

September 2012

SAFETY ACTION^{PTY LTD}® *News*

Sedentary Habits – The Risks!

*Chair Disease-
Do you have it?*



**WHS
HARMONISATION
UPDATE**

CHRONIC DISEASE

**ZERO HARM
FORUM
NOVEMBER 2012**

What's News this Month?

Welcome to our September edition of Safety Action News!

We are pleased to be co-hosting another Zero Harm Forum with our friends at Toyota. Key speakers from some of Australia's leading companies will present their experiences and ideas. More details are on page 5.

Our feature article this month looks at the dangers of sedentary work, a topical issue gaining increasing attention from safety professionals and the community.

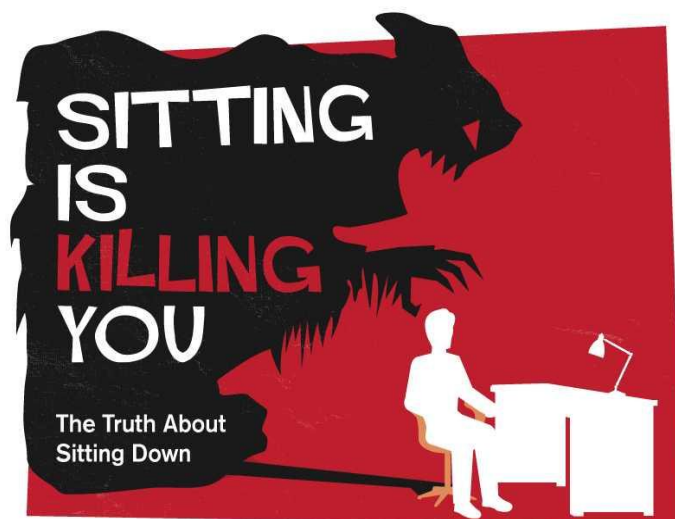
A good friend of Safety Action and risk and safety specialist, Tony Smith provides an insight into chronic disease and shares information relating to his recently published book.

We hope you enjoy this edition.

Stay Safe!

The Risks of Sedentary Habits

Our modern lifestyle is very sedentary for many people – that is to say, we don't just lack in medium to high intensity 'exercise', but we also spend long periods of time at work and at home, sitting or lying down, being completely inactive. Recent community initiatives outside of the health and safety profession have been making more of an effort to increase worker and public awareness of the dangers of too much sitting, coining phrases like 'chair disease' and publishing scare factor type campaigns such as 'Sitting is Killing You'. But the truth may be even scarier; however we don't fully understand all the risks yet. Nonetheless sufficient evidence has been collected by researchers globally to show us that this is an issue that we should take seriously.



Typical scare campaign image.

To view full poster visit

<http://www.medicalbillingandcoding.org/sitting-kills/>

The most widely publicised detrimental effect of sedentary habits is a reduction in metabolism (leading to increased rates of obesity) but there are a large number of other correlated health issues. As health and safety professionals we need to consider the trend of taking a holistic approach to workplace health and safety; not just protection from potential direct injury, but also the preservation of physical and mental wellbeing. We can see this holistic approach is evident in most workplaces now through the inclusion of anti-bullying and harassment policies, a protection primarily for mental wellbeing.

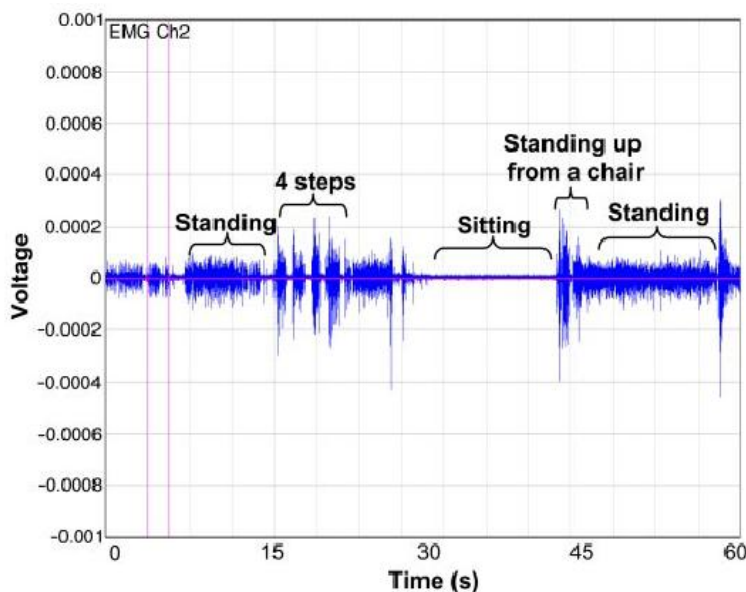
Other identified health risks of excessive sedentary behaviour are:

- Lower Abdominal Cancers
- Gallstones,
- Mental Disorders,
- High Cholesterol,
- Hypertension,
- General Mortality,
- Cardiovascular Disease,
- Type 2 Diabetes,
- Fatal Myocardial Infarction, and
- Weight Gain.

