical application in workplaces around NSW.

To reserve your place at the dinner contact
Hanna O'Sullivan from Australian Exhibitions and Conferences on
(03) 9654 7773 or visit www.thesafetyshow.com and click special events.

Date: **Wednesday 28 October 2009**
Time: **7pm for 7:30pm start**
Venue: **Rosehill Garden's Grand Pavilion, Grand Avenue, Rosehill**
Cost: **\$120 per ticket or \$1080 for a table of ten tickets**
Dress: **Black tie / formal**

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Talk safety with WorkCover at The Safety Show

WorkCover NSW invites you to talk safety with us at the **2009 Safety Show and Conference**, on **27 – 29 October** at **Sydney Olympic Park**.

As principal sponsor of the Safety Show and Conference, WorkCover will provide free information and advice on how to meet occupational health and safety requirements.

WorkCover's stand, located near the dome entry, will have inspectors and business advisory officers on hand to answer your questions about workplace safety and workers compensation. You'll also be able to take a guided tour of the WorkCover website, lodge online requests for information, advice and assistance, and subscribe to WorkCover News and eNews.

You can pick also up a copy of the Talk safety CD-ROM, containing a wide range of WorkCover publications, including an extensive range of industry specific guidance material, fact sheets and brochures.

During the Show, WorkCover will also run a series of free daily workshops where visitors can learn about measuring safety levels and accessing safety programs, as well as being given the opportunity to join mentoring programs.

Those keen to enrich their professional occupational health and safety knowledge can register as delegates to the Safety Conference, which is held concurrently with the Safety Show. The Conference program will explore the themes of:

- **national harmonisation of legislation**
- **personal OHS liability for company officers**
- **safety culture**
- **workplace wellness**
- **strategies for managing OHS.**

For further information visit the WorkCover website

www.workcover.nsw.gov.au,

call **13 10 50** or register online for tickets to conference or awards dinner at

www.thesafetyshow.com.au.



Safe Work Week 2009

Get involved!



safe work
australia
week2009

Have you got a Safe Work Australia Week activity planned for your workplace?

Be quick, there are only a couple of weeks to go until Safe Work Australia Week, **25-31 October**, when workplaces large and small, local and interstate, run events and activities to promote the importance of safety at work. Last year's events included safety information sessions, awareness morning teas, evacuation drills, toolbox meetings, quiz competitions, poster displays and presentations.

HERE'S the what, why, where and how of running a Safe Work Week event in your workplace.

WHAT to talk about?

Choose a safety topic that you're interested in that is relevant to your workplace. Ideas include manual handling, slips, trips and falls, working at heights, hazardous substances, fatigue, bullying, incident investigation, healthy lifestyle and injury management. Ask around to find out what issues affect your employees and workmates, as well as what topics they want to know more about.

WHY should I organise an event?

The risk of injury or illness from workplace hazards and unsafe work practices is an ever present danger, which makes promoting the '**safe work**' message a rewarding job - it may even save a life.

WHERE can I hold it?

There may be a suitable training room or open area at your workplace, or you may decide it is more practical to hold an event in a venue away from work. Availability, cost and convenience should all play a part in your decision.

To find out what activities/events WorkCover NSW
www.workcover.nsw.gov.au/

The biggest event is the Safety Show
27-29 October, Sydney

Register and attend the Safety Show for free or a small fee to get information on safety issues and products. Visit www.workcover.nsw.gov.au/

HOW should I plan it?

First work out who you want to get the message out to - which workers does this issue affect and who are the people you need to involve for your message to be heard? You might decide to include the whole workplace, or target specific teams.

Next, research the topic to find out as much as you can about why it is important and how it is currently dealt with at your workplace. The WorkCover NSW website, as well as your industry association or union is a great place to start. Also contact WorkCover's Business Assistance Service on **13 10 50** for free workplace safety advice and assistance from a business advisory officer.

Armed with the right information, you can plan what you want to achieve. Are you trying to increase awareness for a safety practice, or are you trying to encourage a change in safety behaviour? Be practical about what you can achieve within the timeframe, budget and available resources. ***Think about the type of event that will best suit your topic: a hands-on activity, formal information session or an informal gathering?***

Lastly, register your event with WorkCover. Distribute flyers, include an article in your staff newsletter, send an email message, display information on notice boards, use word-of-mouth and ask managers and supervisors to help get the message out.

WorkCover will be hosting throughout Safe Work Week visit **SWAWeek** or call **13 10 50**.

**Safety Show and Conference,
Sydney Showground.**

Attend the Safety Conference to receive the latest **www.thesafetyshow.com.au** for more information.

TELL US how you went

Take photos of your Safe Work Australia Week event and send them in to us with a short story outlining what you did. Send your photos and stories to **events@workcover.nsw.gov.au**. All NSW Safe Work Australia Week workplace activities registered with WorkCover will be listed on our website. Be sure to obtain permission from staff included in photos as it may be published in this magazine or on the WorkCover website.

Your work newsletter and website are also great places to publish the success of your event.

To evaluate how well your activity was received in the workplace, ask participants to complete a short survey at the end of the session. Their feedback may assist in the coordination of future workplace safety and injury management activities.

IDEAS for Safe Work Australia activity/events to hold in your workplace:

- presentation / seminar
- awareness morning / afternoon tea
- emergency evacuation drill
- quizzes and competitions
- safety BBQ
- video screening
- meet your OHS committee
- healthy breakfast
- information handouts and email bulletins
- safe worker awards
- toolbox meeting
- expo
- workplace hazard hunt
- safety game show
- guest speaker event.

THE SAFETY CONFERENCE SYDNEY 2009

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Australian
EXHIBITIONS
& Conferences

DAY ONE Tuesday 27 October 2009 OHS-Singing Off the Same Page

Conference Opening

8.45am Open & Welcome to Country

Uncle Des Dyer,
Darug Elder, The Darug Aboriginal Landcare Corporation

Keynote Address - New Framework



9.00am
Establishing National Uniform OHS Laws
Prof Ron McCallum AO,
Professor of Labour Law,
Faculty of Law, University of Sydney



10.00am
Safe Work Australia - Harmonising OHS Legislation
Tom Phillips AM,
Chair, Safe Work Australia Council

10.30am - 11.00am Morning Tea

Application of Framework

Stream Chair Karen Wolfe CPMSIA



11.00am
Matt Goldrick,
General Manager Prevention & Rehabilitation, Comcare



11.30am
Working Towards Harmonisation in NSW
John Watson FSIA (Hon),
General Manager, OHS Division, WorkCover NSW



12.00pm
Why Safe Business is Good Business
Dr Ian Woods,
Senior Research Analyst, Sustainable Funds Team,
Australian Equities

12.30pm - 2.00pm Lunch

National Harmonisation of Legislation

Stream Chair Warwick Pearse CPMSIA



2.00pm
**OHS Harmonisation -
What Will the Model Act Mean for Your Business?**
Michael Selinger,
Holding Redlich Lawyers



2.25pm
**OHS Enforcement Regimes -
How Will They Be Harmonised?**
Scarlet Reid,
Special Counsel, Henry Davis York



2.50pm
**Personal OHS Liability of Company Officers
Under the Harmonised Scheme**
Neil Foster,
University of Newcastle



3.10pm
Incident Management Under Harmonised OHS Laws
Lea Constantine,
Partner, Blake Dawson

3.30pm - 4.00pm Afternoon Tea

4.00pm Panel Discussion

Moderated by Michael Tooma CPMSIA, Partner, Deacons

Panellists Prof Michael Quinlan, University of New South Wales
John Watson FSIA (Hon), General Manager, OHS Division, WorkCover NSW
Geoff Fary, Assistant Secretary, ACTU
Greg Pattison, General Manager Workplace Solutions, NSW Business Chamber

Concludes 5.00pm

For Conference Registration & More Info

DAY TWO Wednesday 28 October 2009 Strike The Right Chord

Keynote Address



9.00am
Oh \$#!@! Where'd That Come From!
David Broadbent,
Safety Psychologist,
TransformationalSafety.com



10.00am
Best Practice OHS Reporting
Sharron O'Neill,
Faculty of Economics and Business,
University of Sydney
10.30am - 11.00am Morning Tea

Old Dogs: New Tricks (Lessons Learnt)

Stream Chair Doug Wakefield CPMSIA, SafeMeasure

11.00am A Military Lesson Identified with Enormous Potential for Industry and Organisational Risk Management

David Harris, Managing Director, Raptor SSC Pty Ltd

11.30am Hazard Control in Rail Infrastructure Design and Construction: How Safe is Safe Enough?

Alan Ross, A & K Ross Associates Pty Ltd

12.00pm Safety Positive Performance Indicators (PPIs) Ten Years On: A National Employer Experience

Claere Kay, Clyde Crawford & Natalie Taig CPMSIA, Australia Post

12.30pm - 2.00pm Lunch

2.00pm Ageing Workforce - Implications for the OHS Sector

Wayne Bishop, Activetics Pty Ltd

2.30pm Are We as Young, Fit and Clever as we Used to Be? Explaining How Our Risk of Injury or Death Changes as We Grow Older

Prof Joseph Ibrahim, Consultant Physician, Victorian Institute of Forensic Medicine

3.00pm - 3.30pm Afternoon Tea

3.30pm Leadership in a Crisis - Who Should Take Charge?

