A new report to be released on 3 September, reveals the many serious burdens borne by Australia’s truck drivers.

It is the first time, both in Australia and internationally, that a study of this kind has examined the mental health of heavy goods vehicle (HGV) drivers.

The report, Health Survey of the New South Wales Transport Industry, identified that certain factors – such as being employed casually or having depression – may greatly increase the chance of an accident on Australian roads.

Health Survey of the New South Wales Transport Industry was commissioned by Australian Rotary Health, conducted by Queensland University and supported by various bodies, including the NSW Transport Union and the National Transport Commission. Its findings have major implications for road safety throughout Australia.

Among the report’s findings:

- HGV drivers work an average of 62 hours per week. 65% work longer, some more than 100 hours per week;
- The number of hours worked each week is directly related to driver stress;
- Drivers with symptoms of depression are twice as likely to have an accident, while those with severe symptoms of depression are nearly six times as likely to have an accident;
- Being divorced increases the odds of depression by 5-times;
- 27% of drivers scored positive for potential hazardous alcohol use with 3% in the extreme risk categories;
- 8.9% of drivers use a drug at least weekly, with the use of some drugs double that found in the normal population.

The author of the report, Dr Michael Hilton from the Park Centre for Mental Health in Queensland, said that it is important the research findings be extended into an action plan, but the report shows that drivers themselves resist treatment.

“Educating those in the transport sector about mental health issues and reducing the stigma attached to help-seeking is important,” said Dr Hilton. “The findings also point to the need to address the causes of stress in HGV drivers.
and reduce working hours,” he said.

“Our research found that 91% of drivers with symptoms of depression were not in treatment – we also found that HGV drivers have substantial barriers to treatment for mental health problems,” said Dr Hilton.

Senior Manager (Safety) for the National Transport Commission, Dr Jeff Potter, said “The new ‘Chain of Responsibility’ laws which address the underlying causes of heavy vehicle driver fatigue, such as poor planned rest breaks and impossible deadlines, are a step in the right direction to improve working conditions.”

Tony Sheldon from the NSW Transport Worker’s Union, said, “The Federal Government’s recent commitment to a system of safe rates and an inquiry into the link between rates of pay and safety in the transport industry are critically important for the future.”

CEO of beyondblue: the national depression initiative, Leonie Young said, “We know that ongoing stress is a significant risk factor for depression and beyondblue is committed to working with the transport industry to address depression amongst drivers everywhere.”

Source: Australian Rotary Health

Pilots call for greater role in aviation safety
5 September, 2008

The Australian and International Pilots Association today called for a greater role for professional pilots to rebuild public confidence in the safety of the aviation industry.

The AIPA call follows the announcement of the outcome of the Civil Aviation Safety Authority’s inquiry into maintenance standards at Qantas.

AIPA president Captain Ian Woods said the CASA inquiry provided a golden opportunity to ensure that the Qantas safety record will be maintained.

“This inquiry is a real wake up call for Qantas and all those involved, but it also presents a golden opportunity for the regulator to draw on the expertise of Australia’s working pilots” Captain Woods said. “We have been critical of CASA in the past for their lacklustre attempts to regulate our major airlines, but it now seems prepared to stand up and take decisive action. In taking this action, Australia’s airline pilots will stand with CASA.

“The single most important initiative that CASA could now take would be to create a formal role for pilots in the establishment and enforcement of standards. In its submission to the Senate Review of CASA AIPA also called greater transparency in decision-making and more resources for enforcement.

“Australia has always been renowned for its world’s best safety standards and our pilots want to help ensure safety remains at the centre of all aviation decision making.”

Source: Australian and International Pilots Association

Exclusive CEO Videos

Many members have asked for access to some of the video from Day One of Safety In Action Conference 2008. This day was devoted to prominent company directors and CEOs talking about safety at the board level.

For a limited time only, videos of four speakers will be made available exclusively at www.siaconference.com.au

but only to those who opt-in for regular Safety In Action conference updates. This process begins by notifying us of your contact details by going to http://www.siaconference.com.au/content/contact/Contact_us and asking to be kept up to date.

