# CPCWHS1001 Prepare to Work Safely in the Construction Industry

**Student Manual** 



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### Introduction to the Construction Industry

This course is based on the National Unit of Competency **CPCWHS1001 Prepare to Work Safely in the Construction Industry.** 

The unit relates directly to the general induction training program specified by the National Code of Practice for Induction Training for Construction Work (ASCC 2006).

This course covers the general WHS induction information you require to work on a construction site in Australia.

You will learn about:

- Work Health and Safety responsibilities.
- Identifying and managing construction hazards and risks.
- Responding to accidents and incidents.

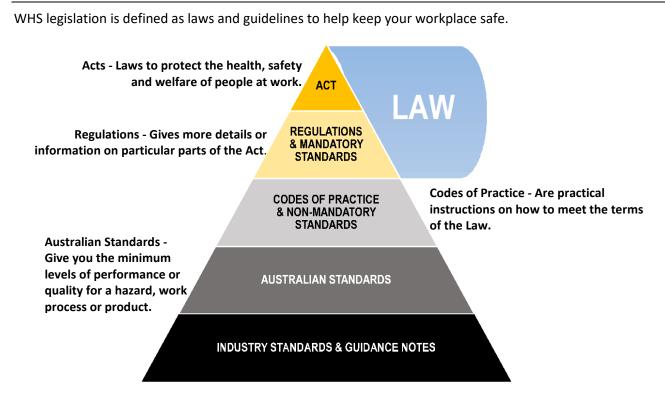
### What is Construction Work?

The National Code of Practice for Induction for Construction Work defines construction work as "Any work on or in the vicinity of a construction site carried out in connection with the construction, alteration, conversion, fitting out, commissioning, renovation, repair, maintenance, de-commissioning, demolition or dismantling of any structure, and includes:

- The demolition or dismantling of a structure, or part of a structure and the removal from the construction site of any product or waste resulting from the demolition or dismantling,
- The assembly of prefabricated elements to form a structure or the disassembly of prefabricated elements to form a structure or the disassembly of prefabricated elements, which, immediately before such disassembly, formed a structure
- Any work in connection with any excavation, landscaping, preparatory work, or site preparation carried out for the purpose of any work referred to ibn this definition, and
- Any work referred to in this definition carried out under water, including work on buoys, obstructions to navigation, rafts, ships, and wrecks.

It does not include the exploration for or extraction of mineral resources or preparatory work relating to the extraction carried out at a place where such exploration or extraction is carried out."

### **WHS Requirements**



Specific health and safety requirements will depend on where you are working. The following is a list of the current health and safety laws in each state and territory of Australia:

- Australian Capital Territory: Work Health and Safety Act 2011
- New South Wales: Work Health and Safety Act 2011
- Northern Territory: Work Health and Safety (National Uniform Legislation) Act 2011
- Queensland: Work Health and Safety Act 2011
- South Australia: Work Health and Safety Act 2012
- Tasmania: Work Health and Safety Act 2012
- Victoria: Occupational Health and Safety Act 2004
- Western Australia: Occupational Safety and Health Act 1984

The following key elements of the WHS legislation will impact the way you do your job, and the responsibilities of your workplace:

- 1. There is a primary duty of care requiring employers (sometimes referred to as 'Persons Conducting a Business or Undertaking' or PCBU) to ensure the health and safety of workers and others affected by the work.
- 2. Representatives of the employer are responsible for ensuring compliance with WHS requirements.
- **3.** Workers conduct themselves in a way that does not negatively impact on the health and safety of themselves or others.

### Construction Code of Practice (2018)

### WHS Regulation 316

Duty to provide general construction induction training

WHS Regulation 317

Duty to ensure worker has been trained

General construction induction training provides basic knowledge of construction work, the work health and safety laws that apply, common hazards likely to be encountered in construction work, and how the associated risks can be controlled.

Any person who is to carry out construction work, for example managers and engineers, foreman, supervisors, surveyors, labourers and tradespersons must successfully complete general construction induction training before starting work.

If a worker has not successfully completed the general construction induction training or successfully completed general construction induction training more than two years ago and has not carried out construction work in the last two years, a PCBU must not direct or allow that worker to carry out construction work and must provide general construction induction training to that worker.

General construction induction training must be delivered in Australia by a Registered Training Organisation (RTO) and cover the content set out in the specified VET course for general construction induction training. The training should include: – the roles, responsibilities and rights of duty holders – health and safety consultation and reporting processes – the principles of risk management – common construction hazards and control measures, and – safety information and documentation (for example, WHS management plans and safe work method statement (SWMS)).

