

August 2023

MANUAL HANDLING RISKS

- 
- Tradie Health Month
 - Construction Card Expiry
 - Workplaces, not Playgrounds
 - Safety Leadership Workshop
 - Upcoming Events

What's new in August?

August is Tradies National Health Month. We discuss how tradies, and all workers, can be protected from manual handling injuries.

Also this month

- Does your construction induction card expire?
- Complete our Safety Benchmarking Survey.
- Join us at our most popular workshop – Safety Leadership.
- SafeWork warning to protect kids when visiting your workplace.



Andrea Rowe

Stay Safe!

Safety Webinar – 11th August 2023

We invite you to join us at **10am on Friday 11th August** for our free monthly webinar to keep you up to date on workplace health and safety. Gary and the team present short informal sessions of only 20 to 30 minutes on topical issues and answer your questions.

Register [here](#)

Missed our last webinar? View them [here](#)

SAFETY ACTION TEAM



Gary Rowe



Stephen Weber



Katie Weber



Sue'Ellen Bennett



Vivek Ravi



Nick Bennett



Sarah Oliver

Managing Manual Handling Risks

August is Tradies National Health Month – an awareness initiative that focuses on the importance of tradies health. One of the main injury risks for tradies is manual handling injuries.



Musculoskeletal disorders (MSD) from hazardous manual handling accounts for approximately 70% of all workers compensation claims.

Current Facts and Figures

Did you know that almost 40%* of serious workplace health and safety claims are related to manual handling?

*According to Safe Work Australia Key WHS statistics, 2022, for serious injury claims.

Definition of serious claim
= incapacity requiring
absence of work > 1 week

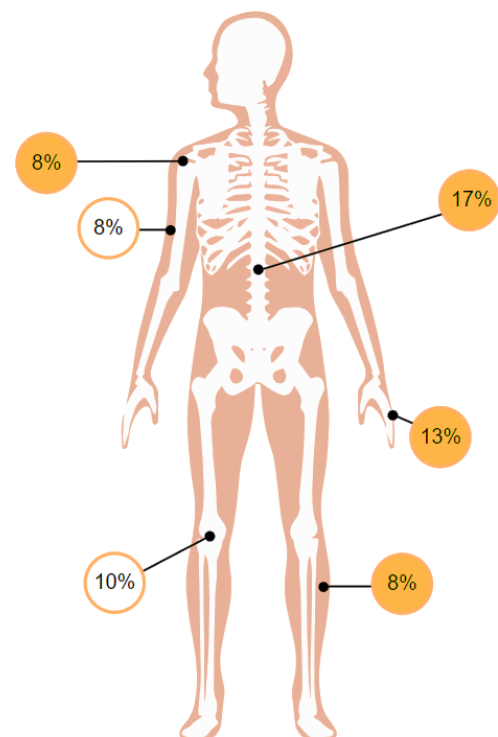
With a need to move, lift and adjust various equipment throughout the day in most workplaces, this risk cannot be eliminated. Manual handling continues to be the most significant contributor to workers compensation claims within Australia.

Overall “body stress” claims reduced by 10% over the past decade with back claims reducing by 25%, however there was an overall increase in shoulder and lower limb injuries.

Published Victorian Workcover Authority data for 2010 – 2011 states that musculoskeletal disorders contributed to 68% of claims received at a total cost to Victoria of \$1 billion a year, with over 15,000 claims received at an average claim cost of \$55,000 per claim.

WorkSafe Victoria’s Injury Hotspots shows that injuries to Construction labourers mostly result in back injury (17%).

- **8%** of the injuries were to shoulders.
- **17%** of the injuries were to backs.
- **13%** of the injuries were to hands or fingers.
- **8%** of the injuries were to legs.



Existing Management Methods

Historically there has been a large body of research and literature conducted on the management of manual handling risk. However, considering the amount of information available, employers have traditionally focused their resources on two main management techniques; the provision of manual handling training and claims management. Issues associated with relying on these strategies include;

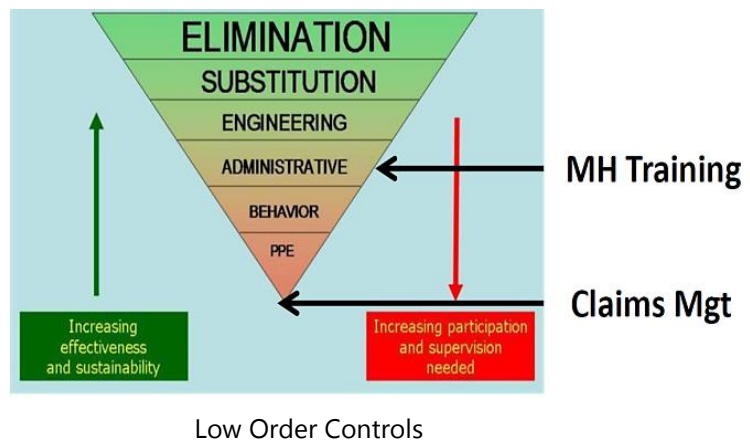
Training

- Is considered low level control (Administration).
- The training is well intended but ineffective.
- Requires appropriate supervision & monitoring of behaviour for compliance.

