



This Month's Edition

This month's edition of the RLX Safety Newsletter contains information on:

- Hay bale safety;
- Fall prevention; and
- Injury hotspots.



Hay Bale Safety

Fatal and serious accidents can arise from work activities associated with hay bales including:

- falls from bale stacks;
- falls from vehicles and machinery used to transport or stack bales;
- being struck by falling bales;
- electrocution from contact with overhead electricity power lines (OHPL);
- trips and falls from loose bale string;
- contact with bale handling machinery such as elevators; and
- fires.

Health problems associated with handling and stacking bales can be caused by:

- lifting and carrying (manual handling related injuries, e.g. sore backs, pulled muscles and strains); and
- exposure to dust .

Hay bales vary in size, shape and weight. The weight and bulk of a fallen bale can cause serious crush injuries or death. To eliminate or reduce these risks:

- use a tractor fitted with a well-maintained falling object protective structure (FOPS) that meets Australian Standard 2294.1 –1997: Earth-moving machinery – Protective structures;
- ensure bales are secured by appropriate attachments (e.g. clamps, grabs or hay bale spikes) and the load is restrained when it is lifted or moved;
- ensure securing devices are suitable for the kind of bale being handled;
- use a tractor with a rear attachment to move large or round bales; and
- do not move large bales in the bucket of a front end loader.

Reference: <https://www.worksafe.qld.gov.au/agriculture/workplace-hazards/working-with-hay-bales>

If you have any concerns call the safety hotline on 1800 907 312 or visit:



RLX March 2017 Safety Newsletter // Prepared by Manager: Safety and Compliance



Fall Prevention

Working at heights is dangerous. Falling from any height can lead to death or long-term injuries. Over the past three years more than 13,000 workers were injured after falling from a height at NSW workplaces. Nineteen died and more than 200 were permanently disabled.

RISK ASSESSMENT

Under Work Health and Safety legislation employers have responsibility to protect workers from falls in the workplace. Where work at heights is required Site Managers are required to manage the risks associated with the task and undertake a risk assessment of the work to be undertaken.

Following the risk assessment the Site Manager will issue a Permit to Work to the employee or contractor undertaking the activity.

As part of the risk assessment process Site Managers should talk to employees and listen to their views about working at heights to draw on everyone's experience and ideas. While every task is different the following options should be considered:

1. Work on the ground or on a solid construction

If you don't have to work at height, working from the ground is always the safest option. Or, better still, find alternatives to working at height.

2. Use a fall-prevention device

If you have to work from height, you need to manage the risk of a fall. A fall-prevention device is best because it will prevent your workers from falling. Examples include temporary work platforms, guardrails, suspended stages and scaffolding.

3. Use a work-positioning or fall-arrest system

When it's not possible to use a fall-prevention device, a work-positioning system or a fall-arrest system are your next best options. When using a fall-arrest system, a safety net should be used for extra protection.

There are many different types of work-positioning and fall-arrest systems, but those involving lifelines all have an anchorage point, lanyard and body-holding device.

If a work-positioning or fall arrest system, is used then emergency and rescue procedures must be in place.

MORE INFORMATION

- RLX Work Health and Safety Management Manual— Safety System Procedure (SSP) - 01 'Fall Prevention'.
- For practical information about working on the ground or from a solid construction, fall prevention devices, work positioning systems, fall arrest systems, ladders, administrative controls, and emergency procedures see the code of practice for managing the risk of falls at workplaces.

Reference: <http://www.safework.nsw.gov.au/health-and-safety/safety-topics-a-z/working-at-heights>