### White cards

WHS Regulation 317

Duty to ensure worker has been trained

WHS Regulation 319

Issue of card

Once a person has successfully completed general construction induction training they may apply to their regulator for a general construction induction training card, commonly referred to within the construction sector as a 'white card'.

As a PCBU you must ensure each construction worker holds a white card, or a certification to identify the worker has applied for but has not yet been issued with a white card. If a worker has applied for a white card and has not been notified of the decision on the application within 60 days of submitting the application, the worker is taken to hold a white card until a decision is made by the regulator.

If the worker receives a cancellation notice, they must return the white card as requested in the notice. Where a worker holds a white card issued by a regulator in a different jurisdiction to where the work is being carried out, the white card is recognised as being valid as long as it is used in accordance with the terms and conditions under which it was granted. For example, a white card is not valid if it has been suspended or cancelled. Workers must keep their white card available for inspection by an inspector.

They will also need to provide their white card to the PCBU that engages them so the PCBU can be sure the worker has successfully completed general construction induction training, and can direct or allow the worker to carry out construction work.

### Duty of Care

Both you and your employer have a legal responsibility under duty of care to do everything reasonably practicable to protect others from harm in the workplace.

Duty of care applies to:

- Employers and self-employed persons.
- Persons in control of the worksite.
- Supervisors.
- Manufacturers and suppliers.
- Workers.
- Subcontractors and inspectors.

**Your own responsibilities** are to comply with safe work practices, including activities that require licences, tickets or certificates of competency, as well as to help the employer on WHS matters. You should take reasonable care to protect the health and safety of yourself and others through your actions at work.

**Your employer's responsibility** is to provide a safe working environment, systems, equipment, personal protective equipment (PPE), facilities, WHS information, first aid, instruction and training. This safe environment should also extend to protecting members of the public or visitors to the construction site.

#### Safe Work Practices

Safe work practices are the actions that you take while at work to minimise the chance of causing harm to yourself, others or equipment.

It is your responsibility to make sure that you work in a safe way to avoid accidents.

### Work Instructions

You need to be clear about what work you will be doing. Make sure you have everything about the job written down before you start. This includes what you will be doing, how you will be doing it and what equipment you will be using.

Make sure you have all of the details about where you will be working. For example:

- **The Site** Is there clear access for all equipment? Are there buildings, structures, facilities or trees in the way? What are the ground conditions like?
- The Weather Is there wind, rain or other bad weather? Is it too dark?
- Facilities and Services Are there power lines or other overhead or underground services to think about?
- **Traffic** Are there people, vehicles or other equipment in the area that you need to think about? Do you need to get them moved out of the area? Do you need to set up barriers or signs?
- **Hazards** Are there dangerous materials to work around or think about? Will you be working close to power lines or other people?

You also need to make sure you have all of the details about the kind of work you will be doing:

- The Task What are you doing? How are you going to do it? Are there any special requirements?
- Plant What type of plant will be used? How big is it? How much room does it need?
- Attachments What equipment will you need? Is the equipment available?
- **Communications** How are you going to communicate with other workers?
- **Procedures and Rules** Do you need any special permits or licences? Are there site rules that affect the way you will do the work?

### Access to Site Amenities such as Drinking Water and Toilets

There should be toilets and clean drinking water on site for you to use. It is your responsibility to make sure the toilet facilities are clean and hygienic.

Drink plenty of water during the day to keep yourself hydrated, especially if you are working outside in the sun. Dehydration can cause fatigue and make it harder for you to concentrate.

#### Drugs and Alcohol at Work

Drugs and alcohol can affect your ability to concentrate and work safely. You are a danger to yourself and to those around you when working under the influence of drugs and alcohol.

### Plant and Equipment including Licencing, Competency and Refresher Training

For some jobs in the construction industry, special training or a licence is required to ensure they are carried out safely. These may include:

- Driving a forklift.
- Erecting scaffolding over 4 metres high.
- Dogging, rigging and directing cranes.
- Hoist and crane operation.
- Using earthmoving equipment.
- Handling dangerous materials.
- Working in confined spaces.
- Plumbing, electrical and building work.

#### Housekeeping

Clean up any rubbish you make as you work to help prevent tripping accidents, or accidents caused by flying debris.

#### Storing Materials and Equipment Properly

Make sure all equipment and materials are stored properly and safely.

Stack materials neatly so that they don't fall out on the next person who tries to get to them.

Make sure all equipment is stored according to the manufacturer's instructions.

#### **Correctly Storing and Removing Debris**

Dispose of any debris properly without impacting negatively on the environment. Make sure all materials are collected and removed properly.

#### **Preventing Bullying and Harassment**

Bullying is not tolerated in any workplace. If you are being bullied, or see somebody else being bullied you must report it.

