



From The Editor

At a time when we are all conscious of the state of water around Australia there are many simple little things we can do around the house to save water, money and help the environment. Take a look through the tips below for some shortcuts to savings.

- Checking for leaks in taps, pipes and dishwasher hoses is an easy way to reduce water wastage. Remember, one leaking tap can waste more than 2,000 litres a month.
- The most water efficient methods for cooking vegetables are microwaving, steaming or using a pressure cooker. You can also cut down on water loss by using tight lids on pots and simmering instead of boiling rapidly.
- Installing water efficient taps or tap aerators is a great, inexpensive way to cut your water usage without you even noticing.
- Put the plug in the sink when washing your hands instead of holding them under running water.
- Thaw frozen foods before you need them or use the microwave instead of placing them under running water.
- Prevent taps from leaking by turning taps off lightly and replace washers as soon as they begin to leak.
- Automatic dishwashers can use up to 40 litres of water per load. By using a dishwasher with at least a 3 star/AAA rating¹, you can get this figure down to 18 litres per load and still get the kind of sparkling clean dishes you're used to.
- It's best to wait until you have a full load in your dishwasher before using it. This saves water and energy, and reduces the amount of detergent entering the sewerage system.
- Keep a container of water in the fridge so that you won't need to run the water down the sink until it's cool enough to drink.
- Washing fruit and vegies in a half-filled sink instead of under running water is a great way to cut back on water wastage.
- Rinsing your dishes in a plugged sink rather than under a running tap saves water and is just as easy and effective.
- Use a sink strainer.
- Try to use phosphate-free, eco-friendly detergents and cleaning products - there's a great range to choose from these days and they're much better for our environment.
- Remember to regularly clean the lint filter on your washing machine.
- Most washing machines have a load adjustment button or dial, so try to set this to match the amount of washing you're doing. If your machine doesn't have a load adjustment function, try to wait until you have enough washing for a full load.
- Installing one of the latest 3 star/AAA rating showerheads can give you a great shower and save you around 10 litres of water a minute. They also save you energy costs, as you'll use less hot water.
- There's no need to leave the tap running while you brush your teeth. Simply wet your toothbrush before you begin and use a glass of water to rinse your mouth.

A little water humour

A Mathematician, Physicist and an Engineer all have to nip to the loo. The Mathematician has a leak, and then sprinkles a few drops of water on his hands, turns to the attendant and says 'Mathematicians learn to be concise'.

The Physicist has a turn, spends 5 minutes scrubbing his hands, then turns to the attendant and says 'Physicists learn to be thorough'.

The engineer has a wee, doesn't bother washing his hands, turns to the attendant and says 'Engineers learn not to pee all over their hands'.

ED

Special Interest:

- Legionnaires Disease
- Contents of a Basic First Aid Kit
- NZ: Saxton Fruit
- Heat Stress

Newsletter Contents:

- Ed's Letter 1
- Special Interest 2-5
- Contact Info 5



Legionnaires' Disease

Legionnaires' disease

is caused by Legionella bacteria, which are widespread in our environment. They are found in natural water bodies such as rivers, lakes, creeks and hot springs. The bacteria are also found in spas, potting mix, warm water systems and artificial systems that use water for cooling, heating or industrial processes, such as cooling towers.

Catching the disease

A person may catch Legionnaires' disease by breathing in fine droplets of water that contain the bacteria. You cannot catch it from another person or by drinking contaminated water.

Some people are at greater risk of infection than others

Although this is a common bacteria in the environment, only a few people who come in contact with the bacteria become infected. Some people are at greater risk, such as:

- People over 50 years of age
- Smokers
- People with chronic illness
- People with medical conditions that impair their immune system.

The physical effects

The symptoms of Legionnaires' disease usually begin to appear within six days of being exposed to the bacteria.

Early symptoms are like the flu and include:

- Headache
- Fever
- Chills
- Muscle aches and pains
- A dry cough and shortness of breath.
- Sometimes other systems in the body are affected. This can cause:
 - Diarrhoea
 - Mental confusion
 - Kidney failure.

Diagnosing and treating the disease

If you have the symptoms described above, see your doctor. There are many causes of these symptoms and Legionella is not very common. Special tests are needed to diagnose the disease. A urine test or blood samples taken three to six weeks apart will usually diagnose Legionnaires' disease.

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Preventing Legionnaires' disease

There is no vaccine to prevent the disease. However, the growth of the bacteria in spas and cooling towers can be controlled. You can also take care to avoid exposure to Legionella bacteria from other sources, such as potting mix.

Maintenance and treatment of artificial systems

A number of different regulations set out how to maintain and treat cooling towers, warm water systems and public spas to prevent the Legionella bacteria growing. For further information visit the website here.

Take care with potting mix

In recent years some cases of Legionnaires' disease have been linked to the use of potting mix. When using potting mix you should:

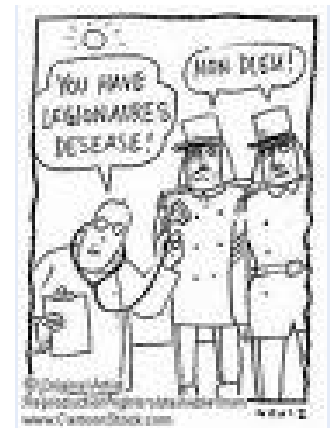
- Always wear gloves to avoid transferring the potting mix from your hand to your mouth.
- Wear a face mask.
- Open the bag carefully to avoid breathing in the dust.
- Wet the contents of the bag to prevent dust.
- Wash your hands after using potting mix.