Claims management

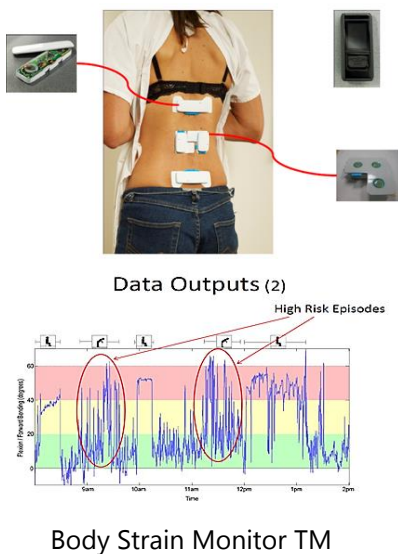
- Not a risk control under the hierarchy of control as only applied after an injury has been sustained.

Provision of effective manual handling training and claims management are vital components to a best practice management program, however effective assessment and the implementation of risk controls at a higher level must form part of the program.



Latest Assessment Techniques

The use of technology has enhanced the measurement of sources of potential manual handling strain.



The use of biofeedback measurement tools such as the “Body Strain Monitor,™” pictured, enables postural and muscle activity data to be obtained when performing tasks in real time. Data can be utilised to objectively detect high risk periods of activities when the body is under unacceptable levels of stress. The equipment can also be used to measure the impact of control methods (eg using alternate equipment, techniques) by objectively assessing the impact on the body.

The use of traditional measurement techniques such as risk assessment, force measurement and using ergonomic modeling continue to form a vital part of the identification and measurement of manual handling risk.

Current Control Options

The ongoing development and investment of higher order engineering controls, continues to increase the available control options available to manage MSD risk. WHS and OHS Acts require employers to reduce manual handling injury risks so far as they are reasonably able to.

As higher order options become more viable, these options can be considered to be reasonably practicable to be implemented. Some recent examples of effective higher order controls our clients have implemented include;

Robotic Palletiser

- Automatic palletising installation for food packaging.
- No human interaction with any part of operation.
- Robot picks up product, builds pallet to designated level.
- Completed pallet lowered to ground level, picked up by another robot controlled by radio frequency which delivers to storage area .
- Safeguarded area eliminating manual handling associated with palletising stock.



Robotic Palletiser

Pneumatic Roller for Bulk Paper Reels

- Air driven roller to roll large reels of paper into position for processing.
- Simple design of small rollers similar to trolley jack design.
- Minimises force required to move 2000kg paper roll by machine operators.
- Provision of equipment significantly reduces manual handling demands on machine operators.



Pneumatic Roller

Worksafe Victoria recommends the following actions to reduce manual handling injuries:

- Arrange for bulky materials to be delivered to the final work location or use mechanical load shifting devices (eg cranes, material hoists, forklifts, hand trucks) to move materials around site.
- If moving bins around site, consider using powered bin movers.
- Provide lifting points or handles for heavy or awkward loads.
- Order materials in smaller sizes (eg cement bags of 20kg instead of 40kg).

For More information on Tradies National Health Month visit the [Australian Physiotherapy Association](http://www.australianphysiotherapy.com.au).

2023 Safety Benchmarking Survey

You are invited to participate in our 2023 safety performance survey. All information is kept confidential and participant organisations receive a free copy of the full report.

PARTICIPATE NOW

Click here to complete the survey now.

**As always, all information provided is confidential and only used for this benchmarking.*

Do Construction Induction Cards Expire?

Legislation requires workers who carry out construction work to complete general construction induction training.

Construction Induction Cards, issued throughout Australia, do not have an expiry date on the card, however, they will be deemed invalid if the card holder has not performed construction work for a consecutive period of 2 years.

The Blue Card in Western Australia (WA) & Queensland and the Red Card in Victoria have been phased out but are still valid.



However, the superseded NSW General Construction Induction Green Card, issued before 29 March 2004, is no longer recognised, and holders must have these replaced with the current NSW General construction induction 'White' Card. The new card is uniquely numbered and carries the NSW WorkCover logo.

Additionally in NSW, only WA construction induction cards dated after 1 July 2009 will be recognised.

Safety Leadership Workshop

Foundation Course

This two-day course is run as a small and interactive group. It will provide proven tools and techniques and give participants the confidence through practical exercises to become a better safety leader.

