

CONTENTS INFORMATION SHEETS

Machinery Guarding

Protecting Your Hearing

Chemicals — Protective Equipment

Welding

Tractors — Roll-Over Protective Structures (ROPS)

Riding Horses

Cattle Handling

Sheep Handling

Shearing

Handling Pigs

Heat Stress

Asthma

Workshop Safety

Farm Water Safety

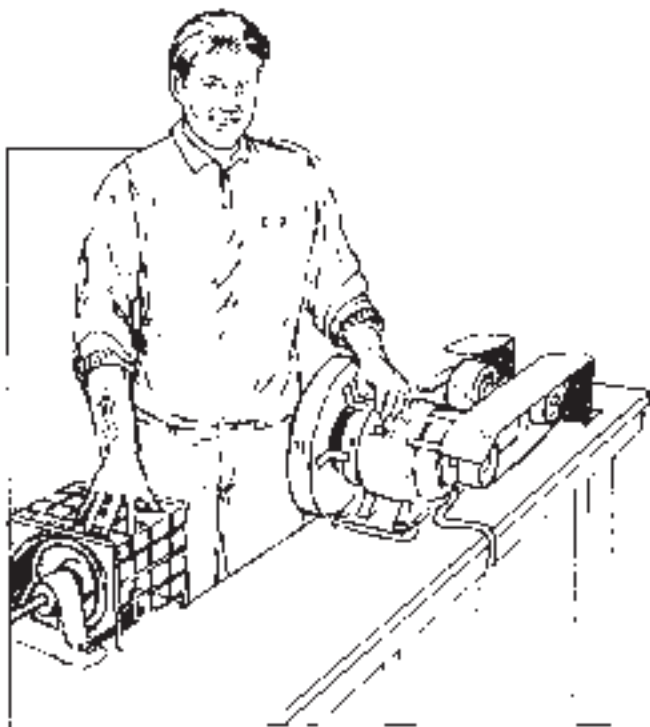
Electricity

Fire Fighting

Dairies

Hand Tools

Safe Shooting



WHAT GUARDING DOES

There may be times when workers must reach over, under, around or through the machine: either when operating, servicing or maintaining the machine. Guarding is there to protect you from coming into contact with the machine's moving parts.

A guard may be any shield, cover, casing, fixed physical barrier or interlocked physical barrier which prevents people or their clothing from touching or becoming caught in dangerous machine parts (for example, it may be hot, moving, cutting or crushing).

It can include fixed guards, interlocked guards, presence sensing devices, automatic guards, adjustable guards, self-adjusting guards, distance guards, fence guards and partial guards.

A guard may also capture any flying or ejected debris, parts, particles or off-cuts which might fly off and strike your body or your eye, causing injury.

WHERE GUARDING IS FOUND

On the farm, guarding is commonly used with machinery and equipment to prevent access to:

- moving augers and auger conveyers
- rotating blades
- packaging machines and conveyers
- rotating shafts, including power take off (PTO)
- machine transmissions such as pulleys and belt drives, chain drives and exposed gears.

REDUCE THE RISKS

You should always do a risk assessment for any machinery and equipment you use to make sure it is safe. This involves identifying any associated hazards and risks that could cause injury, and implementing control measures (as outlined in this fact sheet) to reduce those risks.

As a general rule, guards should:

- be designed in a practical way to protect the user, but allow easy access to the machine
- be in place on dangerous parts of machinery unless the machinery is isolated away from operators or bystanders by using a safety barrier or isolation fence (however, guarding should always be the first option)
- be conveniently placed so that operators and maintenance people are less likely to remove them permanently
- be strong and durable enough for their use and the machine
- protect operators and bystanders against any ejected material
- protect operators and bystanders against burns caused by hot parts
- be ventilated where necessary to avoid the machine overheating

Guards should not be removed before the machine is stopped, isolated and all sources neutralised.

Remember, guards should be designed to make tasks such as machine cleaning, adjustment, or belt changes easier. Poorly designed or inappropriate guarding often contributes to injuries.

Always consult the manufacturer before altering or modifying any guarding. You must be competently qualified to design, manufacture and install any guarding.

PROTECTING YOUR HEARING



How many times have you heard or even said 'Oh, the noise doesn't bother me, you get used to it'.

The truth is that you don't get used to it. The apparent increased tolerance that is gained is actually the result of deafness. A noisy workplace is not a fact of life. It does not have to be 'part of the job'.

Noise injury or hearing loss is the most common form of permanent disability in Australia. Deafness can be caused by:

- exposure to noise above the recommended level
- exposure to constant noise, even below the recommended level
- sudden loud noises, such as gunshot (known as 'impact noise').

The most important point to remember about noise is that the effect is cumulative, so damage depends on your exposure and the length of that exposure. Hearing loss is irreversible.

EARLY WARNING SIGNS

Some early warning signs of hearing loss include:

- ringing in the ears after work
- difficulty understanding a normal conversation
- turning the volume up to hear the radio or television when others appear to hear adequately
- failing to hear background noises such as a ringing telephone or a doorbell

- raising your voice to make yourself heard when standing one metre away from someone
- conducting a noise survey to determine if the measured noise levels exceed 85 decibels or for impact noises, 140 decibels.

REDUCE NOISE AT ITS SOURCE

You can reduce noise at its source by:

- purchasing quieter machinery and equipment. Noise levels vary between brands and models
- modifying equipment to reduce noise
- keeping machinery well maintained.

Noise levels should be checked by a competent person using suitable noise measurement devices.

REDUCE EXPOSURE TO LOUD NOISE

Keep people away from noisy machinery by:

- limiting the amount of time workers spend in a noisy environment
- using protective equipment when it is not possible to reduce noise at its source
- providing sound-proofed operating or control rooms for large plant and machinery
- rotating workers' jobs so they alternate noisy tasks with quiet ones and reduce their overall exposure to noise.

USE PROTECTIVE EQUIPMENT

- Personal hearing protectors should not be used as a substitute for a higher control measures (as outlined above). They should only be used as an interim measure while other controls are being planned and implemented in your workplace.
- You must choose the appropriate protection for the task. Talk to the supplier to make sure that appropriate protection and a correct fit will be provided for the specific task.
- When noise exposure cannot be reduced, personal hearing protection is required. For example, hearing protection should be worn when operating a tractor; when shooting or using a chainsaw.
- Ear muffs should be tried on before buying to ensure comfort and that the seal around the ear is adequate.
- The SLC rating, which stands for Sound Level Conversion, indicates in decibels the noise level reduction expected when the protectors are worn correctly. The higher the rating, the better the protection.
- Ear plugs may be more comfortable for some farmers but must be inserted with clean hands. Re-usable plugs must be cleaned regularly. Cotton wool is not sufficient.
- Clean and maintain hearing protectors. Replace worn or damaged parts.
- Keep protectors near the area of noisy activity; for example, in the cab of the tractor.
- Earphones from personal music players do not provide good protection from noise.

CHEMICALS — PROTECTIVE EQUIPMENT

Chemicals enter the body through:

- absorption through skin contact
- rubbing your eyes
- accidental injection through needles or high pressure jets
- inhaling fumes, vapours and dusts
- accidental ingestion (eating, smoking, drinking.)

Make sure you have a Material Safety Data sheet (MSDS) for the chemical you are using. These are available free from the chemical manufacturer or supplier, or may be obtained online; they provide vital chemical safety information on your safety and protective equipment.

Follow the safety information given on labels.

Always seek advice from your doctor or poison information line if you show any signs and symptoms of poisoning.

Check with your doctor if you need to have regular blood tests for chemical levels.

Know the signs and symptoms of chemical poisoning.

SELECTING PROTECTIVE CLOTHING AND EQUIPMENT

Questions that must be addressed when selecting protective clothing and equipment are:

- Does it meet the requirements set out in the MSDS?
- Does it fit the person properly? Are they trained in its use?
- Is it suitable for the chemical and the concentration you are using?
- Is it comfortable and easily put on and removed?
- Are there sufficient resources and commitment to ensure that the equipment is properly maintained?
- Does it comply with Australian Standards?
- Can you use suitable disposable clothing and gloves?

