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**Welcome – our new staff member
Karen Sneddon**

The Detail Devils would like to welcome Karen Sneddon who has recently taken over from Angela Wallin. Some of you may be aware that Angela was with us for seven years during which time she became an invaluable member of staff. She has decided to hang up her boots with us and we were very sad to see her leave but wish her all the best in her future endeavours.

Karen brings new skills and experience to the company from her varied background in administration, human resources, sales and marketing. She has worked in a broad range of industries including warehousing, publishing, direct marketing, government, recruitment and banking.

Karen will be assisting you with your enquiries and in most cases will be the first point of contact with The Detail Devils.

We are excited to have Karen on board and we believe she will be a great addition to the team at The Detail Devils.

As always when you have any questions, please call us so we can help you.



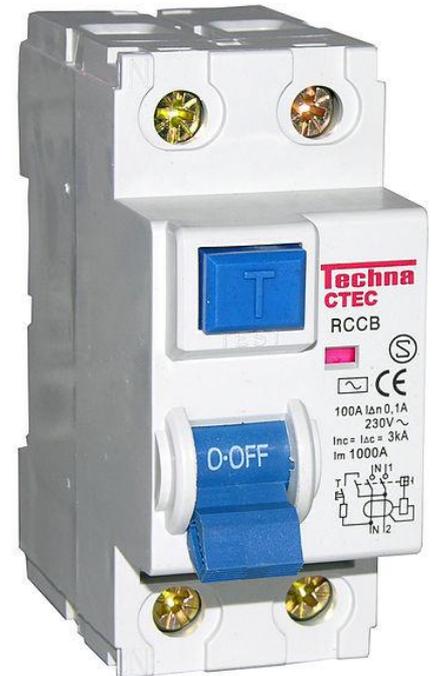
New requirements for residual current devices

From 1 January 2013, new requirements for residual current devices (RCDs) will apply to workplaces where 'plug in' electrical equipment (electrical equipment supplied with electricity through a socket outlet) is used in the following operating environments:

- electrical equipment is exposed to operating conditions that are likely to result in damage to the equipment (or a reduction in its expected life span) including conditions that involve exposure to moisture, heat, vibration, mechanical damage, corrosive chemicals or dust
- electrical equipment is moved between different locations in circumstances where damage to the equipment or to a flexible electricity supply cord is reasonably likely
- electrical equipment is frequently moved during its normal use
- electrical equipment forms part of, or is used with, an amusement device.

If electricity is supplied through a socket outlet that does not exceed 20 amps, then the RCD must have a tripping current that does not exceed 30 milliamps. This does not apply if the supply of electricity to the electrical equipment:

- does not exceed 50 volts alternating current
- is direct current
- is provided through an isolating transformer that provides at least an equivalent level of protection
- is provided from a non earthed socket outlet supplied by an isolated winding portable generator that provides at least an equivalent level of protection.



Information about the advantages and disadvantages of different kinds of non portable and portable RCDs are described in Appendix B in the draft code of practice [Managing electrical risks at the workplace](#).

You may need to seek technical advice from a competent person about the kinds of RCDs that are appropriate for your workplace.

Testing of residual current devices

The person with management or control of a workplace must make sure that RCDs used at a workplace are tested regularly by a competent person to ensure the devices are working effectively. A record of testing (other than daily testing) must be kept until the device is next tested or disposed of.

The draft code of practice [Managing electrical risks at the workplace](#) provides more information about electrical work and risk controls.

ACCC announces recall of unsafe ladders

The ACCC has recently announced recalls of two multipurpose ladders in Australia after testing found the ladders failed to perform as they claimed and did not meet Australian standards. The ladders recalled are:

- Auspac Sources Pty Ltd—Multi-Purpose Adjustable Multiple Configuration Folding Step Ladder supplied online by www.Crazysales.com.au
- DSG Holdings Australia Pty Ltd—Multi-Fold Aluminium Ladder 8.5ft / 2.6m supplied by Sam's Warehouse, Crazy Clark's, Go-Lo and Chickenfeed

The main concern is that the ladders would not bear the load as represented to consumers and they had the potential to break or collapse under use. The ACCC advised that if you have purchased one of these ladders, please cease use immediately and return it to the point of sale for a full refund.