Although a positive correlation does not indicate causation, the research so far indicates that increased sedentary behaviour is likely to increase the risk of these health issues in individuals who may be prone to them.

A 2003 survey of women aged between 25 and 30 years found that the average daily sitting time for full-time workers was 7.31 hours per day, while those engaged in full time household duties had a reduced total sitting time of 4.91 hours per day.

There is an increasing number of standing work stations or adjustable sit/stand desks available on the market, and it has been shown that standing (even still) can provide health benefits over sitting all the time. The muscles in the core and legs are engaged, and while both standing and sitting have the potential to increase static force on the lumbar spine, the difference in position is significant enough to constitute a rest break from each respective posture.



Electromyogram patterns show skeletal muscles in legs are engaged when standing and walking. (Hamilton et al 2007)

Manual Handling Tip!

The stiffness resulting from prolonged sitting (>1 hr for men and 1-2 hours for women) may increase the risk of low back injury from activities undertaken immediately afterwards. Avoid lifting and reaching tasks which require a full motion through the spine directly after a prolonged sitting period.

Warm up and stretch first.

What Should You Do?

Traditional recommendations for minimum exercise levels have included things like 150 minutes a week, 30 minutes a day, 1 hour 3-4 times a week etc; but a 2009 study showed that prolonged sitting can have detrimental effects even if you meet these minimum exercise requirements. Those who took frequent breaks had a lower mean waist circumference than those who sat for the long periods of time, regardless of the total hours sitting per day.

	Energy expenditure kJ/min (% above resting)
Resting	5.4 ± 1.5 (—)
Sitting motionless	5.6 ± 1.6 (3.7 ± 6.3)
Sitting while fidgeting	8.2 ± 2.3 ² (54 ± 29)
Standing motionless	6.1 ± 1.7 ² (13 ± 8)
Standing while fidgeting	10.3 ± 2.9 ² (94 ± 38)
Walking at 1.6 km/h	13.7 ± 4.3 ² (154 ± 38)
Walking at 3.2 km/h	16.4 ± 5.4 ² (202 ± 45)
Walking at 4.8 km/h	21.3 ± 7.9 ² (292 ± 81)

¹ $\bar{x} \pm SD$.

²Significantly different from resting value, $P < 0.001$.

Energy expenditures table (Levine et al 2000)

While regular exercise should still be undertaken, you should also attempt to break up prolonged sitting periods with further 'non-exercise activity'. This may include standing up and stretching every 30 minutes, taking a 5-10 minute walk around the block every 1-2 hours, and making an effort to walk to a colleague's desk instead of calling or emailing. Increase fidgeting rather than sitting still in your chair as this can increase energy expenditure by about 50%, bringing it halfway between sitting still and standing up.

Prolonged sitting can have detrimental effects even if you exercise regularly

In the workplace, try to provide easy options for workers to vary their sitting and standing during the day. Communicate the health issues of sedentary behaviour, and encourage standing up and moving around. In some workplaces this may prove to be more of a challenge than others, for example in a call centre where staff must stay by the phone, however workers should understand that it is 'ok' to stand up if they need to.

Most importantly lead by example! Workers will be more interested and more confident in adopting new behaviours if they see managers and supervisors doing it first. It also reinforces that you see it as a genuine issue if you seem to be concerned about your own health rather than just trying to enforce another policy.

For more information or references used contact Emily Carter at Safety Action on T. 9690 6311 or enquiries@safetyaction.com.au

As Safety Action's Graduate Advisor, Emily is currently undertaking a Graduate Diploma in Occupational Health and Safety. She has a special interest in holistic considerations towards workplace health and safety, including the health risks associated with excessive sedentary behaviour.