CARE OF PROTECTIVE CLOTHING AND EQUIPMENT

- Keep all items of protective clothing clean and in working order.
- Wash hats, boots, gloves, overalls, aprons and visors or goggles at the end of each day or after each spray operation.
- Overalls, clothing and hats worn when using chemicals should be laundered in hot water, separately from the household domestic wash. People laundering contaminated clothing should take care against cross contamination.
- Check gloves carefully for tiny (pinpoint) holes. Fill gloves with water and squeeze; discard if holes are evident.
- Keep eye goggles clean, especially if they have a headband. Headbands are often made of material that absorbs pesticides and it is in contact with the forehead, which is one of the most absorptive areas of the body.
- Keep contaminated clothing and equipment in a sealed box, if you are travelling with it in your vehicle. Keep a spare set of protective clothing in your vehicle.

SELECTING AND USING CHEMICAL RESPIRATORS

- Read the MSDS and manufacturer's guidelines before using a respirator or installing a filter.
- Ensure you have the right respirator and filter for the job and the chemicals being used.
- Always date your filters when you install them, and keep a running time record of filter exposure to a chemical, as this will let you know when you need to replace your filter. Don't wait until you can smell or taste the chemical; if this occurs you are being exposed.
- Always consider environmental factors such as the effect of heat on the body when using respirators. Take regular rest breaks and drink plenty of water.
- Consider if you can still wear your glasses while using the respirator.
- Read the manufacturer's guidelines on how to get and maintain an appropriate seal. Remember facial beards can prevent you from obtaining an effective seal.
- Does the respirator you are using provide you with sufficient visibility when driving machinery? Poor visibility when operating machinery can be dangerous?
- Do not remove your respirator until you are clear of contaminated areas.
- Always have a spare respirator at hand in case you need to rescue someone from a contaminated environment.

STORING AND MAINTAINING CHEMICAL RESPIRATORS

- Wash respirators in accordance with the manufacturer's instructions.
- Store respirator in a sealed plastic bag or box, away from direct sunlight and extreme temperatures.
- Wipe the outside surface of respirator filters with a damp cloth, but do not allow water to enter the filter.
- Always check the one-way valves on your respirator to make sure that they are still soft, pliable and functional.
- Check that the face piece of the respirator has not deteriorated. It should be soft and comfortable and maintain a good face seal.
- Filters do not last forever they have a limited life span. Always refer to the manufacturer's guidelines and replace filters as required.
- Always cap your filters and store away from chemical contaminants; this will be safer for you and make your filter last longer.
- Dispose of your used filter cartridges in a safe and environmentally-sensitive manner.

WELDING

USE PROTECTIVE CLOTHING AND EQUIPMENT

Welders should consider using appropriate protective clothing, including:

- a shield or helmet with a filtered lens
- fire resistant gloves
- a leather apron
- leather boots
- leather spats
- a felt skull-cap or beret
- overalls.

To ensure its longevity and protection, all protective clothing and equipment should be kept clean and in working order.

ENSURE ADEQUATE TRAINING

The dangers involved in welding should never be underestimated. Everyone who welds should be properly trained, and understand the dangers involved.

DANGERS

The dangers associated with welding include:

• The arc itself

The temperature of the arc can reach 6000°C. The intense ultraviolet and infra-red rays can be harmful to both the welder and anyone else nearby. Welders who are not wearing overalls can suffer symptoms similar to extreme sunburn.

Always use protective screens to protect others from injury when you are welding.

• The fumes

In confined spaces or after long-term exposures, fumes may be hazardous to health and precautions should be taken. Always weld in a well ventilated area. Where it's not possible to ensure good ventilation, wear a respirator with Australian Standard certification.

Use local exhaust ventilation systems to remove fumes from your breathing zone wherever possible.

Buy good quality welding rods and read the safety information on the packet before using them.

• The volatile combination of heat and gas

Fatalities have resulted where drums and other containers have exploded as a result of some welding or cutting work. The nature of the previous contents should be established to ensure that any heating does not liberate toxic fumes or cause an explosion.

• Heat

The finished work will be very hot for a considerable time after being welded. Warn others not to touch or handle the welded item.

Fire restrictions and bans must be adhered to if working outside in grassed or forested areas.

Always have a fire extinguisher close by and available.

• The electrical circuit

The electrical circuit is perhaps the greatest hazard to the welder. The risk of electrical shock is high.

- Never attempt to connect or change welding cables before switching off the power at the mains first.

- Always install the welding machine as near as possible to the power point.
- Always keep the welding machine terminals and cable connections clean and tight.
- Only use welding cables that are fully insulated throughout their entire length.
- Work on a well-insulated floor wherever possible.
- Wear rubber insulated shoes.
- Always wear dry gloves when handling equipment that is live; for example, when placing an electrode in a holder.
- Always get a licenced electrical contractor to do any electrical repairs.
- Don't attempt to use gas pipes or water pipes as part of the welding circuit, as explosions or shocks to other workmates may result.
- Never weld in wet conditions.
- Always turn the welder off at the power when finished.

GAS WELDING

One of the greatest risks involved with gas welding is that of gas leakage.

Leaking fuel gas is usually recognised by odour. Oxygen leaks are potentially more dangerous as they are usually not easily recognised. Leaking oxygen leads to an oxygen enriched atmosphere where naked flames, cigarettes, sparks and electrical faults become dangerous. Oils and greases may spontaneously ignite in the presence of pure oxygen.

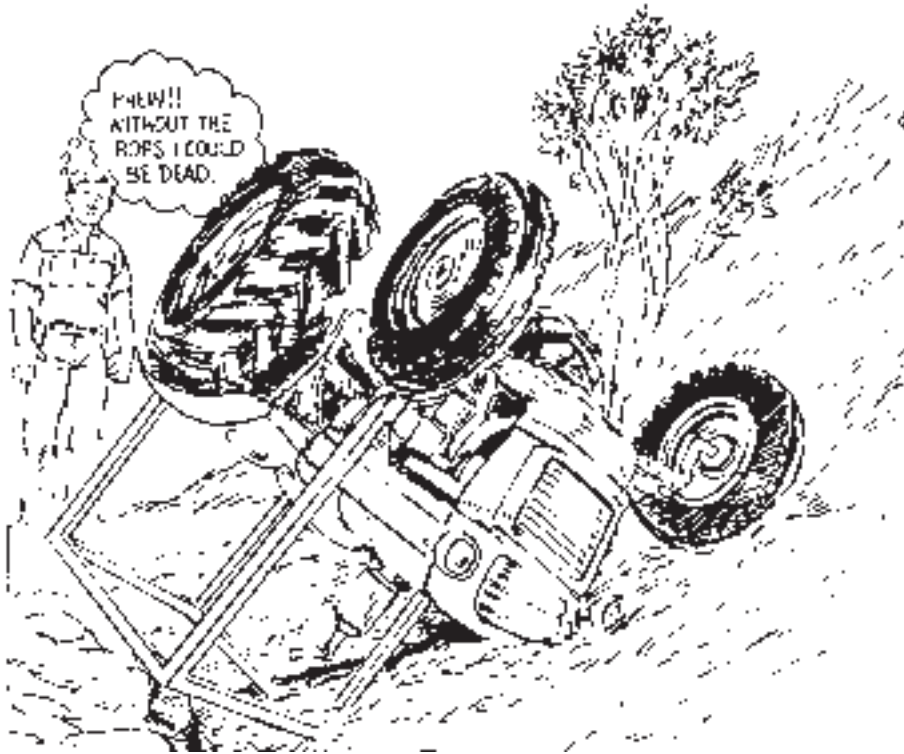
- Do not allow oxy-acetylene equipment fittings to be contaminated with grease or oil under any circumstances.
- Regularly maintain regulators. Regulators can fail in two ways — by the controlled forward flow of gas which is known as regular 'creep' or by the reverse flow of another gas in the gas lines. Regular maintenance can avoid these situations.

Either of these failures can be recognised by a higher than expected reading on the operational or low pressure gauge. The gauge needle creeps beyond the pressure set for actual welding or cutting.

Excess pressure or the presence of a different gas in a regulator can cause fire and explosions in varying degrees of severity, resulting in damaged equipment and operator injury.

- Never wear equipment fitted with a regulator in which a 'creep' condition is known to exist.
- Use the correct colour and type of hoses and fittings recommended by the manufacturers. Copper must never be used on acetylene lines as substances that may spontaneously detonate are formed.
- Flashback arresters should be fitted to all oxy-acetylene equipment to overcome the danger of flashback.
- Oxy-acetylene equipment should not be left near hot equipment or metals that could burn the leads. Gas leaks can be tested by using soap and water.
- Maintain equipment properly to prevent accidents.
- Don't smoke when welding or around welding and don't keep your lighter in your pocket — it could explode.

TRACTORS — ROLL-OVER PROTECTIVE STRUCTURES (ROPS)



Historically, tractor accidents have injured or killed more people on farms than any other piece of rural machinery.