Ross Campbell, Ross Campbell & Associates

4.00pm NSW Fire Brigades Lessons Learned Centre: Transforming Hindsight Bias

Chief Superintendent Gary Meers, Assistant Director Strategy & Planning, NSW Fire Brigades

4.30pm From Albury to Ballina and Beyond

Larry Drewson, WorkCover NSW

5.00pm Concludes

Are you Being Served - Safely (Hospitality)

Stream Chair Terry Flanders CPMSIA, Investigation Systems

11.00am Official Opening

Albert Gardner, Director of Liquor and Gaming

11.20am Initiatives for the Responsible Service of Alcohol
Chief Inspector Anthony Cooke, Commander Alcohol and Licensing Enforcement Command, NSW Police

11.55am 'In Working Order' an Educational Program for High School Students to Increase Awareness of OHS in the Workplace Funded Under the WorkCover Assist Grants Program

Joanne Kemp & Tania O'Donnell, WorkCover NSW

12.30pm - 2.00pm

2.00pm Injury Prevention Strategies in the Hospitality Industry

David Trembeath CPMSIA, Principal Consultant, WSP Environmental Pty Ltd

2.30pm Emergency Incident Evacuation: What You Need to Know

Steven Baker, Manager Counter Terrorism and Aviation, New South Wales Fire Brigades (NSWFB)

3.00pm - 3.30pm Afternoon Tea

3.30pm Precarious Employees: Managing Safety for Contractors

Vince Asdagi, DuPont Australia

4.15pm WorkCover NSW and ClubsNSW Partnership

Jasmina Budisa, WorkCover NSW
Anthony Ball, ClubsNSW

5.00pm Concludes

Behaviour that Binds (Safety Culture)

Stream Chair Roger Fairfax CPMSIA, Railcorp

11.00am Could Zero Harm be Killing our People?

Phillip Byard, The InterSafe Group

11.30am BOC Driver Safety

Juliana Jamal, BOC Limited

12.00pm What To Do When Incidents are not Caused by OHS Management System Deficiencies

Cristian Sylvestre, Principal Consultant, Safetrain Pty Ltd

12.30pm - 2.00pm Lunch

2.00pm Sustainable Business Starts with Safety

Vince Asdagi, DuPont Australia

2.30pm Implementing a Sustained Safety Culture Transformation

Carl Luttig, CEO, ZEAL Group Pty Ltd

3.00pm - 3.30pm Afternoon Tea

3.30pm Effectiveness of Consultation Processes in Assisting with Safety Culture Change for a Large Retailer

Phil Wiffen, Sydney Institute of TAFE

4.00pm Process Change - Does it Equate to Cultural Change?

Steven Scott, Manager, WSP Environmental

Steven Dixon, CarterHoltHarvey

4.30pm Safety Leadership is not Safety Management

Dave Whitfield, Baseline Training Group

5.00pm Concludes

DAY THREE Thursday 29 October 2009 Tuned to Keep the Beat

Keynote Address



9.00am
I love my job but...
David Brown, Workplace Psychologist



9.30am
Death of a Welder: Research into the Electrical Conductivity of Welding Garments
Ian Price, OHS & Training Manager, Tahmoor Colliery
Prof John Norrish, Faculty of Engineering, University of Wollongong
10.00am - 10.30am Morning Tea

Rhythm of Life (Wellness)

Stream Chair Felicia Harris, TAFE NSW

10.30am Turn Stress Into Success

Dr Helena Popovic, Mission SlimPossible

11.00am Service Provider Management Framework in NSW Workers Compensation System

Mary Hawkins, WorkCover NSW

11.30am Meditation for Work Stress - An Effective, Low Cost, Evidence Based Approach

Dr Ramesh Manocha, School of Women's and Children's Health, UNSW

12.00pm The Effect of Workplace Hazards on the Human Body

Michael Middleton FSIA, Managing Director, Midd-West Risk Management

12.30pm - 2.00pm Lunch

Strategies for Managing OHS - Workshops

Presented by

Cristian Sylvestre, Principal Consultant, Safetrain Pty Ltd

Who should attend

- / Safety practitioners that have not been exposed to all 4 approaches
- / Operational or safety practitioners that are looking for the next step improvement in safety performance
- / Anyone involved in or interested in safety management
- / People new to the safety management field

10.30am Safety Management Systems (SMS)

11.00am Safety Leadership

11.30am Behaviour Based Safety (BBS)

12.00pm Personal Safety (Human Error Prevention)

12.30pm - 2.00pm Lunch

Preparing the Professional

Stream Chair Sarah Reding CPMSIA

10.30am Ensuring You Are Meeting the Suitably Qualified Criteria

Barry Silburn CFSIA, President, Safety Institute of Australia

11.00am Strategic Directions and Professional Complaints

Gary Lawson-Smith, CEO, Safety Institute of Australia

11.30am The SIA Code of Ethics

Andrew Alexandra, University of Melbourne

12.00pm Insurance for SIA Members

Geoff Ferns, Teamcare

12.30pm - 2.00pm Lunch



2.00pm
Moot Court
Michael Tooma CPMSIA,
Partner, Deacons
4.00pm Concludes

Be a part of this entertaining illustration of the legal consequences of OHS liabilities.

“

Have your say on workplace safety laws.

”

www.safeworkaustralia.gov.au

The Commonwealth, state and territory governments have formally committed to the harmonisation of occupational health and safety (OHS) legislation by December 2011.

An exposure draft of the model Act, model administrative Regulations and the draft Consultation Regulation Impact Statement will open for public comment in September for a period of six weeks. This is an opportunity to actively participate and to voice your opinion on the development of new model OHS legislation.

Model legislation will ensure that businesses can comply with one set of laws regardless of which state or territory they are operating in. Overall, the provisions that will be included in the model OHS legislation will lead to enhanced safety protections for Australian employees and greater certainty for employers.

By investing in OHS, you safeguard your workforce and your business, reducing hours lost through workplace injury and compensation payments to injured workers.

“

***We need your views to ensure the model
OHS legislation is relevant to all
Australian workplaces.***”

For more information
or to submit your comments, visit
www.safeworkaustralia.gov.au



safe work australia

A problem with workers compensation? Ask the **Claims Assistance Service** for help.

Delays in decisions about a worker's benefits can create unnecessary and inappropriate disputes, hinder an injured worker's recovery and return to work, and create unnecessary costs for everyone involved.

The WorkCover NSW Claims Assistance Service (CAS) can offer support to injured workers who are experiencing difficulties with their claim. CAS will talk with the insurer and ensure that decisions on the worker's claim are in line with WorkCover Guidelines.

Injured workers can get help from claims assistance officers for a variety of reasons, such as declined claims, delays in weekly payments or medical expenses, disagreements about entitlements or return to work, or failure by an insurer to communicate a decision on liability to an injured worker.

If the insurer has declined an injured worker's claim, the worker has the choice of accepting the decision or providing further information to the insurer in order for a review to take place. Injured workers should receive a response from the insurer within 14 days of lodging an application for review. CAS can intervene if the injured worker has not received a response within this timeframe.

If an injured worker feels that the dispute has not been resolved or they still disagree with the decision, they can discuss this with CAS who will contact the insurer and obtain information from the insurer regarding the reason

the decision has been made. This information will then be relayed to the worker. Workers who remain unhappy with the final decision may wish to lodge an application for dispute resolution with the Workers Compensation Commission. Having CAS intervene on their behalf does not change a worker's ability to take this course.

CAS has an 85 per cent resolution rate, so by phoning **13 10 50** in the first place means that as an injured worker you may get a quicker resolution of a problem.

CAS can also assist employers who may be experiencing problems when trying to manage a workers compensation claim. An employer can contact CAS for assistance with problems, such as acceptance of the claim, review of a decision or where the employer may require more history on the claim and they have been unable to obtain the information or advice from the insurance company directly.

The *WorkCover Guidelines for Claiming Compensation Benefits* have been established to provide more detailed information about claims management. The guidelines were revised this year in consultation with employers, unions, insurers, legal providers and medical practitioners.

To access these guidelines
or to obtain more information
visit the WorkCover website
www.workcover.nsw.gov.au
or call CAS on **13 10 50**.

WORKCOVER short-listed for excellence award

The WorkCover NSW Assistance Service (WAS) was a finalist in the prestigious Asia-Pacific Government Contact Centre Excellence Awards.

WAS is made up of the Information Centre - a general hotline for all enquiries on workplace safety and workers compensation matters, and the Claims Assistance Service that is dedicated to helping injured workers with their compensation claims.

This is the second time WAS has been recognised for its outstanding customer service, having won the category for Best Government Contact Centre Operation with less than 30 employees at the 2007 awards.

New safety partnership with boating industry

A WorkCover NSW initiative to assist the NSW boating industry to improve workplace safety was launched by **NSW Finance Minister The Hon Joe Tripodi** during the annual Sydney International Boat Show at Darling Harbour in July.

The partnership between WorkCover and the Boating Industry Association of New South Wales (BIA) involves businesses across the light commercial boating industry such as retailers, manufacturers, marinas, shipwrights and charter boat operators. The initiative will target key areas such as injury management and workplace consultation to assist businesses deliver sustainable occupational health and safety outcomes.

Across the state **9000 workers** are employed in the boating industry with **80 per cent employed in full-time work**. During 2007/08 there were over **175 injuries** among boating industry workers in New South Wales costing the WorkCover Scheme more than **\$700,000**.

