

October 2010

Update

Compiled by Alicia Hughes

Farmsafe WA Alliance

- Founded by farmers for farmers -

Working together for a Safer Community

Community Safety Month is held every October and reminds us that we all have a role to play in making our community safer. The month aims to promote awareness of a broad range of community safety issues, including personal safety, road safety, suicide prevention, emergency management, safety in public places, safe work practices and many more.

Community Safety Month is a nationwide campaign and is an opportunity to take place in activities and events and learn how to make local communities safer places to live and work.

Get your local council, school, business, emergency services, road safety groups or health and welfare service to partner you in organizing Community Safety Month events and activities. For a range of ideas visit the Community Safety Month website at www.iccwa.org.au or telephone ICCWA on (08) 9420 7212.



Inspiring Safe Farming



Postal:

PO Box 118, Forreestfield WA 6058

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FARMSAFE WA ALLIANCE

2010 - 2011

ANNUAL GENERAL MEETING

Friday 22nd October 2010

The 16th Annual General Meeting will be held at Farmsafe WA Alliance Office located at the Department of Agriculture & Food Complex, 100 Bougainvillea Avenue, Forreestfield WA 6058 on Friday the 22nd October from 10am - Midday (light lunch to follow)

Guest Speaker: Simon Still, Injury Prevention Manager

Paraplegic Benefit Fund Australia

To register your attendance of the Annual General Meeting contact

Sheila Payne, Executive Officer Farmsafe WA Alliance

Phone: (08) 93594118 or email: Sheila@farmsafewa.org

www.farmsafewa.org



Farmsafe WA Alliance would like to acknowledge and thank our sponsors and supporters:



Department of
Agriculture and Food



WAFARMERS
THE WESTERN AUSTRALIAN FARMERS FEDERATION



Linking growers to customers



Government of Western Australia
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Membership
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www.dlgrd.wa.gov.au

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HARVEST SAFETY

Fatigue

With a particularly difficult harvest season upon us, it is timely for farmers to take a few moments to think about their safety during this period. The long hours and stress involved with harvest every year result in too many farmers being injured in the bid to take their crop off quickly. This causes needless pain and suffering to the farmer not to mention delays in the program and financial cost.



In order to prevent these injuries farmers need to plan ahead to :

- Ensure they look after their general health with regular nutritious meals and snacks, plenty of sleep and exercise and regular breaks throughout the day
- Ensure that all machinery, equipment and workplaces are in safe working condition and that guards are in place (for example PTO, Belt and pulley guards)
- For maintenance jobs ensure a checklist procedure to ensure guarding is replaced and that there are procedures to prevent machinery being accidentally started during maintenance
- Ensure employees are fully instructed about safe procedures for guarding, isolation devices and locks
- Avoid making adjustments to headers, hay mowers, balers, augers etc while the machinery is still running
- Tractors should have an approved ROPS (roll over protection structure) and seatbelt fitted, and the seatbelt should be used; tractor rollovers are a major cause of farm injury and death
- Do not allow passengers on tractors and trailing implements
- Wear suitable clothing, ensuring loose clothing is tucked in and long hair is tied back
- Wear safety equipment such as ear plugs, eye protection and/or dusk masks when required
- Be aware of overhead power-lines when moving augers, balers and headers, and ensure that the intake points are guarded
- Ensure appropriate supervision for all workers, family members and visitors; everyone's whereabouts must be known; those operating equipment should be adequately informed and trained in its use
- Ensure that children cannot climb into silos, and that the loading/unloading mechanism cannot be started when someone is in the silo; always have an observer outside whilst someone is inside
- Check that fire extinguishers and first aid kits are readily available
- Keep emergency numbers on hand

Farmsafe WA Alliance would like to thank and acknowledge our sponsors and supporters:



CHEMICALS AND HEARING LOSS

Did you know that exposure to certain chemicals can cause hearing loss?

Ototoxins are chemicals that, through skin absorption, will move through the blood stream and enter the cochlea where damage can take place at the base of the sensory hairs. When the effects of these chemicals are combined with workplace noise (even moderate levels 85 to 90 dB (A)) then hearing loss is accelerated. Numerous legislative bodies have recognized and identified ototoxicity as a component of hearing loss.