Emily Carter

Tackling Australia's Biggest Killer – Chronic Disease

Recent literature from the World Health Organisation indicates that non-communicable diseases (NCD) such as cancers, heart disease, diabetes and chronic respiratory disease account for 63% of deaths worldwide. The Australian Institute of Health and Wellbeing says that in 2007, 83% of all premature deaths (i.e.: deaths among people aged less than 75 years) were due to chronic disease. The more alarming fact here is that 64% of these were potentially avoidable and brought on by a combination of poor lifestyle choices and risky behaviours such as smoking, overuse of alcohol, inactivity and poor eating habits. Convert these percentages to actual numbers and the results are staggering.

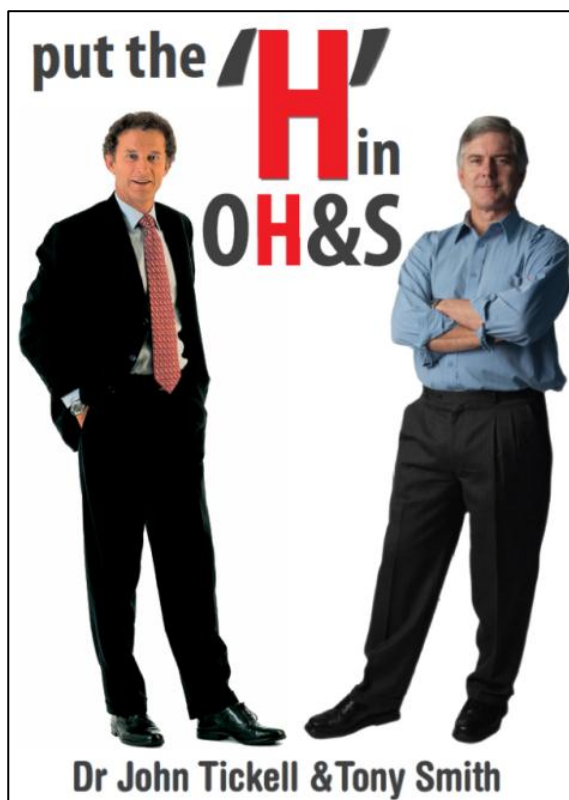
“Put the **H** in **OH&S**” is the first book written by Victorian risk and safety specialist, Tony Smith. Tony is a Fellow of the Safety Institute of Australia and friend of Safety Action. Co-written with internationally renowned health and wellbeing authority and celebrity medico Dr John Tickell, the book provides an holistic approach to improved health and wellbeing, which translates into better business as well as improved personal health outcomes.

The book is not about the need to control the risk of contracting work-related diseases as that is a duty under health and safety legislation, but deals with the impact of non-work related diseases on the community (and the workplace) and seeks to do something about it.

Designed for safety practitioners and businesses, it helps to establish a business case, and demonstrates a return on investment for the implementation and maintenance of a workplace health promotion program to reduce the instances of non-communicable and chronic diseases. It also builds on the WorkSafe Victoria WorkHealth initiative and draws on the results of the first 400,000 free WorkHealth checks, which have been recognised as a world leading dataset.

The book details Dr Tickell's simple and effective healthy living approach and puts it into a workplace context. It really is as simple as ABC (or ACE really), and it works. It's about learning and living the three basic skills of Activity, Coping and Eating, but in a simple and fun way that is sustainable.

Tony states “that an added bonus is that by self-publishing and using ‘Print on Demand’ technology, we are able to control the size of our print runs and customise editions for larger clients. For example, if an organisation were to see the benefit of ordering a run of books (regardless of quantity) and providing them to staff and/or clients, we could include a personalised letter from the CEO bound into the book at no extra cost”.



The book retails for \$20 (plus \$5 postage and handling) and can be obtained directly from Tony at tony.smith.srs@gmail.com or calling 0419 880 473.

Risks of Remote work

A company in WA has been fined in excess of \$50,000 when two of their consultants were lost in a remote area, luckily neither persons was injured. It was found the company failed to provide and maintain a safe work environment as the two consultants involved were not provided with appropriate training and lacked the functioning equipment necessary for travelling in remote locations”.

The key factors to this case were;

- Staff were not given any training on travel in remote areas; including the use of a four wheel drive vehicle, navigation equipment or instructions on the conditions of the area they were travelling to.
- The two staff were not provided with any navigational tools such as a map or GPS
- A lack of adequate communication systems; they did not have a functional satellite phone, and had to find a pay phone after they became lost in order to contact help.

As a minimum the following should be in place within all organisations that travel remotely;

- Appropriate means of communication equipment, including procedure for regular contact.
- Ensure availability of emergency response.
- A full training/briefing program for all personnel involved.