#### Smoking on Site

Only smoke in designated areas away from flammable materials.

Smoking around flammable materials is extremely dangerous. Make sure you don't do it!

#### **WHS Documents**

#### Site Safety Inspection Reports

Before starting work it is important to check that the worksite is safe. Once you have completed a check, record any hazards that you have found and report to your supervisor or WHS representative to decide the best course of action.

### **Risk Assessment Reports**

Once you have completed a risk assessment of any hazards you have found, it is important to record your observations and the actions you plan to take. This information will assist in the completion of the Safe Work Method Statement.

#### Safe Work Method Statement (SWMS)

A Safe Work Method Statement is a site-specific statement that must be prepared before any high-risk construction work is commenced. It covers the job and safety responsibilities of each member of a work group.

Workers should be involved in discussions of tasks, associated hazards, risks and controls. See Appendix A for a copy of a Safe Work Method Statement.

#### Job Safety Analysis (JSA)

A Job Safety Analysis is a review of how a job is done including the steps taken and risks inherent to the task. It includes information on how to reduce the risk involved in completing the work, similar to a SWMS.

#### **Incident and Accident Reports**

Incident and accident reports must be completed in the event of any incident. Use as much detail as possible when filling out these forms as it may have a bearing on the outcome of workers compensation and safety improvements in the workplace.

#### Safety Data Sheet (SDS)

A Safety Data Sheet is a detailed document outlining the risks and hazards associated with handling chemicals and other materials.

Basic details of the chemical or material	Name, type and identification number
Hazards associated with the material	Whether it is flammable corrosive
Safe handling and storage procedures	PPE to use, sealed containers or storage temperatures
Emergency procedures	What to do if the chemical or material gets out of hand
Disposal procedures	Suggestions for removing the chemical or material from the site.

The SDS will contain details that can help you to identify:

It will be issued by the manufacturer and may or may not include material handling methods.

### **WHS Personnel**

There are a number of different people that you can talk to about various WHS issues:

- Your supervisor can provide you with guidance on where to access information relevant to your job (instructions) and can explain the safety procedures and requirements relevant to your role.
- Your WHS representative is employed to represent your worksite and you as a worker. Your WHS
  representative is there to give information on WHS, raise your views, interests and concerns to a
  WHS committee.
- A WHS committee is a group of people on a worksite or in your company who decide on workplace safety issues. They are responsible for looking at safety issues and suggesting ways of improving the work practices, use of equipment, communication and training of staff. They should meet every 6 months.
- **First aid officers** are qualified members of the team who are responsible for administering first aid in the workplace.

### **Risk Management**

Before you start work, you need to check for any hazards or dangers in the area. If you find a hazard or danger you need to do something to control it. This will help to make the workplace safer.

Basic risk management process should follow these 5 steps:

- **1.** Identify the hazard.
- 2. Assess the risk.
- **3.** Consult and report your findings.
- 4. Control the hazard.
- 5. Review the effectiveness of the control(s).

### **Identify Hazards**

Part of your job is to look around to see if you can find any hazards before you start any work.

A **hazard** is the thing or situation with the potential to cause injury, harm or damage.

A **risk** is the chance of a hazard causing harm or damage.

When you start checking for hazards, make sure you look everywhere. A good way to do this is to check:

- Up high above your head.
- All around you at eye level.
- Down low on the ground (and also think about what is under the ground).

Some construction hazards you should check for in the work area:

Hazard	Description		
Asbestos	Breathing asbestos fibres can have serious lasting impact on health.		
Confined Spaces	Could suffocate.		
Chemical Spills	Could cause fire and explosion, toxic atmosphere, burns, or uncontrolled reaction with other chemicals, or environmental contamination.		
Electrical Hazards including Power Lines, Cords and Equipment	Could be electrocuted.		
Excavations, including Trenches	Could fall in, could collapse, could damage underground services.		
Falling Objects	Could cause damage to property or injury to personnel.		
Fire	Could cause damage to property or injury to personnel.		
Hazardous Substances and Dangerous Goods	Exposure may cause injury.		
Liquids Under Pressure	Could cause an explosion and injury		
Hot and Cold Working Environments (Temperatures)	Could cause dehydration/sunburn or exposure to cold coul cause hypothermia.		

Hazard	Description		
Manual Handling	Could cause injury (strain).		
Noise, Dust and Vapours	Could cause hearing, breathing or vision problems.		
Plant and Equipment Operation	Could be struck by or injured while using mobile equipment.		
Traffic and Mobile Plant	Could be hit by moving vehicles.		
Unplanned Collapse	Could cause damage to property or injury to personnel.		
Ultraviolet (UV) Radiation	Could cause sunburn.		
Working at Heights including Scaffolding	Could fall from height, objects could fall from heights.		