There is limited awareness in the occupational health community of the chemical hazards to hearing. Standards hearing conservation practices focus on noise and do not take into account the potential risk to hearing posed by chemical exposures. Potential workplace ototoxins are shown in the following table:

SOLVENTS	METALS	OTHER ORGANOPHOSPHATES
Butanol	Lead	Paraquat
Hydrocarbon solvents and fuels	Mercury	Carbon monoxide
Carbon Disulphide	Arsenic	Hydrogen cyanide
Ethyl benzyne	Manganese	
Toluene	Organic Tin (Now in treated timbers as Iso-butyl tin)	
Xylene	Lead	
Heptane	Mercury	
n-hexane	Arsenic	
Perchloroethylene		
Styrene		
Trichloroethylene		
White Spirit (Stoddard Solvent)		

While for a given situation both noise levels and chemical exposure levels may be within the relevant exposure standards, synergistically (when acting together) there may be risk of hearing damage. Exposure standards for chemicals and noise have not yet been altered to take account of increased risk to hearing so where a MSDS refers to those substances listed, you should carry out a risk assessment to ensure additional control measures are in place.

Activities where noise and ototoxins often combine include: painting, printing, boat building, construction, furniture making, manufacture of metal, leather and petroleum products, fuelling vehicles and aircraft, fire fighting, spraying and weapons firing.

Personal protective equipment may need to be supplied for the handling of ototoxins. In essence, wear suitable chemical barrier gloves or suffer hearing loss.

For all your PPE requirements contact SafetyQuip Balcatta on 1300 850 304



Working Alone

Working alone can lead to death and serious injury within the agricultural industry.

Employees are frequently working alone away from the main farm buildings on a daily basis. These employees will often not return to the main buildings of the farm until the job is complete. This means that if an accident happens it could be days before the person is found.

The employer must ensure that the employee has been provided with sufficient information about hazards to which he or she is likely to be exposed to. The employer must also ensure the employee has been adequately trained

and equipped to carry out the work in a safe manner.

The employee must be given clear instructions as to where the work is to be carried out and a safe way to get to the site.

The employee and employer should agree on a start and finish time for the job and the time the employer should expect the employee to return to the main buildings.

A risk assessment will indicate if and how often there should be contact between the employee and employer between the start and finish of the job.

The start and finish times and the

location of the employee should be displayed in an accessible place in the main buildings of the farm where it can be easily viewed by other employees and other persons at the workplace.

All employers and self-employed people who work alone in the agricultural industry should have a nominated person who knows where they are and make contact with them during the day. This could be a family member or a neighbouring farmer.

Always tell someone where you are going and how long you will be.

Grain Silo Safety

Silo Safety

Every year farmers and farm workers die or are seriously injured in the process of filling, emptying and maintaining silos and bulk grain storage.

According to the Australian Centre for Agricultural Health and Safety 18.5% of injuries on grain farms occur while storing or elevating grain.

Falls from height, silo collapse, exposure to toxic fumigants and entrapment within stored grain are the main hazards. Other risks include toxic atmospheres, extreme internal temperatures, dust fires and explosions, dust exposure, live electricity and moving equipment.

OHS Legislation

Producers have a responsibility under state Occupational Health and Safety legislation to maintain work areas, machinery and equipment in a safe condition, adopt safe systems of work, ensure safe handling, storage and transport of equipment and substances, assess health risk and provide adequate training and supervision to employees.

Silo Access

Restrict unauthorised access to ladders and silo roofs by fitting lockable covers that enclose ladder rungs to a height of 2m.

Another option is ladders where the lower 2m section folds or slides up for locking or remove the lower 2m and use a portable ladder to gain access. Immediately after the job is finished secure all bottom level inspection hatches and ladders to prevent access. Take time to educate all visitors and children about the dangers of climbing silo ladders.

All silos should have a bottom access point with a minimum diameter of 450 millimetres to help with cleaning.



Safety First

Whenever someone is working inside a silo have an observer standing outside and anybody engaging in silo work needs to be aware of what to do in an emergency.

Workers need to know not to follow the person into the silo unless more help is on hand and breathing apparatus and a life-line are worn.

Clearly display danger signs warning of a confined space. Position signs outside all silos and replace when they become illegible.

