



## Health Surveillance - Dust Monitoring 2020



### Presiding Member's letter

As Presiding Member of MAQOHSC I welcome you to our first Newsletter of 2020.

I am pleased to report the Committee experienced another significant, although extremely busy 2019.

*continued page 2*



The generation of dust particles is a common occurrence in mining and quarrying activities. Certain types of minerals when drilled, processed and extracted generate hazardous dust particles that contain respirable crystalline silica.

Silica is listed as a known group 1 human carcinogen and occupational exposure to respirable crystalline silica can cause occupational dust related diseases with a long latency such as silicosis. Silicosis is a type of pneumoconiosis that affects millions of workers worldwide and is an untreatable but preventable occupational lung disease.

Preventing occupational dust related diseases including silicosis remains the highest priority for the Committee. Prevention of exposure requires workplace best practice and constant vigilance. Workplace best practice includes, best hygiene practices, identify sources through dust

monitoring, well planned engineering control or eliminate of exposure at the source; scheduled continuous reviews and implementing dust mitigation improvement strategies accordingly.

The 2020 health surveillance - dust monitoring program demonstrates the continued core focus to consult, engage and support workers, mines, quarries and peak industry bodies to prevention of occupational exposure to hazardous crystalline silica.

The Committee circle of surveillance - continuous industry improvement model aligns all funded initiatives to achieve positive industry outcomes.

The Committees circle of surveillance includes the below programs:

#### Health surveillance

- workplace dust monitoring
- workers personal dust monitoring
- workplace health assessments
- workplace workers fit testing of respiratory protection;
- workers personal noise monitoring and testing
- workplace skin cancer screening.

Combined the circle of surveillance initiatives provide vital and critical best practice resources, education and

health surveillance support for mines and quarries, the businesses that support them and the many thousands of workers directly and indirectly employed in our industries.

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**Presiding Member's letter** *continued*

The Committee continues to positively contribute to our State's mining and quarrying industry and successfully achieve its vision of an innovative, safe, responsible, well-informed and educated mining and quarrying industry for SA.

MAQHSC fully funded health surveillance, dust monitoring, skin cancer screening, workplace training, onsite specialist services, resources and related initiatives continue to increase and be in high demand. Stakeholders, workers and general industry across the State requested assistance during the 2019 period.

MAQHSC develops industry specific resources, however the Committee continues to receive positive feedback of the across industry application of our safety resources including templates and audit tools assisting businesses across the State workplace hygiene practices and meet their safety obligations.

The 2020 Health Surveillance – dust monitoring program will commence in March and I encourage all small and medium size quarries to again participate in this vital program. The positive outcomes achieved during the four years to date have included, improved workplace hygiene practices and assisted businesses identify workers personal noise exposure, personal dust exposures and fit tested workers to ensure respiratory protection is fit for the task.

With the impending crystalline silica workplace exposure reduction commencing on 1 July 2020, I encourage stakeholders to contact MAQHSC to seek assistance with dust mitigation strategies or support and access our targeted workplace training for workers including our new Silica Awareness Session.

MAQHSC has now trained 40 Mental Health First Aid Officers across the State and another 20 are due to complete the course in April. I commend all those workers, supervisors and business owners that have undertaken training or supported and embraced the Committees commitment to positive workplace mental health for SA. Further courses will be scheduled during 2020 and I look forward to reporting on this project in greater detail in the upcoming annual report.

A key focus during 2019 has been MAQHSC's participation in the SA Government response to the emerging national artificial stone associated silicosis crisis. I am pleased to report the valuable contributions MAQHSC made to the SA campaign through funding, developing and facilitating the SA artificial stone industry health surveillance program.

As we enter a new year and new decade, to paraphrase Santayana, our failure to adequately remember what we already should have learned about silicosis condemns workers worldwide to disability and death from a preventable disease.

There is no unavoidable injury, death or disease, just lapses in performance, processes and monitoring.

Yours sincerely

**Martin O'Malley**  
**Presiding Member MAQHSC**



## Health Surveillance - Dust Monitoring 2020

Additionally promoting the importance of industry, workplaces and workers being vigilant in preventing occupational dust related diseases across South Australia.

