What Can You Do?

1. Ensure there is a system in place to regularly check walkways and floor integrity.
2. Repair damaged, missing or loose floor covers. Report to maintenance.
3. Have a procedure for cleaning up spills immediately.
4. Ensure lighting is adequate and in good repair.
5. Have regular housekeeping inspections and activities.
6. Use barriers where it is unsafe to walk.
7. Encourage appropriate footwear to be worn in the workplace.
8. Get cables up off the floor or tape them down so they do not cause a trip hazard.
9. Clearly identify changes in floor levels and provide handrails for sloping surfaces.
10. Erect no running or other appropriate signage to indicate a risk.
11. Avoid carrying objects that impede your vision.
12. Report anything dangerous via Curtin University online system - Click here

On Curtin Campuses

There have been 23 reported incidences of slips, trips and falls on our campus between January and March 2012. By recognising the potential hazards and setting in place suitable control measures, staff and students can prevent these risks.

Did You Know?

The number of whooping cough cases in Australia this year are expected to treble last year’s. Now is the time to check with your doctor as to whether you and your family need to be vaccinated for whooping cough and an opportunity to check if your annual flu vaccination is due. For additional information, please click here.

Source: WorkSafe WA, WorkSafe VIC, Safe Work Australia, Health and Safety Executive, UK

Slips, Trips and Falls

Slips and trips result in thousands of injuries every year. The most common ones are musculoskeletal injuries, cuts, bruises, fractures and dislocations but more serious injuries can also occur. They are a common cause of workplace injury which can result in disproportionate costs to individuals (due to pain and suffering) and organisations (due to lost time and compensation costs).

According to Safe Work Australia

‘Slips’ occur when a person’s foot loses traction with the ground surface due to wearing inappropriate footwear or when walking on slippery surfaces.
‘Trips’ occur when a person unexpectedly catches their foot on an object or surface. In most cases people trip on low obstacles that are not easily noticed such as uneven edges in flooring, loose mats, open drawers, untidy tools or cables from electrical equipment.
‘ Falls’ can result from a slip or trip but many also occur during falls from low heights such as steps, stairs and curbs.

Source: The West Australian
Please remember to:

- keep your shoulders relaxed
- adopt correct sitting posture
- keep your knees bent and your feet on the ground
- position the mouse close to the end of the keyboard
- position the height of the screen so that your horizontal eye line is about 50mm below the top of the display.

- if using two screens, make sure you are positioned in the middle of the two
- alternate your posture at regular intervals, i.e. Do not sit for more than 1 hour without getting up and moving around
- lower the height of your chair if reading/marketing a hardcopy

Source: Office Ergonomics, Kroemer & Kroemer (2001)

Health and Safety Committee Meetings

| University Health and Safety | July 18 | 12:00pm - 2:00pm |
| Education | June 20 | 10:30am - 11:30am |
| Corporate Services | June 5 | 11:00am - 12:30pm |
| CR&D | July 12 | 12:00pm - 1:00pm |
| Science & Engineering | Aug 15 | 2:00pm - 3:00pm |
| | Aug 2 | 10:00am - 12:00pm |

Ergonomics of Marking

With the exam period and end of semester upon us, the combination of high workload, tight deadlines and increased stress levels contribute to increasing our risk of sustaining a musculoskeletal injury. Adopting a few simple preventative strategies may assist to reduce this risk.

Please remember to:

- adjust your chair properly
- keep your shoulders relaxed
- position the mouse close to the end of the keyboard
- position the height of the screen so that your horizontal eye line is about 50mm below the top of the display.

- if using two screens, make sure you are positioned in the middle of the two
- alternate your posture at regular intervals, i.e. Do not sit for more than 1 hour without getting up and moving around
- lower the height of your chair if reading/marketing a hardcopy

Source: Office Ergonomics, Kroemer & Kroemer (2001)

Want to Know More?

Curtin H&S policy, procedures, guidelines, forms, checklists, training, etc.
healthandsafety.curtin.edu.au

Slips, Trips and Falls

Safe Work Australia - Fact Sheet - Slips and Trips
Worksafe WA - Safety Topics - Slips and Trips
Worksafe Vic - Safety Topics - Slips, Trips, Falls Checklist

WHS Harmonisation
lexology.com

Sites of Interest

World Health Organisation—Events
Safe Work Australia

What's New?

Safety & Health Representative Elections—30 June 2012
Event H&S Checklist
Ergonomics and Manual Tasks Guideline

Coming Soon......

Health and Safety Policy

WorkSafe WA Prosecutions

In March 2012 a vineyard in WA was fined $60,000 because a worker fell from a ladder and sustained serious head injuries. The worker had extended the ladder to its full 6m extension and was working 2.9m from the floor. The ladder was not secured to the tank that was being cleaned. As a result, the vineyard has now prohibited the use of extension ladders and now uses extension cleaning poles at ground level.

Source: WorkSafe WA