Recommendations for proper maintenance of Silos:

- A competent person carry out inspections of the silos at least once a year prior to the harvesting season.
- Repair or replace rusted structural members, welds, bolts and screws.
- Provide safe operating procedures and maximum rated load markings (bases on volumetric capacity) on the silos to avoid overloading them.
- Silo manufacturers and persons responsible for the modification of silos and supporting structures employ the services of competent persons such as engineers to properly design the silos and supporting structures.

ASTHMA MANAGEMENT

Asthma is a condition of inflammation and spasm of the airways, which can be triggered by a range of factors. In particular, organic dusts such as grains and pollens, can trigger asthma in a susceptible person. Farmers with a family history of asthma can be at greater risk. As farming families are often long distances from medical help, awareness and treatment of asthma is especially important. Acute asthma is a life-threatening condition, but asthma attacks can be prevented.

EXPOSURE TO FARM DUSTS

Whilst farmers are not necessarily at great risk of asthma than other people, farmers are more likely to be exposed to organic dusts in the course of farm work, which can trigger asthma episodes in susceptible persons. Farm dusts are often generated when produce or stock are moved (eg. Grain, hay, cattle), or when pollens are released from pasture. They are a complex mixture of organic and inorganic particles derived from pollens, grain husks, leaves, soil animal and insect parts.

IMPORTANT

Anyone with asthma who lives or worked on a farm should speak with their doctor about a personal asthma management plan.

Employees with asthma need to tell their employer, so that an on-farm management plan can be arranged.



WHAT TO DO IN AN EMERGENCY

Asthma attacks can develop over a few minutes or a few days. Call 000 immediately if there is:

- Increased shortness of breath or rapid breathing, with inability to speak more than 1-2 words per breath.
- Severe chest tightness.
- Feeling of distress or being frightened.
- Sucking in of throat and ribs or blue colouration of the lips.

While waiting for the ambulance:

1. Sit the person upright and give reassurance.
2. Give 4 separate puffs of a reliever (eg. Ventalin), preferably with a spacer. Take 4 breaths from the spacer after each puff.
3. Wait 4 minutes.
4. If little improvement, repeat steps until ambulance arrives.

Farmsafe WA Alliance Resources

Farmsafe WA has several resources available for your assistance:

- Farm Workshop Safety
- Farm Machinery Guarding
- Safety Tractor Operation
- Safe Chemical Handling and Disposal
- 4x4 Wheel Motorbike Safety
- Managing Farm Safety Course
- Induction information for new employees
- Farm safety Checklists
- Noise and Hearing loss
- Child Safety on Farms
- Small Landholders Checklists



See our website
www.farmsafewa.org
or call our office on
9359 4118 for
more details



UPDATE



4Thought Lunchtime Session - Ooops!! - managing slips, trips and falls

A session to help you understand the risk factors for slips, trips and falls in your workplace, and the range of controls available to address these risk factors.

Please book early to avoid disappointment as seating is limited

Date: 15 October 2010

Time: 12.15pm to 1.20pm

Venue: Fremantle Chamber of Commerce and Industry (CCI), 16 Phillamore St, FREMANTLE

The sessions are free of charge however bookings are essential.

Three weeks to go until Safe Work Australia Week!!!

There is now only three weeks to go until 2010 Safe Work Australia Week!!

Register now to receive your kit and start planning your work place activity.

Please see our [website](#) for more details and registration forms.

The [Perth WorkSafe 2010 Forum](#) will also be held on Tuesday, 26 October, suitable for all safety and health representatives and supervisors.

New enforcement campaigns

Mission to weed out unsafe work methods

WorkSafe is on a mission to weed out unsafe work practices in nurseries and garden centres.

From today inspectors from the safety regulator will be visiting gardening outlets in regional and metropolitan areas to raise awareness of safety issues and ensure compliance with the health and safety laws.

WorkSafe turns spotlight on sprains and strains

Injuries sustained from doing manual tasks have become the focus of a new WorkSafe campaign.

The campaign is looking at the risk factors associated with these injuries and how effectively workplaces investigate them. The aim of the campaign will be to prevent musculoskeletal disorders, such as sprains and strains, by raising awareness of the risk factors and improving methods of assessing and minimising these risks.

Manual tasks are tasks that require a person to use their body to perform work. They include a range of activities such as working at a computer and lifting a heavy load.

The intervention campaign will run until the end of November with inspectors from WorkSafe making contact with worksites throughout metropolitan and regional WA. Industries covered will include manufacturing, construction, transport, service industries, and health and community services.

