



### Presiding member's letter

Welcome to the first edition of the Mining and Quarrying Occupational Health and Safety Committee (MAQHSC) Newsletter for 2016.

During 2015 the Committee met on 11 occasions and is grateful to the Australian Workers Union (AWU) SafeWork SA (SWSA) and the Construction Forestry Mining Energy Union (CFMEU) for hosting meetings.

The Committee had a successful 2015, February commenced with the launch of the newly developed Regional Safety Seminars a State-wide initiative to provide stakeholders a firsthand opportunity to access key safety information. MAQHSC engineered stronger partnerships between Governments, Industry, Peak Industry bodies and departments of Government directly related to compliance for the mining and quarry sector. The Regional Safety Seminars very well received in rural and regional areas achieving the positive outcome of delivering core safety and legislative compliance information to all mine and quarry operations underway throughout the State. The regional Safety Seminars provide an additional opportunity for mine and quarry operators to train staff on a range of key safety aspects of mining and quarrying operations.

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## Funded Dust Monitoring

### **MAQHSC is pleased to announce that it is funding a dust monitoring program for mines and quarries throughout South Australia commencing February 2016.**

Greencap will undertake on site respirable dust monitoring with a dedicated focus on understanding the current dust exposure levels of mine and quarry workers.

Greencap is an integrated risk management and compliance firm based in Adelaide at Wayville, and has vast experience in hygiene monitoring on mine and quarry sites.

The generation of dust particles are a common occurrence associated with mining and quarrying activities.

Certain types of minerals when drilled, extracted from the ground or processed, generate dust particles which contain silica. Exposure to silica can cause respiratory illness and/or occupational dust related disease such as silicosis.

Silicosis generally has a long latency period and can go undetected for many years and is incurable.

Assessing the current exposure levels and dust management strategies in place, will allow MAQHSC to evaluate and gain a better understanding of the current health risks and challenges the industry faces and will identify where MAQHSC can provide assistance and support to stakeholders on the implementation of effective dust risk control measures to reduce dust exposure within the workplace.

The dust monitoring program will include the collection of on site dust samples and personal dust samples which are collected within the breathing zone.

Greencap will also be collecting noise and heart rate data to support the dust monitoring program as well as observing the current dust prevention and safety measures in place.

Please contact MAQHSC Executive Officer Leonie Caldarelli on 8303 0499 for any further details.

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The MAQOHS Work Health and Safety Specialists (WHS Specialist) remained busy during 2015, as stakeholder's requests for workplace assistance continues to increase. WHS Specialist delivered workplace training and assisted many stakeholders with developing and implementing new safety policies, safety procedures, and safety management systems and assisted with audits on plant, conveyors and complete safety management systems based on the Australian Standard 4801.

MAQOHS once again sponsored the first aid award for the South Australian Chamber of Mines and Energy (SACOME) Mine Rescue Competition held in August 2015 at Broken Hill. This annual event enables emergency response teams from around South Australia to share safety knowledge, and then test their emergency response skills within controlled realistic simulated emergency scenarios. We congratulate CBH Resources as the overall winner and full details of the event can be viewed on the SACOME website.

In addition, MAQOHS is again a Diamond sponsor for Passport to Safety an online safety learning resource for secondary school students, in addition to the 2016 sponsorship MAQOHS is developing a safety module specific to mining and quarrying which students choosing a future career in mining or quarrying can complete the mining and quarrying module providing students the basic overview for safety requirements under South Australian legislation and the working environments of mines and quarries.

MAQOHS funded and provided the "Rock Solid" suicide prevention and emotional resilience guide for workers. The Rock Solid guide was provided free to all South Australian workers, with mine and quarry operators provided free Mental Health Training and supportive workplace mental health posters. The "Rock Solid Guide" won the South Australian Regional Awards and was a winner of the Mining Australia Awards. This was a significant achievement for the South Australian mining and quarry sector and MAQOHS alike with the funded project being recognised nationally and contributing positively to the Australian National Mental Health Agenda.

MAQOHS is providing many vital projects during 2016 including funded workplace health surveillance - dust monitoring, the continuation of the Regional Safety Seminars with a key emphasis on training workshops covering topics of high safety risks to workers and site compliance, as well as the development of a quarry specific workplace mental health resource kit for workers that will incorporate workplace training.

MAQOHS will continue, in 2016 to do all it can to promote the importance of workplace safety and assist all in the mining and quarrying industry in South Australia.