Following this recall, the ACCC is putting all suppliers of multipurpose ladders on notice to ensure the ladders they supply perform as claimed.

Points to remember when using ladders:

- Check the ladder is in good working order before every use
- Only use the ladder on firm flat ground
- Wear well fitting, non-slip footwear when climbing a ladder.
- Never stand on the very top rung of the ladder
- Never try to stretch to reach something - it's safer to get down and move the ladder even if it means the job takes a little longer.

The ACCC tips for safe ladder use are available on the Product Safety Australia Website www.productsafety.gov.au and consumer product recalls are available on www.recalls.gov.au

Source: www.accc.gov.au

Device to stop prolonged sitting

Researchers have developed a 'sitting pad' device to sound an alarm when it's user has been sitting for too long!

The new device invented by researchers at the University of Queensland contains sensors that can detect how long a person has been sitting and activate a light and alarm after a certain time frame selected by the user has been exceeded. It was developed to tackle health problems related to sitting down too often which can lead to the increased risk of heart disease, diabetes, obesity and back, neck, wrist and shoulder injuries.



The study found that office employees spend over two-thirds of their work hours sitting at a desk. Sitting is also detrimental to our health yet the workplace is where we do most of our sitting. A further study has showed that breaking up sitting for two minutes every 20 minutes can improve glucose and insulin responses after a meal, thereby driving down the risk of diabetes and heart disease. The team has produced 40 and is looking at commercial opportunities as well as fine tuning the designs.

Source: www.safetyolutions.net.au/ article . www.theconversation.edu.au

Dangers of re-using empty drums – WorkCover Safety

A 41 year old Wagga man was injured recently when the 44 gallon drum he was cutting exploded.

WorkCover is urging people to be cautious when working with empty drums after a man suffered serious burns when the drum he was cutting exploded. It appears that no testing of the previous contents of the drum occurred prior to the cutting commencing.

WorkCover has advised that this is an extremely dangerous activity which has resulted in a number of workers killed or seriously injured in recent years. Drums are often recycled and used as storage containers. They are generally cut using an angle grinder, plasma cutter, oxyacetylene burner or welding equipment. Hot work or work which may cause an explosion should never be conducted near or on items that contain chemical residue, especially solvents. Drums that previously contained flammable liquids must also be handled with extreme care as they may contain vapours, even after many years and may release hazardous gases when exposed to heat.

Workers should always consider what work is undertaken near stored flammable materials, such as welding, grinding and other hot work that may cause ignition.

WorkCover has published a Fact Sheet: Cutting Fuel Drums and Empty Containers – Explosion Hazard to help businesses and workers that are considering cutting empty drums.

Further information on the risks associated with cutting metal drums is available on the WorkCover website or by calling 13 10 50.

Source: WorkCover Media Unit 31/01/2013



Slip, Slop, Slap - 50+

Australia will see sunscreens labelled SPF 50+ on our shelves very soon – but don't get too excited and think you can remain in the sun for longer. SPF 50+ is only a one percent improvement from an SPF 30+ rating in blocking harmful rays. SPF 30+ guards against 96.7 percent of UVB rays, SPF50+ only moves up to 98%.

The Cancer Council recommends that new 50+ still needs to be applied just as generously, reapplied every two hours, and used in conjunction with protective clothing, a broad-brimmed hat, sunglasses and shade

Source: Cancer Council News Release February 2013



Electrical safety recalls

FLUKE CLAMP METERS

A safety recall has been issued for the Fluke 37X Series Clamp Meters. A product defect has been identified wherein an incorrect reading, including a '0' reading can be displayed even when voltage is present. The defect poses electrocution hazard. Electricians and other users are advised to stop using the clamp meter even if no problem has been experienced. Users should also verify that their clamp meter has the following serial numbers:

• Fluke – 376	• Fluke 375
• Fluke 374	• Fluke 373



If the product falls within the serial number range, users are advised to contact Celemetrix at 1800 256 838 to organise return of the unit for repair. More information about the product recall can be viewed at Product Safety Recalls Australia - www.recalls.gov.au.

