

Finance Report

General Meeting 3 August 2011



Balance at Bank @ 29 March 2011		\$20,558.28
Bank Charges since 29 March 2011	\$121.44	
Account Service Fees	\$25.00	
Bank SA Card Charges	\$96.44	
Accounts payable	\$451.00	
Accounts receivable	\$5,070.00	
Balance at Bank @ 2 August 2011		\$25,055.84

Out There!

Sales (since 29 March 2011) **\$20.00**

Memberships

New & renewals (since 29 March 2011) **\$1,550.00**

Sponsorships

(since 29 March 2011) **\$3,500.00**

John L Smith
Treasurer



Wellnomics Risk Management WorkStation Module Demonstration CSMF 03/08/11

Please visit <http://www.balancedergonomics.com/demo.htm> for links to the demonstration site.

The Wellnomics Risk Management Workstation Module covers the following areas,

- **Ergonomic Computer Workstation Assessments.** The assessment is based on the latest research on office ergonomics and complies with health and safety guidelines in Australia. The self-assessment provides office workers with advice on adjusting their work area, and highlights any individuals that may require extra assistance or particular equipment or guidance. See http://www.wellnomics.com/pages/a_posture2.aspx
- **Discomfort Monitoring.** Wellnomics Discomfort Assessment uses a questionnaire to provide both early reporting and baseline information on symptom levels within your organisation. The questionnaire uses the proven Visual Analogue Pain Scale to assess upper body symptoms and eyestrain. See http://www.wellnomics.com/pages/a_symptoms.aspx
- **Ergonomic Computer Workstation training.** Wellnomics Ergonomics Training is an online training course on office ergonomics that takes just 15-20 minutes to complete. It educates office workers on the risks in their working environment and teaches them how to optimally set up their workstation. see http://www.wellnomics.com/pages/w_ergotraining.aspx

Discomfort Assessment

Please indicate the level of pain or discomfort for each body area during the last month.

No pain or discomfort Worst possible pain or discomfort

1. Head
 2. Neck
 3. Left shoulder
 4. Right shoulder
 5. Middle back
 6. Left forearm
 7. Right forearm
 8. Lower back
 9. Left hand and wrist
 10. Right hand and wrist

Back 100% completed Next

Posture & Workstation Assessment

Where is the upper edge of your monitor?



RSI Risk Report

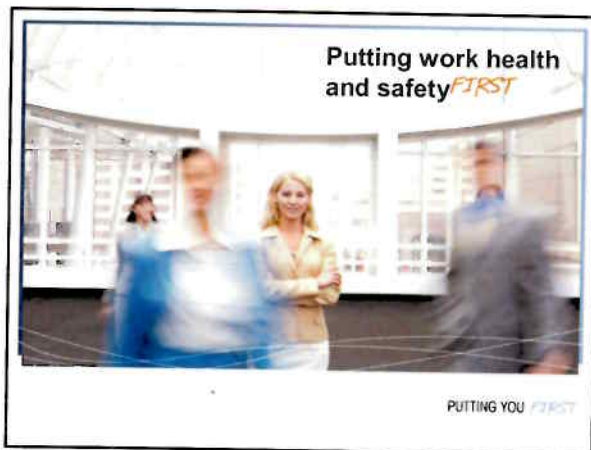
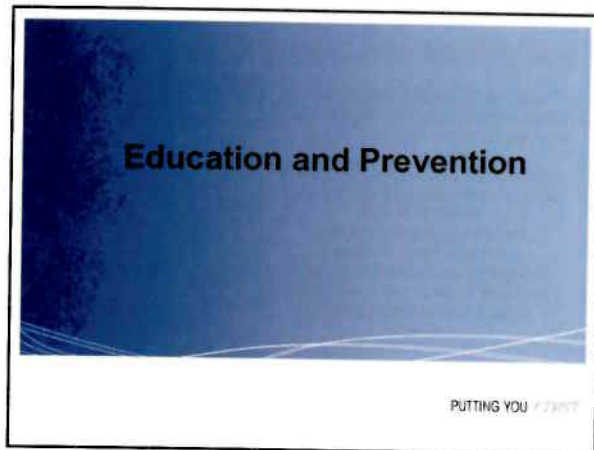
Name: Brian Ryan (User)
 Current Date: 23 Jan 2010

Overall Risk
 Congratulations, your assessment shows an Overall Low Risk for RSI.