The partnership will make a significant contribution to raising awareness about workplace safety issues, hazard identification and risk reduction as well as how to safely return a worker to work following an injury.

BIA General Manager Roy Privett said the partnership will enhance the Association's capacity to support its members with proactive and industry specific approaches to managing occupational health and safety.

'Through closer ties with WorkCover, the BIA can build on our existing initiatives, and further develop the industry's ability to protect the health and wellbeing of our people. We welcome the knowledge and resources of our new partner and look forward to the task ahead,' Mr Privett said.

Promoting a culture of safety across the boating industry will help create safer, more cost effective and more productive workplaces.



Pictured above:

The **Hon Nathan Rees MP** (NSW Premier) and the **Hon Joe Tripodi MP** (NSW Minister for Finance) inspecting the Boat Show after attending the opening breakfast.



Pictured above:

(front row) **The Hon Joe Tripodi MP** (NSW Minister for Finance), **Doug Olding** (President Boating Industry Association of NSW). (Back row from left) **Les Blake** (Team Manager Retail Wholesale Consumer and Business Services Team - WorkCover NSW), **John Watson** (General Manager Occupational Health and Safety Division - WorkCover NSW), **Roy Privett** (General Manager - Boating Industry Association of NSW), **Alan Barrett** (Manager BIA Divisions - Boating Industry Association of NSW), **Patrick Legge** (Team Coordinator Manufacturing, Primary Production, Transport and Storage Team - WorkCover NSW).

Paralympian's NEW challenge

WorkCover NSW Paralympian and current **World Super G Champion sit-skier Shannon Dallas** is bravely facing another challenge as the momentum builds towards the 2010 Winter Paralympics.

After winning a gold medal and the World Super G title at the International Paralympic Committee Alpine Skiing World Championships in Korea in February, the 31-year-old Terrigal resident crashed during one of his final races. The result was a shoulder reconstruction and months of rehabilitation.

Four months later in June, with the rehabilitation complete and having just been issued with his Australian Team Uniform for the Montreal Paralympics, Shannon faced another overwhelming challenge when he fell on an uneven footpath surface and needed to start his rehabilitation over again.

A member of WorkCover's Paralympian Speakers Program, Shannon is an internationally competitive wheelchair skier who became a paraplegic at the age of 22 after a falling through a roof on a residential construction site.

Despite his catastrophic injury, Shannon is today a world-class athlete who has won 10 medals at international events over the past three years and competed at the 2006 Torino Winter Paralympics in Italy.

WorkCover's Director of Communications, Heidi Pollard believes that Shannon has what it takes to overcome his latest injury and is hopeful the dedicated athlete will triumph at the Winter Paralympics.

'In the past Shannon has conquered serious injury to achieve great success and we are very proud to have him as part of our speakers program. Shannon is a motivated competitor and his outstanding gold medal win in Korea after competing with the world's best Paralympic alpine skiers is a testament that he can do this,' Ms Pollard said.

'Shannon is an inspirational person who will continue to have a dramatic impact on raising awareness of workplace safety and the devastating effect an injury can have on your life. Shannon has all of our support and best wishes for his recovery and throughout his training in the lead-up to the games,' she said.

WorkCover's Paralympian Speakers Program sponsors six athletes who, despite having permanent disabilities, have gone on to achieve outstanding sporting success. Drawing on their experience, the athletes spread a strong and emotive message about workplace safety, injury prevention and their personal journey to recovery, return to work and success as world-class athletes.



To book a speaker or find out more about WorkCover's Paralympian Speakers Program visit www.workcover.nsw.gov.au/Initiatives/Paralymiansponsorship or call 13 10 50.

For information about the IPC Alpine Skiing World Championships and upcoming winter Olympics visit www.paralympic.org.au.



Ready to work: employer wanted

It's just after 10am and farm hand Warren Beard is carefully manoeuvring the clamshell bucket of his tractor to lower a fence post into its hole. There are quicker ways to fix a fence, **but those who know the injuries Warren sustained in a workplace accident are amazed that he is working at all, much less found a way to fix a fence.**

None are more amazed than his employer, Elena Clark, who hired Warren (pictured opposite) on his strength of character and the steely determination she saw in this man who had lost his job as a plant operator following a fall off a bridge while driving an excavator that left him with permanent back, shoulder and head injuries.

Elena employed Warren under the WorkCover JobCover Placement Program, which provides incentives for employers to hire injured workers. Eighteen months into his employment, Elena has seen Warren's confidence grow ten-fold as well as his ability to find a way around his limitations.

'I can't tell you the number of people who say how lucky I am to have him...his incredible wealth of knowledge and willingness to give everything a go,' says Elena.

'My husband and I sometimes think it is an unbelievable find - we are the kind of place he needed, and he is the kind of help we needed.'

Warren is quick to agree, pointing out that without them he doesn't know where he'd be.

'They gave me a break when I couldn't find any work and didn't think I was much good for anything,' he said.

Warren was working as a plant operator driving a 22-tonne excavator over a wooden bridge, when the bridge collapsed and he fell six metres. Given the fall and the extent of his injuries, he was told he was lucky to be alive.

'It took me a long time to face that I wouldn't be going back to what I used to do. Following the accident I had anxiety attacks and bouts of depression - it was a long time until I could drive again and even longer until I could go anywhere near a bridge,' Warren said.

Here was this big strong man who operated bulldozers and excavators for a living and had worked since he was 13 years old, now not able to lift anything heavier than a small bag of potatoes or sit for longer than 20 minutes without feeling pain. In rehabilitation for seven months, Warren had to teach himself to perform everyday tasks he once took for granted, and to trick his mind into becoming accustomed to the constant vertigo that would see him bed-ridden for days at a time.

Four years on from the accident and Warren still suffers serious back and shoulder problems. As he cannot lift anything heavier than a few kilos he has had to adapt his work practices to find ways around his restrictions.

Gaining work experience

Warren was initially introduced to Elena's property in the Dooralong Valley, Central Coast, under the WorkCover Work Trial program. The program is aimed at helping injured workers regain employment and it offers the host employer the opportunity to train a potential employee without any financial outlay.



Elena admits that she may never have started working with Warren without the support of the work trial.

'I wouldn't have had the confidence to take on all the responsibility by myself for hiring an unknown. If it didn't work out I knew with WorkCover behind me I wouldn't be letting him down or putting myself in a difficult situation.'

Becoming an employee

Following Warren's work experience, Elena hired him as an employee under the JobCover Placement Program, which entitled her to a wage subsidy, a workers compensation premium exemption and protection from the costs of re-injury.

'If Warren hadn't progressed to a point where I thought he was employable then that is where it would have ended. This is why the program is so good because it eases you into the relationship in phases so you get a good idea of whether you are ready for each other,' she said.

'You do have to take a leap of faith when hiring an injured worker and this is where the support of WorkCover behind you is essential.'

'I'm so glad the program gave me the opportunity to take a punt on giving him the chance he deserved.'

For more information on these programs
contact WorkCover on **13 10 50**
or the Provider Services Helpline on
1800 801 905.

What is a work trial?

A short period of work experience as part of a rehabilitation program aimed at helping injured workers gain employment.

- train a potential employee without financial outlay (compensation benefits are paid to trainee from insurer)
- employers are protected from workers compensation claims
- on-site supervision must be provided to trainees.

What is JobCover placement?

An incentive scheme for employers to hire injured workers and help them into long term employment.

- employers receive a wage subsidy of up to \$300 per week for 12 weeks
- premium exemption for the worker for the first 12 months
- employers are protected from the costs of re-injury.

Reducing sporting injuries

2009 NSW Sports Research Grants

The New South Wales Sporting Injuries Committee has awarded more than \$90,000 in grants as part of the 2009 Sports Research and Injury Prevention Scheme.

The successful applicants were announced in July and were picked from another record number of high quality applications.

Four successful applicants have received funding for important research in sports injury treatment and prevention. The work undertaken by the grant recipients will be vital in contributing to a reduction in the incidence and severity of sporting injuries across NSW.

The successful applicants are:

- **Charles Sturt University** will research *Drinking behaviour in junior elite regional athletes: Do they understand the dangers and consequences of under and over drinking?* The practice of excessive hydration is based on the misconception that it reduces the likelihood of developing premature fatigue when undertaking physical activity in the heat. This project will look at junior athletes' knowledge of and attitude to over drinking, compare the data to the athletes' drinking behaviour and determine what proportion of junior athletes are in danger of over or under drinking to rehydrate themselves.

- **University of Canberra** for *Investigating risk factors in paediatric snowboarding and skiing injuries: Characterisation of head impacts.* Snow sports have a strong appeal to young and beginner participants, however there is a resistance to wearing helmets.

By using specialised Head Impact Telemetry research, helmets and GPS tracking devices, this project, to be carried out on NSW snowfields, will answer questions related to those at risk of injury, the biomechanical factors involved, as well as the external risk factors that contribute to paediatric snowboarding and skiing injuries.

- **Youthsafe** for its *Online Sports Safety Risk Management Program* to assist community sports club administrators develop and implement safety risk management programs using a consultative development approach.

The new website aims to reduce the number of serious and less-serious sports injuries occurring at community sports clubs by broadening the availability of an effective sports safety program (SafeClub) with the development of web-based safety risk management information providing support to clubs in regional and rural areas.