Below is a brief overview of the fifth year health surveillance – workplace dust monitoring program.

- Stakeholder consultation and engagement previous worksite dust surveying results.
- Workers consultation and engagement silica training, best hygiene practices, personal dust monitoring, personal noise monitoring, workplace dust surveying and respiratory protection.
- Pre monitoring discussions with mine and quarry operators, key staff and supervisors regarding current dust mitigation.
- Preview, review and fit for use of all workplace respiratory and hearing personal protective equipment.
- Fit testing workers respiratory protection equipment and associated provided personal protective equipment.
- Consultation and engagement previous years workplace dust surveying results.
- Consultation and engagement report and discussions with mine and quarry operators and supervisors.
- All workers report outcome workplace information session.
- MAQHSC educational resources and information sessions on Preventing Occupational Dust Related Diseases, Silica Awareness, Respiratory and Hearing Protection for all workers.
- Engagement and consultation with mine holder/operator to document action and any report improvement recommendations and timelines.

To register for the 2020 Dust monitoring program please email [maqohsc@sa.gov.au](mailto:maqohsc@sa.gov.au)

To register for the related circle of surveillance programs contact our friendly staff on email or further information is on the MAQHSC webpage [www.maqohsc.sa.gov.au](http://www.maqohsc.sa.gov.au)

Melanoma is the **fourth** most common cancer in Australia

# When was your last Skin Cancer check?



**Mining & Quarrying**  
OCCUPATIONAL HEALTH &  
SAFETY COMMITTEE

12 months?

1-2 years?

3 years?

5+ years?

## Your Potential Risk of Skin Cancer

- High level of sun exposure (recent years & childhood)?
- Had sunburn more than 5 times?
- Personal history of melanoma or non-melanoma skin cancers?
- Family history of melanoma?

## 15 MINUTES IS ALL IT TAKES!

If you have not had a skin check within the last 1-2 years you should consider making an appointment.

*Data from the Australian Institute of Health Welfare shows that the age-standardised rate of melanoma in the Fleurieu Region is 46 cases per 100,000 people compared to 35.1 per 100,000 for Metro Adelaide and 36.7 cases per 100,000 for South Australia.*

**Book your FREE skin check appointment today!**

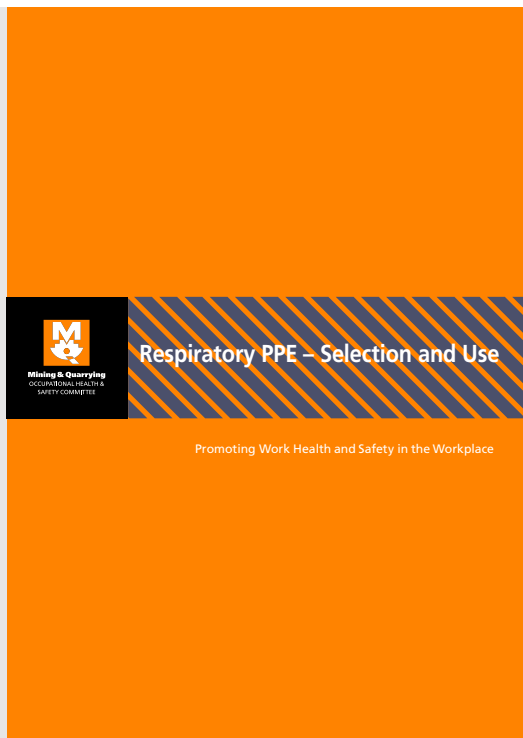
MAQOHSC

Phone: 8204 9842

[www.maqohsc.sa.gov.au](http://www.maqohsc.sa.gov.au)

# Respiratory PPE - Selection and Use

All types of respiratory protective equipment must comply with Australian Standard AS/NZS 1715:2009 – selection.



## Use and maintenance of Respiratory Protective Equipment.

This guideline will outline other Australian standards that are applicable in selecting various types of respiratory protective equipment.