**Martin O'Malley**  
Presiding Member MAQOHS



## MAQOHS Training Targets Keeping Young Workers Safe

**MAQOHS continues promoting and supporting the importance of young workers safety in 2016 by again being a Diamond Sponsor of the online youth safety education, learning and testing program "Passport to Safety".**

The Passport to Safety is an online youth safety program, which has been developed to provide pre-employment safety awareness training for secondary school students and for young people entering the workforce. Through sponsors such as MAQOHS this program is available FREE to all South Australian schools and or to young people entering the workforce for the first time.

The Passport to Safety program is currently being upgraded and is undergoing a major redevelopment. The upgraded website will be available to students during the 2016 school year.

The program continues its core focus and provides key pre-employment safety training to students and young workers regarding the many safety hazards present within all workplaces. Students and young workers are provided information to gain valuable understanding of the legal work health and safety legislative framework requirements and business safety obligation applicable in South Australia.

MAQOHS, in addition to the sponsorship, has developed and is providing a Mining & Quarrying specific training module that will deliver targeted mine and quarry workplace safety awareness to students or young workers considering future careers in mining or quarrying.

The new training module includes visual training with real life workplace footage taken by MAQOHS from mines and quarries throughout South Australia. The module delivery method will ensure all student and young workers gain first hand overview of complexity of mine and quarry working environments.

The Passport to Safety program was accessed by more than over 140 South Australian secondary schools during 2015, schools included Government, Independent and Catholic and by Flexible Learning Option providers. Upon completion all participants received their safety "passport" (safety certificate).

MAQOHS is dedicated to workplace safety, preventing occupational dust related diseases such as silicosis and keeping all South Australian workers safe. This is achieved in part through education and training to increase workers safety awareness, increased workplace safety and support safety initiatives that reduces workplace injuries, illness and deaths among young workers. Supporting young workers and helping businesses MAQOHS is pleased to support South Australia's Work Health and Safety Youth Strategy 2014-2018, a youth safety initiative by providing the training and education content for the Mining & Quarrying module that will be available during 2016.

**Further information can be accessed via the website <http://passporttosafety.com.au>**

## Explosives – Complacency to Compliance



**We've just finished Easter and as a kid in school, I remember my teacher saying it was about "new life"; today, I infer that to mean "taking a new look at things", and coming into the Autumn / Winter period, there's no better time to do so.**

For example, consider your use of Dangerous Goods and Explosives on site. In the darker and colder months, do you have adequate lighting for your operations, including removing explosives from magazines, loading blastholes and when you access storage areas?

This time of year may be quieter for some because of the colder weather, so if you do have open sources of heating, are these at appropriate distances from storage areas? Is there any

accumulated rubbish in the storage areas or any life-expired explosives that should be disposed of - this could be done during this time or over an upcoming shutdown period. How fresh are the drums of chemicals that you have in your stores, and do you still need them? It is easy with the rain and cold weather to become complacent or want to take short cuts with the job, but being vigilant and safe is a year-round job.

Just like in Spring when we prepare for the imminent Summer and bushfire season, Autumn is a great time to get on top of compliance and maintenance issues that may have been forgotten about. It's just a matter of building in a time in the calendar and sticking to it.

**If you would like to know more about Explosives safety and go from Complacency to Compliance, come along to the next MAQOHS regional safety seminar at Mt Barker on 21 July 2016, or give me a call on (08) 8226 4766.**

Stay safe, and see you there,

**Chris Embery, Inspector of Explosives, SafeWork SA.**





## Really depressed or totally stressed? How to tell the difference...

By the team at Mining Family Matters

We're hearing a lot about mental illness and depression in the media these days, and that's a great thing considering around one million Australian adults live with depression and over two million have an anxiety disorder.

The bad news is that untreated stress and anxiety can actually lead to depression. The good news is that both depression and anxiety are treatable, and skills can be learnt to manage stress.

But it's very common for adults, particularly men, to misinterpret symptoms of depression as signs of stress or anxiety.

"I'm just stressed" seems much easier to admit than "I think I might be depressed" or "I'm really struggling."

So how do you tell the difference? It's true they are similar in some ways, but they've all got 'classic' signs or symptoms that can be readily identified. Here they are:

### Depression

- Feeling sad and low most or all of the time (for at least two weeks)
- Losing interest or pleasure in things that would usually be enjoyable
- Feeling physically 'heavy' or weighed down, tired and lethargic
- Common thoughts: "What's the point?", "I can't be bothered", "I hate my life", "Everything sucks" or "I'm boring"
- More focus than usual on death and dying – not necessarily suicidal, but thoughts like "It wouldn't be so bad to be dead" or "when will I die?"
- Outsiders might notice a withdrawal from things that are usually enjoyed, and a generally negative tone about almost everything. Joking and laughter are often also absent
- Disrupted sleep, particularly waking in the early hours (classically 2am to 5am) for no apparent reason
- Change in appetite. Alcohol intake often increased in a bid to escape sad feelings (experts strongly discourage this)
- Depression might be triggered by a life event (divorce, job loss) or come out of the blue
- Those who have had depression in the past, or with a family history, are more likely to experience depression.

