

MEAT PROCESSING

Muscular stress while lifting, carrying or putting down objects

What in the workplace could indicate there is a risk of such occurrences happening?

Some things to look for include:

- tasks requiring sudden, jerky or hard to control movements
- tasks requiring bending or twisting
- loads being moved from a level below mid-thigh or to a position above the shoulders
- loads which are heavy, bulky, unstable, slippery, have a difficult shape or are difficult to hold
- having to lift, lower or carry objects in cramped conditions
- lifting, lowering or carrying of objects in work environments which are very hot, very cold, have poor lighting or visibility, or where work surfaces are slippery and uneven
- very young workers, or those either new to the task, or returning from extended leave

What types of things can be done to stop such occurrences from happening?

Employers should, for example, make sure that:

- work processes are changed so that objects do not have to be lifted, lowered or carried by people (for example, by installing conveyor belts or automating the process)
- the time, distance and force required for lifting, lowering or carrying of objects is reduced (for example, by providing trolleys)
- there is adequate work space to move in and pathways kept clear of obstacles
- work areas are well lit
- floor surfaces are non slip, even, and kept well maintained
- employees are able to lift, lower or carry objects using a comfortable posture and without the need for rapid or twisting movements
- employees, supervisors and staff responsible for designing jobs or equipment are informed and trained in safe manual handling
- the thermal work environment is appropriate for the work done

MEAT PROCESSING

Muscular stress while handling objects other than lifting, carrying or putting down

What in the workplace could indicate there is a risk of such occurrences happening?

Some things to look for include:

- pushing, pulling and manipulating objects tasks requiring sudden, jerky or hard to control movements
- loads being pushed, pulled or manipulated at either too high a level or too low a level
- loads which are heavy, bulky, unstable, slippery, have a difficult shape or are difficult to push, pull, twist or otherwise manipulate
- having to handle objects in cramped conditions
- pushing, pulling or manipulating objects in work environments which are very hot, very cold, have poor lighting or visibility
- floors and other surface which are uneven or either too slippery or have too much traction (or grip with the object)
- very young workers, or those either new to the task, or returning from extended leave

What types of things can be done to stop such occurrences from happening?

Employers should, for example, make sure that:

- work areas are well lit
- work processes are changed so that objects do not have to be handled by people, for example, by installing conveyor belts or automating the process
- the time, distance and force required for pushing, pulling and manipulating objects is reduced (for example, by improving workplace layout, providing trolleys and good maintenance of equipment)
- there is adequate work space to move in, and pathways kept clear of obstacles
- floor surfaces are non slip, even, and kept well maintained
- employees are able to move objects using a comfortable posture and without the need for rapid or twisting movements
- employees, supervisors and staff responsible for designing jobs or equipment are informed and trained in safe manual handling
- the thermal work environment is appropriate for the work done

MEAT PROCESSING

Slips, trips, steps or stumbles

What in the workplace could indicate there is a risk of such occurrences happening?

Some things to look for include:

- unstable, loose, uneven or worn floor surfaces
- unstable loads or having to reach too far to complete a task
- obstacles blocking people's clear view of walkways
- people either not having or not wearing non-slip footwear
- unexpected changes in flooring materials (shoes, for example, grip differently on concrete compared to tiles)
- floor surfaces which become slippery when wet
- low levels of light making it difficult to see
- slippery, wet, muddy or oily floor surfaces
- highly sloping floor surfaces
- objects in the path of people

What types of things can be done to stop such occurrences from happening?

Employers should, for example, make sure that:

- floor surfaces are kept uncluttered
- floor surfaces are even, stable and always kept in good condition
- non-slip floor surfaces are installed and maintained
- floor surfaces are not buffed
- if floors are to be polished, the polish leaves a non-slip finish
- messes on floors are immediately cleaned up and action taken to prevent any further spills
- ramps are made with a gentle slope and are fitted with handrails
- good lighting is maintained throughout work areas
- good non-slip footwear is available and worn by employees
- floor surfaces are designed to be as continuous as possible
- the right floor surface is installed to suit the conditions (for example, don't use a shiny tiles on a bathroom floor)

MEAT PROCESSING

Hitting against moving objects

What in the workplace could indicate there is a risk of such occurrences happening?

