

Meet

Andrew Sezonov
Gforce's OH&S Officer



Andrew commenced the role of Gforce's OH&S Officer in September 2010.

Being employed at Gforce since 1997, Andrew has a strong knowledge and connection with Geelong's industries. Andrew's key focus is providing and maintaining safe workplaces for Gforce's Employees. Should you our Apprentices, Trainees, Host Employers or Temporary Employees have any OH&S related queries please feel free to contact Andrew on mobile 0417 328 356 or email asezonov@g-force.org.au

Prizes to be Won...

If any Apprentices, Trainees, Temporary Employees or Host Employers have any positive OH&S stories that they would like to share, please email asezonov@g-force.org.au

If your story is chosen you will win a double pass to Village Gold Class and have your story printed in the next Newsletter.

Welcome to the Workplace Health & Safety Newsletter.

Through this Newsletter we hope to keep you informed on what is happening in Gforce, issues relating to you and Workplace Health & Safety related issues to keep **YOU** safe.

Lacerations (cuts) Fact Sheet

Our statistics at Gforce show that lacerations or cuts make up 34% of all work place injuries involving our Apprentices, Trainees and Temporary employees. Further investigations show that nearly all of these injuries can be avoided. The following information will assist in decreasing these statistics and providing a safer workplace for all involved – that means **YOU**

Common Lacerations

- Scratches and abrasions, or minor cuts requiring first aid
- Puncture wounds
- Deep lacerations requiring medical attention including sutures (stitches)
- Lacerations involving nerve and/or tendon damage
- Amputations

Hazards and Causes of Lacerations

- Improper training
- Lack of established safety procedures
- Employees in a hurry, taking short cuts or not following safety procedures
- Failure to wear cut resistance gloves or wearing improper gloves for job
- Hand tools with blades (knives, box cutters, screwdrivers, chisels)
- Powered machinery with cutting blades, rotating parts, presses, lathes
- Handling sharp objects such as glass or sheet metal

Prevention Strategies

- Training employees to follow established safety procedures
- Maintaining proper machinery guarding
- Wearing personal protective equipment
- Good housekeeping

Gloves – Selecting the right gloves for the task being undertaken will improve worker safety. Comfort and practicality are some of the most important factors when selecting hand protection. If gloves are not comfortable, workers are less likely to wear them.

Working in Hot Conditions

A number of our Apprentices spend a large amount of their time working outside or in hot conditions and heat stress can become a hazard.

Warning signs to look out for

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|------------------|----------------|
| Confusion | Fainting |
| Light-headedness | Slurred speech |
| Nausea | Staggered Walk |

Preventing heat stress

If practical provide protection over the site where work is being carried out. Providing regular work breaks (10min break every hour) . Providing air-conditioned sheds or vehicles for work breaks And the provision of cold drinks.

Treating heat stress

Take the sufferer to a cooler area (for example, an air-conditioned shed or vehicle). Remove excess clothing (hard hat, boots, shirt). Give water to drink if conscious. Allow the person to rest.



As your legal employer, all work place injuries and / or incidents involving any Gforce employee must be reported immediately to your Field Officer, allowing us to investigate the incident in a timely manner and assist with returning you to work as soon as possible.

Breakfast The most important meal of the day

Why is breakfast so important?

Breakfast is considered the most important meal of the day as it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

Why we may skip breakfast

Some common reasons for skipping breakfast may include:

- Not enough time / Wanting to spend an extra few minutes in bed
- Too tired to bother
- No readily available breakfast foods in the house

Energy for your brain & muscles

Having a suitable breakfast will make you feel less tired and give you more energy overall.

This will make you more productive at work, which will make the boss happy!

What is a suitable breakfast

The following website has some quick and easy recipes and ideas for breakfast, www.healthyfoodguide.com.au and enter breakfast in the search criteria.

Geelong Regional Training Awards

The following are nominated for the following Apprentice & Trainee awards
Apprentice of the Year.

The awards will be announced at Geelong Regional Training Awards Presentation, The Pier Geelong on Wednesday 25 May 2011.

Sally Power	Shell Refining	Certificate III Electrical Instrumentation
Darren Jones	Danum Engineering	Certificate III Engineering Fabrication

Trainee of the Year

Brianna Threlfall	Barwon Water	Certificate III Record Keeping
Hannah Petrie Allbutt	Point Lonsdale PS	Certificate IV Sport and Recreation
Sophie Taylor	Clonard College	Certificate III Outdoor Recreation
Sam Holloway-Roden	Kardinia Int College	Certificate III IT (Networking)
Mitchell Vials	TAC	Certificate III Business
Jessica Gava	TAC	Certificate III Business

Best 2nd year Apprentice

Brian Roche	Gordon McKay	Certificate III Electro technology Electrician
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Best 3rd year Apprentice

Matthew Halson	Shell Refining	Certificate III Electro technology Electrician
Darren Jones	Danum Engineering	Certificate III Engineering Fabrication

Gforce Tradie in the Spotlight



Jack Sims has successfully completed his certificate III in Horticulture (Turf Management) apprenticeship. And now has been accepted into an Ohio State University exchange program where he will be based at Breakers Golf Course, in Palm Beach Florida.

This program will be for 12 months with an extra 1 month afterwards to travel.

This is a wonderful opportunity to expand Jack's knowledge, experience, and confidence.

Jack has been eligible for a Rotary grant worth \$4500 which has helped with airfares, insurances and the initial set up of the exchange program.

For the love of working outdoors, independently and in a team, Jack is working his dream job.