Personal Protective Equipment (PPE) is the lowest order risk control, Always consider other forms of controls first; this should be documented in your Risk Assessment or Standard Operating Procedure.

Download the [Respiratory PPE - Selection and Use Guide](http://www.maqohsc.sa.gov.au/workplace-safety-resources)  
[www.maqohsc.sa.gov.au/workplace-safety-resources](http://www.maqohsc.sa.gov.au/workplace-safety-resources)



# Mental Health First Aid

The Mining and Quarrying Occupational Health and Safety Committee (the Committee) has proudly been a Mental Health Gold Badge Workplace for the past three years.

Our Committee recognises positive psychological health, wellbeing and safety are essential in all mine and quarry workplaces across our State.

The Committee is leading the industry by example, to achieve the vision of South Australia's mining and quarrying industries being safe, responsible, prosperous, well-educated and innovative workplaces where protecting workers is the top priority.

Given almost half the total population (45.5%) will experience a mental health disorder at some point in their lifetime, recognising the signs of stress, anxiety and or mental disorders early, assisting workers to seek support and or professional services and applying effective strategies can result in increased recovery.

The Committee is offering fully funded accredited Mental Health First Aid Officer Training for 60 workers across our State. Three training courses will be available at the MAQOHSC offices and will be delivered by an accredited South Australian MHFA Professional Instructor.

Participants will be provided with the key knowledge to initially support adults who are developing any of the following mental health problems:

- Developing mental health problems
- Depression
- Anxiety problems
- Psychosis
- Substance use problems.

Mental health crises

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states.

Through the funded industry training, the Committee aims to support our stakeholders eliminate stigmatising attitudes to mental health, create better industry awareness, and create a support platform for workers direct in the workplace through accredited well-trained dedicated Mental Health First Aid Officers.

Mental Health First Aid Officers will be a valuable resource in the workplace. All participants who successfully complete the course will be eligible to receive a Mental Health First Aider Certificate of Accreditation valid for 3 years and a MAQOHSC Mental Health Officer Badge will be issued for easy workplace identification.





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# 2020 Mental Health First Aid Officer Training



MAQOHSC continues this fully funded, targeted initiative, to directly assist all mines and quarries with well-educated and trained Mental Health First Aid Officers direct in the workplace.

## MAQOHSC Fully Funded Industry Training

Accredited Mental Health First Aid Officer

**The Mental Health First Aid Officers provide workers with dedicated mental health support if required. Mental Health First Aid Officer Accreditation is valid for a 3-year period.**

**Date:** 1st & 2nd April 2020

**Time:** 9.00am - 5.00pm

**Venue:** MAQOHSC Office

Level 2, Torrens Building

220 Victoria Square, Adelaide SA 5000



## Session Outline

- Provide mental health first aid within their worksite to workers as needed at their level of competence and training.
- Promote positive mental health in the workplace to all workers
- Provide mental health guidance material to workers
- Complete tool box and information talks on mental health topics
- Assist workers and escalate any matters if required in a prompt and appropriate manner according to their relevant workplace policy and procedures.

## MAQOHSC Webpage Resources

Guidelines for Mental Health First Aid resources are available on the MAQOHSC website:

[www.maqohsc.sa.gov.au/workplace-mental-health/](http://www.maqohsc.sa.gov.au/workplace-mental-health/)



**Mining & Quarrying**  
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# 2020 Regional Safety Seminars

All mine and quarry owners/operators, supervisors, health and safety representatives, contractors and others responsible for work, health and safety are encouraged to attend. Our roadshows are free events.

*Light refreshments are included.*

## DATES

### **Iron Triangle - June**

Westlands Hotel, Whyalla

### **South East - July**

Commodore on The Park, Mount Gambier

### **Adelaide - August**

MAQOHSC Offices

## PROGRAM

### **DAY ONE**

- Preventing Occupational Dust Related Diseases
- Workplace Health Surveillance
- MAQOHSC Training & Resources
- Workplace Skin Cancer Screening
- Crystalline Silica in the Workplace
- Workplace Mental Health & Wellbeing

### **DAY TWO**

Interactive Workshops on:

- Skin Cancer Screening
- Workplace Fit Testing – Selection and Use
- Mental Health for Small Business
- Workplace Crystalline Silica

## Safety Alerts

31 January 2020

### Safety Alert issued following hot works quarry fire

WorkSafe Victoria recently issued a safety alert about the risks associated with hot works, after a hopper liner and screen caught fire at a quarry.

