

SAFEWORK SA

HELP AND EARLY INTERVENTION CENTRE

100 Waymouth Street, Adelaide

HELP CENTRE

Telephone: **1300 365 255** or **(08) 8303 0400** for mobile and interstate callers

Email: irhelp@safework.sa.gov.au (IR enquiries)
ohshelp@safework.sa.gov.au (OHS enquiries)

To report all serious workplace accidents and incidents telephone **1800 777 209** (24 hour service)

LIBRARY

Telephone: (08) 8204 8877
Facsimile: (08) 8204 8883
Email: library@safework.sa.gov.au

BOOKSHOP

Telephone: (08) 8204 8881 or (08) 8204 8882
Facsimile: (08) 8204 8883
Email: bookshop@safework.sa.gov.au
Opening hours from 8.30am - 5.30pm,
Monday to Friday (the Help Centre
closes at 4.15pm on Wednesdays)

HEAD OFFICE

Level 3, 1 Richmond Road, Keswick
GPO Box 465, Adelaide, SA 5001
DX 715, Adelaide

COUNTRY OFFICES

BERRI

30 Kay Avenue, Berri
PO Box 346, Berri SA 5343
Telephone: **(08) 8595 2199**

MOUNT GAMBIER

Level 1, 11 Helen Street, Mount Gambier
PO Box 871, Mount Gambier SA 5290
Telephone: **(08) 8735 1199**

PORT LINCOLN

Civic Centre, Suite 10, 60 Tasman Terrace, Port Lincoln
PO Box 2862, Port Lincoln SA 5606
Telephone: **(08) 8688 3057**

PORT PIRIE

Level 1, 104 Florence Street, Port Pirie
PO Box 462, Port Pirie SA 5540
Telephone: **(08) 8638 4777**

WHYALLA

15-17 Horwood Street, Whyalla
PO Box 696, Whyalla SA 5600
Telephone: **(08) 8648 8733**

To speak to SafeWork SA in a language other than English, contact the Interpreting and Translating Centre on (08) 8226 1990 and ask them to contact SafeWork SA. This interpreting service is available at no cost to you.

www.safework.sa.gov.au

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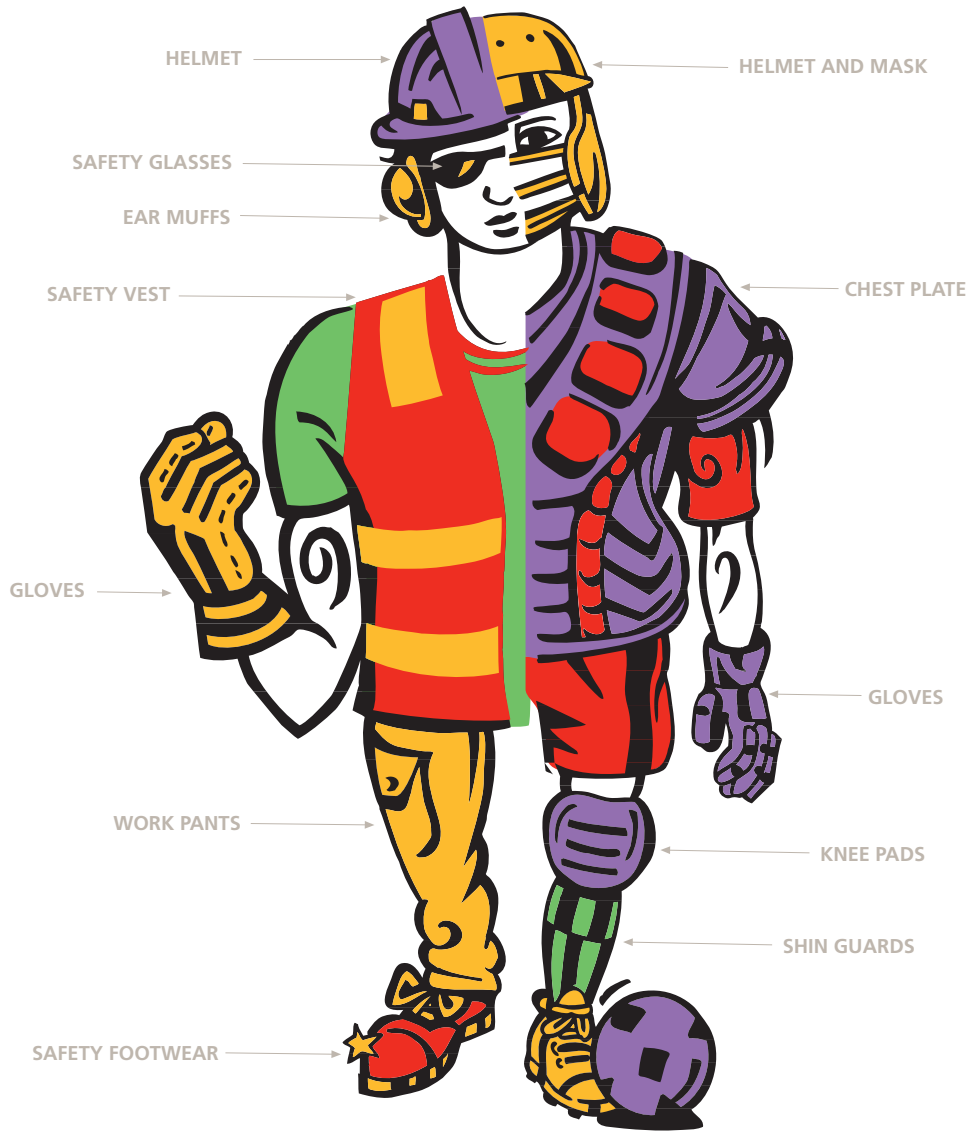


Government
of South Australia

SafeWork SA

PROTECTIVE GEAR
for **WORK** and **Play**





PLAYING SPORT AND HANGING OUT WITH FRIENDS IS GREAT FUN AND CAN BE GOOD EXERCISE.



Like so many other things we enjoy doing, there are risks that you have to think about.

No matter what you are doing, make sure you do a few checks before you start.

CHECK THE AREA

Is it safe? If you are playing sport outside or going to the beach, check for uneven ground, stones, broken glass and rubbish in the area before you start.

CHECK THE EQUIPMENT

Check the equipment you are going to be using for wear and tear, making sure that everything is in good condition. After all, you can't ride a bike with a puncture, shoot hoops with a flat ball or win a game of tennis with a broken racquet!

CHECK YOUR SAFETY GEAR

Think about the safety gear you need for your sport, or even for spending time in the sun.

For playing baseball or softball you might need a helmet, mask, glove, chest plate and shin guards.

If you are a skater or a skateboarder you need gloves, wrist guards, elbow and knee pads and a helmet.

Whenever you are outside you should also protect yourself with a hat, sunscreen and sunglasses, and by staying in the shade.



WHAT DOES ALL THIS HAVE TO DO WITH WORK?

It's simple. When you play sport or spend time in the sun, you wear gear to protect yourself.

When you start work you may have a job where you will have to wear gear to protect yourself.

For example, there are lots of jobs in fast food restaurants that you will need personal protective equipment (PPE) for, such as:

- changing fryer oil - you will need a face shield, an apron and gloves to protect your face, arms and body from burns
- working in the freezer - you will need a jacket and gloves to protect your skin
- litter patrol in the car park - you will need to wear gloves and a reflective safety vest to make sure you can be seen by others and to protect you from hazards like broken glass.

Similarly, if you work outside you will need a hat that protects your face, neck, ears and head, sunscreen, sunglasses and long-sleeved shirts with collars.