- **University of New South Wales** for developing a *Sports Safety Policy in New South Wales*. This qualitative research project expands on previous research undertaken in 2007, also funded by the Sporting Injuries Committee, which identified the bridges and barriers and the need for a staged approach to sports safety policy development.

The research will evaluate the role of a multi-agency partnership in developing a Sports Safety Framework leading to a recommended process for the development of Sports Safety Guidelines that will be freely available to all NSW sporting organisations.

Research grants in excess of \$1.8 million have been awarded to leading NSW researchers and sporting organisations since the Research and Injury Prevention Scheme was introduced in 1991.

The NSW Sporting Injuries Committee is a non-profit statutory organisation established in 1978 to provide affordable player accident insurance for serious injuries and to promote safe sport practices in the NSW community.

Copies of completed sports research reports and more information on the NSW Sporting Injuries Committee can be found on the website www.sportinginjuries.nsw.gov.au or by calling **02 4321 5392**.

Practical tips for insulation installers

WorkCover NSW released new guidance material on the safe installation of ceiling insulation in July following the introduction of the **Home Insulation Program**.



The Home Insulation Program is part of the Federal Government's Energy Efficient Homes Package set to install ceiling insulation in up to 2.9 million homes. The program offers ceiling insulation worth up to \$1600 to owner-occupiers and targets homes that are currently not insulated, or have very little ceiling insulation.

Continued on page ... 21

Changes to training and assessment

On 1 September 2009 changes were introduced to the way you are trained and assessed for a construction induction card or high risk work licence.

These changes move NSW in line with national standards and codes, and remove red tape for those who work across state or territory borders. For WorkCover NSW, and for trainers and assessors, there has been a lot of work to do. For most of you in the workplace, however, the transition to the new system should be a smooth one.

CONSTRUCTION INDUCTION

WorkCover's accredited course *OHS general induction for construction work in NSW* has come to an end. In its place is a national unit of competency, called *Work safely in the construction industry*. This construction induction training is still compulsory for anyone wishing to work in construction.

The cards we issue under the new unit are automatically recognised Australia-wide, so there is no need to hold multiple cards for work across borders. Under the national approach, other states and territories – except Western Australia – also recognise the current, previously-issued construction induction certificate (CIC) – issued since 2004.

Only registered training organisations (RTOs), or trainers working under an RTO, are able to deliver the new course.

What do I need to do?

If you or your workers need construction induction training, go to www.workcover.nsw.gov.au to find and contact an RTO in your area.

HIGH RISK WORK

If you do certain types of high risk work – such as dogging, rigging, scaffolding, or operating forklifts, cranes or hoists – you also need a licence from WorkCover.

Previously, a WorkCover-accredited assessor would have assessed you for a national certificate of competency (NCOC). Under the new system, RTOs manage all of the training and assessment for high risk work licences.

The new card is called a *National licence to perform high risk work*, and is recognised by all states and territories. Current NCOCs are now also recognised nationally, but will be replaced with the new card at their five-year renewal date.

What do I need to do?

To find out what types of high risk work need licences, go to www.workcover.nsw.gov.au or call 13 10 50.

If you need a licence, go to our website to find and contact an RTO in your area.

Before being assessed for a licence, you will need either to undertake training through the RTO, or provide evidence of experience or prior training that meets the requirements. Either way, your first step is to contact an RTO.

WorkCover is working closely with other workplace safety agencies in other states to develop a robust and nationally consistent workplace safety framework.

These recent changes make it easier for big businesses to coordinate their workers Australia-wide, easier for small businesses to work across state or territory borders, and easier for you to know what to do in order to comply with the law.

For specific advice on how the changes affect you, call 13 10 50.

National campaign to improve scaffolding safety

Workplace safety agencies across Australia have commenced a campaign to improve scaffolding safety in the construction industry. The national campaign will see workplace safety inspectors visit residential and commercial construction sites to **ensure procedures are in place to address the risks of erecting and using scaffolding.**

Heads of Workplace Safety Authorities Chair, John Watson, said that recent scaffolding related incidents in Queensland, New South Wales and Victoria have highlighted the need for vigilance with the erection, use and dismantling of scaffolding to ensure the safety of workers and the public.

On-site advisory visits will raise awareness of safety issues relating to scaffolding and aims to improve the ability of contractors, employers and workers to identify, assess and control the hazards and risks associated with erecting, using and dismantling scaffolding.

The targeted intervention program provides a coordinated national approach to address safety issues and will provide jurisdictions with an understanding of the current level of compliance in the construction industry. The campaign is also designed to increase the capability among trades linked to construction such as form workers, brick layers, tilers and painters to identify, assess and control the risks of working with scaffolding.

The campaign commenced in August 2009 and is focusing on ensuring construction site scaffolding complies with Australian Standards AS 1576 and AS 4576 for prefabricated, aluminium, trestle and swing stage scaffolds. The campaign supports the National OHS Strategy 2002 – 2012 to facilitate the development of consistent approaches to agreed Australian and New Zealand workplace safety priorities.

For more information about workplace safety and scaffolding go to www.hwsa.org.au.

Continued on from page ... 19

Practical tips for insulation installers

With an anticipated increase in the demand for business operators and contractors to remove and install ceiling insulation as a result of this program, WorkCover has developed a fact sheet that highlights the unique risks to this type of work such as the potential for inhaling fibres and dust.

The fact sheet outlines requirements of employers and individuals undertaking the installation work and provides practical advice about hazards and safe work procedures throughout the installation process.

Under the national insulation program, installation work must take place by a registered installer listed on the *Australian Government's Installer Provider Register*. To register your business visit www.environment.gov.au/energyefficiency or call 1800 808 571.

For a copy of the WorkCover factsheet *How to safely install ceiling insulation* visit www.workcover.nsw.gov.au or call 13 10 50.

New SAFETY STANDARD for handling of surgical loan kits

WorkCover NSW is developing an industry safety standard for the design and handling of surgical loan kits.

The move follows a 2008 national campaign targeting a reduction in the number of slip, trip and manual task injuries sustained by non-clinical hospital workers. The campaign highlighted that a large number of injuries were caused by muscular stress due to manual tasks or repetitive movement, and falls and trips.

In 2007/08 in NSW, employment injury claims resulting from manual handling in the Health and Community Services industry accounted for 42 per cent of all major claims with around 2216 annually, costing the scheme more than \$32.7 million.

The national campaign, a Heads of Workplace Safety Authorities (HWSA) initiative, identified key focus areas to reduce risks including the design of containers and handling of surgical loan kits.

Currently, there is no national industry safety standard that provides advice on the safe design and handling of surgical loan kits. Loan kits include items used during surgical operations such as implants, screw plates, arthroscopy equipment and instruments such as power saws and drills. The kits are transported using either a road case or tub which requires manual handling such as lifting and packing.

With technological advances the range and cost of surgical instruments has escalated, increasing the demand for the use of surgical loan sets.

NSW is taking the lead in developing an industry safety standard following a series of site visits by workplace safety inspectors to suppliers and hospitals in the Sydney metropolitan area including St Vincents, Royal Prince Alfred and Royal North Shore hospitals.

Inspections identified that the design and handling of road cases and tubs used to transport surgical loan sets poses significant manual handling risks.

When completed, the standard will provide practical advice on the role of designers, manufacturers and suppliers of surgical loan sets (with particular emphasis on the safe design of road cases and tubs) and an outline of the obligations of employers and workers.

The standard will be developed in close consultation with the Sterilizing Research and Advisory Council of Australia and a working party is being established to address current and emerging issues that impact on the design and handling of road cases and surgical loan sets. The group will include representatives from workplace safety jurisdictions across Australia, NSW Health, orthopaedic specialists and manufacturers, and suppliers of surgical loan sets.

The initiative will also form part of WorkCover's ongoing commitment to the development of harmonised and nationally consistent guidance material. An education and awareness campaign will be rolled out after the standard has been developed.



Some of the manual handling hazards and risks associated with the use and handling of surgical loan kits include:

- loading and unloading of instrument trays and implants into road cases and tubs
- frequent sorting and packing and unpacking of instrument trays and implants and the associated instrument sterilisation process
- movement of tubs and trays around warehouses and hospitals
- repetitive bending forward, twisting motions and overreaching
- task repetition
- insufficient mechanical lifting aids
- moving objects that restrict leg and arm movements.

Some of the controls to reduce the manual handling hazards and risks associated with the use and handling of surgical loan kits include:

- delivery of adequate task specific manual handling training for all staff
- use of mechanical aids to adjust tub/road case to a height that ensures the packer does not bend their neck or back more than 20 degrees
- assessing the process for handling loan sets and implants and review the risks
- documenting safe work procedures for each task involved in the handling of loan sets
- use of adjustable height trolleys so that trays can be slid between sterilisers and benches instead of being lifted.



Did you KNOW?

Do I need a workers compensation policy when I pay less than \$7,500 in wages?

From **30 June 2008** any employer who pays less than **\$7,500** in annual wages no longer requires a workers compensation insurance policy.

Who can I speak to for assistance with my workers compensation claim?

You can contact the Claims Assistance Service on **13 10 50**. The Claims Assistance Service assists injured workers and employers with potential disputes in regards to workers compensation or injury management.

Partnerships IN PROFILE

Two heads are better than one, as has been shown by WorkCover NSW's recent safety partnerships with industry and employer groups.

