

# Farmsafe WA Alliance

In support of **Safe Work Australia Week 2010**  
(24th - 30th October)

Compiled by Alicia Hughes

Inspiring Safe Farming



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Safe Work Australia Week 2010 is about preventing workplace injury and illness and managing injuries. The breakfast is the first official event to launch Safe Work Australia Week 2010 in WA and you and your colleagues are invited to come along and learn more about how to achieve and maintain safe and healthy workplaces for WA workers.

**When: 22 October 2010**

**Where:** Perth Zoo  
Rothschild's Function Room  
20 Labouchere Road, SOUTH PERTH

**Time:** 7.15am registration for a 7.45am start. Ends 9am

**Registration:** Email [promotions@commerce.wa.gov.au](mailto:promotions@commerce.wa.gov.au)

## 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 organising Community Safety Month events and activities. For a range of ideas visit the Community Safety Month website at [www.iccwa.org.au](http://www.iccwa.org.au) or telephone ICCWA on (08) 9420 7212.



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



Department of  
Agriculture and Food



THE WESTERN AUSTRALIAN FARMERS FEDERATION



Government of Western Australia  
Department of Health



Department of Local Government  
and Regional Development  
[www.dlgrd.wa.gov.au](http://www.dlgrd.wa.gov.au)



Membership  
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# Skin Cancer

The Cancer Council Western Australia is urging farmers to take extra care to protect their skin from the sun to avoid sun damage and the prospect of skin cancer. Protect your skin with sun protective clothes, hat, sunglasses and 30+ sunscreen every two hours.

It is also important to check your skin regularly (such as at the start of every season). Up to 95% of skin cancers can be treated if detected early. Men need to take extra care as 68% of Australians who die from skin cancer are men.

## What to look for

Check your entire body as skin cancers can occur in parts of the body not exposed to the sun, for example soles of the feet. Use a full length or hand held mirror to help see difficult to reach areas.

### Basal cell carcinoma

- Accounts for approximately 67% of skin cancers
- Look for small, round or flattened spots that are red, pale or pearly in colour. Some are scaly like a patch of eczema.
- May become ulcerated, bleed and fail to heal.
- Grow slowly over months or years.



### Squamous cell carcinoma

- Accounts for approximately 31% of skin cancers
- Grows over months and may spread if not treated
- Look for scaly red areas that may bleed easily, ulcers or non-healing sores that are often painful, especially when touched.
- Often found on lips, ears and scalp.



### Melanoma

- Accounts for 1-2 per cent of skin cancers.
- Is the most dangerous and aggressive type of skin cancer. If left untreated can spread to other parts of the body, and can be fatal.
- Grows quickly over weeks to months.
- Appears as a new spot; or an existing spot, freckle, or mole that changes colour, size or shape.
- Can grow anywhere on the body - not just areas exposed to the sun.
- Occurs most frequently on the upper back in males and on the lower leg in females.

### ABCD of Melanoma

Follow the ABCD of melanoma detection. Check your body for the following:



Asymmetry - If the spot or lesion is divided in half, any two halves are not a mirror image.



Border - A spot with a spreading or irregular edge.



Colour - A spot with a number of different colours through it.



Diameter - A spot that is growing and changing in diameter or size.

For more information call the Cancer Council Helpline on 13 11 20 or visit [www.cancerwa.asn.au](http://www.cancerwa.asn.au)

## Sun Protection Policy Research Study

Western Australia has the second highest incidence of skin cancer in Australia and the world. Each year over 45,000 people in WA are diagnosed with skin cancer. Outdoor workers are a high risk group due to their ongoing exposure to harmful UV Radiation from the sun. Cancer Council Western Australia needs your organisation's support to participate in a research study investigating sun protection policies and/or procedures for outdoor workers. For this study we need to obtain copies of policies and/or PPE (personal protective equipment) procedures from small, medium and large organisations in urban and regional locations. If you would like to take part in this research, please email your policy or PPE procedure by Thursday October 28 to:

Helen Muccilli, Sunsmart Workplace Coordinator at [hmuccilli@cancerwa.asn.au](mailto:hmuccilli@cancerwa.asn.au) or for more information contact Helen on **9388 4350**.

In addition, Cancer Council WA hopes to conduct some brief phone surveys with outdoor workers as well as OSH supervisors and/or managers from a representative number of organisations participating in this research. The phone survey will explore the barriers workers and managers have to wearing broad-brimmed hats, long sleeve shirts and sunscreen. Respondents will be selected randomly. Please provide contact details if your organisation is willing to participate in this phase of the research.