### **Risk analysis**

Risk analysis helps you to work out the 'risk level'. You can work out the risk level by looking at:

Consequence	
<ul><li>What would be the outcome of the event occ</li><li>How severe would the outcome be?</li></ul>	urring?
Likelihood	
What is the chance of the event occurring?	
<ul> <li>Has the event happened before?</li> </ul>	
<ul> <li>Is it likely to happen again?</li> </ul>	

Consequences of the hazard are not limited to injury, but can include property damage, loss of production (downtime) and negative impact on the environment.

Here are some examples of consequences:

	Injury	Property Damage/ Production Loss	Environmental Impact
1. Insignificant	<b>1. Insignificant</b> Minor or short term injury.		Limited damage to minimal area of low significance.
2. Minor	Reversible disability or impairment.Medium financial loss.		Minor effects on biological or physical environment.
<b>3. Moderate</b> Moderate irreversible disability.		High financial loss.	Moderate short term effects but not affecting eco-system.
4. Major	Single fatality. Major financial loss.		Serious medium term environmental effects.
5. Catastrophic	Multiple fatality and/or significant irreversible effects.	Detrimental financial loss.	Serious long term environmental damage.

Likelihood is a factor that looks at how often an event is likely to happen. Here are some examples:

Frequency	Description	
Rare	May only occur in exceptional circumstances.	
Unlikely	The risk event could occur at some time (during a specified period), but it is unlikely.	
Possible	Might happen at some time, occurrence would not be unusual.	
Likely	Will probably occur in most circumstances.	
Almost Certain	Is expected to occur in most circumstances.	

You can use a risk matrix like the one shown here to work out the risk level:

	Consequence				
Likelihood	1. Insignificant     2. Minor     3. Moderate     4. Major     5. Catastr       First Aid Required     Medical Attention and Time Off Work     Long Term Illness or Serious Injury     Kill or Cause Permanent D or Illness				
1. Rare	Low	Low	Moderate	Moderate	Moderate
2. Unlikely	Low	Low	Moderate	Moderate	High
3. Possible	Low	Moderate High High		Extreme	
4. Likely	Moderate	Moderate	High	High	Extreme
5. Almost Certain	Moderate	High	High	Extreme	Extreme

For example, a hazard that has a **Major** consequence and is **Almost Certain** to occur has a risk level of **Extreme**.

	Consequence				
Likelihood	1. Insignificant	<b>2. Minor</b> First Aid Required	<b>3. Moderate</b> Medical Attention and Time Off Work	<b>4. Major</b> Long Term Illness or Serious Injury	<b>5. Catastrophic</b> Kill or Cause Permanent Disability or Illness
1. Rare	Low	Low	Moderate	Moderate	Moderate
2. Unlikely	Low	Low	Moderate	Moderate	High
3. Possible	Low	Moderate	High	High	Extreme
4. Likely	Moderate	Moderate	High	High	Extreme
5. Almost Certain	Moderate	High	High	Extreme	Extreme

The risk level will help you to work out what kind of action needs to be taken, and how soon you need to act. Deciding whether a risk is acceptable or unacceptable may be different for each organisation. It will depend

Generally no level of risk is acceptable without some kind of intervention.

Extreme to moderate level risks must be dealt with before the work can begin.

on the internal policy, goals and objectives of the organisation and relevant legislation.

The risk level can be used to decide the risk priority, showing which risk must be managed first in order to reduce the exposure to danger. Small or insignificant risks might be treated immediately where it would be relatively fast or inexpensive to do so.

The table below is an example:

Risk Level	Action			
Extreme	This is an unacceptable risk level The task, process or activity <b>must not proceed</b> .			
High	<ul> <li>This is an unacceptable risk level</li> <li>The proposed activity can only proceed, provided that: <ol> <li>The risk level has been reduced to as low as reasonably practicable using the hierarchy of risk controls.</li> <li>The risk controls must include those identified in legislation, Australian Standards, Codes of Practice etc.</li> <li>The risk assessment has been reviewed and approved by the Supervisor.</li> <li>A Safe Working Procedure or Work Method Statement has been prepared.</li> </ol> </li> <li>The supervisor must review and document the effectiveness of the implemented risk controls.</li> </ul>			
Moderate	<ul> <li>This is an unacceptable risk level</li> <li>The proposed activity can only proceed, provided that: <ol> <li>The risk level has been reduced to as low as reasonably practicable using the hierarchy of risk controls.</li> <li>The risk assessment has been reviewed and approved by the Supervisor.</li> <li>A Safe Working Procedure or Work Method Statement has been prepared.</li> </ol> </li> </ul>			
Low	The proposed task or process needs to be managed by documented routine procedures, which must include application of the hierarchy of controls.			

