

LAST EDITION FOR 2010

INSIDE THIS ISSUE:

HEALTH AND SAFETY REPRESENTATIVES	1
FOODS FOR DOGS	2
MUSCULOSKELETAL INJURIES EXPLAINED	2
SUMMER HYDRATION	3
TWO DELICIOUS RECIPES	4

SPECIAL POINTS OF INTEREST:

- **Health and Safety Representatives are entitled to undertake OHS training**
- **Some foods that are edible by humans are hazardous to dogs because of the way they metabolize foods. But which foods?**
- **Almost 50 Victorians sustain a musculoskeletal injury every day**
- **Sports drinks are more efficient to rehydrate the body than water during intense exercise**

Hello,

Welcome to 'Fitness, Health & Safety' SUMMER 2010 edition. Job Fits' own Newsletter. This Newsletter will help you keep up to date with occupational, safety, and health issues to help keep yourself, your family, and your co-workers safe and healthy.

In this edition.

- Health Safety Representatives can have a big influence on workplace safety. Find out what type of training courses

they are entitled to.

- Musculoskeletal injuries are the most common type of workplace injury.
- Those of us who have dogs as pets know how much they love to eat. But what is the right and wrong foods for our little friends.
- The hotter weather is upon us, do you know how to identify heat related illness and how to prevent them? Also what type of drink is best to rehydrate us?

- Try the two delicious recipes on the back of this Newsletter.

I hope you all enjoy this issue and once again look forward to writing the next one.

Have a fantastic Christmas and a safe New Year.

Kind Regards,



Andrew Funke
Job Fit Manager

HEALTH SAFETY REPRESENTATIVES

Health and Safety Representatives (HSRs) play an important role in making Victorian workplaces safer.

Elected HSRs represent their co-workers and provide a way for their views and concerns about health and safety, to be heard by their employer.

All elected HSRs are entitled to undertake OHS training. This training must be approved by WorkSafe Victoria and will help HSRs to understand and exercise their rights effectively.

There are three different types of training courses available to HSRs.

1. Initial Training

When a HSR is first elected, it's recommended that they undertake the initial five day HSR training course as soon as possible. Deputy HSRs also have an entitlement to this training. This training will provide vital information and skills for the HSR and Deputy HSR to exercise their rights.

2. Refresher Training

A HSR and Deputy HSR have an entitlement to attend an annual HSR training course. Generally a one day course, they revisit aspects of the initial five day course and may have focus on a particular industry.

3. Other Approved Training

Courses that are approved by WorkSafe and related to occupational health and safety. Deputy HSR's do not have an entitlement to this type of training.

This information was sourced from WorkSafe.

FOOD FOR DOGS

Some foods which are edible for humans can pose hazards to dogs because of their different metabolism. Some may cause only mild digestive upsets, whereas, others can cause severe illness, and even death. The following common food items should not be fed to dogs. This is not an exhaustive list as we cannot list everything your dog should not eat.

Food to Avoid	Reasons to Avoid	Food to Avoid	Reasons to Avoid
Alcoholic Beverages	Intoxication, coma, or death	Citrus oil extracts	Vomiting
Avocado	Vomiting and diarrhea	Fat trimmings	Pancreatitis
Bones from fish, poultry, or other meat sources	Obstruction or laceration of the digestive system	Fish (raw, canned, or cooked)	If fed in high amounts can result in thiamine deficiency leading to loss of appetite, seizures or
Cat food	Generally too high in protein and fats	Grapes, raisins and currants	Contain an unknown toxin which damages the kid-
Chocolate, coffee, tea and other caffeine	Vomiting and diarrhea and is toxic to the heart and nervous system	Human vitamin supplements containing iron	Can damage the lining of the digestive system and be toxic to other organs
Marijuana	Can depress the nervous system, cause vomiting and changes to the heart	Milk and other dairy products	Diarrhea if given large amounts
Onions and garlic	Can damage red blood cells and cause anemia	Salt	If eaten in large quantities it may lead to electrolyte imbalances
Tobacco	Can result in rapid heart beat, collapse, and coma	Table scraps	Should be less than 10% of diet. Not nutritionally balanced. No bones or fat



Dogs love to eat. It's part of survival. But knowing what foods your dog shouldn't eat can avoid health issue for your loved pet

“There are two main causes of musculoskeletal injuries at work. They are manual handling and slips, trips and falls.”

MUSCULOSKELETAL INJURIES EXPLAINED

Almost 50 Victorians will suffer a musculoskeletal injury at work today. It could be a slipped disc, dislocated shoulder, or fractured wrist. These injuries are painful and debilitating, and they shouldn't happen.

Musculoskeletal injuries' is a term used to describe a range of conditions affecting the body's musculoskeletal system – bones, muscles, ligaments and tendons, as well as the soft tissues that connect these together.

These conditions could be back pain, muscle sprains and strains, soft tissue injuries, fractures and dislocations, abdominal hernias, carpal tunnel syndrome and tendonitis.

There are two main causes of musculoskeletal injuries at work. They are manual handling and slips, trips and falls.

Musculoskeletal injuries might occur suddenly as a result of a single incident, or they can be developed over

time with repetitive manual work that causes wear and tear on your body.

Having a workplace assessed for risks is a very important step in improving workplace safety. Appropriate training is another important element to ensure musculoskeletal injuries are minimised

About 400 musculoskeletal injuries a week occur in Victorian workplaces! To have your workplace assessed and provide your employees with job specific training contact Job Fit.



Musculoskeletal injuries can be very painful and debilitating. Many of these injuries can be prevented.

SUMMER HYDRATION



Heat-related illness and heat stress occur when the body is unable to cool itself enough to maintain a healthy temperature. The body normally cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising.