Farmers, their spouses or partners, children and farm workers have been killed or seriously injured by falling from moving tractors, or being crushed when tractors roll over sideways or tip over backwards.

Nearly three out of four deaths involving tractors were caused by tractors overturning. A further one in five people died from falling off a tractor.

It's estimated to take from about half a second in fourth gear and one and a third seconds in first gear for a tractor to overturn.

Because of how quickly a tractor can turn over without roll-over protection, drivers and passengers stand little chance of escaping without being injured or killed.

However, most of those lives could have been saved if approved rollover protection was fitted.

It makes sense to have roll-over protection fitted to your tractor

TRACTOR SUPPLY

Any new tractor, for which there is a manufacturer's Roll-Over Protective Structure (ROPS), should have one fitted at the point of sale. Don't be afraid to ask the buyer if the ROPS complies with Australian Standards 1636: 1996 *Roll-over protective structures* (the series).

Tractor ROPS may also provide some limited protection to the driver from falling objects such as hay bales or items being loaded or unloaded from the back of trucks.

OPERATING THE TRACTOR

Where ever possible, all tractors should only be operated if an approved ROPS has been fitted.

It is also advisable to wear your seat belt if one is fitted to your tractor. This will stop you being thrown from the tractor and being rolled upon.

You should not carry any passengers on your tractor unless it has the capacity to carry passengers safely, and is fitted with approved passenger safety devices.

In some instances, it may not be practical to operate the tractor with a ROPS fitted as the farming task will not be able to be performed satisfactorily. In this case, the employer and workers must ensure that the job has been adequately risk assessed before doing it, and operate the tractor with due care.

BUYING AND SELLING TRACTORS

Suppliers can sell tractors without ROPS if there is no approved frame. These are often older-type tractors that were never fitted with ROPS.

If you are trading in your tractor to a dealer, you do not need to fit a ROPS before sale.

But as the buyer of the tractor, you need to be aware that the tractor you are intending to purchase is not fitted with ROPS, and be aware of the risk associated with using a tractor without ROPS on your farm.

Ask your dealer at the point of sale to if an Australian Standard-approved ROPS can be fitted to the tractor you are purchasing, and what it will cost.

Sometimes it better to purchase a tractor that already has this vital safety feature fitted: it may be more cost-effective in the long run, and could save a life or reduce the risk of serious injury occurring on your farm.

RIDING HORSES

CONSIDER THE RIDER

- Plan ahead — consider safe work practices. Get help if necessary.
- Wear appropriate gear — leather soled riding boots are recommended as they are designed to easily slip out of the stirrup in case of an accident. Do not use boots that have been repaired with half soles. Jeans, jodhpurs or long trousers will prevent chafing and a hat will provide protection from the sun.
- A safety approved riding helmet (polo or pony club style) should be worn where there is an above-average risk involved, for example, inexperienced riders, horse breaking.
- Make use of aids: whips, spurs, breastplates, running rings.
- Know your limitations and avoid riding horses that are likely to exploit those limitations.
- Respect horses. They have the strength, speed, ability and sometimes the temperament to cause injury.
- Concentrate and be alert; you can never be sure how a horse will react in a given situation.

CONSIDER THE EQUIPMENT

- Keep bridles and bits in good condition and fitted so that the horse is comfortable.
- Ensure saddles and girths are kept in good repair. Stirrup leathers, girth straps and surcingles should be well oiled and checked regularly.
- Stirrup irons should be strong enough not to collapse if a horse falls. They should be of a size that allows the foot to slip in and out freely without allowing it to be forced completely through.
- Keep saddle cloths free from burrs and other foreign material.
- Horses vary in conformation, temperament, ability and in levels of training. Some require breastplates or cruppers to keep the saddle in place and running rings, nosebands or headchecks to keep their head and neck in a position for easy control.
- Ensure your horse shoes are fitted properly and well maintained.

CONSIDER THE HORSE WHILE RIDING

- Be very careful when galloping close to a beast at high speed. It is extremely dangerous to allow the horse to touch a beast behind the point of the shoulder under these circumstances. The horse can fall by touching the beast's hind legs or from the beast turning completely under the horse's neck.
- In stock yards, be careful riding under gate caps. Some are too low for the horse and rider to pass under safely.

- High speed chases on horses can cause accidents. Where practicable, use dogs to control stock.
- Extra care should be taken when riding in slippery or boggy conditions.



- Riders should be matched to horses that are within their handling capabilities. Do not assign an inexperienced person to a flighty, uneducated horse.
- Don't persevere with horses that are likely to buck, bolt or become uncontrollable. Some tolerance, however, is generally accepted during the breaking-in and early stages of training.
- If a horse is likely to buck, it is best to saddle it and give it some exercise prior to mounting. This can be carried out in a number of ways (for example, by lunging or leading it from another horse). The horse should then be mounted and ridden in a small yard before being ridden in an unconfined area.
- If a horse is likely to bolt, it should first be ridden in a yard. If a horse bolts in an unconfined area, remain calm and gradually circle the horse by applying pressure to one rein until the horse comes under control.
- Remain alert and in a position of control while mounted. Adjusting equipment is a job to be carried out from the ground.

CATTLE HANDLING

CONSIDER THE HANDLER

- Plan ahead — consider safe work practices. Get help if necessary.
- Wear appropriate clothing. This includes protective footwear and a hat for protection from the sun.
- Make use of facilities and aids such as headbails, branding cradles, whips, drafting canes and dogs.
- Know the limitations of yourself and others: work within those limitations.
- Respect cattle: they have the strength and speed to cause injury.
- Concentrate, be alert and try to anticipate an animal's reaction to a given situation. Though remember, cattle are more unpredictable, in varying conditions such as cold, windy weather and extreme heat.

CONSIDER THE FACILITIES AND CONDITIONS

- Yards and sheds need to be strong enough and of a size to match the cattle being handled.
- Good yard design assists the smooth flow of stock. Avoid sharp, blind corners and ensure that gates are well positioned.
- Keep facilities in good repair and free from protruding rails, bolts or wire and free from rubbish.
- Where cattle need restraining, use crushes, headbails and cradles.
- Footholes and well placed manways are important.
- Try to maintain yards in a non-slippery state.

CONSIDER THE STOCK

- Safety in cattle handling varies according to a number of factors — age, sex, breed, weight, horn status, temperament and training of the animals.
- A period of intensive handling in yards and tailing-out as weaners can make subsequent handling of mature animals easier.
- Bulls are more aggressive during mating season and extremely dangerous when fighting. Separate into different yards where appropriate.
- Cows and heifers are most likely to charge when they have a young calf at foot.
- Isolated cattle often become stressed and are likely to charge when approached.
- Cattle with sharp horns are dangerous and dehorning is recommended where practicable. Dehorned and polled cattle, however, can still cause injury.
- Dehorning cattle should only be done by experienced people. A vet's advice should be sought in this matter, as it can be quite distressing for the animal and people involved. After care is also important to consider.

CONSIDER THE OPERATION

- Avoid working in overstocked yards as you could be crushed or trampled.
- When drafting cattle through a gate, work from one side to avoid being knocked down by an animal trying to go through.
- Take care when working with cattle in a crush (when vaccinating or applying tail tags, for example), as a sudden movement of stock can crush your arms against rails or posts.
- Approach cattle quietly but make sure that they are aware of your presence.
- When closing a gate behind cattle in a crush or small yard, stand to one side or with one foot on the gate in case the mob forces the gate back suddenly.
- To avoid being kicked, attempt to work either outside the animal's kicking range or directly against the animal where the effect of being kicked will be minimised.
- In dairies there is a high risk of being kicked if a cow is startled or becomes unsettled. To reduce the likelihood of being kicked, always ensure the cow is aware of your presence, follow regular milking routines, and avoid making unexpected or unfamiliar movements or noise that may startle or unsettle the cow.
- Be careful when working on the head of an animal that it is restrained in a head bail, because they can still move forward or backward suddenly.
- Take care when using certain equipment such as brands or knives for castrating and bangtailing.
- When working with stud cattle, train animals to accept intensive handling through gradual familiarisation; for example, grooming, washing, clipping.
- When leading cattle on a halter, never wrap the lead rope around your arm or hand. If the animal gets out of control, you could be dragged.
- Bulls should be fitted with a nose ring. When being led, their heads should be held up by the nose lead.
- Be aware of the possibility of contacting diseases such as Leptospirosis and Q fever when working with animals. These diseases are transmitted through contact with blood, saliva and urine. For more information on animal diseases, call the Department of Primary Industries and Water on 1300 368 550.
- Hygiene is important. Vaccinating herds against such diseases is recommended.
- Have a program in place for the effective treatment of internal and external parasites to ensure animal health is maintained at optimal levels.

