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Are you using social media in your business?

I don't normally explore avenues other than OHS, but when I had the opportunity to join Social Media School facilitated by Luke Harvey Palmer, (aka @lukefrombuzzle on Twitter) I couldn't resist. A four week course run on Saturday mornings and we have one week to go. So far we have:

Joined LinkedIn – a professional network

Link with me at Linked in

<http://www.linkedin.com/in/maralynkastel>

Twitter

Started to "Twitter" and gathered a small number of followers (300 + to date)

Follow our tweets

<http://twitter.com/detaildevils>

Blogs

Set up two "blogs" and posted 11 separate short articles on OHS. One article attracted 75 views in a day. – Can you guess which one?

Why did I set up two blogs? Good question: I'm not quite sure but I think it goes something like this:

The aim of the first blog is to be the ears and eyes of OHS. Simple, straightforward and easy to follow OHS information. This is open to everyone.

Read our blog

<http://detaildevils.posterous.com>

Are you using social media?

The aim of second blog is us to connect with you our clients: As we move towards the harmonisation of OHS in 2012 and with a number of our clients now being outside metropolitan Sydney and with clients in every State and Territory – this is where you can ask questions, make suggestions and engage with each other on OHS related issues:

Join your blog:

Log in to <http://simplygeniusohs.posterous.com>.

As this blog is only open to clients, the password login will be the same as the current version of your Simply Genius OHS product and will change with each release of the product.

I'll set the ball rolling on this blog by posing this question?

How much do you know about the harmonisation of OHS – which starts at the beginning of 2012? Along with a few other questions

Let me know what you think? This is your blog – how would like to be involved in it? What would you like to see?

Social media in real life

About three weeks ago, I attended the Penrith Business Expo at the Penrith RSL on a Wednesday evening.

As I do, I got talking to one of the representatives on the WorkCover stand. We were both lamenting the poor quality of the information coming from WorkCover from their website.

I was also “grumbling” about the lack of information on the implementation of the new national standard for the high risk work licence which came into effect on 1 September and two weeks later, we were still waiting for WorkCover to release how it would be put in place in NSW.

On the Thursday morning, I “twittered” an outline of our conversation (you only have 140 characters to use – bit like SMS but shorter)

Within 15 minutes I had a direct reply from WorkCover advising that the information re the new HRW would be released shortly and they are working on the website.

Do you think I would have got those answers if I had phoned them or sent an email – mm I don't think so either.

So, what are your plans for social media as part of your marketing/branding/business strategies?

OHS Short stops

Western Australia

Wangara businesses are being targeted by WorkSafe Western Australia
<http://bit.ly/4ID3ip> Manufacturing companies will be inspected

Queensland

School asbestos registers not kept up to date QLD <http://bit.ly/8rhNZ>

NEW Australian Standard

Confined spaces AS/NZS 2865: 2009 New guidance diagrams provided to help identify a confined space, & recommendations for training & competency of users have been introduced. **Check out the OHS Alert sent to you recently**

Are you overworked?

Overworked Aussies need a break <http://bit.ly/4mOsWl> If workers are doing 50+ hours a week – how many are business owners doing?

Embalming fluid

Embalming Fluid Facility Cited for Formaldehyde Hazards - Occupational Health Safety <http://bit.ly/1X7kwk>

Cancer in the workplace

National forum on "Know cancer in the workplace" to be held in Canberra 10th December - All day event <http://bit.ly/Sci2D>

Site safety

Site safety (OHS) is like a golf course. No two courses (sites) are ever the same

Mates in construction

Mental health wk -QLD high suicide. See Ozhelp foundation "mates in construction" toolkit <http://bit.ly/c9L4v> or <http://bit.ly/yFn5P>

Forklift refresher training

Do you know if your forklift drivers are up to date with training? <http://bit.ly/3v0lmg>

Sun safety

Workers ignore sun safety <http://bit.ly/2mNDU5> - Be smart - be Sun safe - its your life

Pre-hire testing

Slash workers' comp costs with pre-hire tests, but beware discrimination
<http://bit.ly/qp09F>

Free seminars

TAS, VIC, NSW & QLD: VACC free seminars Oct-Dec to help small business owners understand the Fair Work Act <http://bit.ly/O5epH>

Safe Work Australia Week – starts today



safe work
australia
week 2009
25-31 october

This is to focus attention on workplace safety issues around Australia. It aims to encourage all working Australians to get involved in, and concentrate on, safety in their workplace to reduce death, injury and disease.
www.safeworkaustralia.gov.au

What is Safe Work Australia Week? -National Safe Work Australia Week is held annually in October to focus attention on workplace safety. The week aims to

encourage all working Australians to get involved in, and concentrate on, safety in their workplace to reduce death, injury and disease.

