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# Holiday Safety

## Stay Safe this Summer

Water activities, travel, festive celebrations and new toys are what make holidays and summer-time so exciting for children and adults alike. Unfortunately, these factors are also what can increase children's risk of injury. Injury is the leading cause of death for Australian children aged one to fourteen, accounting for nearly half of all deaths in this age group.

By following these simple steps you can help keep your kids and visitors safe and enjoy this summer:

### Celebrations

- Don't neglect the supervision of small children during family gatherings and holiday parties. Consider hiring a sitter or designating a family member to be responsible for small children at all times.
- Keep visitor's purses and bags out of reach of young children. They may contain hazardous items such as cigarettes, lighters or medications.
- Remember to clean up after a holiday party. Some party leftovers can be hazardous to children.

### Decorations

- Festive decorations can cause a number of injuries to children such as choking and suffocation, electrical burns and cutting/piercing injuries. Ensure that decorations are out of reach of small children.
- Place candles out of reach of young children.
- Check that electrical safety devices are attached to all major power sources to limit the potential injury from electrocution.

### Travel

- Be sure to use appropriate car seats and seat belts for your child's weight and age. If you are borrowing someone else's car, arrange ahead of time to borrow or rent the appropriate car seat for your child.
- Exercise road safety with extreme caution during holidays. There may be heavy traffic, poor weather and the possibility of alcohol use by other drivers.
- Create safe play areas away from moving vehicles. Know where children are and ensure they are safe before moving vehicles to prevent driveway run-overs.
- If you have to leave the car, even to run a quick errand, be safe and take your kids with you.



# Holiday Safety

## Stay Safe this Summer

### Play

- When buying Christmas gifts always follow the age recommendations on toys. Age recommendations relate to toy safety, not to the ability of a child to master the toy or game
- When using bicycles, skateboards, rollerblades or scooters, ensure children wear helmets and appropriate safety equipment
- Ensure that older children's toys are kept out of reach of younger children
- Carefully selecting, maintaining and storing toys are not enough. The best way to protect your child from harm is to supervise play and to provide safe play areas

### Water

- Always supervise children when in and around water
- Children under 5 have the highest risk of drowning. Most occur when they are playing near water. Children can get into water quickly and silently without parents being aware
- Older children are most likely to drown when swimming in a river, lake, ocean or other open body of water. They may be used to swimming in a pool but do not understand the risks in other types of water

For further information on Child Safety, contact Kidsafe WA [kidsafe@kidsafewa.com.au](mailto:kidsafe@kidsafewa.com.au) or Farmsafe WA Alliance [farmsafe@farmsafewa.org](mailto:farmsafe@farmsafewa.org)

# Road Safety

## Alcohol

### Standard Drinks Guide

	<b>Mid-Strength Beer</b>	3-4% Alc/Vol	0.8 Standard drink per 285ml
	<b>Mid-Strength Beer</b>	3-4% Alc/Vol	1 Standard drink per 375ml
	<b>Wine</b>	10-14% Alc/Vol	1 Standard drink per 100ml
	<b>Sprints</b>	37-43% Alc/Vol	1 Standard drink per 30ml
	<b>Pre Mixed Drinks</b>	5% Alc/Vol	1.5 Standard drink per 375ml
	<b>Full Strength Beer</b>	4-6% Alc/Vol	1 Standard drink per 285ml
	<b>Full Strength Beer</b>	4-6% Alc/Vol	1.5 Standard drink per 375ml

**Men** If you're driving, as a guide, drink no more than two standard drinks in the first hour and one standard drink every hour after.

**Women** If you're driving, as a guide, drink no more than one standard drink every hour.

Plan ahead and stay safe on the roads, AND on the farm.

Alcohol is still a major factor in road crashes in country W.A.

Most people don't intend to drink and drive, but they may not realise how much alcohol they have in their system before they jump behind the wheel.

This year, Farmsafe WA asks you to drive safe – it's good for your business, for your community, and even better for you.