SHEEP HANDLING

GENERAL

- Use yard design that will encourage sheep to work freely. Yards of Bugle design could be considered.
- Build yards on sloping ground for better drainage.
- Keep shadows to a minimum where not required to provide shade. Build protective coverings over working and drafting races where practical.
- Avoid slippery surfaces, especially in races and forcing yards.
- Keep dust levels to a minimum.
- Observe recommended withholding periods for drugs or chemicals before stock is slaughtered.
- Rural workers should exercise on a regular basis to maintain a high level of physical fitness and to guard against injuries, especially back injuries.
- Rural workers should eat a well-balanced diet to ensure energy levels and to preserve good health.
- Read labels on chemical containers carefully and follow manufacturer's instructions and safety directions.

LAMB MARKING AND MULESING — CHEMICALS, KNIVES, LIFTING, VACCINATING

- Hold lambs firmly when held by hand. Use a cradle where feasible.
- Catchers should wear protective gloves.
- Work to a system along the cradles so that operators are not in danger of being cut, sprayed with chemicals or jabbed with a needle. Once the system has been set, stick to it.
- Sterilise all knives, shears and ear pliers and ensure operators observe hygiene practices.

JETTING, DIPPING, DRENCHING

- Choose a chemical that is most efficient for the job and the least harmful to humans. Always wear protective clothing, goggles and breathing equipment where specified.
- Use positive air supply hoods. If headaches or any other discomfort is suffered after handling chemicals, seek medical advice and have appropriate tests performed. If possible, avoid using those chemicals in the future.
- Ensure correct mixing rates are used.
- Keep equipment well maintained and check regularly to avoid chemical leaks.
- When using drenches and other veterinary supplies, always refer to the material safety data sheet for information on appropriate personal protective equipment to use. Read the labels on the containers and packets before use.

MUSTERING

- Plan the muster. Sheep movement is affected by wind direction and location of water.
- Allow plenty of time; do not rush stock.
- Use dogs to control the mob; high-speed chases on bikes or horses can cause accidents.

LIFTING SHEEP

- If sheep need to be lifted, get help where possible.
- When lifting alone, sit the sheep on its rump, squat down, take a firm hold of its back legs while keeping the sheep's head up to restrict movement. Pull the animal firmly against your body and lift using your legs, not your back.
- If lifting over a fence, do not attempt to drag the sheep over the fence; rather work from the same side as the animal.
- To save lifting, put a drafting gate at the end of the handling race. It is advisable to have several positions for 'drop gates' in the race to hold sheep that are to be drafted off.

RAMS

- Rams can be aggressive and unpredictable. Treat them with caution.
- When working rams in a race, ensure that you are protected from those behind you. This applies particularly when checking testicles. A well-positioned drop gate is useful to reduce the hazard.

TRANSMITTABLE DISEASES

- Animals carry diseases that are transferable to humans. Diseases are transferred by urine, blood and saliva and through open wounds (scabby mouth). Be familiar with the symptoms so that you can determine if disease exists in the flock. Seek advice from your vet about what diseases you need to be aware of.
- If signs of disease appear, have the disease confirmed and animals tested. If the disease is present, treat affected animals appropriately and vaccinate to prevent further occurrence.
- Keep open wounds covered. Wash well with soap, water and antiseptic if contact is made with urine, blood or saliva from diseased animals. For more information on animal diseases, call the Department of Primary Industries and Water on 1300 368 550.
- Personal hygiene is important at all times.

SHEARING

GENERAL

- Shearers and rural workers should exercise on a regular basis to maintain a high level of physical fitness to guard against injuries, particularly back injuries.
- Shearers and rural workers should eat a well balanced diet and drink lots of fluids to ensure energy levels and to avoid heat stress.
- Ensure that all entrances and steps to shearing sheds and accommodation are safe.
- Ensure suitable and functional fire-fighting equipment is available in shearing sheds and quarters.
- Use back support aids whenever possible to help prevent back injuries. Maintain good posture and use your legs, not your back.

SHEARING AND CRUTCHING

- Ensure floors in catching pens are kept dry where possible; wet floors become slippery and cause falls.
- Avoid back injuries from falls by ensuring that grating is clear, securely nailed down and free of any obstruction.
- Allow sheep to empty out before moving into the shed.
- Ensure sheds are well lit and ventilated.
- Keep shed hands off the board and clear of shearers unless they need to be there or are called upon to give assistance.
- Keep the board clean and dry at all times.
- Get assistance when stacking or loading bales.
- Ensure that belt drives and grinders are properly guarded.
- Keep dogs clear of the work area when not being used. Don't tie dogs in a position where workers could trip over the dog or its leash.
- If electricity is available, have electric motors fitted to the wool press to reduce air and noise pollution.



HANDLING PIGS

GENERAL

- Use land design that will encourage pigs to move about freely.
- Keep shadows to a minimum. Build protective coverings over working and drafting races where practical.
- Avoid slippery surfaces, especially in lanes and loading yards.
- Keep dust levels to a minimum and avoid smoking in dusty areas.
- Rural workers should exercise on a regular basis and maintain a high level of fitness to guard against injuries, especially back injuries.
- Rural workers should eat a well balanced diet to maintain energy levels and to preserve good health.

CHEMICALS, VACCINATIONS AND MEDICATION

- Read labels on chemicals and antibiotic containers carefully. Read the information contained in the material safety data sheet.
- Sterilise needles, teeth cutters and ear pliers and ensure operators observe hygienic practices.
- Observe recommended withholding periods for drugs and chemicals before pigs are slaughtered.
- Wear appropriate protective clothing.
- If headaches or any other discomfort is suffered after handling chemicals, seek medical advice and have appropriate tests performed. Avoid these chemicals if possible in the future and use full protective clothing and breathing filters when handling chemicals in the feedmill.
- Ensure correct dosage rates are used.

LIFTING PIGS

- When lifting pigs, get help where possible.
- When lifting alone, squat down, take a firm hold of the pig's back legs, pull the animal firmly against your body and lift, using yours legs not your back.
- If lifting over a fence, do not attempt to drag the pig over the fence — work from the same side as the animal.

TRANSMITTABLE DISEASES

- Animals carry diseases that are transferable to humans. Diseases (such as Leptospirosis) are transferred by urine, blood and saliva and through open wounds. Be familiar with the symptoms so you can tell if these diseases exist in the herd. Discuss this with your vet.
- If signs of disease appear, have the disease confirmed and animals tested. If the disease is present, treat affected animals appropriately and vaccinate to prevent further

occurrence and maintain a vaccination program.

- Keep open wounds covered and wash well with soap, water and antiseptic if contact is made with urine, blood or saliva from diseased animals. For more information on animal diseases, call the Department of Primary Industries and Water on 1300 368 550.
- Maintain personal hygiene at all times. Wash your hands often, especially before eating.
- Maintain good housekeeping. Rodents and flies can spread disease.

CONSIDER THE STOCK

- Safety in pig handling varies according to a number of factors: age, sex, breed, weight, temperament and training of the animal.
- Boars can be aggressive and unpredictable. Treat them with caution, especially during mating and extremely dangerous when fighting.
- Prevent boars coming in contact with each other at all times.
- When moving boars, use a drafting board.
- Sows can also be aggressive, especially when they are lactating or protecting their young.

CONSIDER THE HANDLER

- Plan ahead. Consider safe work practices. Get help if necessary.
- Wear suitable footwear, and gloves when appropriate. Wear a dust mask when mixing feed.
- Make use of facilities and aids: nose ropes and drafting boards.
- Know the limitations of yourself and other workers and work within those limitations.
- Respect pigs. They have the strength and speed to cause injury.
- Concentrate and be alert. You can never be sure how an animal will react to a given situation.

CONSIDER THE FACILITIES AND CONDITIONS

- Ensure suitable fire fighting equipment is located throughout the piggery and feedmill.
- Have emergency phone numbers in bold print displayed near the phone.
- Keep well-stocked first aid kits.
- Pens and lanes need to be large and strong enough to match the pigs being handled.
- Good pen design assists the smooth flow of pigs. Avoid sharp, blind corners and ensure gates are well positioned.
- Keep facilities in good repair and free from protruding rails,

HEAT STRESS

bolts, wire and rubbish.