Source: www.recalls.gov.au

HAGER B&R CIRCUIT BREAKERS

Electrical installers and wholesalers are advised that Hager B&R Ltd has issued a product recall for certain models of their RCBO circuit breakers. When the unit malfunctions, it does not switch off the circuit as required. Product testing revealed a risk of electrical shock. The company is recalling and replacing all stock of the following Hager B&R products:

• AD310T	• AD316T
• AD320T	• AD325T



Electrical contractors are advised to contact Hager B&R Pty Ltd by emailing recall@hagerbr.com.au or calling them at 1300 786 685 to arrange return of unused stock or replacement of circuit breaker.

Source: www.recalls.gov.au

Safe-guarding new young employees

With thousands of young workers entering the workforce for the first time, particularly new apprentices, it is a timely reminder for employers to ensure that they provide adequate training, induction and supervision. Employers also need to encourage ongoing consultation about risk management, injury reporting and safe work methods.

Young workers under 25 can be more vulnerable to workplace safety risks because of their youth and inexperience. In some cases they also may be reluctant to speak up about safety concerns. It is vital that your young workers know how to avoid injury in the workplace and also be aware of workplace safety, their rights and obligations.

Remember that open dialogue between young workers, experienced colleagues and their employers can help prevent a tragedy.

12 percent of all employment injuries sustained in NSW occur among workers under the age of 25.

Source: Workcover – adapted from media release Monday 14 January 2013

Top 10 ergonomic updates for your workspace

1. Go easy on your eyes

Studies show eye strain occurs in 50 to 90 percent of computer workers. It can lead to physical fatigue, decreased productivity and increased errors. Always have proper lighting, minimise glare, adjust text size and give your eyes a break.

2. Use software enforcers

If you need more than a mental reminder to get up from your desk to have a break then apps like AntiRSI, Timeout for Macs and Workrave for Windows force you to take a break and physically remove your hands from the keyboard!

3. Fine-tune your desk spacing

Ergonomic firm 'Ergotron' offers an ergonomic workspace planner that uses your height to plan the complete set up of your workspace including seat height, monitor heights, distances and keyboard shelves.

4. Use exercises to ward off RSI

Try these ideas to stretch your fingers. Stretch both arms outwards with your fingers together and draw a circle with your hands, rotating them at the wrist, a couple of times in each direction. Spread the fingers of both hands far apart, hold for a five seconds, relax and repeat three times.

5. Build your own ergonomic desk

If you are a do-it-yourself type person, then you could always build your own. For those of us not gifted with these skills, get the experts to come to you to tailor make an ergonomic solution that fits your needs.

6. Align yourself properly with your computer

Keep your elbows bent near 90 degrees, keep the mouse comfortably within reach of the keyboard, avoiding slouching, monitor at eye level between 45- 70cm from your face.

7. Invest in a real mouse and keyboard

If you use a laptop then invest in a proper mouse and keyboard – your hands and wrists will be better off.

8. Get better sleep support

How your body fares during the work day can be influenced by how well you slept the night before. According to research, the standard no-pain sleeping position is "on your side, knees bent, pillow between the knees, and your head resting on a single pillow, or on your back with one pillow under your knees and one under your head. It's worth considering a change

9. Mix up your positions with a standing desk

It's hard to slouch when you're not in a seat! To help your body benefit from your upright instinct, and give your lower body a break from sitting, work at a standing desk.

10. Elevate your computer

Avoid looking down to your computer screen causing strain to your neck by elevating the monitor to eye level



Source: www.Lifehacker.com/5409915/top-10-ergonomic-upgrades-for-your-workspace

Fair Work Australia – National vehicle repair and maintenance industry campaign results

The Fair Work Ombudsman recently released the findings of its national education and compliance campaign in the vehicle repair and maintenance industry.

The campaign aimed to increase employer awareness of workplace laws, including the Vehicle Manufacturing, Repair, Services and Retail Award 2010. It included businesses employing mechanics, panel beaters, car washers, crash repair specialists, paint and interior repair specialists, windscreen repairers, auto electricians and tow-bar fitters.



Fair Work inspectors audited 759 employers Australia-wide and 59% were compliant with workplace laws, while 41% recorded contraventions.