High risk jobs should only be carried out when appropriate action has been taken to reduce the risk involved and clear guidelines and approvals are in place to ensure it can be attempted safely.

### Control Hazards

Controlling a hazard can be achieved by a whole range of possible solutions. You will need to work out which is the best option for the situation.

Before you start, check for any documentation, workplace procedure or workplace policy that explains how to eliminate or control the hazard.

Talk to other workers, your manager, supervisor, team leader or health & safety representative to find out if the hazard has been addressed before, and what techniques are available to you to resolve it.

If there are no existing guidelines for controlling a specific hazard you will need to investigate options to manage it.

The Hierarchy of Hazard Control is the name for a range of control methods used to eliminate or control hazards and risks in the workplace.

The Hierarchy has 6 levels shown here from most effective to least effective:

Hie	erarchy Level	Action
1.	Elimination	This is the best kind of hazard control. Eliminating or removing the hazard completely removes any risk connected to it. An example of eliminating a hazard would be removing debris/rubbish from the site.
<b>2.</b> Substitution that is less dangerous.		For example, swapping a gas forklift in a confined space for an electric
3.	Isolation	This is where you isolate the hazard. This might mean fencing off an area or restricting access to the hazard in some other way.
4.	Engineering Controls	This is where you use an engineering or mechanical method of doing the job. Examples would be adding a handrail onto a staircase, adding guards onto machinery, or repairing defective equipment.
5.	Administrative Controls	This is where site rules and policies attempt to control a hazard. It can include the setting of site speed limits, restricted access areas, no smoking areas, etc.
6.	Personal Protective Equipment (PPE)	This is your last line of defence and should be used with other hazard control methods. PPE includes any safety equipment or safety clothing worn on your body. Workplaces often have mandatory PPE requirements for the site.

It is important to consider all of the options available when deciding on the best course of action. Not all options are available, realistic or possible under some circumstances.

You may need to use a range of risk controls to reduce the risk level to an acceptable level.

### **Personal Protective Equipment**

Personal Protective Equipment (PPE) is clothing and equipment designed to lower the chance of you being hurt on the job. It is required to enter most work sites.

Each workplace and job requires different PPE. These items are often a mandatory requirement of entering work areas.

Depending on workplace requirements, environmental factors, and requirements of the job to be done, you may have to wear any of the following:

- Aprons.
- Arm guards.
- Eye protection (e.g. goggles).
- Hand protection (e.g. gloves).
- Headwear (e.g. hard hat).
- Hearing protection (e.g. muffs)
- High-visibility retro-reflective vests.
- Protective, well-fitting clothing.

- Respiratory protection (e.g. ½ or full mask respirator).
- Safety footwear (e.g. boots).
- UV-protective clothing and sunscreen.

Make sure any PPE you are wearing is in good condition, fits well and is right for the job.

If you find any PPE that is not in good condition, tag it and remove it from service. Tell your supervisor about the problem and they will organise to repair or replace the PPE.

If you are not familiar with an item of PPE, ask a competent person to show you how to use it.

### **Review Effectiveness of Controls**

Once all controls are in place, each member of the team working in the area should evaluate and review the risk level and the effectiveness of the hazard controls.

The acceptable level of risk is determined by an organisation's policy, goals and objectives towards safety.

Reviewing their effectiveness includes checking that controls are in place and operational in accordance with standard procedure.

When evaluating the effectiveness of hazard controls, you may ask yourself questions such as:

- Does the applied control effectively manage or control the hazard?
- Will this control keep me and other workers in the area safe?
- Is the control a temporary measure?
- Can more be done to control the hazard?
- What level of risk is still applicable to this hazard?

Talk to your supervisor or WHS representative if you are not sure whether or not the risk has been reduced enough to carry out the work.

You must ensure all controls are reviewed regularly as working conditions can change often.

If you determine the risk to be at an unacceptable level, the work must not be carried out until an authorised person can review the situation.

### **Common Workplace Signage**

Another important safeguard method is the use of appropriate signage within and around the worksite. Signs have different colours, which represent instructions. For example: Red (do not), Blue (must do), Yellow (be aware) and Green (information).