Heat-related illness can range from mild conditions such as a rash or cramps to very serious conditions such as heat stroke, which can be fatal. Heat may worsen the condition of someone who already has a medical condition such as heart disease.

Types of heat-related illness

Some heat-related illnesses and common symptoms include:

- **Heat cramps** – these are muscle pains or spasms, usually in the abdomen, arms or legs. They may occur after strenuous activity in a hot environment, when the body gets depleted of salt and water
- **Heat exhaustion** – a serious condition. Warning signs may include: pale complexion & sweating, rapid heart rate, muscle cramps and weakness, dizziness, headache, nausea or fainting
- **Heat stroke** – this is a **life-threatening emergency** and requires urgent attention. Heat stroke occurs when the body is unable to prevent the temperature rising rapidly. The symptoms may appear the same as for heat exhaustion, but the skin may be dry with no

sweating and the person's mental condition worsens. They may stagger, appear confused, have a seizure, appear to have a stroke or collapse and become unconscious.

What you can do to prevent heat-related illness

Once the weather is hot:

- Drink plenty of water and non-alcoholic fluids
- Avoid alcohol because of its dehydrating effects
- Stay indoors, if possible with air-conditioning, or in the shade
- Wear lightweight, loose-fitting clothing
- Check on older, sick and frail people who may need help coping with the heat.
- Know the signs and symptoms of excessive heat exposure and know how to respond.

If you must be out in the heat:

- Limit outdoor activity to morning or evening hours
- Protect yourself from the sun by using sunscreen, wearing a hat and covering exposed skin
- Rest regularly in the shade and drink fluids frequently

What to drink to rehydrate

Water: Fine for shorter amounts of exercise, but if you are sweating a lot or

going more than 45 minutes, consider a sports drink

Fitness Water:

The flavour helps people drink more than just plain water. These are also great for when you are at rest and get sick of plain water. Some fitness waters also have electrolytes or B-vitamins.

Sports Drink:

Ideal fluid when playing sports. The electrolytes help the body to reabsorb more fluid than water alone. Sports drinks provide carbohydrates that the body needs during exercise to provide energy to working muscles

Things to remember

- Heat-related illness can be prevented
- Keep cool, avoid vigorous physical activity in hot weather, and drink plenty of water and other non-alcoholic fluids
- Never leave children or pets unattended in a parked car
- Seek medical assistance if a person shows any signs of heat exhaustion or heat stroke

This information was gathered from Better Health Channel and Health Line.



With a number of record heat waves in Victoria over the last year, you can be sure there will be plenty of high 30° days this summer. Be prepared and stay cool

“Heat-related illness can range from mild conditions such as a rash or cramps to very serious conditions such as heat stroke, which can kill.”



Replenishing your body with plenty of water is extremely important especially during hot weather and vigorous exercise

Visit us on the web
www.jobfit.net.au



Bayville Drv
Dingley, VIC 3172
Phone: 0414 873 401
Fax: (03) 9551 8131
E-mail: admin@jobfit.net.au

Job Fit is a Melbourne based company that is recognised for providing innovative and professional health, fitness and workplace safety services to all industries. We have worked closely with over 30 companies in Victoria to improve their safety and reduce workplace injuries.

Services Job Fit can provide for you:

- Task Assessments
- Manual Handling Risk Assessments
- Manual Handling Training
- Noise Assessments
- Workstation Set-up (Ergonomics)
- 'Stretch Into Action' programs
- Group or Personal Training



If you would like to know more about these services please contact Job Fit

Yoghurt and Berry Brulee

Serves: 8

INGREDIENTS

- 600g thick Greek yoghurt
- 1 punnet (120g) raspberries
- 1 punnet (120g) blueberries
- 120g strawberries, halved
- 1-2 small peaches, sliced
- 1 cup (220g) caster sugar

METHOD

1. Place the yoghurt in a serving dish, scatter the berries over the top, then add the peaches.
2. Place the sugar in a heavy-based saucepan with 1 1/4 cups (310ml) of water and stir over a low heat until the sugar has dissolved. Increase the heat to medium and continue to cook until the mixture becomes a golden caramel colour.
3. Quickly pour the hot toffee over the fruits. Serve as soon as possible. Some of the toffee will melt into the yoghurt, some will be crisp shards.



Mini Ginger Chicken Burgers with Lime Mayo

Makes: 10

INGREDIENTS

- 10 (300g) par-baked mini panini bread rolls (see note)
- 2 (200g each) chicken breast fillets, trimmed, chopped
- 2 garlic cloves, chopped
- 2cm piece fresh ginger, peeled, finely chopped
- 1 1/2 teaspoons mild curry powder
- 2 green onions, roughly chopped
- 1/4 cup fresh coriander leaves
- 1 tablespoon peanut oil
- 50g baby Asian salad leaves

Lime Mayo

- 1/2 cup whole-egg mayonnaise

METHOD

1. Bake rolls following packet directions. Cool. Cut in half crossways.
2. Meanwhile, process chicken, garlic, ginger, curry powder, onion and coriander until combined. Using 1 heaped tablespoon mixture at a time, form into 10 patties. Flatten slightly.
3. Heat oil in a large frying pan over medium-high heat. Cook patties for 3 to 4 minutes each side or until browned and cooked through.
4. Meanwhile, make Lime mayo Combine mayonnaise, lime rind and lime juice in a bowl. Spread roll bases with one-third of the lime mayo. Top with salad leaves and patties. Top with remaining mayo and roll tops. Serve.



NOTES AND TIPS

You could use mini bread rolls of your choice. Form patties into shapes to suit rolls.