Working together brings shared decision-making and joint ownership, key ingredients for safe and productive workplaces. Here we look at two WorkCover partnerships - the Supermarket Alliance and the Ballina Bypass Alliance - and their success, both in improving health and safety outcomes, and in promoting the culture of **'safe business is good business'**.

Ballina Bypass Alliance

The construction of the Ballina bypass is part of the Pacific Highway Upgrading Program, one of the single largest construction programs in NSW in the last 40 years. It sees the upgrading of 11.5 km of dual carriageway extending from the south of Ballina to the north, designed and built by an alliance comprising the RTA, Leighton Contractors, Maunsell AECOM, Snowy Mountains Engineering Corporation and Coffey Geotechnics.

With around 360 people employed on the site (ranging from plant operators, formworkers, concreters, general laborers and technical support staff) all working to construct a major road facility, you might expect a sizeable number of health and safety complaints to be lodged by workers concerned about safety hazards. Not so with the Ballina Bypass Alliance, where the minimal number of complaints is just one indication of how well this partnership is delivering effective safety outcomes.

WorkCover's Principal Inspector, Michael Dall (pictured right), is so impressed with how well the partnership is working that he sees it as **'setting the standard for the way projects should be managed in the future.'**

Michael regularly visits the site, attending toolbox meetings and conducting monthly inspections. ***'My visits show that WorkCover is out there being involved and being committed, as well as delivering on our role in the Alliance to ensure that OHS is prominent and well managed.'***

Rather than waiting for WorkCover intervention before action is taken on an issue, a proactive approach is encouraged, whereby the Alliance is given the opportunity to remedy any of the issues witnessed on inspection.

'Where hazards are identified, they are nearly always rectified then and there, and if not then immediate action is taken to rectify them,' explains Michael.

'Senior management on this project is extremely committed to OHS and always attend the close out meeting at the end of an inspection, making a point to keep abreast of the safety issues.'

The effective safety management on this site is evidenced by the recent announcement of one million hours worked without a lost time injury.

A communication protocol developed by WorkCover ensures that workers know to report safety issues to management in the first instance, and that all parties, including the Alliance members and the unions, have the relevant company contact points for dealing directly with issues.

'The protocol has been effective in encouraging workers to speak up or raise safety concerns without fear of recrimination. They can be comfortable talking safety with their foreman or management when they can see that action is taken right there and then to resolve their concerns,' said Michael.



Supermarket Alliance

WorkCover has teamed up with a number of progressive industry stakeholders including Coles, Franklins, MetCash, Richies Stores, Stocklands, Woolworths and the Shop Distributive & Allied Employees Association to form the Supermarket Safety Alliance, aimed at developing practical and effective workplace safety solutions.

The Alliance plans to meet on a quarterly basis and maintain regular contact to discuss issues that impact on the supermarket sector's workplace performance in occupational health and safety, injury management and workers compensation and work towards appropriate outcomes. It follows an extensive information-gathering phase involving employee workshops, questionnaires and site visits, from which a number of key issues were identified for review.

'The alliance provides a sector-specific forum to freely exchange information, ideas and strategies to improve worker safety,' explains Daniel Beavon (pictured below), who helped instigate the Alliance and is WorkCover's Acting Manager for the Working Environment Team.

'This initiative is about helping build industry sustainability and securing meaningful workplace outcomes. It's not reinventing the wheel - if a supermarket has already found a solution for effectively dealing with a safety problem, they can pass this knowledge on to other supermarkets, rather than each trying to battle out on its own.'

'The supermarkets realise that safety doesn't affect competitiveness and that it is in everyone's best interests to work cooperatively together to reduce their risks,' said Daniel.



Statistical bulletin for 2007/08 RELEASED

WorkCover NSW published the 2007/08 Workers Compensation Statistical Bulletin in July. The Bulletin covers New South Wales workers compensation claim statistics. The twentieth issue covers claims related to the 2007/08 financial year.

The Bulletin highlights that workplace injuries continue to fall, bringing them to their lowest rate since the WorkCover Scheme commenced in 1987.

A total of 109,835 workplace injuries were reported in 2007/08 and incidence and frequency rates decreased by two per cent and three per cent respectively from the previous year. Manual handling incidents were again the most common cause of workplace injuries in 2007/08, followed by falls.

The total of all work related fatalities also declined in 2007/08 by nine per cent to 124.

79 of the fatalities were as a result of either a traumatic injury while the person was at work (53) or as a result of disease contracted or aggravated as a result of employment (26).

The bulletin is available from
www.workcover.nsw.gov.au
or by calling **1300 799 003**.

Tests put **SAFETY** first

A new scaffold rig and chemical test are being put to good use reducing workplace incident, injury and illness.

Up High and Safe: Scaffold Testing Rig

Measuring up to ten metres long and seven metres tall, it is not always easy to test a fully assembled scaffold, which is why TestSafe's Testing Services Branch decided to design its own scaffold testing rig.

What you see now at the Londonderry site is a huge concrete slab on which stands a number of tall towers bolted to the ground that are used to tie a scaffold off at various heights. The rig gives the scaffolding the rigid support it needs, as well as allowing the testers to have easy access to their equipment and loading frames.

'We wanted an independent testing area for scaffolding so we could do our fully assembled tests as well as all our individual scaffold tests in the one area,' says TestSafe's Testing Services Branch Engineer, Joshua Kent.

'The plan was to reduce the need to bring in outside equipment and actually build a rig that would increase our capability and provide us with a permanent set up.'

'It is not the sort of thing you can buy off the shelf; it had to be especially designed for the tests we conduct,' said Joshua.

Given that scaffolding testing is required by legislation, the testing rig has an important role to play in maintaining the high standard of scaffolding used in workplaces, and in preventing workplace injury.

For more information on scaffolding testing
call TestSafe's Testing Services Branch
on (02) 4724 4900
or visit www.testsafe.com.au

Monitoring workplace air: a chemical test

TestSafe's Thornleigh laboratory can now test workplaces for the presence of the widely-used chemicals ammonia and ethanolamines, both known to cause adverse health effects, thanks to the purchase of an Ion Chromatograph.

Occupational hygienists can now routinely monitor for these chemicals as part of workplace risk assessments. Finding out whether these chemicals exist in the air and in what quantity is an important first step in controlling the risks associated with their use.

Ammonia is commonly found in the metal cleaning, battery manufacture and fertilizer industries, as well as in the manufacture of certain pharmaceuticals. Ethanolamines are used as surfactants, algicides and corrosion inhibitors and in the gas purification, textiles, plastics and electroplating industries. Depending on their concentration in the air, the health effects in exposed workers may range from mild irritation to severe corrosion of sensitive membranes of the eyes, nose, throat and lungs.

To find out how much of these chemicals are present in the workplace, particularly the breathing zone of the worker, the occupational hygienist takes an air sample using a sorbent tube connected to a personal pump that attaches to the belt of the worker. The tube is held up in the worker's breathing zone, so when air is drawn in, the tube collects the ammonia or ethanolamines. The sample is taken to the TestSafe's Thornleigh laboratory, where the chemicals found are injected into the Ion Chromatograph. This sophisticated instrument determines in what quantities the chemicals are present in the sample, with even trace levels detected.

For more details regarding these
tests contact TestSafe's Chemical
Analysis Branch on (02) 9473 4000,
email lab@workcover.nsw.gov.au
or visit
www.testsafe.com.au/chemical.asp



Testing equipment and monitoring chemicals in the workplace are two important roles of TestSafe, WorkCover's testing, certification, research and investigation arm.

Its chemical analysis branch at Thornleigh tests chemical hazards to assist industry with illness and injury prevention, and TestSafe Londonderry conducts fire, explosion, mechanical and electrical testing. The largest of its kind in the Southern Hemisphere, TestSafe is internationally recognised as one of a small number of facilities worldwide offering benchmarked testing and certification services to a wide range of industries.

TestSafe's services include:

- x-ray fluorescence / x-ray diffraction analysis of dust and solid samples for both elemental composition and compound identification. Ideal for many inorganic analyses
- gas chromatograph/mass spectrometry analysis of solid and liquid samples to identify the presence of solvents, pesticides and other chemicals. Ideal for many organic analyses
- polarising light microscopic techniques for the identification of asbestos in bulk samples
- classification of explosives (combustible dusts)
- a wide range of scaffolding tests including load tests, guard rails & scaffolding planks
- destructive testing of wire ropes
- workplace intoxication due to inhalation of carbon monoxide
- testing of personal protective equipment (PPE) such as helmets, masks, eye protection
- vehicle lifting devices eg trolley jacks and portable platforms
- testing of ladders, fences, railings and roof protection
- fire resistance testing
- pressure tests / hydrostatic testing - various types of equipment up to 35 Mpa
- electrical conductivity tests
- tensile tests - load testing of bolts, hooks, shackles, chains and other lifting equipment
- hardness testing - testing the grade of metal.

Big business **talking to** small business

WorkCover's Mentor Program

Big businesses have been talking all things workplace safety to small businesses across NSW since the start of the **2009 Mentor Program**.

NSW Finance Minister, The Hon Joe Tripodi, officially launched the program in Sydney on 18 August.

Since that time big business mentors and small business mentees have been working together - through workshops and onsite workplace visits - drafting safety action plans to improve workplace safety.

Now in its third year, the program has seen an enthusiastic uptake from over 70 small businesses from regional and country NSW. The program has grown with a 20 per cent increase in mentees and a 25 per cent increase in mentors covering the agriculture, community services, construction, consumer services, manufacturing, retail, and transport industries across NSW.