For more information on Drink Driving visit the Office of Road Safety website at [www.ors.wa.gov.au](http://www.ors.wa.gov.au) or contact Farmsafe WA Alliance at [farmsafe@farmsafewa.org](mailto:farmsafe@farmsafewa.org)

# Harvest Safety

## Prevention

It's a busy time of the year for farmers who are working even longer hours with harvest, hay making and general farm duties. More injuries occur on farms during the peak seasonal times therefore, it is particularly important that extra care is taken at this time.

While you're sitting on the header or the tractor, or in the truck consider this...Agriculture is one of the most hazardous occupations in Western Australia. Most injuries occur when using machinery. So before leaping off to fix a blockage or repair a breakdown, think of your own health as well as the machine's. The machine can be repaired if it breaks but in many case you can't. Farm safety is about stopping to identify the hazards, assessing the risk and making the necessary changes.

The trick is to recognise those hazards and PLAN to avoid them. This involves training, safe procedures, good tools and common sense. It may cost a little time and money but could save your life, your family and your farm.

What can be done to reduce risk levels?

- Remind yourself of your own value to the farm and family.
- Make sure you take adequate breaks.
- Drink plenty of water—always have some with you.
- Make sure you are warmed up before doing heavy physical work.
- Try to plan your activities—plan achievable work targets—short, medium and long term.
- Work together with neighbours where jobs require more people.
- Try not to rush things—the little time saved may well be at the expense of a se4rious injury.
- Make time to carry out the important safety maintenance jobs.

### TAKE CARE & STAY SAFE THIS HARVEST



# noteworthy

## Small Landholder Series

The Small Landholder Information Service (SLIS) has teamed up with Kondinin Group to deliver a series of technical notes on everything from rearing cattle to building fences. The resultant Noteworthy partnership is designed to provide more information to help quench the almost insatiable small landholder thirst for knowledge. It will complement the existing Farmnote publications.

The Noteworthy series merges the work of Kondinin Groups expert agriculture researchers and writers with the experience and knowledge of the SLIS team and associated rural networks, DAFWA staff and feedback from participants and SLIS clients.

The information is presented in a reader-friendly format with clear photographs and diagrams which provide landholders with quick-reference material when wanting to learn more about subjects like sharpening a chainsaw or growing productive pasture.

The aim of the SLIS and Kondinin Group partnership is to help small landholders operate their farms in an efficient, sustainable and hopefully, enjoyable manner. Through the Noteworthy series, Farmnotes, existing publications, events and links SLIS and Kondinin Group are developing a comprehensive programme for small landholders to improve their skills and knowledge.

The Noteworthy series as listed is also available free on Kondinin Groups web site [www.farmingahead.com.au](http://www.farmingahead.com.au) in the specialised Small Landholder portal.

**noteworthy** SMALL LANDHOLDER SERIES  
NW 01 2008

### Spray safe STAY SAFE

Safe and effective spraying is about more than random chemical warfare

The use of spray technology to control weeds, pests and diseases is widespread and is often heralded as the easiest option. However, safe and effective spraying is about more than random chemical warfare.

Before leaping into attack with a fist full of chemicals, first correctly identify the pest, weed or disease you want to control. A wide range of publications, web sites and local landcare or land management experts can assist you with this first step. Weeds are probably the most common thing sprayed by small landholders.

The Weeds CRC has an excellent site, [www.weeds.crc.org.au](http://www.weeds.crc.org.au), with an extensive range of publications that can help you identify weeds and decide upon the best control options.

While the most popular control option for pests, weeds and diseases often is to use a spray, this is neither the only nor always the best option. Get advice before loading the spray tank.

If spraying is the best option, select a chemical that is registered for control of the pest, weed or disease you have correctly identified. In addition to the information available through DAFWA, there are excellent commercial databases such as Infopest (available for purchase through Queensland Department of Primary Industries) and HerbiGuide (a WA-specific program that also includes an excellent weed identification component, purchasable through [www.herbiguide.com.au](http://www.herbiguide.com.au)). In the public domain, the Australian Pesticides and Veterinary Medicines Authority (APVMA) has a comprehensive database of all currently registered products and permits, which enables you to view or download product labels, at [www.apvma.gov.au](http://www.apvma.gov.au). A less comprehensive database which also brings up the labels and MSDS (material safety data sheets), is Pestgenie, at [www.pestgenie.com.au](http://www.pestgenie.com.au)