DANGER 11,000 VOLTS	FLAMMABLE MATERIAL	AUTHORISED PERSONNEL ONLY	HARD HAT AREA
Danger Signs AS 1319 specifies that these signs are to be used where conditions are likely to be life threatening. The sign is to incorporate the word DANGER in white letters on a red oval shape inside a black rectangle.	Warning Signs AS 1319 specifies that these signs warn of conditions that are NOT likely to be life threatening if the message is ignored. The symbol used is a yellow equilateral triangle with a black enclosure.	<b>Prohibition Signs</b> AS 1319 specifies these signs are to have a red annulus and slash symbol on a white background. They indicate actions or activities that are not permitted.	Mandatory Signs AS 1319 specifies these signs shall be a blue disc with the symbol in white. The word MUST is usually contained in the message. They indicate something that must be done.
EMERGENCY ASSEMBLY POINT	FIRE EXTINGUISHER	LIQUIFIED PETROLUEM GAS 1075 3YEE IN EMERGENCY DAL 000 POLICE or FIRE BRIGADE	ISOLATION This big can why may be a solution of the solution
<b>Emergency Signs</b> AS 1319 specifies these signs shall comprise of a white symbol or text on a green rectangle with white enclosure. These signs indicate the location or direction to emergency related facilities and first aid or safety equipment.	<b>Fire Signs</b> AS 1319 - 1994 refers to fire signs which are covered in AS 2444 - 1995. These signs indicate the location of fire alarms and fire fighting equipment. Signs shall comprise a red rectangle sign with a white legend and enclosure.	Hazchem Signs AS 1216 - 1995 specifies the relevant "designs, layout and size". These signs are prescribed in the "Australian Dangerous Goods Code" and various State Government "Dangerous Goods, Storage and Handling Regulations".	Safety Tags & Lockout Systems These are isolation systems that help to prevent incidents by making sure faulty equipment is not used. A lockout prevents operation of equipment by an unauthorised person. Only the person who placed a tag or lockout device can remove it.

### Talented Training (RTO #45144)



**Prohibition Symbols** 

gives information about a dangerous behaviour, Stop, Shutdown, Emergency cut-out devices or evacuate. Round shaped with a black pictogram on white background or red edging with a red diagonal line



### Warning Symbols

Warning sign has a yellow background. It tell you to be careful, to take precautions, and also warns about nearby hazards. The sign do has a triangular shape, black pictogram on yellow background and black edging.



### **Emergency Sign**

Emergency signs always have a green background pasted on doors, exits, escape routes, equipment and facilities, etc. It is rectangular or square shape with white pictogram on green background.

Dangerous and hazardous goods are placed into categories based on the hazards they pose.

In Australia in particular, there are 9 broad categories of dangerous and hazardous goods, with several subsections where needed.

These categories are then identified using hazchem class diamonds, with each class having its own unique colour, icon and number.



In cases where shipments contain mixed substances or different substances are stored in the same area, you may even see multiple class signs<sup>1</sup>.

<sup>&</sup>lt;sup>1</sup> Signsmart. 2019. 'Hazchem class labels (and hazchem class diamonds) explained!' Victoria.

Other common emergency and safety signs...



### **Workplace Emergencies and Incidents**

#### Workplace Emergencies

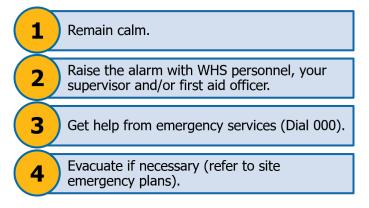
### Dial '000' if there is an emergency.

Construction site emergencies may include:

- Fire.
- 🔶 Gas leak.
- Toxic and/or flammable vapour emission.
- Vehicle/machine accident.
- Chemical spill.
- Injury to personnel.
- Structural collapse.

### **Emergency Response**

In the case of an emergency:



#### First Aid Response

During and after a workplace emergency, first aid may need to be administered to individuals who have been affected.

First aid should only be provided by a trained and authorised person. Each work site will have first aid officers who will need to be informed of any injury that requires first aid care. Workers must know how to contact a first aider and access a first aid kit.

It is important that you know how to respond to any first aid situation. If you do not have first aid training you can still assist by carrying out the following procedures:

- 1. Checking the immediate area for any danger before approaching any injured person check the area to make sure you are not putting yourself in any danger.
- 2. Checking the condition of the person are they conscious or unconscious? Are they burned, bleeding or suffering some other kind of immediately identifiable injury?
- **3.** Sending for help this should be done as soon as possible. Get in contact with the site first aid officer or if need be, call 000 and request an ambulance.

When speaking on the phone, try your best to maintain your composure, speak clearly to the telephone operator and try to answer all the questions as best you can.

There are situations where it may be necessary to request the use of a bystander's mobile phone to make the emergency call.

When calling emergency services (Dial 000) let the operator know the following details:

- 1. Where the emergency is.
- **2.** Details of exactly what happened.
- **3.** Details of any injuries.
- 4. Any action that has been taken so far.
- 5. Your name.
- 6. Details of any other parties that have been contacted.

Do not hang up the phone until you have been given instructions on how to proceed.