The fire started while bolts were being cut with an oxy-acetylene torch during maintenance activities, and emergency services were required to extinguish the fire. Protective Equipment.

22 January 2020

### Important – MinEx Safety Alert

Upon receiving a 'Safety Alert', mine, quarry and alluvial mining operators are urged to check their own installations to identify and eliminate similar hazards.

- NZ Alert – Crush injury while welding
- UHF radio transmitter causes MEWP to move
- Excavator hits operator causing injuries
- Electrical shock incident while tidying cables
- NSW Summary – Rock fall hits excavator
- NSW Summary – Rock fall traps underground miner.

## Safety Resources

3 February 2020

### First aid for heat-related illness

Workplaces have a duty to provide first aid equipment and facilities, and access to trained first aid officers, for sick or injured workers. Heat-related illness is progressive. If the worker is not treated or remains in a hot environment, it can be fatal.

The following fact sheet provides advice and guidance on providing first aid to someone experiencing a heat-related illness.

31 January 2020

### Expert develops fact sheets on bushfire smoke

Professor Sotiris Vardoulakis, an air quality and health expert from the Australian National University's Research School of Population Health, has developed freely accessible fact sheets on how to best protect yourself from bushfire smoke. The fact sheets were developed because Professor Vardoulakis believed people needed more comprehensive and balanced health protection advice, as Australians deal with unprecedented levels of bushfire smoke.

"The existing public health advice on bushfire smoke is mainly tailored to brief air pollution episodes, typically lasting no longer than one or two days. But this is not normal, and we need to urgently do more. People need to be able to access the best information out there simply and quickly," Vardoulakis said.

30 January 2020

### Guide for managing the risks of working in heat

People in control of the workplace, such as managers and supervisors, and workers all have duties under WHS laws to manage risks to worker health and safety, such as those associated with working in heat.

This guide is useful for employers and workers in the transport, postal/warehousing, construction and public administration and safety industries, as well as labourers and protective service workers.

The following guide provides information on how to manage the risks associated with working in heat and what to do if a worker begins to suffer from a heat-related illness.

## Info Alerts

3 February 2020

### Dustwatch Report

Dust activity reduced dramatically in December 2019 with an average of 41 hours of dust recorded across our long-term stations compared to a staggering 94 hours in November 2019. Only Ivanhoe and Coombah in the far west of New South Wales exceeded 100 hours of dust in November 2019.

30 January 2020

### Know the risks of working in heat

**SAFEWORK Australia**

Working in heat can be hazardous and can cause harm to workers in both indoor and outdoor work environments.

In the last 10 years from 2008-09 to 2017-18p, there were 1,360 workers' compensation claims resulting from working in heat.

*1,235 of these claims were from working in the sun –*

- 750 of these claims were cancer-related
- 140 of these were claims regarding heat stroke or heat stress

*85 of these claims were from working in hot indoor conditions –*

- 40 of these were claims regarding heat stroke or heat stress

Employers have duties under work health and safety laws to manage the risks of working in heat and protect worker health and safety.

For information on how to identify and address heat-related hazards, visit the MAQHSC website and download the **Infographic: working in heat** and **Guide for managing the risks of working in heat**.

Contact your regulator for guidelines specific to your jurisdiction.

**To read more about each alert visit**  
[www.maqhsc.sa.gov.au/newsletters](http://www.maqhsc.sa.gov.au/newsletters)

As we are now into the second month of 2020 SafeWork Inspectors are completing planning for the next few months.

During the closing quarter of 2019 activities were undertaken involving identification of quarries operating mobile crushing equipment, procedures for clearing blockages and emergency stops, this followed a tragic injury to a worker involving this type of machinery.