### Anxiety

- Feelings of nervousness or uneasiness with accompanying worry
- Often precedes a challenging event (exam, job interview or public speaking engagement)
- Physical symptoms: shortness of breath, chest tightness, dizziness, trembling in the hands, racing heart, shakiness, feeling sick and an overall feeling of being close to panic
- Common thoughts: "There's something wrong with

me", "I can't breathe", "I can't cope" or "something dreadful is going to happen"

- Outsiders might notice the person worrying about every little thing, looking uptight and pacing around a lot
- Difficulty getting to sleep or staying asleep
- Appetite often reduced. Alcohol intake increased in a bid to avoid anxious thoughts (experts strongly discourage this)
- Anxiety can appear after a life event (illness or negative experience) or might seem to come out of the blue
- Those who have experienced an anxiety disorder in the past, or with a family history, are more likely to be diagnosed.

### Stress

- Feeling keyed up and finding it hard to relax – often relating to external factors such as a demanding time at work, financial pressures or moving house
- Feeling physically tense and 'wired'. Mind racing with everything that needs to be done
- Common thoughts: "I've got too much to do" and "I'm not sure I can cope with all this"
- Outsiders might notice the person appearing busier than usual, tense, unusually impatient or irritable
- Withdrawal from social activities, usually because they think they are "too busy" rather than that they "won't enjoy it" (as in depression)
- Sleep may be disrupted or restless, with difficulty falling asleep
- Appetite often increased or decreased. Alcohol intake increased, often to 'wind own' or 'relax' (experts strongly discourage this).

If you think you might be suffering from depression, stress or anxiety (or know someone who is) the most important thing you can do is take action. A first port of call can be the many great websites like [www.beyondblue.org.au](http://www.beyondblue.org.au) or [www.moodgym.com.au](http://www.moodgym.com.au). Visit your GP as soon as possible – if they think it's warranted they'll organise a psychologist and/or anti-depressant medication. For immediate assistance call Lifeline on 13 11 14.

Remember, depression and anxiety are treatable, and skills can also be learnt to manage stress. There's no need to go it alone.

Further reading:

- *Taking care of yourself and your family: a resource book for good mental health*, by John Ashfield and available through Beyond Blue
- *The Mindfulness and Acceptance Workbook for Anxiety*, by John Forsyth and Georg Eifert.

**For expert advice on relationships, parenting and careers in mining, quarrying and resources, visit the free Mining Family Matters website [www.miningfm.com.au](http://www.miningfm.com.au)**

## MAQOHSC Becomes A Gold Badge Mental Health First Aid Workplace

MAQOHSC recognises the lack of knowledge and stigmatising attitudes about mental illness. These attitudes may prevent people from seeking help early, seeking the best sort of help and also providing appropriate support to work colleagues simply because they do not know how.

MAQOHSC promotes and supports initiatives that direct awareness of the importance of workplace mental health awareness in all South Australian mines and quarries.

To provide support to all South Australian mine and quarry workplaces and workers, MAQOHSC 'mental health first aid officers' are available to assist your workplace.

Good mental health helps us to more fully enjoy and appreciate the people and environment around us. We use our abilities to the fullest, respond better to stresses and challenges within daily life, we are more creative and make the most of opportunities when we are mentally healthy.

**For further assistance on mental health contact us.**



You may not appreciate it, but the best thing about the change in seasons - particularly in Winter - is the weather and how we can use it to our advantage to check site safety.

Take this opportunity to get a fresh look at your benches, pit walls, berms and haul roads. The cold and the rain is a simple, yet the best indicator as to whether your site drainage is up to the job; rain can easily turn roads to be treacherously slippery, washed out or prematurely eroded, and when Summer comes along, that moisture will dry out, potentially leading to cracking and dangerous ground.

My Dad said that "The best time to buy a house is when it's raining" because you get to see if and where it's leaking or prone to flooding, and where any runoff goes to. Explosives magazines and storage areas for Dangerous Goods are no different. Have you considered what might happen to your existing stock if water did get into the storage area? Some chemicals react very badly with water. If there was a spillage of Dangerous Goods, where would the runoff go to? Regardless of your company size, you still need to meet your environmental obligations. All this could easily be addressed by considering bunding, improved drainage or a review of how you use these existing areas.

When you do look at your benches and haul roads, remember that access roads to areas that may get used less often (such as explosives magazines and storage areas for Dangerous Goods) are still important. You may not use them all the time and so, they might not get a look-in when it comes to regular maintenance, but you don't want safety or productivity to suffer because you cannot access what or where you need to, when you need to.