The videos feature excerpts of the presentations of

- Dr Ziggy Switkowski
- Peter McMorrow
- Glenn Henson
- Colin Blair
Safe Work Australia
3 September, 2008
Tomorrow the Minister for Employment and Workplace Relations, Julia Gillard will introduce legislation to establish Safe Work Australia into the Federal Parliament. This Bill reaffirms the Rudd Government’s commitment to safer workplaces. As promised prior to the last election, the Rudd Government is delivering a new national independent body to lead and improve occupational health and safety (OHS) and workers’ compensation arrangements in Australia.
Safe Work Australia will be an independent statutory authority, established by the Australian Government with an initial budget of approximately $17 million.
Safe Work Australia will have an independent chair and will comprise of representatives of the Commonwealth, each state and territory, employers and unions. Importantly, the Australian Government will provide 50 per cent of the budget and the states and territories will provide the other half. The contribution of each state and territory will be proportional to its population.
One of Safe Work Australia’s key functions will be to develop model OHS legislation for adoption by all jurisdictions, delivering on the Government’s commitment to working cooperatively with states and territories to harmonise OHS laws in Australia.
The announcement of the new body follows the Council of Australian Governments, historic signing of an Intergovernmental Agreement for Regulatory and Operational Reform in Occupational Health and Safety, on 3 July 2008.
The Intergovernmental Agreement commits all jurisdictions to a process for the adoption of model OHS laws, and will enable the development of uniform, equitable and effective safety standards and protections for all Australians.

Source: Minister for Education, Minister for Employment and Workplace Relations, Minister for Social Inclusion, Deputy Prime Minister
Safe Work Australia (2)
4 September 2008
Statement by Peter Anderson, Chief Executive
The introduction of the Safe Work Australia Bill is an opportunity for industry and business organisations to give higher priority to workplace safety and to reaffirm their commitment to a consultative approach to occupational health and safety (OH&S) issues, at both a policy and workplace level.
It is also an opportunity for governments and the parliament to establish a sustainable and genuine tripartite body at a national level to further the goals of the National OH&S Strategy, and to work towards greater national consistency and practicality in OH&S policy, legislation and standards.
ACCI will work with governments, business organisations, unions and the parliament in examining the Bill and improving institutional arrangements for OH&S in Australia.

Source: ACCI
Continued on page 4

Safety In Action - Call for Papers
On behalf of the Safety Institute of Australia (Vic Division) Inc and the Safety In Action Organising Committee, we would like to invite you to submit your application to present at the 12th annual Safety in Action Conference, to be held 31 March - 2 April 2009 at the Melbourne Convention Centre. This well-established conference attracts over 1,000 health and safety personnel from a wide range of industries.
Deadline: Friday 26 September
Note: successful applicants are required to submit a full paper in December 2008
If you have any queries, contact the Conference Managers on email safetyconference@sec.net.au or tel 03 9654 7773.

Kind Regards
The Safety in Action Conference Team
Get the message or take the consequences

WorkSafe has issued a plea for employers and workers to take a more active approach to workplace safety.

Concerned about the high rate of serious injuries, fatalities and non-compliance with safety Improvement and Prohibition Notices, WorkSafe’s Executive Director John Merritt said an active, imaginative and flexible approach to potential dangers had to be taken.

"Too many companies and individuals rely on personal expertise, experience and past good record to get through. Being in denial of the dangers is a risky strategy, yet WorkSafe’s investigators and inspectors are frequently told ‘we’ve always done it this way and never had any problems’. What this really means is that you’ve been lucky. Acknowledging your responsibilities and acting on them means employees, yourself and the business have the highest practicable level of protection,” Mr Merritt said.

He said that while Victoria’s health and safety law do not require employers to ensure accidents never happen, they do require them to take practicable steps to provide and maintain a safe working environment.

They also need to consider the possibility that people will make mistakes or do something unexpected.

Employees also have obligations not to put themselves or others at risk.

Mr Merritt said most safety issues could be dealt with at little or no cost.

He said WorkSafe’s recent prosecution of a company director and his construction business should send a clear message about obligations to ensure high safety standards were maintained.

Warrnambool company Barbro Investments Pty Ltd and its director, Graeme Schultz pleaded guilty to charges laid under the Occupational Health and Safety Act 2004.

The company was convicted and fined $25,000. Mr Schultz was fined $5000.