EFFECTS

The effects of heat stress range from simple discomfort to life-threatening illnesses such as heat stroke. It causes increased sweating which leads to loss of body fluid and then reduced heat tolerance. This leads to reduced capacity for work, inefficiency and can lead to an increased risk of accident.

Warning signs of heat stress are:

- tiredness
- headache
- nausea
- loss of concentration
- muscle cramps
- dizziness.

CAUSES

Some of the factors that can cause heat stress are:

- temperature
- humidity
- movement of air
- your clothing
- your acclimatisation
- the personal protective clothing or equipment you are required to wear
- physical activity
- the radiant temperature of the surroundings.

PEOPLE MOST AT RISK FROM HEAT STRESS

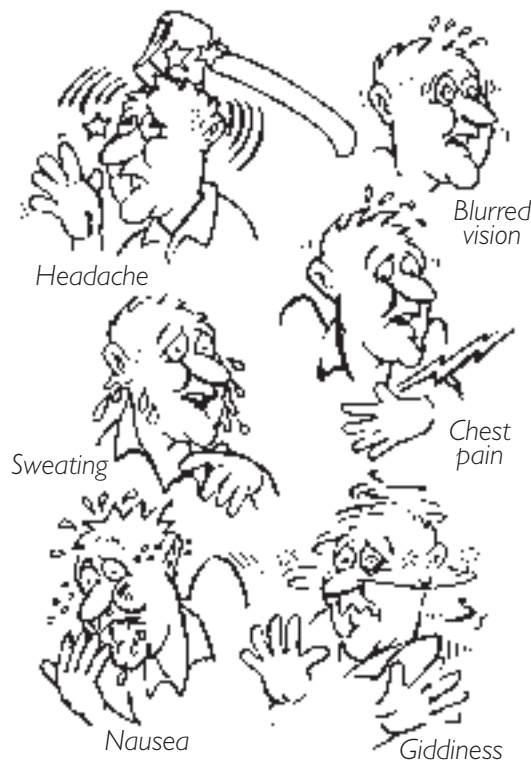
Working in a hot environment is more likely to have an adverse affect on you if you are:

- overweight
- medically unfit
- unhealthy, particularly if suffering from heart disease, circulation problems or skin disorders
- dehydrated, whether this is from an alcoholic hangover, failure to replace water and salt lost in sweating, or from medically prescribed diuretic drugs
- not acclimatised to heat.

HAZARD REDUCTION

Indoor

- Drink plenty of water frequently throughout the day to avoid dehydration.
- Open windows and doors to allow natural cross ventilation or install air conditioning if practicable.
- Provide quiet fans or ventilators to lower temperature and increase air movement.



- Insulate roof, walls or other heat equipment.
- Duct hot steam and gases outside to help reduce humidity and lower temperature.
- Install extraction ventilation around heat-producing equipment.

Outdoor

- Drink plenty of water frequently throughout the day to avoid dehydration.
- Wear loose fitting cotton clothing to promote good air circulation around the body and enhance the cooling evaporation of sweat.
- Use sunscreens that are broad-spectrum and have a high sun protection factor (SPF 30+).
- Wear broad-brimmed hats that shade head, neck, face and ears.
- Wear close-fitting sunglasses (labelled to show they meet the Australian Standard AS 1067).
- Use a wetted scarf.
- Provide shaded rest areas.
- Provide an ample supply of cooled, non-alcoholic drinks and ensure they are easily accessible.
- Re-schedule heavier work to other days to avoid prolonged spells in the open sun.
- Where practicable, rotate schedules of workers engaged in the heavier tasks.

TREATING HEAT STRESS

If heat stress occurs:

- contact a doctor, nurse or first aid officer immediately
- make sure that the affected person is removed from heat and allowed to rest in the coolest available place
- cool them down with a fine spray of water and a fan
- remove excess clothing
- if conscious, give them cool (but not cold) water to drink
- do not give them salt or alcohol.

FINAL TIPS

- Keep hydrated — drink plenty of fluids.
- Stay out of the sun as much as possible.
- Rest frequently in a cool place.

ASTHMA

Asthma affects as many as 1 in 5 children and at least 1 in 10 adults. Asthma is the main cause of hospitalisation of children in Australia. Many common triggers of asthma are prevalent on farms.

WHAT IS ASTHMA?

Asthma is an inflammatory condition of the small airways in the lungs. The inflammatory process has three major effects on the small airways:

- swelling of the lining of the small airways
- constriction of the small airways
- excessive production of secretions that accumulate in the small airways and reduce the flow of air.

Collectively and individually, these three components of inflammation decrease the size of the small airways and reduce the amount of air passing in and out of the lungs. This causes difficulty in breathing.

Asthma should not be taken lightly — it can be a life-threatening condition.

THE SIGNS AND SYMPTOMS OF ASTHMA

Asthma may be recognised by:

- wheezing
- coughing
- breathlessness
- chest tightness.

Any one or more than one of these symptoms may occur. Wheezing, although common, does not have to be present and coughing, especially at night, may be the only indication of asthma.

COMMON TRIGGERS

Common triggers of asthma can be:

- infection — colds or flu
- allergies — grain, dust, pollens, some food, animal dander, food additives and some medications (e.g. Aspirin)
- exercise
- climate or temperature changes
- irritants — smoke (cigar, cigarette, burning off), dust, air pollution, fumes (e.g. aerosols, perfumes, paint, petrol, bleach, car exhausts, chlorine, soaps and detergents)
- emotions — stress, anger, panic, laughing, excitement.

CONTROL OF ASTHMA

The aim is to keep the asthmatic person well controlled and free of asthma symptoms; to maintain their normal lung function; and to reduce the risk of hospitalisation or even death. This may take time to establish because the doctor and the asthmatic need to determine the correct medication, the correct dosage and the correct delivery system to achieve good control.

Nearly all asthmatics can and should be well controlled. Unfortunately, many asthmatics mistakenly believe that to have asthma means to forfeit a normal lifestyle.

ASTHMA MANAGEMENT

- Ask your doctor for an asthma management plan.
- See your doctor for a regular review of your asthma.
- Know the signs of worsening asthma and know when you need to seek help.
- Know what to do in an asthma crisis.
- Use a Peak Flow Meter when you begin to feel unwell or you have signs of worsening asthma.
- Have your inhaler technique checked by your doctor or a nurse.
- Use a Peak Flow Meter to find out what your trigger factors are.

INADEQUATE CONTROL OF ASTHMA

The following symptoms can indicate inadequate control of asthma:

- waking at night with asthma
- reduction of activity level
- using a relieving medication more than once or twice a week with less effect.

Some reasons for inadequate control of asthma can be:

- inadequate preventative therapy
- inadequate inhalation.

Correct inhalation technique is fundamental to asthma control. If poor inhalation technique is the problem, inhaled medication does not reach the small airways to relieve constriction or control inflammation.

There are many inhalation devices available to overcome this problem for all ages.

If you suspect inadequate asthma control, discuss this with your doctor. The problem is often easy to identify and simple to remedy.

WORKSHOP SAFETY

Machinery/equipment maintenance and repair and associated farm workshop jobs are among the most common activities in which injuries occur on farms.

While many of these are minor, many more serious injuries — requiring prolonged hospital treatment or enduring painful and expensive rehabilitation before returning to work do occur. Often there is partial, temporary or permanent disability.

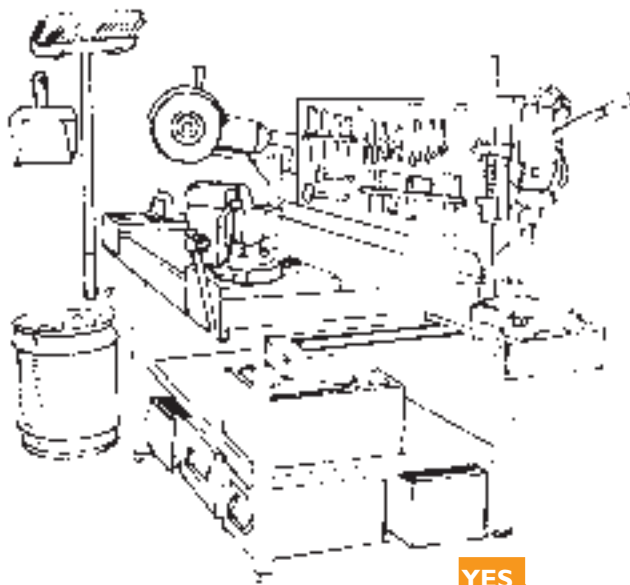
Most farm workshop accidents can be avoided if appropriate and adequate precautions are taken.