Tasmania recorded a 100 % compliance rate, followed by the Northern Territory on 88 %, Queensland 64 %, South Australia 61 %, Western Australia 57 %, ACT 50 %, NSW 39 % and Victoria 38 %.

One hundred and forty-four employers were found to have underpaid 230 employees a total of \$200,000, while a further 170 employers were found to have record-keeping and/or pay slip contraventions.

The campaign lifted awareness among employers of the importance of understanding their workplace obligations.

Source: www.fairwork.gov.au.

Problem drinking highlights possible risks for employers

Alcohol is on the rise with Australian workers beyond Friday pub sessions, particularly the need for a wind down drink at the end of the day, according to recent statistics. Almost three-quarters of Australians admitted to turning to alcohol to unwind from a hard day at work. Reasons cited were coping with physical and mental exhaustion, stress and blowing off steam.

According to Febfast, a charitable organisation that encourages people to take a break from alcohol during February, there is a strong correlation with returning to the workplace, and returning to habitual drinking. Febfast has advised that a range of major employers have signed up to the event this month.



While abstaining from alcohol for one month could be seen as treating the symptom rather than the cause, research by VicHealth found that participating in month-long abstinence events, including events like febfast delivers a healthy new you with overall health and well-being increasing. Benefits also included saving money, getting more sleep and losing weight.

Now that we are all back at work and focusing on our goals for the year ahead, being 'switched on' and ahead of the game is more important than ever.

Source: www.insurancebusinessonline.com.au/cr/article/problem-drinking-highlights-possible-risks-for-employers and www.http://febfast.org.au

WorkCover Workers Comp Changes

Angie's last rant on an article written in The Daily Examiner by Terry Deefholts.



This article was written based on a preliminary summary pending further information from WorkCover NSW, 8/10/12. Matters outlined in this article apply to all claims made post 19 June 2012.

Now is the best time to make sure PCBU's (Persons conducting a business or undertaking) and workers listen and understand health and safety requirements because if they are injured at work, the following now applies:

"Permanent Impairment Claims - Lump sum payments are now a single one-off payment if the injury is more than 10% whole person impairment for physical injuries." Consider the long term ramifications of an injury where a the first year is for recovery, and every year after that the aging process magnifies the impact the injury has compared to if it didn't occur in the first place!

"Payments for pain and suffering are no longer available." -Speaks for itself. You get hurt, you can't do everything you need too at home, you can't sleep properly, you can't live as well as you otherwise would have, you may not be able to continue with hobbies/sport/social activities, you may not be able to progress in your work as your injury may put limitations on your capabilities.

"Medical Expenses - With limited exceptions, there will be **no entitlements to reimbursement** for the cost of any medical treatment or services incurred by an injured worker which were **not previously approved by an insurer.**"

"There will also be **no entitlement to reimbursement for travel expenses related to any medical treatment or service if travel** is more than is reasonably necessary to obtain the medical treatment or service." What an injured person deems as reasonable doesn't matter. It is what is reasonable in the eyes of the insurer."

"Return to Work Obligations - Injured workers and their employers need to work together to ensure the best possible return to work outcomes.

This means that a worker who is **able to work** must, in cooperation with the employer or insurer, make reasonable efforts to return to work in **suitable** employment, and may request the employer to provide such suitable employment.

If a worker fails to meet their obligations, they may have their **weekly benefits suspended**. Once again, the term "reasonable" is what the insurer deems reasonable, and not necessarily what the worker or the employer deems reasonable.

The **employer must comply** with this request so far as it is practicable."

Once again, the definition of "reasonable" is what the insurer determines, and not necessarily what the worker or employer deems to be reasonable.

"Under the new legislation, WorkCover NSW inspectors are now authorised to **issue Improvement Notices if they believe the employer is not meeting their obligations** in this regard.

Impact of the Changes

No-one sets out to get injured. However, we know that sometimes people still get injured. **ALL** people have a legal and moral responsibility to work safely so they can get home safely. Employers and workers need to take responsibility for themselves and those around them.

**Do it safely, because it WILL save you money and heartache in the long term
No matter what you do.....**

Work safe – stay well – it's your choice