**Read the label**

After selecting a suitable product read and follow the label directions. This is a legal requirement. Most people only look up how much to mix. Just as important is the timing. Weeds need to be controlled when they are small and actively growing. It is near impossible to kill mature weeds, irrespective of how much spray you use. It is also a waste of time and herbicide to attempt to kill weeds when they are under stress because the weather is too hot, too cold or too

dry. The weed shuts down in these conditions and the herbicide is not taken up by the plant. Similarly, insects need to be sprayed when they are small and there are not too many of them. Caterpillars larger than 8mm are just as hard to kill as big weeds. And, if the bugs arrive in numbers, you will experience severe damage and losses before the spray takes effect.

Like weeds and insects, plant pathogens have to be detected early and a spray applied before the number of spores increases dramatically.

Check the label to see if an adjuvant has to be added to the spray mix; what spray equipment can be used; how to mix the pesticide in the tank; if there is a minimum water volume recommended; what personal protective equipment (PPE) to wear to protect your health; when crops or pastures can be harvested or fed to livestock after spraying (the withholding period or WHD); and what environmental precautions need to be observed – like not spraying when bees are foraging.

Some chemicals can be rendered inactive by poor water quality. Always check the label to determine how water quality may affect a particular chemical. Ensure you have your water tested and are aware of any quality issues – wetter and adjuvants are available to ameliorate quality issues if necessary.

**Select your weapon**

For spot spraying, (spraying individual weeds) a knapsack sprayer is adequate. However, if you need to spray woody weeds or vines, such as blackberries or lantana, a powered wand is required. A knapsack is incapable of putting out the volumes necessary to wet big blackberry bushes, for example. Small boom sprays mounted on ATVs or tractor three-point linkages (3PLs) usually have the option of a hand gun running off the pump.

There is a variety of tools available for chemical application including the knapsack sprayer and small boom sprays mounted on ATVs.

SMALL LANDHOLDER INFORMATION SERVICE | KONDININ INFORMATION SERVICES | 1

# Farm Safety

## It can't be avoided

When Farmsafe WA Alliance was first set up by a Quairading farmer, most people thought the whole idea of making farms safer was nonsense. The thinking by many then was that “when your number’s up, it’s up”.

Since then, increased medical costs, the burgeoning insurance industry combined with legal restraints have made occupational health and safety an issue that can no longer be avoided.

Farming is one of Australia’s most dangerous professions. For most farmers, occupational health and safety is just one more issue that needs addressing in a time of increased economic restraints. As well, farmers are getting older. Research

# Farm Safety

## It can't be avoided

shows that a big number of the older farmers now have hearing problems as a result of using noisy machinery for many years without protection. Many have bad backs and hips. Most can remember having a bad accident themselves or know of someone close by who has injured themselves or worse.

These days it is the minority of farmers that refuse to bring about any change to their safety practices. Even the die-hards would (hopefully) have a first aid kit and a fire extinguisher on hand. However many are aware that they need to do something more but are unsure of how to go about it. This is where Farmsafe WA Alliance comes into the picture.

The community based organisation offers amongst other things a one-day Managing Farm Safety workshop. Farmsafe WA's aim is to inspire safer farming practices. If you would like an information on Farmsafe WA Alliance workshops or need any other details relating to occupational health and safety, then please call Farmsafe WA on 08 9359 4118 or email us at [farmsafe@farmsafewa.org](mailto:farmsafe@farmsafewa.org).

# Managing Farm Safety

## Expressions of Interest

The Managing Farm Safety course will provide you with the information and systems to implement an OH&S system in your business. It covers all your requirements in a simple and easy to follow method. At the end of the day you will have the tools and systems to take home and begin implementation.

