

Injury Prevention

PRINCIPLES

Injury prevention principles are based around the simple ideal that workers are responsible for their own actions. However, while the employee must take every precaution for themselves, employers are required to make sure that their workers are safe too!



Employers Duty of Care

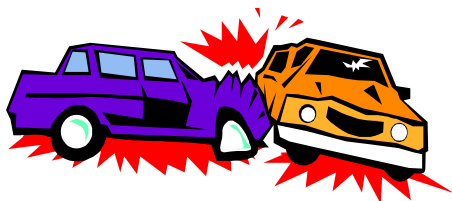
- need to provide a safe workplace
- need to provide safe work systems
- encourage employees to adhere to work policies
- provide protective equipment if necessary
- ensure employees are able to work for the company in the correct manner

Employees Duty of Care

- ensure that they are complying with employers work systems
- take adequate precautions in attending work
- present to work in a fit state (e.g. not under the influence/injured/stressed)
- acknowledge that their work tasks may involve risks and how to avoid the risks

RISK MANAGEMENT

A risk is defined as “the probability of an injury or harm occurring.” Broadly speaking, risks are around us all the time when we are at work, home, driving, almost any situation carries with it an inherent risk.

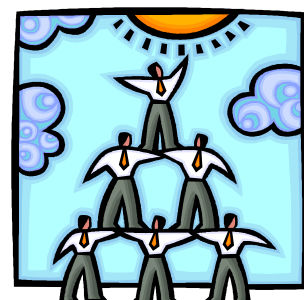


There is a Hierarchy of Controls that is put in place to hopefully minimise the risks involved with workplaces, however, there will always be a residual risk component to any activity, from office typing to drilling and blasting. Working down the pyramid

below will hopefully help minimise any risks at work!

HIERARCHY OF CONTROLS

ELIMINATE
SUBSTITUTE
ISOLATE



Data Source:

1. Ironsafe
2. Rio Tinto Occupational Health Standards

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ENGINEERING CONTROLS

ADMINISTRATIVE CONTROLS

PERSONAL PROTECTIVE EQUIPMENT

HAZARD IDENTIFICATION

This involves the spotting of problems and thinking of how problems may occur in the workplace. You should all be familiar with Take 5's, JHA's and even Safety Interactions.

Ensuring that these are done will help minimise any risks and ensure that safety is kept to a high standard.



Types of Hazards include:	Specific Examples
Gravity	Falling objects, falls of people
Kinetic energy	Projectiles, penetrating objects
Hazardous substances	Caught between, struck by, struck against
Thermal energy	Skin contact, inhalation
Extremes of temperature	Spills and splashes of hot matter
Radiation	Ultraviolet, arc flashes, microwaves, lasers
Noise	Hearing damage
Electrical	Shock, burns
Vibration	Hands
Biological	Micro-organisms
Stress	Unrealistic workload and expectations



INJURY MANAGEMENT

If an injury does occur, there are key steps that each employee must follow to ensure an efficient process to the pre-injured state occurs.

Injury Management is defined as:

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“A workplace managed process incorporating employer and medical management from time of injury to facilitate, where practicable, efficient and effective maintenance in or return to suitable employment”.

Injury Management represents a co-ordinated and managed process from time of injury, integrating medical and employment management practices with a focus on the workplace.

The Injury Management team will be formed to coordinate the best course of action for each injured employee, whether the injury is work or non-work related.

Injury Management Team will consist of:

1) Site Injury Management Advisor

2) Injured Worker

3) Supervisor/Superintendent



Emergency



Physiotherapy



Rehabilitation

WHAT DO I DO IF I GET INJURED AT WORK?

Unfortunately, injuries do occur at work and it is important that each employee is aware of the procedures that are to be followed when someone is hurt. The injury management policies and procedures are available through **Ironsafe** on the **Pilbara Iron Intranet** and the complete list is contained there.

When you get injured, follow this set of guidelines to ensure you won't have any problems in the future:

1. Report the injury to your supervisor as soon as possible, seek treatment if necessary from the designated person in charge
2. Fill out the relevant incident report
3. Remember to get your Medical Certificate from the person who treated you!
4. If you want to make a Worker's Compensation Claim, get the necessary paperwork from the Injury Management Advisor (IMA) on site
5. The IMA will then assist you with your claim until it is completed
6. The IMA will also assess your ability to work and recommend programs to help you get back to work as quickly as possible