It's an exciting time of year because over the past few months, the MAQOHSC team have been very busy writing some new publications, while revisiting and updating some of the more familiar ones. They've been putting the finishing touches to a whole suite of new, FREE guides, including my favourite - the updated Hazardous Chemicals and Dangerous Goods Management Guide, and these will soon be on the website at <http://www.maqohsc.sa.gov.au>; check out the "Resources" tab for more information and collect the set.

If you would like to know more about mining and quarrying safety, get on the list and come along to the next MAQOHSC regional seminar at Mount Barker on 21 July 2016, or give them a call on (08) 8204 9842.

Stay safe, and see you there.

**Chris Embery**

Inspector of Explosives  
SafeWork SA



## MAQOHSC Funded Health and Wellbeing – 60 Day Online Health Program

**Managing health is a challenge for many workers in our industries – physically demanding, the long shifts, irregular hours, remote locations and extreme weather conditions combine to make healthy choices harder to make and resolutions harder to keep.**

That's why, in line with our aim of preventing injury and disease within the South Australian mining and quarrying sector, MAQOHSC has partnered with Australia's premier corporate health and wellness provider, Corporate Bodies International (CBI), to bring our members the opportunity to undertake their online health and wellness program at no charge.

The 60days program, already used by such major companies as Toll Contract Logistics and BlueScope Steel Australia, kickstarts good health habits that will last a lifetime. The program is easy to access via computer or smartphone and is an email-driven interactive platform, featuring daily health tips, weekly activity and meal planners, delicious nutritious recipes, quizzes, newsletters, social media and unlimited access to CBI's health professionals, changes not just habits but mindsets, bringing about improvements to health and emotional wellbeing leading to lifelong improvements ... and in many cases, longer lives.

Participants rave about how this program has provided the boost they needed, saying, "Your emails are a great help, love the daily tips – I have lost 3 kilograms," and, "Thank you for giving me motivation and drive to clean up my life. My weekly routine was casually walking short distances but with no desire to achieve but ways to find a reason not to do any exercise at all. I then was introduced to the 60days challenge. It could not have come at a better time as I'm just short of 50 years old. I started to feel great within and the energy I was gaining was unbelievable. THANKYOU ALL. You changed my life."

Breaking down the tyranny of distance, 60days offers the privacy and confidentiality that's so important in healthcare and it's easy - there are no logins, all you need is a web-enabled device, an email address (with support@60days.com.au in the safe senders list) and a healthy curiosity.

So convinced are we of this program's worth and success rate that we have decided to sponsor 100 of our members to take part. The program kicked off on Monday, 2nd May, 2016, but it's not too late to get on board. Participants receive information and access valued at \$30 per day, but the first 100 MAQOHSC members to sign up will receive the entire 60days program for free, with our compliments. Be quick to access this brilliant offer as we only have 100 free places for the program. After all, your health is priceless.

**To start changing your life register at:**  
**<https://60days.com.au/maqohsc-sign-up/> or email Michelle Dempsey at MAQOHSC - michelle.dempsey@sa.gov.au or call (08) 8204.9842. But do it today to join me on 60days to wellness.**



**YOUR LIFE WILL NOT  
GET BETTER BY CHANCE,  
IT WILL GET BETTER BY CHANGE**

**-JIM ROHN**

## SAFETY ALERTS



### 09 March 2016 Risks associated with Guards and discs on angle grinders

This safety alert highlights the risks associated with removing guards and using incorrect discs on angle grinders.

### 22 February 2016 Safety alert - Driver loses control of vehicle and crashes in underground mine

Safety alert - Driver loses control of vehicle and crashes in underground mine.

### 19 February 2016 Mobile plant interaction results in crush injuries

A significant incident safety alert from WA Regulator.

### 19 January 2016 A WA mine site has had a significant incident with a failure of a crane head sheave

In July 2014, a mobile crane at a mine site was being used to unload a truck. As the crane started to slew, the nylon head sheave (rooster sheave) weighing about two kilograms, catastrophically failed.

### 15 December 2015 High pressure hydraulic fluid incident

High pressure hydraulic fluid incident that resulted in workers being hospitalized in NSW

**You can view these Safety Alerts at [www.maqohsc.sa.gov.au/safety\\_alerts.cfm](http://www.maqohsc.sa.gov.au/safety_alerts.cfm)**

## Contact us

If you wish to comment on the information provided in this newsletter we would appreciate your views.

We are also pleased to receive contributions – including photographs if possible – on better approaches to improving the safety of standard industry operations.

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