GENERAL

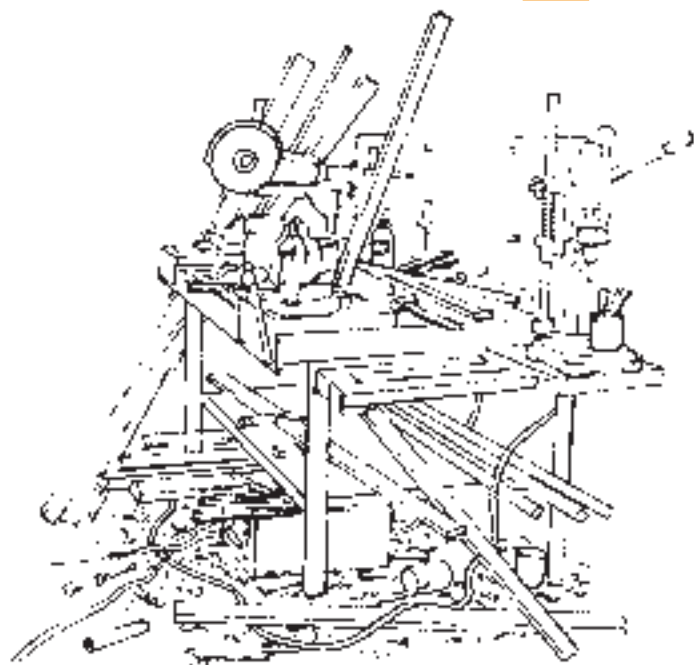
- Is the work area as free from hazards as possible?
- Are tools and equipment properly guarded?
- Are tools and equipment used in a safe manner?
- Do workers use appropriate personal protective equipment?
- Is the area equipped to handle emergency situations, for example with fire extinguishers, properly equipped first aid kits?
- Is the workshop managed to keep it that way?

SAFETY PRECAUTIONS

- Read the operator's manual and observe all safety precautions for all equipment.
- Protect yourself from electric shock. Check power tools before use. Fit a residual current (RCD or safety switch) to the electrical circuit to prevent electrical shock or electrocution. If an RCD is not fitted, use a portable RCD.
- Keep all guards and shields in place.
- Give the task your full attention.
- Let each tool work at its own speed; do not force it.
- Always wear appropriate personal protective clothing.
- Maintain secure footing and balance at all times.
- Keep tools clean and sharp.
- Turn the switch off immediately if the power tool stalls or jams.
- Wherever possible, use clamps or a vice to hold your work.
- Provide enough light so that you can see what you are doing.
- Store power tools safely to prevent damage to the tool and cord, and to prevent unauthorised use.
- Maintain power tools in good order. Replace or repair worn or faulty equipment immediately.



YES



NO

FARM WATER SAFETY

CHILDREN AND WATER

The following places can be attractive to children, especially on hot days:

- open tanks
- septic tanks
- wells
- irrigation
- fuel drums
- creeks
- troughs
- dams
- sheep dips
- pits.

It is crucial that children understand that these can be dangerous. To make sure children are protected from water hazards:

- supervise children when they are near or around water
- make sure children are taught to swim and have learnt water safety skills
- fence off a safe play area
- put lids on wells and inspection holes
- fence off dams, irrigation channels, troughs and pits, and explain to children the dangers associated with them. Make sure children do not enter or play in these
- bench levees on dams and irrigation channels

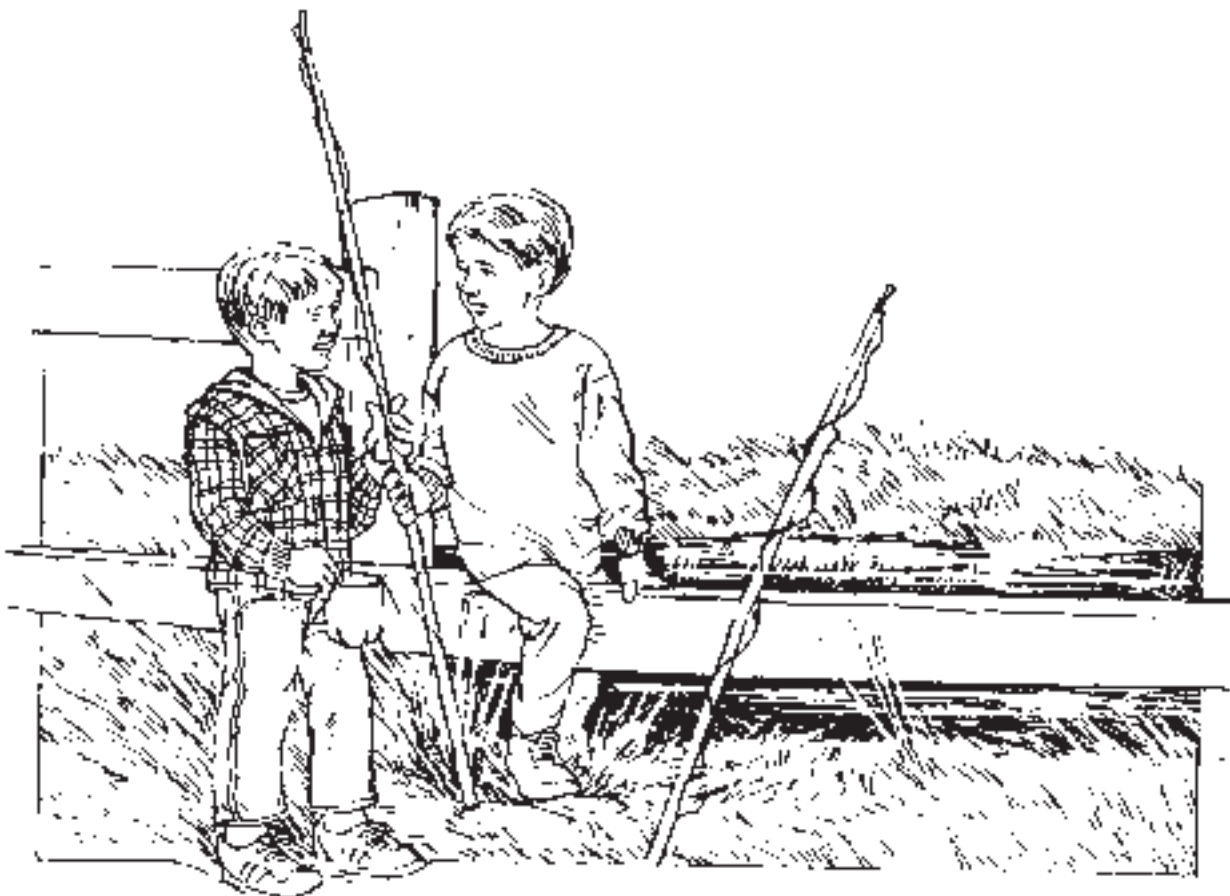
- keep up regular maintenance and safety checks
- identify all the water hazards on the farm
- make sure someone in the family and/or on the farm knows resuscitation techniques.

DANGER! HOT WATER

- Water from hot water taps can cause serious burns.
- At 60°C it takes only one second for hot water to cause third degree burns. At 50°C it takes five minutes. It seems a small difference in temperature, but it can mean the difference between safety and hospitalisation, skin grafts and scarring for life.
- Reduce your hot water temperature to help prevent burns.

WORKING AROUND WATER

- Working in wet conditions may significantly increase the risk of slips. Take extra care.
- Take extra care when working with electrical equipment near water: always use a residual current device.
- Be aware that wet conditions may exacerbate the effects of ambient temperature.
- Take care when working near steam from cooking or processing operations, as it can cause thermal burns and increase workplace humidity.
- Moist conditions favour the growth of several pathogenic organisms.



ELECTRICITY

GENERAL PRECAUTIONS

- Always employ a licenced electrical contractor to carry out alterations, repairs or additions to your electrical installation.
- Keep wiring and equipment in good repair.
- Don't overload your wiring installation.
- Don't remove guards or covers from electrical switch gear.
- In areas exposed to the wind and rain, always use weather-proof outlets and fittings.
- All lights exposed to the risk of breakage by farm tools should be fitted with wire guards.
- Dial before you dig. There may be buried cables on your farm.

EARTH WIRES

The earth wire is one of the most important safety features of any installation. Its purpose is to divert any current leakage to the ground, and cause a fuse to blow or a circuit breaker to operate should a fault develop in the installation.

The earth wire is usually a bare copper or green/yellow insulated wire that is connected to a water pipe or to an earth stake driven into the ground.