WorkSafe told Warrnambool Magistrate, Jonathan Klesdadt, that despite extensive advice, guidance, warnings and 30 publications relevant to construction work, Mr Schultz allowed an unsafe working environment to be maintained.

Improvements were only made when a WorkSafe inspector identified a risk.

The range of risks included:

- Accessible lift shafts which were not isolated and were used to ‘dump’ debris, exposing employees to a risk of being struck by falling objects.
- Risk of electric shock or electrocution by the positioning of extension leads suspended from uninsulated nails.
- There were risks of falling from height due to accessible lift shafts and open penetrations at height.
- There were risks of falling from height due to incomplete and unsafe scaffolds and due to work near unprotected edges.
- Risk of electric shock or electrocution by the use of temporary electrical switch boards without lockable covers.
- There were risks of falling from height due to the presence of incomplete and unsafe scaffold.
- There were risks of falling from height due to the absence of any fall protection.

Source: WorkSafe Victoria

Making a nap work for you

BOSTON-For many of us, taking an afternoon nap is a great way to refresh when we’re feeling sleepy. The September 2008 issue of Harvard Men’s Health Watch discusses napping, its risks, its benefits, and tips to make it work for you.

People who are sleep deprived feel groggy during the day and may fall asleep when they least want to, perhaps at their desks or, worse, behind the steering wheel. Poor sleep
at night may be caused by simply not devoting enough time to sleep or by medical problems that disrupt sleep, such as restless legs syndrome and obstructive sleep apnea. And in some cases, daytime sleepiness can result directly from medical problems such as depression or an underactive thyroid.

Voluntary napping, on the other hand, is not a sign of sleep deprivation, illness, or aging. In fact, a “power nap” can be helpful as well as enjoyable. Many studies of shift workers and other volunteers have reported that a nap as brief as 20 minutes can improve alertness, psychomotor performance, and mood.

Naps, however, aren’t trouble-free. One problem is sleep inertia, or grogginess and disorientation that may accompany awakening from deep sleep. The second problem is nighttime wakefulness.

To get the benefit of a quick snooze without being caught napping, Harvard Men’s Health Watch suggests the following tips:

• Plan to take your nap at a good time in your daily sleep-wake cycle; for many people, sometime between noon and 4 p.m. is best.
• Don’t sleep too long; a 20- to 40-minute nap may refresh your day without keeping you up at night.
• Give yourself 10 to 15 minutes to wake up fully before you resume a demanding task.

Source: Harvard Health Publications

More information about Harvard Men’s Health Watch is available at www.health.harvard.edu/men

Loch Sport labourer pleads guilty to WorkSafe fraud

3 September 2008

A saw mill labourer from Loch Sport was convicted on 1 September and faces the possibility of six months jail after pleading guilty to fraudulently obtaining nearly $17,000 in workers compensation payments.

The Sale Magistrates Court heard that 33-year old Brett Thomas was working as a saw mill labourer in Sale in 2003 when he injured his back. His claim for workers compensation was accepted, entitling him to claim medical and other expenses related to his claim.

The Court heard, however, that Mr Thomas sought reimbursement for expenses he had not incurred, for those he had previously been reimbursed for, and for expenses he claimed to have paid but had not. These included invoices for ambulance transportation and travel expenses for visits to his doctor, chemist, TAFE and chiropractor on dates he had not attended.

Mr Thomas pleaded guilty to eight counts of fraudulently obtaining payments under the Accident Compensation Act 1985.

He was convicted and ordered to repay the $16,628 he had obtained fraudulently. Mr Thomas was also sentenced to six months jail, to commence if he commits any further offences in the next 18 months. He was also ordered to pay costs of $1,535.82 to WorkSafe.

WorkSafe Executive Director, Len Boehm said WorkSafe is committed to doing everything it can to ensure injured workers receive the care and support they need to re-enter the workplace and get on with their life.

“But we will not support fraudulent behaviour that attempts to take advantage of the system,” said Mr Boehm.

Source: WorkSafe Victoria

Independent Hendra Review

2 September 2008

Primary Industries and Fisheries Minister Tim Mulherin MP has announced that a leading veterinary epidemiologist has been appointed to independently review DPI&F’s response in recent Hendra Virus cases.