At the launch, *WorkCover News* caught up with Sharyn Buck, Group OHS and Workers Compensation Systems and Compliance Manager from mentor Inghams Enterprises to talk about why Inghams is involved in the safety-mentoring program.

Inghams Enterprises P/L

2009/10 Mentor

Q. Tell us a little about your business

Inghams Enterprises is a multifaceted company that is a significant contributor to the food industry, in particular the poultry industry. We have 8000 employees working in Australia and New Zealand.

Poultry production is our core business and over time Inghams has become the largest producer of meat chickens and turkeys in Australia. The business encompasses a fully integrated farming, primary and further processing poultry business - operating eleven feed mills, ten primary plants and nine further plants processing ingredients for pet food, and a piggery operation.



Q. How long has Inghams been involved in the program and what has kept you coming back?

We have been involved in the WorkCover Mentor Program for the last two years.

It is very rewarding as a larger business to be in a position to be able to provide assistance and help in the area of OHS to smaller businesses and enabling them to grow in confidence to prevent workplace incidents and injuries.

Q. How has your previous participation in the program improved your business?

The program has improved our depth of understanding in broader OHS issues, the impact this can have on both larger and smaller businesses, and how we can all work towards continual improvement in OHS performance.

Q. What do you think Inghams can offer the businesses you are mentoring in this year's program?

Inghams is able to offer competent OHS staff as a resource to smaller businesses to assist them in developing safer systems of work and meet their legislative obligations. As an end result the smaller businesses can provide a safer workplace for all their employees, contractors and visitors.

WorkCover's Mentor Program provides mentees with:

- one-on-one advice and onsite visits with mentors
- WorkCover-run workshops covering occupational health and safety, workers compensation and injury management, developing safe work method statements, industry solutions program, available rebates, manual handling and electrical safety
- support in the development of a safety action plan.

Mentors involved in the program benefit from:

- raised business profile in industry and the community
- involvement in improving their industry in OHS, workers compensation and injury management
- networking and visibility
- developing partnerships
- enhancing leadership skills.

WorkCover is always interested in talking to businesses, small and large, who would like to become involved in future Mentor Programs.

Call **13 10 50** or email
mentorprogram@workcover.nsw.gov.au
for more information.

Pictured opposite page:

(from left) **Dorothea Betts** (Director Business Assistance Group – WorkCover NSW), **Daniel Caruana** (2008 Mentee), **Leigh Smart** (2008 Mentor), **The Hon Joe Tripodi MP** (NSW Minister for Finance) and **John Watson** (General Manager OHSD - WorkCover NSW).

WorkCover

speaking your language

WorkCover NSW has published a series of posters that explain basic workplace safety and injury management rights and obligations in **16 languages** including Serbian, Vietnamese, Arabic, Swahili, Spanish, Turkish, Italian and Cantonese.

The posters will assist workers from many cultural and linguistic backgrounds understand their rights and obligations in relation to workplace health and safety issues and injury management and return to work processes, as well as how to seek further assistance.

In a multilingual workplace there is an inherent need to encourage workers to talk openly about occupational health and safety. Workers from a culturally diverse background may feel reluctant to report hazards to their employer. These workers need to know it is acceptable to tell their employer about potential risks and safety hazards. They should also be aware of what to do if an injury does occur.

Employers should identify and address any cultural and language barriers that may pose a safety risk in their workplace through ongoing consultation with workers from non-English speaking backgrounds.

Posters can be downloaded **FREE** from **www.workcover.nsw.gov.au**

To further assist workers understand the importance of safety at work, the WorkCover publication *Your guide to workplace health and safety* is also available in eight languages to provide practical information to help employers communicate the workplace safety message to workers whose first language is not English.

For a copy of the Guide or for more information on occupational health and safety call **13 10 50**.

Focus on small business during September

WorkCover NSW held **more than 30 workshops** in September to assist businesses improve workplace safety and workers compensation outcomes.

The free workshops were held across metropolitan and regional NSW as part of Small Business September, an annual initiative of the Department of State and Regional Development to help businesses deliver results by connecting with clients and other businesses. WorkCover officers also participated in a roadshow to spread the safety message across the state.

NSW has the nation's largest number of small businesses and WorkCover provides ongoing support to small business owners and operators through its advisory services.

Since May 2006 WorkCover has conducted more than 1600 workplace advisory visits, with demand for onsite safety consultations across NSW steadily increasing.

WorkCover recognises the difficulties many small businesses face in addressing safety and injury management issues so business advisory officers are available in regional and metropolitan areas across the state to provide free workplace consultations.

Continued on page ... 32

FREE advice for construction industry

WorkCover NSW is running a series of free workshops for the residential construction sector following the release of the ***Housing Industry Site Safety Pack***, a guidance tool designed to assist small businesses working in residential construction improve safety outcomes.

Developed in consultation with key industry representatives including the NSW Housing Industry Association, the pack can assist small businesses and sub-contractors working on residential building sites reduce injuries and meet their workplace safety obligations.

The guide provides practical advice for employers regarding consultation and communication with workers about occupational health and safety issues as well as tools such as forms for site-specific risk assessments, safe work method statements and records of tool-box talks.

The free workshops look at how the tools in the pack can be best used to reduce hazards and control risks.

Businesses and contractors participating in the workshops will be eligible to receive four Continuing Professional Development points and may also qualify for a \$500 WorkCover Safety Solutions Rebate.

The workshop dates are as follows:

- Bega 7 October 2009
- Batemans Bay 8 October 2009
- Dubbo 14 October 2009
- Orange 15 October 2009
- Goulburn 4 November 2009
- Wollongong 25 November 2009
- Wagga Wagga 9 December 2009.

Each workshop will be held from
10am to 2.30pm with registration from
9.30am and lunch provided.

TO REGISTER: Email
constructionworkshop@workcover.nsw.gov.au
or call **(02) 6042 4600**

The Housing Industry Site Safety Pack is
available from **www.workcover.nsw.gov.au**
or by calling **13 10 50**.




Continued from page ... 30

Focus on small business during September

As part of their consultation, advisors will:

- look at health and safety issues and risks at individual workplaces
- provide information on the types of solutions available to control any safety risks
- work one-on-one with businesses to develop an action plan to reduce health and safety hazards.



To book an advisory visit contact your local WorkCover office or call 13 10 50.

Critical INCIDENTS

1 April - 30 June 2009

The following is a list of workplace fatalities occurring in New South Wales since those listed in Volume 77 of *WorkCover News*. This covers traumatic incidents that resulted in a fatality occurring from 1 April to 30 June 2009 inclusive.

- A worker was cutting grass with a slasher and drove into a fallen tree. A branch struck the front of the tractor and the worker.
- A worker was working on a silo and fell approximately 25 metres through a roof.
- A worker was plastering inside a trench when it collapsed and buried the worker.
- A worker became trapped between the back of a tow truck and the bucket of an excavator, fatally crushing the worker.
- A worker sustained fatal stab wounds during a counselling session at a client's residence.

Disclaimer: *These reports are of a preliminary nature and are based on initial reports from WorkCover Inspectors. Full details of incidents will be available after the completion of coronial and other processes. No liability on the part of any parties referred to herein can be inferred from these reports.*

WorkCover NSW offices

HEAD OFFICE

Office Hours: **8:30am – 5:00pm**
Monday to Friday

Gosford

92-100 Donnison Street,
GOSFORD 2250
P: (02) **4321 5000**
F: (02) **4325 4145**
Post: WorkCover NSW,
Locked Bag 2906
LISAROW 2252

WORKCOVER ASSISTANCE SERVICE

Office Hours: **8:30am – 5:00pm**
Monday to Friday

Gosford

92-100 Donnison Street,
GOSFORD 2250
P: **13 10 50**

REGIONAL OFFICES

Office Hours: **8:30am – 4:30pm**
Monday to Friday

Newcastle

Level 1, Suite C,
Cnr Fitzroy and Cowper Street,
CARRINGTON 2294
P: (02) **4921 2900**
F: (02) **4940 8558**
Post: PO Box 2186
DANGAR NSW 2309

Wollongong

Level 1, 60 Burelli Street,
WOLLONGONG 2500
P: (02) **4222 7333**
F: (02) **4226 9087**

LABORATORIES

Thornleigh

5A Pioneer Avenue,
THORNLEIGH 2120
P: (02) **9473 4000**
F: (02) **9980 6849**

Londonderry

Testsafe Australia, Ground Floor,
919 Londonderry Road,
LONDONDERRY 2753
P: (02) **4724 4900**
F: (02) **4724 4999**
Post: PO Box 592
RICHMOND 2753

METROPOLITAN & DISTRICT OFFICES

Office Hours: **8:30am – 5:00pm**
Monday to Friday

Albury

Suite 5, 1st Floor,
429 Swift Street,
ALBURY 2640
P: (02) **6042 4600**
F: (02) **6041 2580**
Post: PO Box 905
ALBURY 2640

Ballina

11 Grant Street,
BALLINA 2478
P: (02) **6620 6900**
F: (02) **6681 6100**
Post: PO Box 903
BALLINA 2478

Bega

Shop 1, 248 Carp Street,
BEGA 2550
P: (02) **6491 6600**
F: (02) **6494 7151**
Post: PO Box 943
BEGA 2550