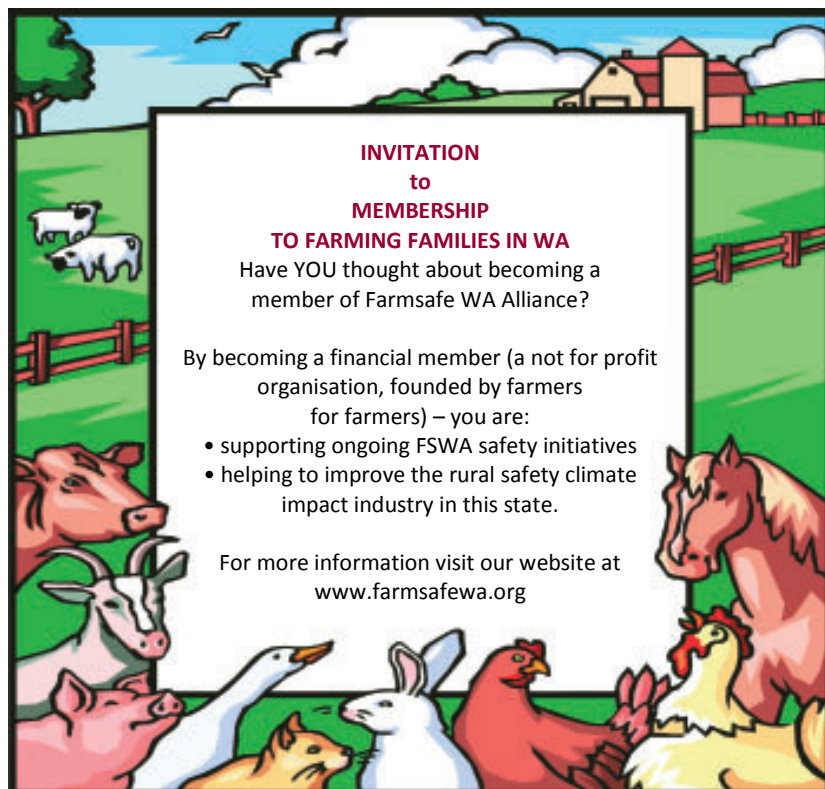
Topics include:

- **Hazard Identification**
- **Risk Assessment**
- **Inductions**
- **Written Procedures**
- **Record Keeping**

Templates will be included for all these areas and a certificate is provided on completion of the course.

Farmsafe WA Alliance is in the process of planning the delivery of the Managing Farm Safety course for 2010. If you would like to attend this course please contact us on 08 9359 4118 or e-mail us at [farmsafe@farmsafewa.org](mailto:farmsafe@farmsafewa.org).

Members of Farmsafe WA Alliance receive a discount on this course.



**INVITATION  
to  
MEMBERSHIP  
TO FARMING FAMILIES IN WA**

Have YOU thought about becoming a member of Farmsafe WA Alliance?

By becoming a financial member (a not for profit organisation, founded by farmers for farmers) – you are:

- supporting ongoing FSWA safety initiatives
- helping to improve the rural safety climate impact industry in this state.

For more information visit our website at [www.farmsafewa.org](http://www.farmsafewa.org)



# Don't become another statistic

Drive safely so that you return home to your family tonight. They really need you.



Targeting **Zero** Injuries

# Heat Stress

## A timely warning

The recent death of a 19-year-old Queenslander who was installing roof insulation has prompted a warning from WorkSafe on guarding against the effects of extreme temperatures.

The man died from suspected heatstroke after installing roof insulation on a day when the outside temperature had reached 42 degrees and the temperature inside the roof space was estimated to have reached around 60 degrees.

WorkSafe WA Commissioner Nina Lyhne today reminded employers and workers of the need to take extra care during the summer months to avoid the risk of heat stress or the more serious heat stroke.

“Both working outside in heatwave conditions and exposure to constant high temperatures in indoor workplaces such as foundries can result in heat stress,” Ms Lyhne said.

“The Bureau of Meteorology has forecast higher than average summer temperatures for WA this year, so all precautions need to be taken to avoid illnesses caused by extreme heat.

Further information on working in hot conditions can be obtained by telephoning WorkSafe on 9327 8777, or on the website at [www.worksafe.wa.gov.au](http://www.worksafe.wa.gov.au).

# Christmas Closure

## Opening times

Farmsafe WA staff and Committee wish all its members, supporters and associates a very Happy Christmas and a peaceful New Year!

**Our Christmas—New Year business hours will be as follows:**

**Closed from 5pm Thursday 24th December 2009**

**Reopening on Monday 4th January 2009**

*Farmsafe WA Alliance appreciates continued support from:*



***"Farm Safety: It's an Attitude"***