Some things to look for include:

- cluttered workplaces that prevent safe and easy movement (causing, for example, employees to collide with mobile machinery, moving knives)
- working close to moving objects, such as trolleys and fork lifts
- no warning mirrors fitted at intersections along which people and vehicles move
- poor lighting in work areas
- doors opening onto walkways
- small or cramped work spaces

What types of things can be done to stop such occurrences from happening?

Employers should, for example, make sure that:

- the workplace is kept uncluttered
- enough time is allowed for work to be done without the need for employees to rush their work
- mirrors, and warning lights are provided, for example, at locations where a cross aisle opens onto an area used by mobile equipment
- doors are either rehinged so that they do not open onto walkways, or warning devices are installed to warn people of them opening
- people and mobile equipment are kept separate as far as possible
- designated walkways are set up and clearly defined and labelled
- appropriate personal protective equipment is provided (for example, mesh gloves for work involving knives)
- training in safe handling procedures is provided (for example, in how to hold and use a knife to cut different types of materials)
- the workplace is kept well lit

MEAT PROCESSING

Being hit by moving objects

What in the workplace could indicate there is a risk of such occurrences happening?

Some things to look for include:

- unguarded or inadequately guarded machinery which generates flying objects such as splinters, metal fragments and dust
- crowded work areas in which there are moving vehicles
- objects or weapons wielded by another person
- equipment not maintained in effective working order
- lack of appropriate protective equipment, such as safety glasses to protect eyes from splinters of wood, metal, concrete or sparks
- no warning lights or beepers on moving vehicles, such as forklifts
- uncontrolled movement of people at a firing range
- no warning mirrors fitted at intersections along which people and vehicles move
- inadequate lighting

What types of things can be done to stop such occurrences from happening?

Employers should, for example, make sure that:

- machinery is guarded to prevent flying objects from being produced, and if this cannot be achieved, then barriers installed to prevent them flying into the general work area
- safe operating procedures are developed and implemented
- mobile vehicles are fitted with reversing lights and beepers
- clear designated walkways are established and people and mobile equipment are kept separate as far as possible
- mirrors and other warning devices are installed at intersections
- in situations where there is a likelihood that clients may wield weapons, employees are trained in appropriate safe responses to the potential hazard situations
- work areas are well lit
- appropriate personal protective equipment is provided, such as face shields

MEAT PROCESSING

Where can I go to for more information and help in preventing these types of occurrence in my workplace?

The WorkCover Corporation, Workplace Safety Management Division can give advice as to how you can manage occupational health and safety in your workplace and prevent occurrences of this type happening.

Contact: WorkCover Resource Centre
100 Waymouth Street, Adelaide, SA 5000
Ph: (08) 82332222;
Fax: (08) 82332466
Toll free (SA country only) 1800 188 000

Or visit the WorkCover website at
www.workcover.com

Workplaces Services (formally the Department for Industrial Affairs) can give advice as to what must or should be done to prevent particular mechanisms of injury and disease. This advice is often described in the form of regulations and approved codes of practice.

Occupational health and safety regulations have been in place since mid 1995 which require employers to take particular action to prevent these types of occurrence from happening. The occupational health and safety regulations may also refer to a variety of standards and approved codes of practice that give employers more guidance as to how they might comply with the legislation.

Contact: Level 3
1 Richmond Road
KESWICK SA 5035
Ph (08) 8303 0400
Fax (08) 8303 04230

Or look in the telephone "White Pages" for contact details as to your regional Workplace Services Office.

'SafeGuard' information is available from the Workplace Services website at
www.eric.sa.gov.au/safeguards