



Inside Information

18th Edition
December 2009

SAFETY, OUR JOURNEY TO THE DESTINATION: LIFE

In 2009, APS have made significant headway in reducing the number of lost time injuries by 45%.

Pretty impressive and a result we can all be proud of.

Safety is a way of life and as we continue on our **destination ZERO** journey, we hope you continue to join us and our clients in making sure everyone goes home to their loved ones after a hard days work. This summer, to prevent you or your fellow workers being injured, focus on:

Staying hydrated during the hot weather

- Drink plenty of water throughout the day
- If you don't like the taste of water, try no or low calorie water alternatives
- Alcohol should be drunk in moderation

Always being aware of your surroundings

- Use 3 points of contact when getting on or off machinery, ladders or truck cabins
- Watch your footing, don't step on broken pallets
- If you see any hazards report them immediately

Fatigue, it will get you down!

- Make sleep a priority and ensure you are well rested
- Avoid alcohol, caffeine, tobacco and stimulant medication
- If you struggle to do daily tasks, seek medical help

Eating healthy

- Eat a balanced diet with plenty fruits & vegetables & don't skip a meal
- Maintain some daily physical activity, at least 30mins
- Take care of your emotional health as well

Traffic management, forklifts & people don't mix

- Give way to pedestrians at all times
- Follow speed limits and don't speed around corners
- Always maintain a 3m distance between you & any MHE

Your safety is important

- It's everyone's responsibly to work safely, so do your part
- Follow the safety rules on site
- Consider how you plan to be safe

Character of the Month

Sincerity Vs

Hypocrisy

Eagerness to do what is right with transparent motives

Happy Holidays from APS

As the holiday season approaches, life can become extremely busy, trying to balance work commitments, shopping, holidays, parties, school events and gatherings with family and friends.

While all of this is important, it is vital to remember to be extra vigilant and cautious at work this time of the year.

This edition is specifically focused on ensuring your safety in our continued efforts along the journey of destination ZERO - No injuries and protecting your life.

We look forward to sharing more news with you and hope you have enjoyed reading Inside Information.

APS INJURY MANAGEMENT INITIATIVE

APS ongoing efforts to continually improve our Occupational Health and Safety standards and practices means that we have recently introduced a new initiative whereby we have engaged in the services of Physiotherapy practitioners.

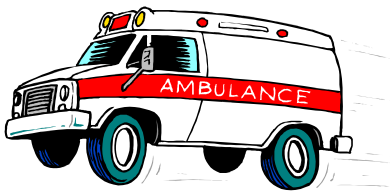
The Physiotherapists will assist in providing effective and rapid treatment to a worker who sustains a musculoskeletal injury in the workplace.

It is APS expectation that any injured worker will be promptly managed by seeking appropriate treatment and the quicker the better for their expedient recovery.

All APS Branches have implemented this new initiative with successful outcomes.



'IN CASE OF EMERGENCY' CAMPAIGN



The Ambulance Services are promoting an 'ICE' (In Case of Emergency) Campaign. It is a method of contact during emergency situations.

As we all carry our mobile phones with names & numbers stored in its memory, it would be extremely difficult for anyone to know in the event you are involved in an accident or were taken ill, who is your emergency contact person.

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognised name for this purpose.

In an emergency situation, Emergency Service personnel and hospital staff would be able to quickly contact the right person by simply dialing the number you have stored as 'ICE'.

The concept of 'ICE' is catching on quickly. All you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case Of Emergency). For more than one contact name simply enter ICE1, ICE2 and ICE3 etc.

It could save your life or put a loved one's mind at rest. So we encourage everyone to use ICE and tell your family and friends about it.

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BARBECUED LIME & MINT CHICKEN SKEWERS

You can't go past a good Aussie BBQ for a Christmas gathering, so please enjoy this recipe at your next Barbie!



Preparation Time

25 - 45 minutes

Cooking Time

10 minutes

Source

Good Taste - Dec 2008

Ingredients (serves 6)

- 2 limes
- 2 long fresh green chillies, halved, de-seeded, finely chopped
- 2 garlic cloves, crushed
- 60ml (1/4 cup) light olive oil
- 1/2 cup fresh coriander leaves, chopped
- 1/4 cup fresh mint leaves, chopped
- 800g chicken thigh fillets, fat trimmed, cut into 2cm pieces
- 1-2 tbs water
- 130g (1/2 cup) bought tzatziki
- Fresh mint leaves, to serve
- Lime wedges, to serve

Method

1. Finely grate the rind of the limes. Juice the limes. Place the lime rind, lime juice, chilli, garlic, oil, coriander and chopped mint in the bowl of a food processor and process until smooth. Transfer to a glass or ceramic bowl. Add the chicken and stir to coat. Cover and place in the fridge for 20 minutes to marinate.
2. Thread the chicken onto skewers. Brush with marinade.
3. Preheat a barbecue grill or char grill on high. Cook the skewers for 5 minutes each side or until cooked through.
4. Gradually add the water to the tzatziki until it reaches the consistency of thickened cream. Place the skewers on a serving plate. Top with mint leaves. Serve with lime wedges and tzatziki.