Quarries with fixed plant structural integrity was identified due to the age of this type of equipment in use, and of course safety management systems and principal mining hazard identification and principal mining hazard management plans continue to be highlighted during inspections.

In our larger mining operations issues relating to small fires on plant either from brake malfunction or leaks of fluids and fuels continue to occur, Inspectors look for preventative maintenance schedules where this has been reported.

In recent events fatigue matters have been reported or raised which leads to a timely reminder as we approach the winter months that operations involving night shifts need to remind workers to remain alert, supervisors to ensure where a worker shows signs of tiredness that a rotation of work may be appropriate and for PCBU's to ensure they have appropriate fatigue management systems in place.

After the Christmas break a report was received of a switch room that had been broken into a copper cabling stolen, although this is a matter for SA Police sites should be aware that particularly during shut downs that sites may fall victim to thieves and to inspect equipment prior to restart to ensure the integrity of electrical equipment is sound.

Future projects which once finalised will be discussed with representative associations and at Mine sites and Quarries during our routine inspections along with releases through our website and bulletins along with the normal inspections these may include Elevated Work Platform use and working at heights, dust control and operator competencies.

Reporting of out of hours notifiable incidents should be through on line notifications through our website

[www.safework.sa.gov.au](http://www.safework.sa.gov.au) where the incident has not caused injury to a worker or by phone on 1300 365 255 this will place you in contact with the on-call Inspector and should be used where a worker has received injury where they are admitted to hospital as an inpatient or the incident has stopped work at the mine or quarry at which time details will be forwarded to the on-call mining Inspector who will deal with the incident.

**Chris Spinks**  
Manager Technical Services  
SafeWork SA

## News Updates



**30 January 2020**

### Workplace Health Management Manual

The Committee continues to provide critical industry specific resources that assist to protect workers and prevent Occupational Dust Related Diseases in South Australian mines and quarries. After over 12 months in the development, The Committee is pleased to announce the release of the MAQHSC Workplace Health Management Manual in late February 2020.

Brief Overview of contents include:

#### **MAQHSC – Preventing Occupational Dust Related Disease Respirable Crystalline Silica**

##### **45 Resources focused on**

- Identifying Silica Exposure
- Controlling Silica Exposure
- Workplace Dust Monitoring
- Workers Health Monitoring

#### **MAQHSC Workplace Health Assessments**

- Consult and Train Workers

#### **Workplace Mental Health**

- MAQHSC Mental Health First Aid Officer Training
- 19 – Workplace Mental Health Guides

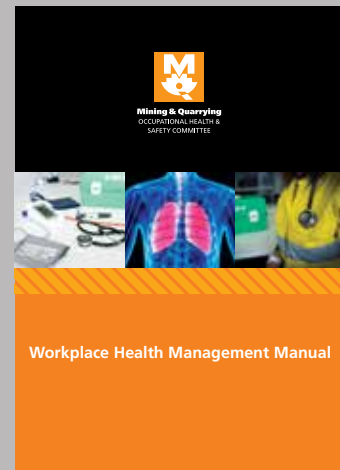
#### **Skin Cancer Prevention**

- MAQHSC Workplace Skin Cancer Screening
- MAQHSC Workplace Skin Cancer Posters
- Workplace Tool box talks.

Thousands of workers in various industries are affected by exposure to respirable crystalline silica. Occupational exposure is associated with increased risk of developing acute, sub-acute or chronic, autoimmune respiratory diseases and silicosis, including the newly emerging artificial stone associated silicosis.

The MAQHSC workplace health management manual is a valuable across industry resource adaptable in occupational settings where crystalline silica is present.

To register for your copy of our new manual and to book an information session on implementing our resource in your workplace please email [maqohsc@sa.gov.au](mailto:maqohsc@sa.gov.au)



Workplace Health Management Manual

### Contact us

#### **MAQHSC Office**

Telephone (08) 8204 9842

Facsimile (08) 8204 9500

Email [maqohsc@sa.gov.au](mailto:maqohsc@sa.gov.au)

[www.maqohsc.sa.gov.au](http://www.maqohsc.sa.gov.au)