Safe Work Australia Week is a key initiative of Safe Work Australia. Now in its fifth year, the week will be celebrated from **25 - 31 October 2009**.

This year national Safe Work Australia Week will focus on the harmonisation of occupational health and safety (OHS) legislation.

Safe Work Australia Week Safety Ambassadors

Each year, national Safe Work Australia Week is celebrated around Australia. Organisations large and small hold events during the week to mark the importance of safety in the workplace.

Ideas for activities during the week

There are plenty of ways you can promote safety as part of Safe Work Australia Week, such as:

Hold a workplace safety seminar	Hold a safety themed morning tea	Review safety procedures
Whole of company safety stretch	Team gym visit and health assessment	Safety competitions – design a safety poster or suggest a safety slogan
OHS suggestion box	Safety crosswords	Establish or promote an OHS committee
Hold the emergency evacuation drill	Hold a safety quiz	Promote healthy living

Advertise and promote your activities to staff:

1. Put a message on your staff intranet
2. Announce the start of safety week through your sound system
3. Use Safe Work Australia Week posters to announce your activities
4. OHS committees or OHS Reps announce your safety week plans

Sydney Safety show



27 October – 29 October – 9am – 4pm

Manual handling, bullying, compliance and safe work at heights workshops plus acres of the latest workplace safety products and services await visitors to The Safety Show Sydney, when it runs from October 27 to 29 this year.

The Safety Show reveals how NSW workplaces will be affected by new OHS laws

Seminars on the biggest changes to safety laws in decades, practical safety workshops and all the products and services needed to keep workplaces safe and compliant will make The Safety Show a vital source of information this October

Free registration

<http://www.thesafetyshow.com/>

Over 3 days at the Sydney Showground, THE SAFETY SHOW SYDNEY will attract over 10,000 health and safety professionals from a broad range of industry sectors, including manufacturing, building/construction, government, emergency services, transport/freight and many more.

To compliment the exciting line up of 350+ exhibiting companies an impressive line up of over 70 Australian and International speakers will present at the concurrent Safety Conference.

You Tube – OHS safety videos

Review these previews and see if they are a fit as part of your OHS training programmes.

Office safety -<http://bit.ly/12ai9Z> . This program has been produced to inform and educate on the safety issues that exist in the office environment. It looks at the common and often overlooked hazards that could exist in an average office

Hearing Protection Noise Safety Training Video - **Workplace Safetycare free DVD preview** <http://bit.ly/8rcHY>

Manual handling for Industry - Toolbox Talk <http://bit.ly/4nR8GB>

Manual Handling Essentials <http://bit.ly/4dYSmf>

WorkSafe Victoria calls for OHS-interpretation submissions

WorkSafe Victoria is calling for public comment on its "position" on laws relating to discrimination on health and safety grounds, and laws relating to the requirement to answer a WorkSafe inspector's questions.

WorkSafe Positions aim to provide certainty to those who have duties under Victorian OHS laws, by documenting WorkSafe's view on how specific regulations apply

Drafts available for public comment

There are two draft WorkSafe Positions available for public comment, which can be downloaded via the links below:

[How WorkSafe applies the law in relation to discrimination on health and safety grounds](#)

This WorkSafe Position sets out WorkSafe's view on the application of section 76 of the OHS Act which prohibits discrimination by an employer against an employee or prospective employee on grounds that relate to health and safety.

[How WorkSafe applies the law in relation to the requirement to answer questions](#)

This WorkSafe position sets out WorkSafe's view on the application of section 100(1)(c) of the OHS Act which requires a person at a place to answer questions put to them by a WorkSafe inspector.

