

Welcome to PET's SPECIAL EDITION of Member News!

Farm Safety Week 2018: 16-22 July "Innovative, Safe & Healthy"

This week is Farm Safety Week.

[Farmsafe Australia](#) Chairman, Charles Armstrong said [Farm Safety Week, 16-22 July](#), was an opportunity to reflect on how to better protect our farm community.

"For farmers, Farm Safety Week, is a chance to take stock and consider our safety and wellbeing and that of our family, farm workers and farm visitors.

"These are things we often take for granted, but when something goes wrong, there can be life-altering and all too often, life-ending, consequences."

The yearly average of lives lost from farm incidents has decreased from 146 in 1991 to 68 in 2017.

Nine of those 68 deaths in 2017 involved a child aged under 15 years. An additional 179 non-fatal, on-farm injuries were also recorded.*

PET is still pushing the State Government in relation to the Quad Bike Safety in Tasmania Issues Paper.

At this stage we are informed that the State Government is awaiting the outcome of the ACCC Report.

The ACCC Report into Quad Bikes is currently with the Federal Government. PET's concern is that the ACCC report deals with the manufacture of quad bikes, whereas there are many existing quad bikes without any form of crush protection device or other safety requirements.

Many injuries in the workplace arise from muscle strains. Worksafe Tasmania has put out a simple Pause Exercise Chart to provide guidelines on short exercises to stretch or mobilise those joints and muscles most in need of exercise.

A copy is available over the page and in the Members only area of our website, www.primaryemployers.com.au

It is important that employers have a Workplace Health and Safety policy, and that all employees are aware of the policy and their responsibilities.

A template policy is in the *Employers Handbook* provided to all members.

"Farm Safety Week is about making sure that everyone involved in the farm gets home safe and sound at the end of every single working day," Mr Armstrong said.

To find out more about Farm Safety Week visit www.farmsafe.org.au

Felicity Richards,
President

*Thanks to NFF for the information above

Pause Exercises

Exercise Breaks – These are one minute exercises to do whenever you need a break. They are designed to stretch or mobilise the muscles and joints most in need of exercise. Do two or three at a time if you have time.

1. SHOULDER ROLLS

Roll your shoulders in circles back and forwards for a minute.

Keep your elbows close to your sides. Do it strongly enough to give your shoulder blades a good massage.



2. SHOULDERS BACK AND DOWN

Sit/stand up straight, pull your shoulders backward and downward to squeeze your shoulder blades together at the back.

Hold for a moment then release.

Do it 5 times, keeping your head and chest up.



3. PICKING APPLES

Reach one arm up overhead to the roof as high as you can, lower it and do the same with the other arm.

Repeat 3 times.

4. SURGEON'S SCRUBBING

Massage your palms, fingers and thumbs deeply as if you were a surgeon scrubbing up for an operation.

Also massage up your forearms, back and front.

Then slide down your arm as if taking off 'gloves' of suds.

Do it for 30 seconds.



5. BACK STRETCH

Place the heels of your hands on your belt line at the back and push back gently.

Lean back over your hands slowly and without pain.

Keep your head and chest up.

Do it 10 times.



6. MANAGER'S STRETCH

Put your hands behind your neck, sun-baking style. Sit up straight and then lean back over the backrest of the chair, like a manager might do when relaxing, then straighten up again.

This stretches the spine over the backrest and also the front of your chest.

Stretch 3-5 times.



7. STANDING TALL

Go up onto tip toes 10 times.

8. STOP STRETCH

Hold your right arm out as if you're stopping traffic. With the other hand pull the right palm so you feel a stretch in your forearm.

Hold for 5 seconds.

Swap arms. Do it twice each side.



9. PEC DECK

Elbows up at face height, hands behind your neck.

Take the arms out as you breathe in and straighten up.

Feel the stretch across the front of your chest. Then close the movement as you breathe out.



10. SHOULDER STRETCH

Clasp your hands behind you. Stretch back as far as is comfortable.

Hold for 5 seconds.

Do 3 times.

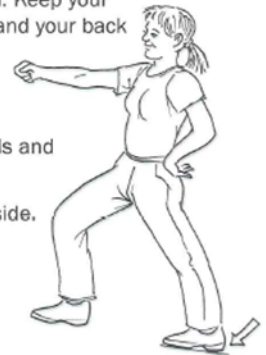


11. LUNGE STRETCH

Take a step forward and balance in a lunging position. Keep your back up straight and your back heel on the floor while your calf stretches.

Hold for 5 seconds and swap over.

Do it twice each side.



12. Grip open & close

Open and close your grip quickly for 10 seconds.

Do finger gripping as well as whole hand gripping.



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PO015
Reprinted February 2012



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