OUTDOOR POWER LINES

- Always keep well clear of overhead power lines. Contact with them usually means death.
- Do not go near fallen power lines. Treat all such lines as being live. Keep everyone from the area and immediately notify Aurora Energy.
- Be careful handling irrigation pipes in the vicinity of overhead wires. Their lengths are usually in excess of the clearance available.
- Make sure that high equipment such as bale loaders are kept well clear of overhead wires.
- Never ride on the top of high loads.
- If your crop-dusting is done from an aeroplane, be sure to let the pilot know beforehand if there are any power lines in the vicinity.
- Never fly kites or model planes near overhead wires.
- Do not plant young trees in the vicinity of power lines as in future years they could prove hazardous.
- Keep switches and wiring out of reach of animals.

FUSES

- Fuses and circuit breakers are the safety valves of an electrical installation. They cut off the current if equipment is seriously overloaded or a short circuit develops.
- If a fuse burns out, turn off the switch and examine the equipment before replacing the fuse wire. If it burns out again, consult a licenced electrical contractor.
- Be sure that the rating of fuse wire is the correct size for the equipment concerned.

FARM WORKSHOP

- When buying portable electric tools, the double-insulated type is preferred.

- Never use an electric light socket as a power outlet for operating a portable tool.
- Areas where floors and walls are hosed down must have waterproofed electrical equipment installed.
- Don't use electrical tools on damp floors, or in damp/wet conditions.
- Don't use tools if the casing is broken or damaged. Damaged plugs and cords should be replaced.
- Don't make adjustments to a tool without first switching it off and removing the plug from the power point.
- All non double insulated equipment such as circular saws or grinders must be effectively earthed.
- Don't use makeshift extension lights. Use a type that has a guard around the globe and an insulated handle.
- Always use electrical equipment with a residual current device (RCD or safety switch).

WELDING EQUIPMENT

- Be sure to switch off the supply to the welder before connecting the welding leads to their terminals.
- Check that the leads are correctly connected to the terminals marked 'electrode' and 'work'.
- Don't use leads if they have bare sections; replace them.
- Never handle exposed metal parts of electrode holders, or electrodes, with bare hands while the supply to the welder is switched on. Never rest the electrode on your body.
- Always use an independent earth lead. Never rely on building structures or the earthing conductor of the electrical installation.
- Be sure to keep waste material away from the welder.

ELECTRIC FENCES

- If electric fences are not properly constructed, they can be lethal. Before buying, check with your retailer that the fence controller conforms to Australian Standards and if in any doubt consult Electricity Standards and Safety on 6233 7585.
- Be sure to erect a warning notice if your electric fence adjoins public access ways.
- If the controller is battery operated, disconnect the battery when recharging it. Never use a battery charger, instead of a battery, to supply the fence controller.

FARMHOUSE

- If possible, avoid using more than one appliance on one power point.
- Inspect all cords and plugs frequently but be sure to disconnect them from the power point first. Discard damaged plugs and worn cords.
- Avoid running cords under rugs, in door jambs or through windows.
- Be careful not to touch any electrical appliances while your hands are wet or if you are standing on a wet floor. Never touch bare electrical elements unless the supply has been disconnected.

FIRE FIGHTING

Fire fighters are personally responsible for protecting themselves and fellow workers from injury when engaged in fire fighting, hazard reduction or similar activities.

AWARENESS

- Never work alone.
- Anticipate changes in behaviour of the fire due to wind changes, local topography or fuel type.
- Watch for erratic fire behaviour.
- Beware of burning limbs and trees in previously burnt country; look up and live.
- Keep clear of all vehicles and machinery — the operator may not see you.
- Avoid deep slopes above a fire.
- Observe and keep in mind local topography:
 - the position of tracks, clearings, creeks and any other likely spots and landmarks;
 - avoid danger areas such as steep slopes, dense vegetation and steep narrow gullies.
- Select escape routes before entering the fire zone.
- Get the latest forecast, with particular attention to wind changes. However, the general forecast may not apply in your area due to fire effects, terrain or local factors.
- Relate local weather to possible fire behaviour.

PERSONAL EFFORT

- Maintain self-control under threat situations. Panic is infectious and drains energy.
- Avoid exhaustion from over-exertion or prolonged periods of effort.
- Avoid unnecessary shouting and whistling — it may confuse others.

LIMITS OF ENDURANCE

- Lack of rest reduces physical strength, the ability to think clearly and speed of reactions. Arrange relief for yourself and your team.
- Take a break at every opportunity.
- If feeling ill, drowsy, faint or nauseated, take action for heat stress.

DRINKING

- Do not go without water for long periods. Dehydration can make you sluggish, irritable, impatient, muddle-headed, tired and sleepy.
- When sweating freely, replace fluids and salts. Drinking small quantities frequently is better than having one great gulp every hour.
- Replace salt by taking salt in food or drink (such as Vegemite) or lightly-salted water (one level teaspoon per litre).
- Aerated drinks blow up the stomach and make hard work uncomfortable. Alcoholic drinks don't help, either.

PROTECTIVE CLOTHING

- Protect against falling objects — wear an approved safety helmet.
- Make sure your safety helmet is properly adjusted. Under severe conditions, wear a chin strap.
- Wear safety glasses, goggles or a face shield to prevent injury from windblown dust, smoke irritation or during chainsaw operations.
- Working boots must be in good condition. Wear approved safety boots.

HEAT AND SMOKE

- Protect against radiant heat.
- Take refuge:
 - light a back burn and use the burnt country as a refuge
 - use gravel pits, or clearings in the forest and roads
 - lie down on the ground; air is freshest and coolest at ground level.
- Use vehicles to shelter from heat radiation when the temperature becomes uncomfortable.
- Don't take refuge in elevated water tanks. Immersion in lukewarm water can kill.
- Limit breathing rate when smoke is dense — wait for small pockets of fresh air.
- Dense hot smoke could damage lungs but dry air at 350°C can be breathed for some time with no lung damage.
- If it is necessary to move through the flames:
 - don't linger in front of the flames
 - use clothing to the best advantage as a shield
 - select an opening where flame height is lowest
 - move through the flames onto burnt ground as quickly as possible
 - beware always of the danger from burning limbs and trees in burnt country.
- As a last resort, if trapped, lie on the ground taking advantage of any protection available.

For more information, go to the Tasmanian Fire Service website at www.fire.tas.gov.au or call 6230 8600

DAIRIES

GENERAL

There are a some special characteristics that set dairy farming apart from other industries:

- dairy farmers are required to carry out a range of daily tasks under different conditions
- dairy work is undertaken in physical isolation and thus requires a higher level of workplace health and safety protection
- dairy workplaces and work processes are often less easily controlled, e.g. climate, working with animals
- dairy work is often undertaken at rush times where prevailing seasonal or climatic conditions may result in downgrading or loss of product and/or price if work is delayed.

SAFETY IN THE DAIRY

- Is lighting adequate for early morning or evening milking?
- Are concrete surfaces roughened to provide extra traction from both stock and workers?
- For your dairy type, does the design minimise the amount of lifting and bending that is required?
- Are there exposed moving parts in the dairy (particularly rotaries) that pose a risk of people being trapped?
- Are moving parts on compressors, pumps, electrical motors and grain augers properly guarded?
- Is there a lanyard-operated emergency stop system available for rotary dairies in addition to the forward/stop/reverse lanyard?
- Is a residual current device (or safety switch) installed on the electrical circuit board?
- Are all-weather covers present on power boards in wet areas?
- Do milk line supports and union joints meet the recommended safety levels?
- Are projections which may be at head height, such as the handles on milk filter casings, protected with some form of padding?
- Are exhaust pipes clear of walkways?
- Are exhaust systems in good order to reduce the level of noise and fume emissions?
- Are effluent disposal ponds fenced off from children and stock?
- Are all water outlets that are not suitable for human consumption clearly marked?
- Are hot water taps inaccessible to children?

BACK SAFETY

Some of the activities on a dairy farm that can lead to a bad back are:

- poor design features of equipment so that it is not appropriate to the operator
- long hours working on tractors
- stock feeding
- fencing
- calf feeding
- hay and silage preparation
- irrigating.

To reduce the risk of chronic back injury:

- ensure the design features of the equipment you use are appropriate to the operator
- use specialised equipment to help you lift where possible and use your legs, not your back, when lifting.

HOT WATER

- Hot water can be a hazard on any farm, and in fact in any household. Dangers are exacerbated on a dairy, however, where its use is crucial.