### Workplace Incidents

All incidents **MUST** be reported!

### An incident is defined as:

An accident resulting in personal/serious injury, death, or damage to property or, a near miss or dangerous occurrence which does not cause injury but may pose an immediate and significant risk to persons or property, and needs to be reported so that action can be taken to prevent recurrence.

Examples of incidents could include:

- Breathing apparatus malfunctioning to the extent that the user's health is in danger.
- Collapse of the floor, wall or ceiling of a building being used as a workplace.
- Collapse or failure of an excavation more than 1.5 metres deep (including any shoring).
- Collapse or partial collapse of a building or structure.
- Collapse, overturning or failure of the load bearing of any scaffolding, lift, crane, hoist or minewinding equipment.
- Damage to or malfunction of any other major plant.
- Electric shock.
- Electrical short circuit, malfunction or explosion.
- Uncontrolled explosion, fire or escape of gas, hazardous substance or steam.
- Any other unintended or uncontrolled incident or event arising from operations carried on at a workplace.

### Reporting All Hazards, Incidents and Injuries

Depending on the nature and severity of the situation you may need to report to:

- Your supervisor.
- Emergency services (e.g. police, ambulance, fire brigade and emergency rescue).
- WHS regulatory authority (e.g. WorkSafe, WorkCover).

All reports should be made in writing, verbally (face to face/phone) or using a relevant form. Ask your WHS representative or supervisor at the site office for the relevant forms and procedures for reporting hazards, incidents and injuries.

Incident report forms are available for recording the details of incidents in the workplace.

See Appendix B for a copy of a Workplace Incident Record.

### Fire Safety Equipment

There a 6 common causes of fires in the workplace. They are; chemical, electrical, started by explosion, started by friction, caused by flammable materials, or caused by mechanical/welding.

The fire safety equipment that is commonly available on construction worksites may include the following:

#### **Breathing Apparatus**

A self-contained breathing apparatus (SCBA) is a device worn by rescue workers, fire fighters, and others to provide breathable air in situations with an immediate danger to life and health.

#### **Fire Blanket**

Fire blankets are ideal for settings where small Class F fires are a risk such as in kitchens or wherever oils or fats are exposed to potential ignition. They can also be used if a person's clothing has caught fire.

### **Fire Extinguisher**

Portable fire extinguishers can save lives and property by putting out or containing fires within the capability of the extinguisher. However, they must be of the correct type for the particular fire, and they must be used correctly.

### Fire Hose Reel

Fire hose reels provide a reasonably accessible and controlled supply of water to combat a potential Class A fire risk. All fire hose reels must comply with Australian Standard AS/NZS1221.

The following table details the classes of fire, and the appropriate equipment types for each class:

			Type of Fire					
	= Suitable = Limited Effect	Class A	Class B	Class C	Class D	Class E	Class F	
>	= Do Not Use	Wood, Paper, Plastic Etc.	Flammable & Combustible Liquids	Flammable Gases	Combustible Metal Fires	Electrically Energised Equipment	Cooking Oils And Fats	
	Water		×	×		×	×	
	Foam			$\mathbf{\times}$	See Note Below	$\mathbf{\mathbf{X}}$	$\bigcirc$	
pment	Carbon Dioxide (CO2)	$\bigcirc$	$\bigcirc$	$\mathbf{\times}$			$\mathbf{\times}$	
or Equi	Powder AB(E)						×	
guisher	Powder BE	×						
Type of Extinguisher or Equipment	Wet Chemical		×	×		×		
Түре с	Vaporising Liquid		0	0			×	
	Fire Blanket		×	×		×		
	Fire Hose Reel			×		×	×	

Note: Specific, special purpose powder extinguishers are available for Class D metal fires. Seek Expert Advice.

### Appendix A – Safe Work Method Statement

SWMS Name:		Version:
SWMS Created By:	ate:	
SWMS Summary:		

Company/Contractor Details:	Work Details:
Name:	Client:
ABN:	Contact Name:
Address:	Site Address:
Contact Number:	Contact Number:
Email:	Start Date:

#### How to complete this SWMS Template:

- 1. Consult: Consult with all persons who will be involved in the completion of the work.
- 2. List: List each of the steps in the task work being done.
- 3. Identify: Describe the health and safety hazards and risks arising from each step in the work.
- 4. Risk Assessment: Review the level of risk associated with each hazard listed.
- 5. Control: Describe how the risks will be controlled, and describe what hazard control measures will be put in place.
- 6. **Responsibility:** Allocate a person to be responsible for the hazard control measure.
- **7. Review:** Review the effectiveness of the control measures and apply further hazard control measures as required.