Continued on page 6
Dr Nigel Perkins is a director of AusVet Animal Health Services and a co-ordinator of the disease surveillance program for the Australian Biosecurity Cooperative Research Centre for Emerging Infectious Disease.

"Dr Perkins has extensive experience as a veterinary epidemiologist and expertise in disease control. Clearly he is well qualified to conduct this independent review of the cases at Redlands and Proserpine," Mr Mulherin said.

"He has a sound track record in veterinary disease research and produced a professional report following his review of a 2006 Hendra case at Peachester, north of Brisbane.

"There’s no doubt that Dr Perkins is well placed to ensure a quality review of the Department's handling of the recent Hendra cases at Redlands and Proserpine and to identify possible learnings.”

Following the case of Hendra Virus at Peachester Dr Perkins conducted an independent review of DPI&F’s operating procedures and the appropriateness of its actions.

Outcomes of Dr Perkins’ report were used as part of the Department’s continuous improvement approach to Biosecurity.

“I am confident Dr Perkins will conduct a thorough and comprehensive review of the Department’s handling of the recent Hendra cases at Redlands and Proserpine and to identify possible learnings.”

The Australian Veterinary Association and the Queensland Horse Council were consulted in relation to the Review’s Terms Of Reference.

"The Terms Of Reference will enable Dr Perkins to identify how Hendra is evolving as a biosecurity concern as well as ways the Department may be required in the handling of cases of this concerning disease.

“I’m advised that DPI&F is already carrying out continuous reviews as part of their normal commitment to best practice in Biosecurity.”

The Australian Veterinary Association and the Queensland Horse Council were consulted in relation to the Review’s Terms Of Reference.

“The Terms Of Reference will enable Dr Perkins to identify how Hendra is evolving as a biosecurity concern as well as ways the Department may be able to improve its response and services for horse owners,” Mr Mulherin said. “Clearly Dr Perkins has the necessary qualifications to pinpoint any improvements that may be required in the handling of cases of this concerning disease.

“I've already committed to table this report in the Parliament and Dr Perkins has been asked to complete his work by the end of October.”

Hendra Review Terms Of Reference

1. Identify possible learnings from the DPI&F’s response to the equine Hendra virus cases at Redlands and Proserpine in July and August 2008; with regard to;
   • New scientific knowledge including any change in the virus or clinical signs
   • DPI&F Standard Operating Procedures
   • Standards for handling of suspect Hendra virus cases in all equine - Guidelines for veterinarians (DPI&F website)
   • Appropriate veterinary hygiene standards for DPI&F officers
   • Applicable workplace health and safety requirements for DPI&F officers
   • Communication with private veterinarians, owners of affected animals and other stakeholders

2. Make findings or recommendations in respect of the appropriateness of DPI&F’s actions, including adoption of recommendations arising from previous Hendra virus incidents.

3. Engage with relevant stakeholders including the Australian Veterinary Association, the Queensland Horse Council and private veterinary practitioners.


Source: Q’ld Minister for Primary Industries and Fisheries
What sparked your interest in safety management?

My previous working life was as a road safety researcher, where it’s well established that taking a system-based approach to safety management is the only way to achieve cost-effective improvements. So when I took a job where I had to teach and do research in occupational health and safety, I applied as much of my previously acquired ‘safety management’ experience as possible.

Why did you join the Safety Institute of Australia?

Because it’s the main professional body in Australia promoting occupational safety as such (there are others more specifically focusing on aviation, road transport, and occupational health and safety). It’s well established that taking a system-based approach to safety management is the only way to achieve cost-effective improvements.

How important is a tertiary education in occupational safety?

Centrally, critically important. In my experience, the main problem with people who lack a professional-level qualification is that they are largely unaware of what they don’t know – which makes them much less effective than otherwise. Professionally qualified practitioners are much more likely to know/understand their own limitations, which is very important.

Should the safety discipline differentiate between workplace safety and non-workplace safety?

The principles are the same at a very general level, but the contextual differences between – for example, occupational, road transport and aviation safety – are huge. In OHS, the major focus is on health and safety of the workers, with system safety being a major concern in the subset of hazardous industries. Road transport and aviation safety have more in common with ‘hazardous industries’ – being concerned with the safety of system operation more than with the OHS of workers in the industry. Where the focus is on

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**Transport Company Fined Over Fall**

A transport firm was convicted and fined nearly $19,000 on Friday after a truck driver fell nearly four metres from the top of his tanker, two years ago.