Blacktown

Suite L0302, Level 3,
22 Main Street,
BLACKTOWN 2148
P: (02) **8882 4200**
F: (02) **9831 8246**
Post: PO Box 886
BLACKTOWN 2148

City - CBD South

Level 10, Centennial Plaza,
Building C, 300 Elizabeth Street,
SYDNEY 2000
P: (02) **8260 5877**
F: (02) **9281 9633**
Post: PO Box 1476
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Suite 1101, Level 1167,
Albert Avenue,
CHATSWOOD 2067
P: (02) **9406 3800**
F: (02) **9413 1190**

Coffs Harbour

Suite 33, Jetty Village
Shopping Centre,
361 Harbour Drive,
COFFS HARBOUR 2450
P: (02) **6659 1700**
F: (02) **6652 8213**

Dubbo

Level 2, 1 Church Street,
DUBBO 2830
P: (02) **6841 7900**
F: (02) **6884 2808**

Goulburn

Lower Ground Floor,
159 Auburn Street,
GOULBURN 2580
P: (02) **4824 1500**
F: (02) **4822 1242**
Post: PO Box 242
GOULBURN 2580

Griffith

Suites G06 & G07
Government Office Block
104-110 Banna Avenue,
GRIFFITH 2680
P: (02) **6962 8900**
F: (02) **6964 1738**

Hurstville

Level 2, 12 Butler Road,
HURSTVILLE 2220
P: (02) **9598 3366**
F: (02) **9585 0261**

Liverpool

Level 3, 33 Moore Street,
LIVERPOOL 2170
P: (02) **9827 8600**
F: (02) **9824 0348**
Post: PO Box 959
LIVERPOOL 1871

Maitland

19 Mitchell Drive,
GREEN HILLS 2323
P: (02) **4931 6800**
F: (02) **9287 4796**
Post: PO Box 2360
GREEN HILLS 2323

Narrabri

Suite 6, Level 1,
100 Maitland Street,
NARRABRI 2390
P: (02) **6792 8720**
F: (02) **6792 3532**
Post: PO Box 134
NARRABRI 2390

Nowra

Level 1, 5 O'Keefe Avenue,
NOWRA 2541
P: (02) **4428 6700**
F: (02) **4422 4997**
Post: PO Box 1597
NOWRA 2541

Orange

74 McNamara Street,
ORANGE 2800
P: (02) **6392 7600**
F: (02) **6362 8820**
Post: PO Box 1056
ORANGE 2800

Parramatta

Level 4, 128 Marsden Street,
PARRAMATTA 2150
P: (02) **9841 8550**
F: (02) **9891 1474**

Port Macquarie

Suite 5, 53 Lord Street,
PORT MACQUARIE 2444
P: (02) **6588 7000**
F: (02) **6584 1788**
Post: PO Box 1646
PORT MACQUARIE 2444

Tamworth

126 Marius Street,
TAMWORTH 2340
P: (02) **6767 2500**
F: (02) **6766 4972**
Post: PO Box 396
TAMWORTH 2340

Tweed Heads

Units 25 & 26, Corporate House
8 Corporation Circuit,
TWEED HEADS SOUTH 2486
P: (07) **5506 1400**
F: (07) **5524 6300**
Post: PO Box 3214DC
TWEED HEADS SOUTH 2486

Wagga Wagga

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WAGGA WAGGA 2650
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F: (02) **6937 3616**
Post: PO Box 2348
WAGGA WAGGA 2650

**Wollongong
office has
MOVED!**

WorkCover NSW

Workshop Calendar



Registration is essential to attend one of these workshops.

To register or find out more please visit www.workcover.nsw.gov.au or call 13 10 50.

WORKSHOP TITLE	EVENT DATE	EVENT TIME	LOCATION
Workplace Safety Essentials - Serious About Safety	Wednesday 23 September 2009	Registration: 12:00pm Session: 12:30pm to 3:30pm	Club Menai 44-60 Allison Crescent, Menai
Workplace Safety Essentials - Serious About Safety	Wednesday 23 September 2009	Registration: 9:00am Session: 9:30am to 12:30pm	Young Services and Citizens Club Cloete Street, Young
Workplace Safety Essentials - Workplace Bullying	Wednesday 23 September 2009	Registration: 1:00pm Session: 1:30pm to 3:30pm	Young Services and Citizens Club Cloete Street, Young
Workplace Safety Essentials - Workplace Bullying	Wednesday 23 September 2009	Registration: 9:00am Session: 9:30am to 11:30am	Coffs Ex-Services Club Vernon Street, Coffs Harbour
Workplace Safety Essentials - Workplace Bullying	Thursday 24 September 2009	Registration: 1:30pm Session: 2:00pm to 4:00pm	Wollongong Golf Club Cnr Corrimal & Bank Streets, Wollongong
Workplace Safety Essentials - Serious About Safety	Tuesday 29 September 2009	Registration: 8:30am Session: 9:00am to 12:00pm	Bourke TAFE College Oxley Street, Bourke
Workplace Safety Essentials - Serious About Safety	Thursday 1 October 2009	Registration: 9:30am Session: 10:00am to 1:00pm	Nyngan RSL Club 106 Pangee Street, Nyngan
Workplace Safety Essentials - Workplace Bullying	Thursday 1 October 2009	Registration: 12:30pm Session: 1:00pm to 3:00pm	Seagulls Club Gollan Drive, West Tweed Heads
Workplace Safety Essentials - Working at Heights	Tuesday 6 October 2009	Registration: 9:30pm Session: 10:00am to 12:00pm	Riverside Restaurant & Function Centre 13-31 Campbell Street, Inverell
Workplace Safety Essentials - Workplace Bullying	Tuesday 6 October 2009	Registration: 1:30pm Session: 2:00pm to 4:00pm	Parramatta RSL Club Cnr Macquarie & O'Connell Streets, Parramatta
Workplace Safety Essentials - Workers Compensation	Wednesday 7 October 2009	Registration: 8:30am Session: 9:00am to 11:00am	Fairfield RSL Club 14 Anzac Avenue, Fairfield
Workplace Safety Essentials - Workplace Bullying	Wednesday 7 October 2009	Registration: 9:00am Session: 9:30am to 11:30am	Kempsey Macleay RSL Club 1 York Lane, Kempsey
Workplace Safety Essentials - Workplace Bullying	Thursday 8 October 2009	Registration: 5:30pm Session: 6:00pm to 8:00pm	Wyong Race Club Howarth Street, Wyong
Workplace Safety Essentials - Working with Contractors	Tuesday 13 October 2009	Registration: 5:30pm Session: 6:00pm to 8:00pm	East Maitland Bowling Club Tenambit Street, East Maitland
Workplace Safety Essentials - Working with Contractors	Tuesday 13 October 2009	Registration: 1:00pm Session: 1:30pm to 3:30pm	West Leagues Club Cnr William Street & Industrial Drive, Mayfield
Workplace Safety Essentials - Manual Handling	Tuesday 13 October 2009	Registration: 3:30pm Session: 4:00pm to 6:00pm	Ettalong Beach War Memorial Club 51-52 The Esplanade, Ettalong
Workplace Safety Essentials - Workplace Slips, Trips & falls	Tuesday 14 October 2009	Registration: 3:30pm Session: 4:00pm to 6:00pm	Bonnyrigg Sports Club 610-618 Elizabeth Drive, Bonnyrigg
Workplace Safety Essentials - Workplace Bullying	Tuesday 20 October 2009	Registration: 9:00am Session: 9:30am to 11:30am	Kiama Leagues Club Terralong Street, Kiama
Workplace Safety Essentials - Working with Chemicals	Tuesday 20 October 2009	Registration: 1:30pm Session: 2:00pm to 4:00pm	Chester Hill RSL and Bowling Club 20 Chester Hill Road, Chester Hill
Workplace Safety Essentials - Workplace Bullying	Wednesday 21 October 2009	Registration: 9:30am Session: 10:00am to 12:00pm	Cootamundra Ex-Servicemens & Citizens Memorial Club - 299 Parker Street, Cootamundra
Workplace Safety Essentials - Working with Chemicals	Wednesday 21 October 2009	Registration: 8:30am Session: 9:00am to 11:00am	Orange Ex-Services Club 241 Anson Street, Orange
Workplace Safety Essentials - Manual Handling	Wednesday 21 October 2009	Registration: 5:00pm Session: 5:30pm to 7:30pm	Balmain Leagues Club 138-152 Victoria Road, Rozelle