There are still some improvements you could make, with 4 suggested recommendation(s), for improving your work conditions. Click on any Risk Category or recommendation below for advice on making these improvements.

Risk Category	Risk Level	Recommendation
Computer Use	Low Risk	None
Speed & Accuracy	Low Risk	None
Carpalitis	Low Risk	None
Posture & Installation	Low Risk	<ul style="list-style-type: none"> 1. Raise your monitor so that the top is at (or slightly below) eye level.
Discomfort	Low Risk	<ul style="list-style-type: none"> 2. Lean back in your chair using your backrest for support. 3. Increase the character size on your monitor (refer to advice section for more to do list).
Subtotal	Medium Risk	<ul style="list-style-type: none"> 4. Introduce more physical activity into your daily routine. Focus on daily activities where a more physically beneficial option is available, such as using the stairs instead of the lift between floors.





- ### New Stakeholder Engagement Strategies
- Connecting Locally- a single point of contact for Education & Prevention activities
 - Regional Leadership Forums
 - HSR/WHS Practitioners Best Practice Forums
 - Cooperative Compliance Programs (CCP)
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Comcare's 2015 Strategic Plan Improving our Stakeholder Engagement & working Collaboratively

Focus education and assurance services on employers who get the safety message

Deliver prioritised, targeted Workplace Health & Safety Campaigns

Hardwire learning gains from safety incidents into workplace improvements

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- ### Regional Leadership Forums Aims
- Leaders focusing on WHS & sharing WHS management issues & solutions
 - A 'round table' opportunity for members to raise emerging issues
 - Promote networking with other organisations
 - Opportunity for input into Comcare's service delivery and other joined up activities
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Co-operative Compliance Programs (CCPs):

- Co-operative program with Employer, Workers, Unions and any other party
- Jointly devised program for current and or emerging issues
- pro-active assistance and support
- Implementation & monitoring of agreed strategies, programs and initiatives to lead to 'best WHS practice'

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Incident Notification – current requirements

Regulation 37A of the OHS (Safety Arrangements) Regulations stipulate that an employer must notify Comcare of:

- **death of any person (within 2 hours*)**
- **serious personal injury to any person (within 24 hours*)**
- **dangerous occurrence at a workplace (within 24 hours*)**
- **an accident causing incapacity of an employee for 30 or more successive working days or shifts (within 24 hours*)**.

*Of the employer becoming aware

"If in doubt—notify"



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Example strategies for achievement of CCPs

- ✓ Introduction of new programs & policies
- ✓ Desktop auditing
- ✓ Joint Site inspections by all stakeholders, awareness raising campaigns
- ✓ Audit of OHS systems, policies, procedures and processes
- ✓ Review of actions taken in response to educational, information and/or training interventions
- ✓ Any other good ideas

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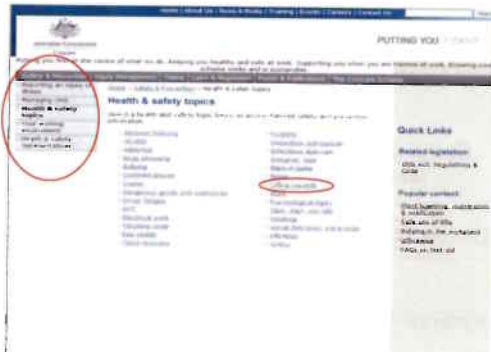


How will CCPs be measured and reviewed?

- Results from the planning, education and audit/site inspection reviewed at agreed intervals
- Steering groups review meetings
- Agreed KPI's

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•Regional Who's Who information ...

• Mina Podbereski Regional Service Manager 02 82183713

• Jim Nolan Education & Prevention Assistant Director 40151605
02 82183713

• Nigel Docker Assistant Director Workplace Bullying Prevention
Unit 02 82183713

• Kim Carter Assistant Director Inspectorate NSW/ACT 02
62750003