The prosecution arose after an investigation by SafeWork SA, which said the incident could have been avoided through a more thorough maintenance and safety check.

Booth Transport Pty Ltd pleaded guilty to a breaching Section 19(1) of the Occupational Health Safety and Welfare Act 1986 in failing to ensure the safety of an employee.

The incident happened at a Loxton winery in April 2006, during an operation to fill the twin tanks of a B-double tanker with wine.

During the process, the driver was crouched on top of the tank to monitor the level of wine inside.

In his attempt to see another worker conducting the filling, the driver took hold of the mid-rail wire of the safety handrail to lift himself up.

The wire gave way, and the driver fell about 4 metres from the top of the tanker to the concrete surface of the loading yard.

He suffered physical injuries including crushed vertebrae, a broken foot and collapsed lungs, as well as psychological distress.

As a result of SafeWork SA’s investigation, the company conceded that the safety systems it had in place did not extend to inspecting and maintaining the safety handrails used on the tops of its tankers.

Taking into account the company’s early guilty plea, cooperation with investigators,
Continued from page 7
the OHS of workers, inclusion of
'health' alongside 'safety' makes a
very big difference.
All in all, the differences are quite
major and we really need specialists
each in different domain.
What do you think will be the
most significant workplace hazard
in 2018?
Likely to vary widely between
different regions of the world - as
it does now (ten years is not all
that long a time). I'm involved with
the World Health Organisation
network of Collaborating Centres
in Occupational Health, so it's hard
for me to focus just on Australian
workplaces.
What is the biggest impediment in
a workplace to the improvement of
safety standards?
Ignorance and lack of commitment
at a senior management level
Have you ever been injured at
work? If so, how?
Yes - I developed “RSI” by working
too long and intensively, using a
poorly designed workstation to
finish writing a major report prior
to leaving my previous employer.
It took me several years to regain
more-or-less normal function.

SRCC Grants Self-Insurance Licence

The Safety, Rehabilitation and Compensation Commission (the Commission) yesterday
granted a licence to self-insure under the Commonwealth’s workers’ compensation
scheme to BIS Industries Limited. The licence will commence on 1 October 2008.
The licence is granted under Part VIII of the Safety, Rehabilitation and Compensation
Act 1988 (the SRC Act) and ensures that employees of BIS Industries will be
covered by the Comcare occupational health and safety, rehabilitation and workers’
compensation scheme.

In reaching its decision to grant the licence, the Commission was satisfied that BIS
Industries met the requirements of the legislation in respect of its financial capacity to
discharge its liability to pay compensation in respect of its employees, its capacity to
meet the Commission’s standards for claims management, and that the granting of the
licence is not contrary to the interests of its employees. Importantly, the company met
the high standards set by the Commission for the occupational health and safety and
rehabilitation of its employees.
The Commission noted that the Deputy Prime Minister and Minister for Employment
and Workplace Relations, the Hon Julia Gillard MP, had announced a moratorium on
the acceptance of new applications from private sector corporations wanting to move
to the Comcare scheme. The Deputy Prime Minister also announced that applications
from companies that had already been declared eligible to apply for a self-insurance
licence should be considered on their merits. BIS Industries had been declared eligible
to apply for a licence before the announcement of the moratorium.
The Commission also took into account information concerning the licence
applications provided by a range of stakeholders, including relevant unions and State
and Territory OHS regulators.

Source: Safety, Rehabilitation and Compensation Commission

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Continued from page 7

contrition, and improved safety systems since the incident, Industrial Magistrate Michael
Ardlie reduced the penalty by 25%, fining the company $18,750 plus costs.
“The irony here is that although the company had implemented a system of safety
handrails for trucks, they did not cover them as part of a regular maintenance
programme,” said SafeWork SA Executive Director, Michele Patterson.
“Falls are a foreseeable source of workplace harm in the transport industry.
“In this case, a worker has paid a heavy price for what was essentially an oversight in
safety checks.”

Source: SafeWork SA

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