

**BEGA/NOWRA DISTRICT OFFICE****NEWSLETTER****A message from Derek**

Welcome to 2019 and back to work! – although for a lot of us the Christmas and New Year is the busy period and there has been no break from work. Listening to SafeWork staff, it sounds like our coastal locations have drawn tourists from around the country and the world.

For our staff, it's an interesting start to 2019. Our programs are really diverse, from verifications of fuel storages at airports, to chemical storages at water treatment plants, to amusement device audits, to heights and silica verifications on construction sites, to guarding and forklift verifications in manufacturing, to manual handling and mental wellness seminars.

Most businesses know your local Inspectors and Regulatory Service Officers. For those not familiar with our works, we produced [this video](#) late last year. The video explains our role and our approach to regulation.

SafeWork has also worked with the local business community and have put together an easy to do WHS tool kit and information session for small business. We understand small businesses don't always feel they have the time, resources or expertise when it comes to managing health and safety in their workplace, so we developed a toolkit to make it easier for small businesses to understand and meet their work health and safety obligations. The presentation will be held at the Shoalhaven Ex-Serviceman's Club from 5:00pm. If you're a small business and aren't familiar with WHS obligations please contact Cathy on 4428 6711 to book in. We have produced [this video](#) to explain the WHS Toolkit and information sessions. All are welcome.

The distribution list for this newsletter is now around 900 businesses. Please feel free to pass it on to other businesses or sign up should it be of interest.

All the very best for 2019 from your local SafeWork team – feel free to drop into the Nowra or Bega office or call for assistance.

Derek Pryor

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SafeWork NSW, Better Regulation

Department of Finance, Services and Innovation

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## SAFework UPDATES

### AUDIOMETRIC TESTING EXEMPTION

SafeWork NSW has issued a further two-year exemption for the audiometric testing requirements of clause 58(2) of the Work Health and Safety Regulation 2011. [This exemption](#) is granted until 31 December 2020.

This exemption is to ensure [persons conducting a business or undertaking](#) in NSW are provided with an appropriate time frame to prepare for the implementation of audiometric testing of workers who are frequently required to use [personal protective equipment](#) (PPE) in workplaces with noise levels that exceed the 'exposure standard for noise'.

The exemption was first published on 9 December 2016 in the [NSW Government Gazette number 111](#), page 3528.

### WORKING IN EXTREME HEAT

With a heat wave predicted for the coming weeks, businesses and workers need to be vigilant to the risks of working in extreme heat. Visit our 'working in extreme heat' page for simple tips on how to keep you and your workers safe: <http://ow.ly/7i6R30nit2E>

### PLANT NURSERIES

Plant nurseries have specific health and safety challenges.

There are around 1800 workers in plant nurseries in NSW, part of a multi-billion dollar industry nationally. So anything we can do to improve safety for workers will benefit a lot of people.

The most common injuries affecting plant nursery workers are sprains and strains to the lower back and shoulders caused by manual handling.

These can be painful for the worker and each claim can cost the business an average of \$5000.

Watch our [short video](#) to learn how to best protect you and your workers from extreme heat.

See our [industry action plan](#) on what you can do to make your plant nursery safer for workers.

We also have advice on other issues affecting plant nurseries, including:

- [manual handling](#)
- sun exposure and [heat stress](#)
- exposure to [hazardous chemicals](#) and [changing to GHS](#)
- [working safely near machinery or plant](#)
- working with [forklifts](#)

#### Free help

We are working with the [Nursery and Garden Industry Association of NSW & ACT](#) to promote work health and safety in your industry.

### USE POWER TOOLS SAFELY



Early this year, SafeWork inspectors attended an incident in southwest Sydney after a 15-year-old construction worker got severe lacerations to his thigh, down to the bone, while using a circular saw to cut lengths of timber. It was his first day on the job.

Power tools come in various shapes, sizes, voltages and varieties. Yet, irrespective of the size of the tool or how it's powered, the principles of safe use apply equally to all.

First, remember that a power tool's effectiveness is proportional to your level of training in using the tool, as well as your diligence in following safety guidelines.

Before starting any job, go through a pre-start process and ensure everyone who is using power tools is trained and competent. And always check to make sure tools are in good working order.

Keep your hands and feet away from moving parts, keep others a safe distance away, and wear the correct personal protective equipment for the job.

Finally, employers and experienced workers need to ensure new and young workers receive the correct training and supervision.

Watch this [short video](#) by the Roofing Tile Association of Australia.

### ONLINE SAFETY WEBINARS

**These online seminars are designed to help you learn more about work health and safety, return to work, and injury management.**

Webinars are an interactive online learning experience hosted regularly by industry experts on trending work, health and safety topics.

By getting involved you can enjoy the benefits too, just like the 26,000 workers and businesses who have listened to a webinar so far.

[CLICK HERE FOR A LIST OF WEBINAR TOPICS](#)

## INCIDENT INFORMATION RELEASES

### CONTACT WITH ELECTRICITY

A 36-year old worker was installing a steel reinforcement bar into a wall cavity on a construction site. While attempting to position the reinforcement bar to insert into the cavity, it extended past the edge of the scaffold and touched high voltage powerlines. The worker received serious injuries.

SafeWork NSW, NSW Police Force and other Emergency Services responded to the incident. The site is located at Guildford. Work being done at the site involves the construction of a low-rise apartment building.



Image 1 (left): Construction site where work was being done – noting red lines indicate where the power lines were located. Image 2: (right) Lidar scan image, showing construction site and power lines where work was being done.

### [READ MORE](#)

## PRESENTATIONS

### EASY TO DO WHS

We understand small businesses don't always feel they have the time, resources or expertise when it comes to managing health and safety in their workplace, so we developed a toolkit to make it easier for small businesses to understand and meet their work health and safety obligations. The presentation explains the components of work health and safety to help you create a safer, healthier and more successful business.

Attendees may be eligible for our small business safety rebate of up to \$500

<http://www.safework.nsw.gov.au/health-and-safety/how-we-can-help/small-business-rebates>

Date: 19<sup>th</sup> February

Time: 4.30pm – 8.30pm

Location: Shoalhaven Ex-Servicemen's Club

Heritage Room

157 Junction Street Nowra

Registration: [Catherine.gillott@safework.nsw.gov.au](mailto:Catherine.gillott@safework.nsw.gov.au) or phone (02) 4428 6711