Where to get help

- Your doctor
- Your local hospital
- Your local council
- Your nearest Department of Human Services office.
- Human Services, Infectious Diseases Unit, Tel. (03) 9637 4126.

Things to remember

Legionnaires' disease is a form of pneumonia. Not everyone who comes into contact with the bacteria is affected. If you have the symptoms, contact your doctor immediately. Early treatment can prevent the disease from becoming severe. Always take care when using potting mix.



30 January 2007
 Better Health Channel
http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Legionnaires_disease?open



What is required in a first aid kit?

First aid kits need to be well organised, fully stocked and readily available at all times. A basic first aid kit will contain:

- 1 packet of 50 individually wrapped adhesive dressings
- 4 sterile eye pads
- 4 sterile coverings for serious wounds
- 4 triangular bandages
- 12 safety pins
- 8 small sterile un-medicated wound dressings
- 4 medium sterile unmedicated wound dressings
- 4 large sterile unmedicated wound dressings
- 1 roll adhesive tape, 1.25cm wide (preferably micropore tape)
- 2 crepe bandages
- 2 elastic bandages
- 1 pair scissors
- 1 pair disposable gloves
- 1 pair tweezers
- 1 resuscitation mask

30 January 2007
 Better Health Channel
http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/First_aid_questions_and_answers?Open

If you are on a farm or in a workplace, additional items may be required. First aid kits are available for purchase from Ambulance Victoria First Aid by calling 1800 248 859 or visiting www.ambulance.vic.gov.au/firstaid

NZ: Saxton Fruit served With Summons Over Accident

The Department of Labour is prosecuting Saxton Fruit Ltd, a Nelson-based company, in relation to an accident in which a female employee was seriously injured when her arm got caught in machinery.

Regional Manager Central Philip Green said the summons were served today at the company's headquarters at Nayland Road in Nelson. The company is due to appear in court on March 22.

On August 2, 2006, the employee, who is a grader and packer, suffered serious injuries when she was caught by the in running nips of rollers on the conveyor of a bagging machine.

"It would have been an ordeal for the employee, who sustained multiple fractures and horrific injuries to her right arm.

Mr Green said Saxton Fruit had breached section 6 of the Health and Safety in Employment Act, which calls for employers to take "all practicable steps" to ensure the safety of their employees while at work.

"Our investigation showed the company failed to take all practicable steps to guard the machinery. This accident could have been avoided by the employer taking a few, simple measures.

"Employers need to realise the importance of monitoring and controlling hazards in the workplace, and making sure their employees are informed of these hazards, to avoid accidents such as these happening."

25 January 2007 NZ Dept of Labour
<http://www.osh.dol.govt.nz/news/press/2007/PR070125.shtml>



Heat Stress Should Be Minimised

Employers and workers have been reminded of the need to take extra care during the summer months to avoid the risk of heat stress, or the more serious risk of heat stroke.

WorkSafe WA Commissioner Nina Lyhne said today that either heatwave conditions or exposure to constant high temperatures in workplaces such as foundries could result in heat stress.

“As WA experiences a hotter summer than last year, all precautions need to be taken to avoid illnesses caused by extreme heat,” Ms Lyhne said.

“Workplace safety laws require an employer to provide a working environment in which workers are not exposed to hazards and – as far as is practicable – to protect employees from extremes in temperature.

“Heat causes increased sweating which depletes the body’s fluids and can lead to tiredness, irritability, inattention and muscular cramps – these are the symptoms of heat stress.

“Apart from the obvious discomfort of these symptoms, they may increase the risk of workplace incidents causing injury, and this is of major concern.”

Those working in an extremely hot environment can lose a litre of fluids per hour, and it is most important to replace lost fluids.

Heat stress can be avoided by taking simple steps such as drinking at frequent intervals, having rest pauses in a cool place, helping sweat evaporate by increasing air circulation and maintaining a healthy lifestyle.

The type of clothing worn is also very important – loose clothing allows air to circulate, improving the evaporation of sweat.

Heat stroke is a far more serious condition that must be treated immediately.

The signs of heat stroke are cessation in sweating, high body temperature and hot and dry skin. Confusion and loss of consciousness may occur.

If heat stroke is suspected, the person should be treated by a doctor as soon as possible.

Until medical treatment is available, the person should be cooled down as quickly as possible by a method such as soaking clothing in cold water and increasing air movement by fanning.

“The effects of extreme or sustained heat can seriously affect a worker’s concentration levels, and the consequences can be tragic,” Ms Lyhne said.

“Guarding against heat stress and heat stroke is part of providing a safe and healthy workplace, and I urge employers to ensure that preventative measures are in place.”

Further information on working in hot conditions can be obtained by telephoning WorkSafe on 9327 8777, or on the website at www.worksafe.wa.gov.au.

24 January 2007 WA Department of
Consumer and Employment Protection

http://www.docep.wa.gov.au/Corporate/Media/statements/2007/January/Heat_stress_risk_sho.html





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Spy Eye: C-Net News!



We wish to welcome, Peter, Danielle and Jamie to C-Net who all joined the team late last year. Peter has taken over from Robert in Business Development, and Danielle and Jamie have joined the Solutions Group. Welcome to all!!

About C-Net

C-Net is an Australian owned company that specialises in SAP based OH&S Solutions. C-Net are the developers and distributors of "SafetySuite".

"SafetySuite" was developed for Australian & NZ companies who require an integrated, legislatively compliant and supported OH&S Solution to complement their integrated SAP infrastructure.



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