



Issue #5

Lessons From an Incident

On 3rd August 2022, a staff member sustained a minor electric shock from a switch while investigating a faulty alarm in a zero-degree cold room at the Wine Innovation Centre. The faulty switch was immediately electrically isolated, the cool room secured, and the staff member taken to the local clinic for a medical assessment.

When the cold room was assessed by an electrician after the incident, it was discovered that water had worked its way into the switch casing, electrifying the external metal shroud.

The HSW incident investigation that followed identified that the faulty alarm switch had an 'Ingress Protection' (IP) rating of 65, which denotes that the unit was only designed to protect from dust ingress and low pressure water jets. This cold room, however, had just been high-pressure deep-cleaned with hot water the previous day.

The investigation concluded that an IP rating of 66 was necessary where high-pressure water is used as part of the cleaning program. Following the incident, all other electrical equipment in the cold room was inspected by an electrician and no other faults were detected.

How could this affect me?


All areas operating cool rooms and freezers that have implemented cleaning processes should review the environment to ensure that the electrical equipment is suitable given the cleaning method used. If high pressure cleaning is to be undertaken, electrical equipment should have an appropriate level of protection to reduce to risk of injury or damage to the electrical equipment, with a recommended minimum IP rating of 66.


[Contact the HSW Advisory team](#) for advice about electrical safety in your area.

Can Sit-Stand Desks Introduce New Hazards?

Fully adjustable sit-stand desks or standing workstations continue to increase in popularity around the University, slowly becoming the new norm. Whilst they help mitigate certain ergonomic hazards, they can also introduce new ones that require some consideration.

Here are some hazards that may be introduced by the use of sit-stand desks or standing workstations, and some tips on how to manage them.

 **Risk: Monitors too low.** A general ergonomic principle when sitting is for your eyes to be level with the top of your monitor(s) when looking straight ahead. If your monitors are adjusted correctly to this principle when sitting, your monitors will almost certainly be too low when you adjust your desk to a standing position.

 **Solution:** Raise your monitors when moving to a standing position so that the tops of your monitors to be level with your eyes when looking straight ahead. To decrease eye strain, also add a 20 degree upward tilt to you monitor(s).

⚠ Risk: Standing for too long. Research suggests you should only spend 1 hour standing for every 1-2 hours of sitting and/or regularly alternate between sitting and standing within the hour. Research also recommends you build up tolerance to greater periods of standing and use an anti-fatigue mat. Variation in working posture and movement in general is the most important principle to consider, so simply replacing sitting with standing is not ideal, nor is standing in one position or posture for an extended period of time.

✓ Solution: Alternate between sitting and standing positions regularly.

⚠ Risk: Desk, keyboard, and mouse position too low. In many cases, people don't raise their desks high enough. This adds unnecessary strain to the back, shoulders, neck, and arms.

✓ Solution: Raise your desk to elbow height or just below. As much as possible, try to maintain a 90 degree angle at the elbow whilst working in a standing position. Make sure your shoulders are able to stay relaxed in this position.

⚠ Risk: Poor stance (too much weight loaded over one side of the body). Many people are tempted to lean to either the left or the right when in a standing position, putting too much weight loaded over one side of their body. This takes your spine out of alignment and increases risk of injury.

✓ Solution: Ensure you're standing up straight; your head, neck and spine should all be in alignment. Your weight should be equally distributed across both legs/feet (standing square) with your knees and your pelvis relaxed. A slight upward tilt of your pelvis can help relieve any additional lower back strain.

Safe Work and Mental Health Month

During the month of October, the HSW Team ran a number of seminars addressing safety and mental health topics.

Overall, 140 people attended the sessions, which covered topics such as:

- HSW for supervisors – key HSW things a supervisor needs to know (and do)
- Chemical Management
- Hazard Management – Writing a better risk assessment
- Illness and Injury support and workers compensation at the University of Adelaide.

A series of mental wellbeing topics were also delivered by Dr Tom Nehmy, Clinical psychologist and Founder of Healthy Minds, covering topics such as:

- Strong Healthy Leadership
- Thriving with Challenges and Change
- Courage and Capacity – the secrets to overcoming anxiety and building confidence
- Pathways to a Health Mind Parent Workshop

A number of resources are available from the sessions: [click here for more information](#).

Policy Updates

Any comments may be submitted via the [draft policies page](#) before 5PM on Friday the 18th of November.

OUT FOR CONSULTATION - Workplace Monitoring

The workplace monitoring procedure has been reviewed to update responsibilities arising from organisational changes and has incorporated the Workplace Inspection Process required of the

University under the Enforceable Undertaking. The current process of 'Control Monitoring' which is not mandated under the current procedure, has been removed from the revision, as the Workplace Inspection and Assurance Process will achieve this outcome for inherently high risk activities.

NEW PROCEDURE OUT FOR CONSULTATION

- Warden Network

A new HSW procedure – 'Warden Network' has been drafted, essentially extracting content from the current HSW Emergency Management Procedure to better support the warden network.

The Emergency Management Procedure minus this content will then be endorsed. These revisions are part of the process to streamline and better support our Warden network.

Authorised by the Director, HSW
Copyright of The University of Adelaide
CRICOS Provider Number 00123M

You are receiving this email because you are a current staff member, student or alumni of The University of Adelaide who has signed up to HSW Connect.

[Preferences](#) | [Unsubscribe](#)