

Some Food for Thought When Reviewing Your OHS Needs.

Do you have a provider for your OHS services?
Is your provider/current system serving your needs?

Legislation

Have you changed your policies and procedures as a result of recent legislative changes?

How are you managing your Claims, Return to Work and Lost Time Injuries?

Manual Handling

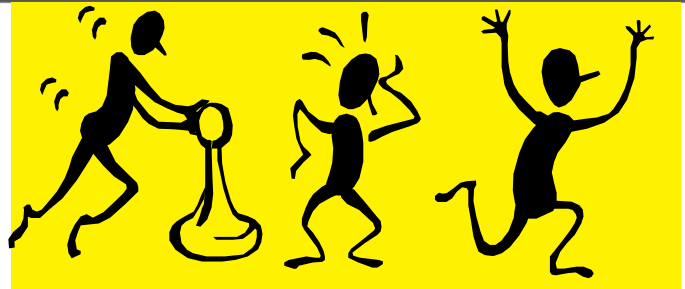
Manual handling accounts for more than half of all musculoskeletal injuries in the food industry. This in itself is a very alarming statistic and it is the legal duty of every employer to ensure that their workers are appropriately trained to perform their tasks safely.

Does your manual handling programme include:

- Interactive education on the shop floor rather than using overheads and lectures?
- Hazard and risk assessments?
- The question: "Should I be lifting"?
- Safe lifting principles (i.e. load close to your body, bend your knees and not your back)
- Interactive education regarding sustained and awkward postures, repetitive tasks/movements and the effects of prolonged work periods?
- An induction process for all new staff members?

Warm Ups/Cool Downs

Warm up and cool down exercises are very important in the food industry as staff are commonly required to perform repetitive tasks, heavy lifting, and adopt awkward postures.



Does your store have a warm up/cool down programme that includes

- General stretches PLUS specific stretches for the muscle groups which are being used in the tasks being undertaken?
- Education, explaining that many work related injuries occur in the morning or after a long break when the muscles are cold?
- Education explaining that stretching can reduce the risk of muscular strain injuries?

Is your program being run by a well-meaning staff member OR a professional physiotherapist/ergonomist or similar?

Work Active has provided such training to stores - where a trial showed a significant reduction in the number of injuries after the training.

Using a 'hands on' approach to problem solving Work Active concentrates on principles (thinking) rather than procedures (recipes).

Work Active is a team of physiotherapists and ergonomists who work with store owners and staff to develop training, with an emphasis on member participation.

For further information on Work Active's services telephone (03) 9803 8422 or visit www.activephysiotherapy.com.au and explore the Work Active link.



EQUIPMENT

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