WORKSHOP TITLE	EVENT DATE	EVENT TIME	LOCATION
Workplace Safety Essentials - Workplace Bullying	Wednesday 21 October 2009	Registration: 9:30am Session: 10:00am to 12:00am	Country Comfort Tamworth Towers Cnr Oxley Highway & Ebsworth Street, Tamworth
Workplace Safety Essentials - Working with Contractors	Wednesday 21 October 2009	Registration: 1:30pm Session: 2:00pm to 4:00pm	Deniliquin RSL Club 72 End Street, Deniliquin
Workplace Safety Essentials - Working with Contractors	Thursday 22 October 2009	Registration: 9:30am Session: 10:00am to 12:00am	Wollongong Golf Club Cnr Corrimal & Bank Streets, Wollongong
Workplace Safety Essentials - Working with Chemicals	Wednesday 28 October 2009	Registration: 9:00am Session: 9:30am to 11:30am	Nambucca Heads RSL Club Nelson Street, Nambucca Heads
Workplace Safety Essentials - Serious About Safety	Wednesday 4 November 2009	Registration: 4:30pm Session: 5:00pm to 8:00pm	Dubbo RSL Club Brisbane Street, Dubbo
Workplace Safety Essentials - Working at Heights	Wednesday 4 November 2009	Registration: 9:30am Session: 10:00am to 12:00pm	Moree Services Club Albert Street, Moree
Workplace Safety Essentials - Workplace Bullying	Wednesday 4 November 2009	Registration: 2:30pm Session: 3:00pm to 5:00pm	Fairfield RSL Club 14 Anzac Parade, Fairfield
Workplace Safety Essentials - Manual Handling	Wednesday 4 November 2009	Registration: 9:30am Session: 10:00am to 12:00pm	Narrabeen RSL Club 116 Nareen Parade, Narrabeen
Workplace Safety Essentials - Working with Contractors	Wednesday 4 November 2009	Registration: 3:00pm Session: 3:30pm to 5:30pm	Yass Soldiers Club 86 Meehan Street, Yass
Workplace Safety Essentials - Working with Chemicals	Wednesday 4 November 2009	Registration: 9:00am Session: 9:30am to 11:30am	Wingham District Memorial Club 28 Bent Street, Wingham
Workplace Safety Essentials - Working with Chemicals	Wednesday 4 November 2009	Registration: 10:00am Session: 10:30am to 12:30am	Gunnedah Services & Bowling Club 313 Conadilly Street, Gunnedah
Workplace Safety Essentials - Slips, Trip & Falls	Wednesday 4 November 2009	Registration: 1:30pm Session: 2:00pm to 4:00pm	Albury Soldiers, Sailors & Airmen's Club 570 Olive Street, Albury
Workplace Safety Essentials - Slips, Trip & Falls	Tuesday 10 November 2009	Registration: 1:00pm Session: 1:30pm to 3:30pm	Wests Leagues Club 88 Hobart Road, New Lambton
Workplace Safety Essentials - Serious About Safety	Tuesday 10 November 2009	Registration: 3:30pm Session: 4:00pm to 7:00pm	Davistown RSL Club Murna Road, Davistown
Workplace Safety Essentials - Manual Handling	Tuesday 10 November 2009	Registration: 1:30pm Session: 2:00pm to 4:00pm	The Epping Club 45-47 Rawson Street, Epping
Workplace Safety Essentials - Manual Handling	Wednesday 11 November 2009	Registration: 9:30am Session: 10:00am to 12:00am	Byron Bay Community Centre 69 Johnson Street, Byron Bay
Workplace Safety Essentials - Serious About Safety	Tuesday 17 November 2009	Registration: 8:30am Session: 9:00am to 12:00pm	Wangi District Workers Club 11-19 market Street, Wangi Wangi
Workplace Safety Essentials - Serious About Safety	Wednesday 18 November 2009	Registration: 5:00pm Session: 5:30pm to 8:30pm	Dee Why RSL Club 932 Pittwater Road, Dee Why
Workplace Safety Essentials - Serious About Safety	Thursday 19 November 2009	Registration: 5:30pm Session: 6:00pm to 9:00pm	Diggers at the Entrance 315 The Entrance Road, The Entrance
Workplace Safety Essentials - Working with Contractors	Tuesday 24 November 2009	Registration: 8:30am Session: 9:00am to 11:00am	Bathurst RSL Club 114 Rankin Street, Bathurst
Workplace Safety Essentials - Working with Chemicals	Wednesday 25 November 2009	Registration: 1:30pm Session: 2:00pm to 4:00pm	Wollongong Golf Club Cnr Corrimal & Bank Streets, Wollongong
Workplace Safety Essentials - Workplace Bullying	Wednesday 25 November 2009	Registration: 9:30am Session: 10:00am to 12:00pm	Tumut Bowling Club Cnr Richmond & Russel Streets, Tumut
Workplace Safety Essentials - Working with Chemicals	Wednesday 25 November 2009	Registration: 9:00am Session: 9:30am to 11:30am	Bellingen Golf Club 1172 Waterfall Way, Bellingen
Workplace Safety Essentials - Manual Handling	Wednesday 25 November 2009	Registration: 9:00am Session: 9:30am to 11:30am	Lismore Workers Sports Club 202 Oliver Avenue, Goonellabah
Workplace Safety Essentials - Manual Handling	Thursday 26 November 2009	Registration: 9:00am Session: 9:30am to 11:30am	Murwillumbah Civic Centre Tumbulgum Road, Murwillumbah

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 ACN 136 902 166

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OHS Construction Induction
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Gantry Crane Training
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Forklift Training & Licensing (LF)
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Phone: (02) 4626 7091

Mobile: 0418 870 846

Fax: (02) 4620 0077

Email: nicole@forktalk.com.au

www.forktalk.com.au

BE SAFE Resources

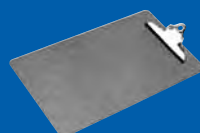
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MAIL Be Safe Resources
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Business Centre
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Plant
Manual Handling
Noise

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DIGITAL PHOTOGRAPHY

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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**

Advance OHS

Advance OHS is now a Registered Training Organisation, RTO 91534

COURSE CALENDAR October 2009 - March 2010

OHS Consultation for Safety Committees and Representatives (4 days)

Cost: \$525 (gst free)

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	Days	Location
October	Wednesday, 7 Thursday, 8 Wednesday, 14 Thursday, 15	Sydney - City
October	Monday, 12 Tuesday, 13 Monday, 19 Tuesday, 20	Parramatta
November	Wednesday, 4 Thursday, 5 Wednesday, 11 Thursday, 12	Sydney - City
November	Monday, 16 Tuesday, 17 Monday, 23 Tuesday, 24	Parramatta
December	Wednesday, 2 Thursday, 3 Wednesday, 9 Thursday, 10	Parramatta
January	Monday, 11 Tuesday, 12 Monday, 18 Tuesday, 19	Sydney - City
January	Wednesday, 20 Thursday, 21 Wednesday, 27 Thursday, 28	Parramatta
February	Monday, 1 Tuesday, 2 Monday, 8 Tuesday, 9	Sydney - City
February	Wednesday, 17 Thursday, 18 Wednesday, 24 Thursday, 25	Parramatta
March	Monday, 1 Monday, 8 Monday, 15 Monday, 22	Sydney - City
March	Wednesday, 17 Thursday, 18 Wednesday, 24 Thursday, 25	Parramatta

Introduction to RTW Coordination (2 days)

Cost: \$395 (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 RTW Coordinator the basic skills and knowledge, to effectively manage workplace injuries.

Month	Days	Location
October	Wednesday, 28 Thursday, 29	Sydney - City
November	Thursday, 19 Friday, 20	Parramatta
December	Monday, 21 Tuesday, 22	Sydney - City
January	Wednesday, 13 Thursday, 14	Parramatta
February	Monday, 22 Tuesday, 23	Parramatta
March	Monday, 29 Tuesday, 30	Parramatta

OHS Risk Management for Supervisors and Managers

Cost: \$295 (including gst)

This is a one day course for managers and supervisors. The course aims to familiarise participants with the knowledge and skills necessary to apply the principles of risk management as an integral part of an effective OHS management system. It will assist supervisors to effectively manage health and safety in their area of responsibility.

Month	Days	Location
October	Thursday, 29	Parramatta
November	Wednesday, 25	Sydney - City
December	Wednesday, 16	Parramatta
January	Monday, 25	Sydney - City
February	Monday, 22	Parramatta
March	Wednesday, 31	Parramatta

Apply First Aid HLTA 301B (1 day) Cost: \$125 (gst free)

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

Month	Days	Location
Weekly	Mondays	Parramatta
Weekly	Wednesdays	Parramatta
Weekly	Saturdays	Parramatta

Manual Handling

Cost: Contact a consultant for course rates

This course aims to familiarise participants with the knowledge and skills for correct manual handling. Participants learn to apply the principles of risk management to manual handling scenarios. This session contains both practical and theory components.

This course is available for group bookings and can be held at the convenience of your workplace, or at our own training centres.

Please contact us to learn more about how we can cater this course to your specific industry & to learn about our special onsite rates.

Ergonomics

Cost: Contact a consultant for course rates

This half day course covers the essentials of office ergonomics. It provides participants with the skill and knowledge to setup office workstations to minimise the risk of overuse injuries

This course is available for group bookings and can be held at the convenience of your workplace, or at our own training centres.

Please contact us to learn more about how we can cater this course to your specific industry & to learn about our special onsite rates.

Green / White Card CPCOHS1001A Induction for Construction (1 day) Cost: \$100 (gst free)

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

Daily Parramatta & Sydney - City



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Certificate IV in Occupational Health & Safety - (BSB41407)

This course is offered throughout Australia as a distance education program with all course materials delivered to students. If you enrol before **30 September 2009** & mention this ad, you will receive a **10% DISCOUNT** on the normal enrolment price.



Manual Handling - (TLID107C)

This **Nationally recognised** unit provides participants with the knowledge and skills to apply the provisions of the OHS legislation relating to manual handling. This course will be delivered in your workplace, and is offered onsite throughout Australia.



Safety Committee Consultation Course - Workcover NSW Accredited

All NSW Safety Committee members & Safety Representatives must attend a Workcover NSW accredited OHS Consultation training course. Regular courses conducted in Sydney CBD or your workplace. \$495
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