LEARNING OUTCOMES:

At completion of this workshop, participants will:

- Understand their role in relation to workplace safety & compliance;
- Know the difference between a safety fanatic and a good safety leader;
- Know their assessed safety leader strengths and weaknesses;
- Understand the role & necessary skills to be a safety leader;
- Know how to use the tools & techniques to continually reinforce the desired workplace safety culture;
- Have the confidence and skills to implement the proven safety leadership techniques in day-to-day activities;
- Enjoy being a safety leader;
- Have greater confidence in conducting effective risk assessments, inspections, investigations and develop clear safe work instructions eg SWMS / JSAs.



Join us at our Next Course: 13th & 14th September

Early Bird Price until 20th August: \$980+GST (Normally \$1,500 +GST).

8am to 4pm each day at Safety Action, Clayton.

Includes catering, training materials and comprehensive manual.

Register [here](#) or [email](#) us for more information.

SAFETY LEADERSHIP TRAINING

DO YOU WISH YOU COULD BUILD A CULTURE WHERE PEOPLE FOLLOW YOUR SAFETY RULES?

OUR 2-DAY SAFETY LEADERSHIP WORKSHOP WILL GIVE YOU THE CONFIDENCE TO SPOT UNSAFE BEHAVIOUR AND CHANGE IT QUICKER AND EASIER THAN YOU EVER THOUGHT POSSIBLE.

[LEARN MORE](#)



SAFETY **action**®

Workplaces are not Playgrounds

With many children attending worksites during school holidays, the NSW Government is warning workplaces and kids to remain vigilant after a business was convicted and fined for using a forklift to lift children up to a makeshift elevated work platform.

Footage of the incident shows 2 children entering, being lifted, and exiting the bucket multiple times. SafeWork confirms the man did not possess a high risk licence to operate the forklift at the time of the incident.

Sky Cool Pty Ltd was fined \$6,000 in total for two offences and the forklift driver fined \$1000 at a commercial site in Hornsby.

The forklift was operated with a makeshift bucket made from a plastic bulk container that was uneven and lower than 900mm as recommended as a minimum by Australian Standards.

Over the past 3 years, SafeWork has been notified of more than 1300 incidents involving children under the age of 18. Thankfully no one was injured in this offence.

Sophie Cotsis, the Minister for Work Health and Safety, said "We are reminding businesses and parents they have obligations to supervise children especially around machinery, hazardous chemicals and other risks. There is Zero tolerance to anyone who puts someone's safety at risk at work.



**First published by SafeWork on 12 July 2023. Find the full article [here](#).*



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Expiry of Covid-19 Vaccination Information Regulations

Pandemic regulations concerning the collection, recording, holding and use of COVID-19 vaccination information from specified persons attending a workplace, expired on 12th July 2023.

Employers who recorded or held COVID-19 vaccination information, specifically under these regulations, have 30 days to destroy that information.

A specified person includes employees, independent contractors and their employees, volunteers and students on placement permitted to attend the workplace.

The destruction of information requirement does not apply to employers that are permitted or required under other laws to collect, use, record, or hold vaccination information, e.g. healthcare workers engaged by a health service.

For more information visit [WorkSafe](#).



Safety Job Board

Compliance and Assurance Manager

Melbourne Convention & Exhibition Centre (MCEC) is seeking a new Full Time employee to provide a high level of expertise, guidance, and advice to the development, implementation, and ongoing application of the following focus areas within MCET's operations:



- Operational Compliance Management Program
- Assurance Program such as Internal Audits for Certifications
- Private Public Partnership (PPP) Program Support
- Curate the MCET Art Collection.

See full details and apply [here](#).

Events and Training



World Congress for Safety and Health Sydney 2023

“Digital transformation and the Human Factor in Machine and System Safety: Opportunities and Risks”

Safety Action’s Andrea Rowe joins speakers from all over the world at this year’s World Congress for Safety and Health. Andrea will be discussing Robotics and Cobots.

The conference is on from the 27th – 30th November 2023 in Sydney, Australia.

For more information and to register click [here](#).



SOUTHERN SAFETY GROUP

DON'T LEARN ABOUT SAFETY BY ACCIDENT



Southern Safety Group (not for profit) exists to provide members with quality, relevant and practical advice on workplace OH&S issues.

Monthly Meetings at Springers Leisure Centre, Cheltenham Rd Keysborough, Vic.

Held on the last Monday of the month from 3pm to 5pm.

Providing monthly meetings to offer assistance and advice to members and to provide a forum for discussion of health and safety ideas, issues, problems and solutions.

More information and contact SSG [here](#).

FCW  Lawyers **Legal Solutions. Found.**

Online Friday Workplace Briefing straight to you with critical news and developments that affect your workplace. **Friday’s 10.30am.**

[Register here.](#)