# OUTDOOR WORKERS

Reduce your risk of skin cancer now

## Protect your outdoor workers

Outdoor workers are at increased risk of developing skin cancer due to their prolonged exposure to ultraviolet (UV) radiation each year.

Australia has the highest incidence of skin cancer in the world. Each year over 444,000 people develop skin cancer and over 1,700 people die.

Keep your farm workers safe while working outside. Provide them with sun protective clothing, hats, sunglasses or safety glasses, sunscreen, water and shade during their breaks.

Cancer Council Western Australia would like to offer you and your organisation a **Workplace Kit** designed to educate your outdoor workers about sun protection. Several of Cancer Council WA's publications have been developed with assistance from Worksafe and the Department of Health Western Australia. The Workplace Kit includes these items:

- Skin cancer and outdoor work - A guide for employer's (*Booklet*) [one copy]
- Skin cancer and outdoor work - A guide for working safely in the sun (*Employee brochure*) [10 copies]
- Skin cancer - take a good look (*Brochure*) [10 copies]

## PLUS

When ordering 1 or 2 Workplace Kits at \$10 each you will also receive:

- Outdoor worker -sun protection (*Poster*) [3 copies]
- A simple check could save your life (*Poster*) [2 copies]
- SunSmart Workplace Checklist [1 copy]
- CCWA Workplace publications (*Brochure*) [1 copy]

\*\* Additional posters will be supplied with orders of 3 or more Workplace Kits

To order your Workplace Kit phone Cancer Council WA on 9388 4333



## CONTACT NUMBERS FOR SUPPORT AND ASSISTANCE

### EMERGENCIES

|                                                                     |              |
|---------------------------------------------------------------------|--------------|
| <b>Police, Fire, Ambulance</b>                                      | <b>000</b>   |
| Police<br>(Police Assistance Nearest Station)                       | 131 444      |
| Local Police - Please refer to telephone Directory                  |              |
| Crime Stoppers                                                      | 1800 333 000 |
| <b>FESA</b> (Information)                                           | 1300 657 209 |
| Fire Emergency Services Australia                                   |              |
| - Geraldton                                                         | 1800 207 627 |
| - Northam                                                           | 1800 671 282 |
| - Albany                                                            | 1800 687 110 |
| Poisons Information Centre<br>(24 hour service - Seven days a week) | 13 11 26     |
| Lifeline<br>(24 hours)                                              | 13 1114      |

### 24 Hour Support

|                        |              |
|------------------------|--------------|
| Crisis Care            | 1800 119 008 |
| TTY (Hearing Impaired) | 93251232     |

Mensline Australia  
(Information support and referral) 1300 789 978

Family Helpline 1800 643 000

Kids Helpline 1800 551 800

Countryline 1800 198 313

### Counselling and Support

Mental Health Services - Free confidential support for people of all ages

|                         |              |           |           |
|-------------------------|--------------|-----------|-----------|
| Albany                  | 9892 2440    | Bunbury   | 9722 1300 |
| Busselton               | 9754 0560    | Geraldton | 9956 1999 |
| Upper Great Southern    | 9881 0700    | Wheatbelt | 9621 0999 |
| After hours (Rurallink) | 1800 552 002 |           |           |

|                                    |           |
|------------------------------------|-----------|
| Rural Community Support Services   |           |
| Upper Great Southern (Narrogin)    | 9881 0790 |
| Central Great Southern (Katanning) | 9821 6341 |
| Lower Great Southern (Albany)      | 9892 2440 |
| South West Region (Busselton)      | 9754 2052 |

### Financial Support Services

|                                            |              |
|--------------------------------------------|--------------|
| Rural Financial Counselling Services of WA | 1800 612 004 |
| Centrelink                                 | 13 23 16     |
| - Farmer Assistance Line                   | 1800 050 585 |

## Websites to visit

**Country Women's Association**  
<http://www.cwaofwa.asn.au>

**Farmsafe Australia**  
<http://www.farmsafe.org.au>

**Farmsafe WA**  
<http://www.farmsafewa.org>

**Injury Control Council of WA**  
<http://iccwa.org.au>

**Kidsafe WA**  
<http://kidsafewa.com.au>

**Kondinin Group**  
<http://www.kondinin.com.au/default.asp>

**PGA**  
<http://www.pgaofwa.org.au>

**RRR Network**  
<http://www.rrr.wa.gov.au>

**WA Farmers Federation**  
<http://www.waff.org.au>

**Wheatbelt Support Services**  
[http://www.wheatbelt.com.au/About\\_us/WSS/wss.htm](http://www.wheatbelt.com.au/About_us/WSS/wss.htm)