Safety Hotline 1800 907 312



Injury Hotspots—Agriculture

COMMON INJURIES

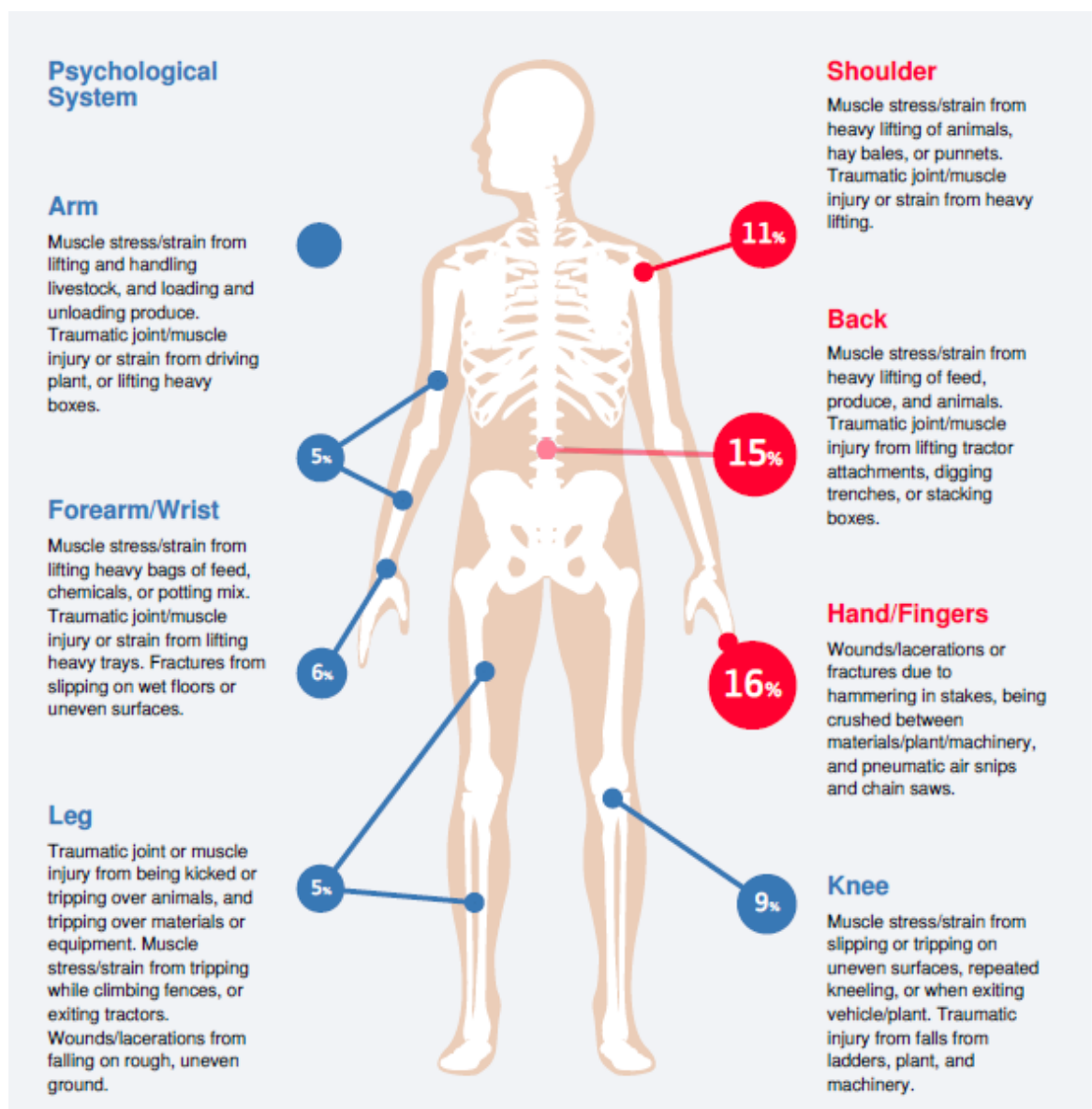
Listed below are the most common injuries and hazards for people working in agriculture, as shown by injury claims.

- The data shows that :
- hand and finger injuries account for 16% of injuries,
- back injuries 15% ;
- shoulder injuries 11%;
- forearm /wrist injuries 6%;
- leg injuries 5%; and
- arm injuries 5%.

HAZARD CONTROL

- Provide appropriate mechanical aids (e.g. and equipment and ensure they are used properly and maintained in accordance with manufacturer specifications.

- Order materials in smaller sizes (e.g. 20kg bags instead of 40kg bags). If using bigger sizes, use mechanical equipment only.
- Train employees on how to safely use any mechanical equipment and aids, and safe handling methods (e.g. work is done between shoulder and mid-thigh height with the elbows close to the body).
- Clear the work area of any obstacles and set up tasks in a way they can be completed between shoulder and mid-thigh height to help maintain the back in an upright posture.
- Provide appropriate personal protective equipment.
- Provide appropriate equipment (e.g. extension handles, platforms with support rails) and ensure they are used properly and maintained in accordance with manufacturer specifications.
- Ensure floor surfaces in work areas are kept dry and clear of clutter and obstructions.
- Ensure employees use three points of contact when entering/exiting high vehicles.



Reference: <http://www.worksafe.vic.gov.au/hotspots#/agriculture>