### Overview

SWMS topic: Reason for the SWMS: Scope of the SWMS: Definitions:

# **Requirements and Permits**

Training/qualifications required to carry out work:	PPE required to carry out work:
Are all workers adequately trained and qualified?	
Yes / No	
Legislation, Australian Standards & Codes f Practice relevant to work (where applicable):	Equipment required to carry out work:
Environmental statement	Safety checks required prior to commencement of work:
Coordination with other trades:	Permits required for commencement of work:
	Have these permits been acquired?
	Yes / No

### Safe Work Method Statement

Work Step	Associated/Identified Hazards	Risk Level	Hazard Controls	Revised Risk Level	Person Responsible
Work your way through each step in the work process, giving a brief description of what is required at each stage.	What hazards can be identified for this step?	What is the risk level? (L, M, H, E)	What hazards controls will be put into place to deal with the identified hazards for this step?	Has the risk been reduced? (L, M, H, E)	Who is responsible for carrying out the work and maintaining the hazard controls?

### **Risk Analysis Matrix**

Use this table to determine the level of risk associated with an identified hazard.

	Consequence							
Likelihood	1. Insignificant	<b>2. Minor</b> First Aid Required	<b>3. Moderate</b> Medical Attention and Time Off Work	<b>4. Major</b> Long Term Illness or Serious Injury	<b>5. Catastrophic</b> Kill or Cause Permanent Disability or Illness			
1. Rare	Low	Low	Moderate	Moderate	Moderate			
2. Unlikely	Low	Low	Moderate	Moderate	High			
3. Possible	Low	Moderate	High	High	Extreme			
4. Likely	Moderate	Moderate	High	High	Extreme			
5. Almost Certain	Moderate	High	High	Extreme	Extreme			

Risk Level	Action
Extreme	This is an unacceptable risk level. The confined space entry or work must not proceed.
High	<ul> <li>This is an unacceptable risk level.</li> <li>The confined space work can only proceed, provided that:</li> <li>The risk level has been reduced to as low as reasonably practicable using the hierarchy of risk controls.</li> <li>The risk controls must include those identified in legislation, Australian Standards, Codes of Practice etc.</li> <li>The risk assessment has been reviewed and approved by the Supervisor.</li> <li>A Safe Working Procedure or Work Method Statement has been prepared. A WHS or site safety supervisor must review and document the effectiveness of the implemented risk controls.</li> </ul>
Moderate	<ul> <li>This is an unacceptable risk level.</li> <li>The confined space work can only proceed, provided that:</li> <li>1. The risk level has been reduced to as low as reasonably practicable using the hierarchy of risk controls.</li> <li>2. The risk assessment has been reviewed and approved by a Supervisor.</li> <li>3. A Safe Working Procedure or Work Method Statement has been prepared.</li> </ul>
Low	The confined space work needs to be managed by documented routine procedures, which must include the application of the hierarchy of controls.

### **Personnel Signoff**

All personnel required to carry out this task need to be listed below.

By signing this SWMS, each person declares that they have carefully read the SWMS and that they understand their responsibilities and requirements to complete the work.

Name (please print)	Position / Qualification	Signature	Date

### Senior Management Signoff

Does this SWMS meet the necessa	Yes / No		
Does this SWMS require review?	Yes	/ No	Review Date:

Additional Comments:			
Name:	Position:	Signature:	Date:

# Appendix B – Workplace Incident Record

A. Details of Incident						
Date of incident:			Time of inc	ident:		AM / PM
Nature of incident: (Please circle)	Near Miss	Ir	njury	Property [	Damage	Fatality
Equipment or machinery involved:	(List any plant, vehicles or equipment that was involved in the incident.)					
Where did the incident occur?	(Clearly describe the exa	ct location o	n site where the i	incident occurred	1.)	
What happened exactly?	(Describe the incident. Give as much detail as possible about what happened leading up to and during the incident and who was involved to the best of your knowledge.)					
What action was taken?	(Describe any action incl area isolation etc.)	uding taken	as a result of the	incident such as	first aid, eva	cuation, emergency stop,
If the incident caused injury or fatality complete Sections B and C.						

B. Details of Injured	B. Details of Injured Person					
Name of person injured:						
Role, Position or Duties:						

C. Details of Injury					
Nature / type of injury: (e.g., burn, cut, sprain)		Location of injury on body: (e.g., back, leg, left hand)			
Cause of injury:	(Give as much detail as possible about the ca equipment failure etc.)	use of the injury such as fall, pushed, crushed, struck, chemical exposure,			

D. Signoff of Person Completing Form				
Name:				
Role, position or duties in the Workplace:				
Signed:		Date:		
<u>Please note:</u> After this form has been processed, you may be required to assist further with incident investigations and provide more information on the details of the incident.				