Long & rocky road to national workers' comp laws

The move to harmonise OHS legislation is proof that corporate Australia "has outgrown" inconsistent state and territory laws, but the road towards a national workers' compensation framework "will be strewn with rocks and potholes", according to researchers.

Australia is one of only three countries in the world where the primary responsibility for workers' compensation resides with provincial governments, say Kevin Purse of the University of South Australia and Robert Guthrie of Curtin University of Technology.

Physical activities at work can decrease musculoskeletal pain

Workplace physical activity programs can reduce cardiovascular risk factors and musculoskeletal pain symptoms, according to a recent study from Denmark. The researchers studied **549 office workers**, in 12 different locations. Each was allocated to one of three interventions that took place over a one-year period:

Programme one consisted of strengthening exercises for building muscles and this was put into two or three 20-minute exercise sessions under an instructors' supervision. Exercises were performed in work hours.

Programme two consisted of various physical activities at the workplace including steppers, and punching bags. Walking groups were organised and some workers were given pedometers. An aerobic exercise programme of 8 minutes was introduced and an experienced instructor visited participants up to four times a month. Participants were encouraged to sign a contract to increase their physical activity outside working hours.

Programme three: participants were encouraged to form groups to improve their knowledge on health and working conditions. They were responsible for organising presentations about health-promoting activities that they found interesting. Workers in programme three received the same amount of attention as those in the other two groups, but no actual changes were implemented in the workplace.

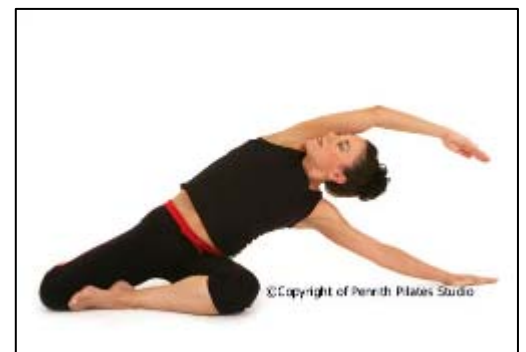
The researchers found both the participants in programmes one and two had greater shoulder elevation strength, less back pain, decreased body fat percentage and blood pressure after six-months and at one year, compared with participants in programme three. There were "clinically relevant reductions of cardiovascular and metabolic syndrome-

More information: [The Effect of Worksite Physical Activity Intervention on Physical Capacity, Health, and Productivity: A 1-Year Randomized Controlled Trial](#), Mogens T. Pedersen et al, Denmark, *Journal of Occupational and Environmental Medicine*, Volume 51, Number 7, July 2009.

OHS Tip: Consider introducing organised physical activity for office workers and/or specifically designed aerobic activities for workers to complement their job tasks and reduce the risks of musculoskeletal injuries.

Suzie Kennedy and the team at **Pilates Works** can help you organise programmed activities tailored specifically to your workers needs. Contact: 02 4727 7710 or 02 9007 9812. www.penrithpilates.com.au

The Pilates Method taught by the Pilates Works team is safe, no-impact exercise routine that stretches and strengthens all of the major muscle groups in a logical sequence, without neglecting the smaller, weaker muscles. It can be a customised programme catering for the individual requirements of any body.



NEW Australian hazardous areas standards now available

Standards Australia has published three new hazardous areas standards to supersede existing standards in Australia and New Zealand. The new standards update safety measures for people working within explosive atmospheres in hazardous areas and bring local practices more in line with international standards.

Hazardous areas are areas where there may be a fire or explosion risk due the possible presence of flammable gases, vapours, mists, dusts, fibres or flyings. The new standards are:

- AS/NZS 60079.10.1-2009 Explosive atmospheres - Classification of Areas - Explosive gas atmospheres
- AS/NZS 60079.14-2009 Explosive atmospheres - Electrical installations design, selection and erection
- AS/NZS 60079.17-2009 Explosive atmospheres - Electrical installations inspection and maintenance

AS/NZS 60079.10.1 sets out requirements for the classification of areas where flammable gas or vapour risks may arise. It is designed to assist with the proper selection and installation of equipment for use in hazardous areas. It supersedes the 2004 edition of AS/NZS 60079.10 and the AS/NZS 2430.3 series of standards.