This case highlights the importance of evaluating travel situations prior to travel and implementation of adequate controls. This is best done by conducting a travel risk assessment. For more information contact the Safety Action team on 03 9690 6311.



Toyota Landcruiser with recommended emergency equipment for remote work

**Award Winning
Safety
Leadership
Course**

Book now for Leadership Training

2 Day Safety Leadership Course
Safety Action Boardroom, Melbourne
\$990+ GST per person

Wednesday 7th & Thursday 8th November 2012

This 2 day course is run as a small and interactive group, providing participants with practical training to help you become a true safety leader. A comprehensive manual is provided for each participant.

To book your place, contact Danielle on 03 9690 6311

WHS Harmonisation Update- August 2012

<i>Commonwealth</i>	1 st January 2013
<i>New South Wales</i>	1 st January 2013
<i>Australian Capital Territory</i>	1 st January 2013
<i>Queensland</i>	1 st January 2013
<i>Northern Territory</i>	1 st January 2013
<i>Tasmania</i>	1 st January 2013
<i>South Australia</i>	Currently before state parliament. Subject to the passage of the Bill through parliament, the laws are due to commence on 1 st January 2013.
<i>Western Australia</i>	The Western Australian Government has issued budgeted for introduction and has a public discussion paper on the propose legislation.
<i>Victoria</i>	Not yet introduced into state parliament. No date set

Model Work Health and Safety laws commencement dates:

Transitional arrangements

Transitional arrangements under the Act and Regulations in each jurisdiction will allow duty holders a period of time to make necessary adjustments in order to comply with any new requirements.

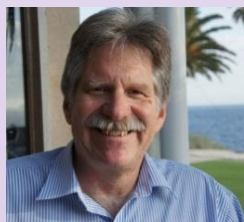
Model Codes of Practice

Model Codes of Practice are based on existing codes and guidance available in most jurisdictions. Existing jurisdictional codes will remain in force until a replacement model Code of Practice is approved.

<i>State</i>	<i>Website</i>
Commonwealth	http://www.safeworkaustralia.gov.au
ACT	http://www.worksafe.act.gov.au/page/view/2798#Overview
NSW	http://www.workcover.nsw.gov.au/lawpolicy/codesofPractice/Pages/default.aspx
NT	http://www.worksafe.nt.gov.au/Legislation/New%20Work%20Health%20and%20Safety%20Laws/Pages/Transitional-Arrangements http://www.worksafe.nt.gov.au/Publications/Code%20of%20Practice/Forms/AllItems.aspx
QLD	http://www.deir.qld.gov.au/workplace/law/whslaws/index.htm http://www.deir.qld.gov.au/workplace/law/legislation/codes/index.htm
TAS	http://worksafe.tas.gov.au/model_whs_act/implementation_process http://worksafe.tas.gov.au/model_whs_act/model_codes_of_practice
SA	http://www.safework.sa.gov.au/whs/

New National Laws

Queensland has passed national legislation for Heavy Vehicles and the Commonwealth has passed national legislation for Maritime Safety (Domestic Commercial Vessel). As the other jurisdictions introduce mirror laws on these two bills it is expected that safety standards will improve and confusion around requirements when crossing state and territory borders will be eliminated.



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Safety & Risk Advisor*



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Graduate Safety
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Zero Harm Forum

Our good friends at Toyota are working with Safety Action to hold another Zero Harm Forum on Thursday, 22nd November 2012.

Increasingly, organisations are adopting zero harm or similar safety visions, but few understand the implications of this or know how to go about it effectively and with credibility.

A number of eminent speakers from some of Australia's leading companies have agreed to present at the Forum including:

- Andrew Douglas, Partner, M+K Lawyers
- Bruce Kemp, Metro Trains
- Richard Dovison, Landmark Australia
- Tony Smith, East Gippsland Water (internationally registered author)
- Mike Ramsay, Boeing Australia (to be confirmed)
- Steve Jackson, Kmart
- Duncan Thompson, Amcor

Lainie Cassidy, Safety Manager for Toyota Australia will explain an interesting program on visualisation of hazard issue mapping.

We suggest you reserve the date in your diary now as you will not want to miss this session.

Further details on the program and booking arrangements will appear in next month's newsletter

We hope to see you there!!

*Reserve this date
in your diary
now!!!*

Is there anything in our newsletter you would like to comment on, or a topic you would like to see included?

Please contact our administration, by emailing: enquiries@safetyaction.com.au or by calling T. 03 9690 6311



Kirill Kouzmin



Danielle Smith