**Worksafe (Fact sheets)**  
<http://www.safetyline.wa.gov.au>

## Chainsaw Safety : Crucial

A CHAINSAW in untrained hands is a potentially lethal weapon that can inflict deep gashes to hands, arms, feet, legs, head and body. Instructions and training on safe chainsaw work procedures and basic maintenance under the supervision of a trained and experienced person are essential for chainsaw safety. Certificated chainsaw courses are compulsory for forestry workers. Beginners should start with a formal chainsaw training course using a chainsaw fitted with the shortest guide bar. Training should be according to the manufacturers manual, and include:

- Starting and stopping the chainsaw
- Using the chain brake when not cutting
- Correct grips and stance
- Correct sharpening
- Simple cutting exercises on pieces of felled timber

Operators should thoroughly read and understand the manufacturers manual on correct maintenance and use of the chainsaw. A chainsaw should always be cold-started on the ground, and never "drop-started". The chainsaw can be gripped between the knees and lower thighs, with chain brake engaged, to warm start it.

To avoid kickback, position your body to the left. Should the chainsaw kick back it will pass over the right shoulder. Avoid cutting that might jam the chainsaw and trigger a kickback.

Ensure the chainsaw has a properly operating chain brake, preferably inertia activated, and depth gauges set as recommended by the manufacturer. Be aware of the risk of fire when using a chainsaw. Avoid smoking and take care when refueling. Always wear personal protective equipment when using a chainsaw including:

- Face shield or safety glasses
- Safety helmet where overhead hazards exist
- Approved hearing protection
- Gloves where appropriate
- Safety boots with non-slip soles
- Approved anti-cut leg protection

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](http://www.farmsafewa.org) or  
 call our office on  
 9359 4118  
 for more details

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



**ChemCert WA Incorporated**  
 ... training and accrediting farm chemical users



## A changing safety culture: presented by the WorkSafe Forum keynote speaker

**Presenter:** Dr Travis Kemp, Managing Director and Chief Psychologist, The Teleran Group

Dr Kemp is recognised within the coaching profession as being amongst Australia's leading practitioners and thought leaders in the field of coaching psychology.

In this session, Dr Kemp will explore how to ensure safety is a fundamental part of the way employees think; creating a culture of awareness - getting inside the minds of the workforce and the benefits of taking safety seriously and creating a safer workplace.

**Date:** 26 October 2010

**Time:** 12.15pm—1.30pm

**Location:** Westcentre, 5th Floor, 1260 Hay Street, West Perth

## Mission to weed out unsafe work methods

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

From October 1 inspectors from the safety regulator will be visiting garden outlets in regional and metropolitan areas to raise awareness of safety issues and ensure compliance with the health and safety laws.

WorkSafe Director of Manufacturing, Transport and Services Industries Joe Attard said spring was traditionally a busy period for gardening retailers so it was important outlets had good systems in place for managing hazards.

"Nurseries are likely to take on additional staff at this time of the year and many of these new worker will be students or young people entering the workforce. It is especially important they are given a thorough safety induction," Mr Attard said.

"Despite being perceived as harmless work environments, nurseries deal with a range of occupational safety and health issues including manual tasks, heat stress, Legionnaires' disease and hazardous substances."

Mr Attard said previous inspections highlighted a lack of understanding among some operators of common hazards.

Due to the physical demands of nursery work, employers should identify all the hazards that arise from manual tasks and assess the risk of injury or harm from each.

"even simple everyday tasks, such as moving plants and other stock between varying working-level heights, can put workers at risk of serious back and other musculoskeletal injuries. Other causes of injury, common in the nursery industry include lifting, slips, trips, falls and vehicle accidents."

Mr Attard said most nurseries stocked hazardous substances in the form of pesticides and herbicides so it was vital they understood the requirements for the safe storage and handling of these.

Legionnaires' disease - a virulent and sometimes fatal form of pneumonia that can be contracted from the incorrect handling of soils and potting mixes - was another issue for nursery staff.

Mr Attard said workers needed to maintain good hygiene practices to avoid contracting the condition and not be lulled into thinking wearing gloves was sufficient protection. "Staff should also be alert to the flu-like symptoms of Legionnaires' and we are advising all nursery workers to inform their doctors of the type of work they do," he said.

Mr Attard said the forthcoming campaign was primarily an educational exercise but where necessary, inspectors would require improvements to be made.

Further information can be obtained by calling WorkSafe on 1300 307 877 or visiting its website at <http://www.commerce.wa.gov.au/WorkSafe>

## 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](http://www.farmsafewa.org)

Email us at [admin@farmsafewa.org](mailto:admin@farmsafewa.org)

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