For media statements and checklists please contact WorkSafe on 1300 307 877 or visit www.commerce.wa.gov.au

Do you have a Safety and Health Action Plan in place on your property?

THE FREE ON FARM ADVISORY SERVICE

A fully accredited advisor will conduct a non threatening risk assessment of your property and prepare a safety and health action plan. Presentations are made to small groups on farms and over a 4 hours plus can be conducted on a weekend of more suitable.

Throughout the advisory visit there is an opportunity to raise concern and issue regarding all aspect of occupational health and safety on rural property. The host is provided with a written set of recommendations for the property and attendees from nearby properties will be provided with the knowledge to complete a safety check themselves on their property. Areas which have historically been of concern include workshop, silos, chemical sheds, machinery and 4 wheel motorbikes.

Workshop
overview

- Outline and reasons for workshop
- Definition of hazards and risks
- Types of control measures which can be implemented

If you are interested in these valuable workshops please contact Farmsafe WA Alliance on 9359 4118 or email: admin@farmsafewa.org



WHATS HAPPENING

Farmsafe WA Alliance would like to thank two of our strong Alliance Members, **WA Farmers** and **Wheatbelt Men's Health** for their support and sponsorship at the recent Field Day events.

WA Farmers proudly sponsored Farmsafe WA by purchasing high visibility vests to be distributed to the farming community. A large number of vests boasting the logos for WA Farmers and Farmsafe WA Alliance were handed out at Dowerin, Newdegate and Mingenew Field Days and were gratefully received by the local communities.

As Farmsafe WA Alliance could not have a personal presence this year at Newdegate and Mingenew Expos, Wheatbelt Men's Health kindly offered to take along and display the Farmsafe WA banner and resources. Thank you Wheatbelt Men's Health for your support. Each organization has a commitment to identify health and safety issues, protect farming families and workers and improve farm business performance through better safety awareness and practices.



"On behalf of Dowerin Field Days and Dowerin District High School, we would like to thank you for your involvement with the Activity Trail for our students at this years Dowerin Field Days. The Trail gave an educational purpose to the event and students were exposed to the different sites and people that they normally wouldn't get to experience. The School surveyed students, parents and staff about the trail and all reports were positive. This is much accredited to the warm and welcoming approach many exhibitors had. We greatly appreciate your time and effort to involve our school students in the Field Days."

Miss Sarah Stone

Teacher

Dowerin District High School

Mature Farmer Workshops

Farmsafe WA Alliance would also like to thank **Yvonne** and staff from the **Karriview Lodge** who kindly donated lunch platters for the workshop that was recently held at Cowaramup.

Without the generous support of community members like Yvonne, the work of not-for-profit organisations such as Farmsafe WA Alliance would be even more challenging.

www.karriview.com.au

Ph: (08) 9755 5553



Karriview Lodge
MARGARET RIVER

Water in you Dams

The Department of Agriculture and Food is hosting five 3 hour workshops to support irrigators' decision making during the dry season. The topics covered include:

Water stock take: Measuring what you've got. Including a practical demonstration

Budgeting your water: What needs to be counted?

Dry season management issues: Question and answer session

Workshops are scheduled for:

- Perth Hills 15th October 2pm at A. Giumelli & Sons, 680 Canning Road, Carmel
- Donnybrook 18th October 2pm at Santa Rita Orchards, Grimwade Road, Kirup
- Manjimup 19th October 2pm at the Manjimup Horticultural Research Institute
- Frankland 21st October 2pm at Wilson's Pool Vineyard, Wingebell Road (10km west from Frankland - Opposite Alkoomi Vineyards)

Contact Jodie Bowling, Department of Agriculture and Food Bunbury 97806100

Bring along separate water samples from the dams you irrigate for salinity testing.

Please support Farmsafe WA Alliance

The income we receive through our member's annual subscription is vitally important to us. Your contributions will help us to effectively continue our work. We are always keen to recruit more members.

Please contact us for more information about farm safety and how to become a member. We would be happy to hear from you. Membership of our community based organisation Farmsafe WA Alliance supports the need to make agriculture a safer industry for the future.

Visit our Website www.farmsafewa.org

Email us at admin@farmsafewa.org

Phone us on (08) 93594118 or drop into our Perth office 100 Bougainvillea Ave, Forrestfield WA 6058