HAND TOOLS

Using the wrong tool, using a tool in poor condition, using a tool the wrong way and keeping tools in unsafe places are the four main causes of injury through hand tools.

Most accidents can be prevented by following safe practices when using tools.

GENERAL

- Use tools of an appropriate size and shape for the job.
- Wipe oil, grease and dirt from tools with a clean rag before starting a job.
- Clean tools and keep in trays or boxes when not in use.
- Shut off machines before adjusting them.
- Wear safety glasses when using punches, chisels, hammers or grinding devices.
- Use safety equipment when removing and installing heavy parts.
- Hold safety meetings to teach workers about the care and safe use of tools.
- Keep a first aid kit and a doctor's name, address and phone number handy for emergencies.
- Don't use home-made or re-worked tools, or tools not designed for the job.
- Don't use pipe extensions or other 'cheaters' or wrenches too light for the job.
- Don't place tools where they can fall and strike someone.
- Don't carry pointed or sharp tools in your pockets.
- Don't throw tools — hand them. Use a rope or cord to raise or lower tools and equipment.

WRENCHES

- Always pull on a wrench, never push.
- Always face wrench jaw openings in direction of pull.
- When pulling on a wrench, brace against a backward fall by placing one foot behind the other.
- Inspect ratchet wrenches periodically and replace worn or defective parts.
- Keep moving parts of adjustable wrenches clean and lubricated.
- Don't try to work with a wrench in a cocked position. Use angle connections so that the wrench will fit flat and square on the nut or bolt head.
- Don't use wrenches with spread-out jaw openings or sockets with battered or rounded walls.
- Don't use a wrench as a hammer.
- Don't pound on a wrench to loosen a frozen nut; use penetrating oil, a heavier wrench or one designed for impact work.

SCREWDRIVERS

- Use the right length screwdriver so that it can be applied at right angles to the screw head.
- Use the largest-sized screwdriver that will fit snugly into the screw slot.
- Use a screwdriver with an insulated handle for electrical work.
- Don't use a screwdriver with a worn or broken tip.

- Don't use a screwdriver as a punch, chisel or pry-bar.
- Don't hold a small part in your hand while working on it with a screwdriver — put it into a vice.

PLIERS

- Point the inside of plier cutting jaws away from your face to prevent injury from flying cuttings.
- Don't use pliers with smoothly worn gripping sections or with loose rivets or nut and bolt assemblies.
- Don't use pliers for bolt turning — they are designed for gripping and cutting only.
- Don't overload cutting pliers. If wire can't be cut with one hand squeezing pliers, use a larger pair of pliers.
- Check the insulation on pliers — a pin hole can be fatal.

CHISELS AND PUNCHES

- Use a chisel with a cutting edge of the same width or wider than the area to be cut.
- Use the largest punch to fit the job without binding.
- Hold chisels and punches loosely with the palm up, or use a tool holder.
- Don't use chisels and punches with 'mushroomed' heads — metal may chip off and cause injury.
- Don't use a chisel, punch or pry bar to remove gears, wheels or bearings from a shaft — use a pulling tool.

HAMMERS

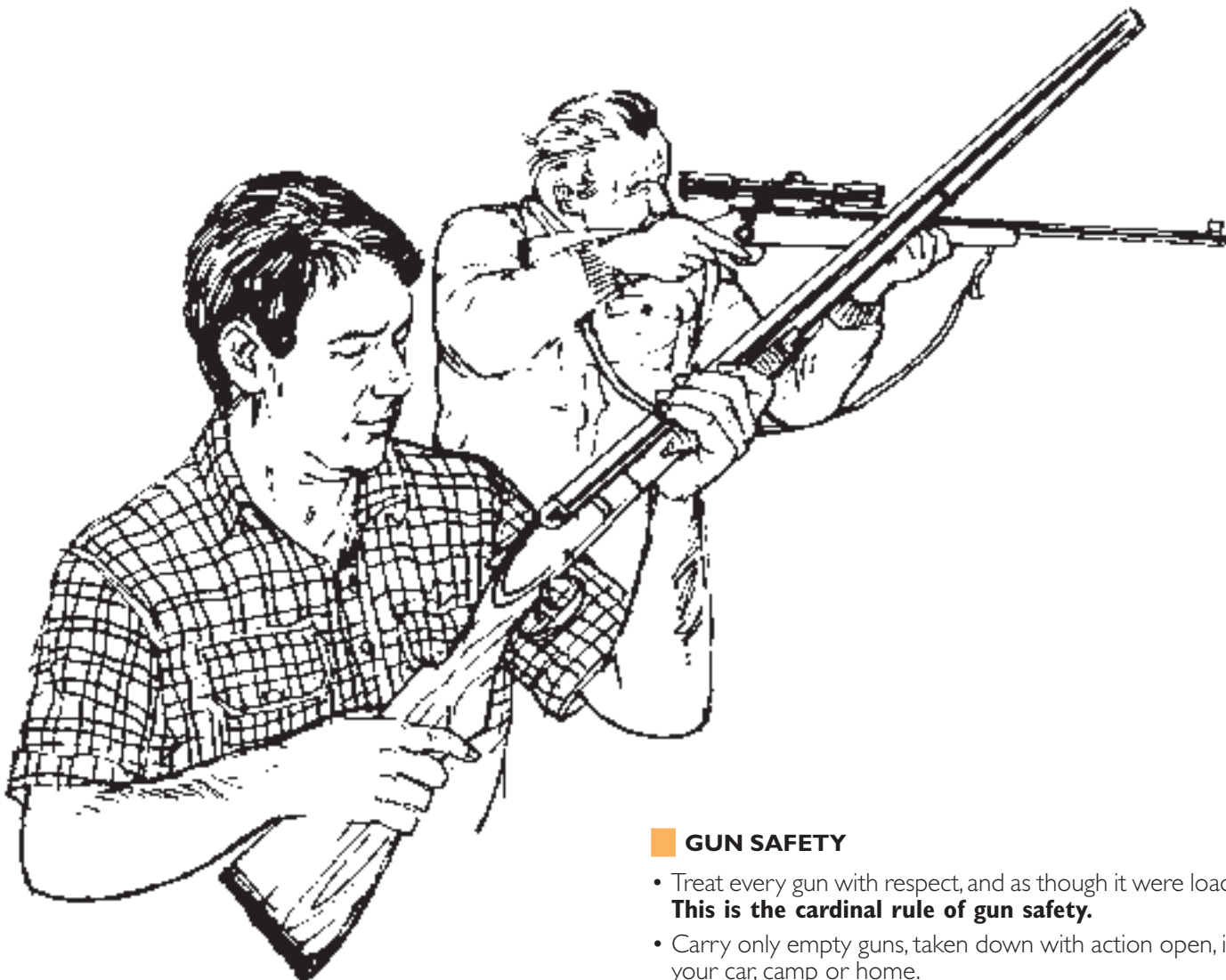
- Use a hammer heavy enough for the job.
- Don't use a hammer with a cracked head or handle.
- Don't use a hammer with a 'mushroomed' or battered and rounded striking face.
- When spalling rock with a heavy hammer, wear eye protection.

FILES

- Fit the sharp end with a handle.
- Place small objects in a vice for filing.
- Don't hit a file with a hammer.
- Don't use a file to pry, chisel or punch.

ELECTRIC, PNEUMATIC TOOLS

- Frequently inspect the condition of switches, control valves, electric cord and hose connections. Store electric cords loosely coiled in a clean, dry place.
- Always use a portable residual current device (RCD or safety switch) where a fixed RCD is not available.
- Keep electric tools away from oil, hot surfaces and chemicals.
- Ground electric tools to prevent possible electric shock.
- Don't patch damaged cords — shorten or replace them.
- Don't hang a cord over a nail or sharp edge or allow it to kink.
- Don't leave a cord where it can be run over or damaged.
- Don't use electrical tools in wet areas or where flammable gases or vapours are present.



GUN SAFETY

- Treat every gun with respect, and as though it were loaded. **This is the cardinal rule of gun safety.**
- Carry only empty guns, taken down with action open, into your car, camp or home.
- Be sure that the gun barrel and action are clear of obstruction.
- Carry the gun so you can control the direction of the barrel even if you stumble.
- Be sure of your target before you pull the trigger.
- Never point a gun needlessly.
- Never leave your gun unattended.
- Do not climb with a loaded gun.
- Never shoot at a flat hard surface, or the surface of water.
- Always check the area behind what you are shooting at.
- Remember, gun powder and alcohol in excess is a dangerous mixture.