AS/NZS 60079.14 and AS/NZS 60079.17 will run in parallel with the AS/NZS 2381 series of standards and AS/NZS 61241.14 for two years, at which time the earlier standards will be withdrawn. Part 14 specifies requirements for the design, selection and erection of electrical installations in hazardous areas associated with explosive atmospheres. Part 17 covers factors directly related to inspection and maintenance of electrical installations in hazardous areas associated with explosive atmospheres.

All three standards are local modifications of the IEC 60079 series of standards for explosive atmospheres and have been implemented with minor changes that take into account Australian and New Zealand conditions. They present familiar requirements from the earlier editions but include significant new items, including safety requirements and details that align with other standards within the AS/NZS (IEC) 60079 series.

Completing these projects has been a significant milestone for the joint Standards Australia and Standards New Zealand Committees, MS-011 Classification of Hazardous Areas and EL-014 Equipment for Explosive Atmospheres, in achieving international alignment with the IEC 60079 series.

Client profile

AllScope Industries

“ALLindustries, ALLsolutions, ALLways”



David and his team are located in Girraween and David started the business 1994.

Fifteen years on and with a client base in excess of 200, including many of this country's largest household brand names as well as government departments, ALLscope **still** does work for Dunlop and Bridgestone Tyres.

(Read the really interesting part on the Allscope website at http://www.allscope.com.au/about_us_3.html)

The ALLscope team, lead by David, is committed to exceeding their client's expectations and doing the job right the first time. You receive a professional service and personalised and friendly attention to detail. And, they have a team that has “a can do attitude” to engineering, just like David has had since DAY ONE.

Over to you everyone, the client profile has been AWOL for a while, so if you have any good stories or simply would like to profile your business and what you do. **PLEASE** just let me know. Remember it's free. Just one more benefit of being a Simply Genius OHS client. Pass it on. We're always looking to grow the business so everyone benefits.

Next month's profile – The mouse that roared..... Actually it's Install Hot Water from Bryon Bay and how we “tamed” WorkCover.

Certificate IV – Business Systems – Government funding to help you

A \$4000 government funding is available to help train your employees through nationally accredited courses and is available to most businesses.



If you are considering how your business can benefit from the government funding levy of \$4000 per participant and you want to document and manage your systems then consider this:

The new Certificate IV in Business Systems is a nationally recognised training qualification for all participants who complete this course. The course runs over 12 – 24 months depending on which State in Australia you operate in.

Why am I telling you this? It's because many of you who recognised the benefit of the Simply Genius OHS programme from the initial offering also benefited from the Brain in a Box designer programme that was part of our introductory offer.

How will this help you? Your company may be eligible to receive the \$4000 training levy for each participant who completes the nationally accredited training programme. Your investment of \$3850 for the course is then fully funded by the government training levy which is paid to you.

The Certificate IV in Business Systems qualifies in this category. The course is limited to 6 attendees per month.

Administered through a Registered Training Organisation, see how your staff can help you get more effective systems implemented in your business and they gain a nationally recognised certificate IV in Business Systems on completion of the course.

For more information contact John or Roy on 1300 799 330 or register your interest at <http://braininabox.com.au/register-interest.html>

Simply Genius Version 1.2

Version 1.2 was posted today Monday 26 October 2009. I will email your licence code separately. If you do not receive by Friday of this week, please let me know.

Last month's quiz answers

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends. **Boxing**
2. What famous North American landmark is constantly moving backward? **Niagara Falls** (The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.)
3. What are the only two perennial vegetables? **Asparagus and rhubarb.**
Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year.
4. What fruit has its seeds on the outside? **Strawberry**
5. In many liquor stores you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle? **It grew inside the bottle.** (The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.)
6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them. ' **Dwarf, dwell and dwindle**
7. There are 14 punctuation marks in English grammar. Can you name at least half of them? **Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation marks, brackets, parenthesis, braces, and ellipses.**
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh. **Lettuce**
9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.' **Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts**

Work safe – stay well – it's your choice