



Inside Information

15th Edition

June 2009

Protect yourself from Swine Flu

Much has been covered in the media about the outbreak of Swine Flu. If you or anyone in your family develop the following symptoms, you should contact the Health Hotline for Swine Influenza:

1802007

- Fever
- Chills
- Body Aches
- Sore Throat
- Vomiting and Diarrhea

Some simple ways to protect yourself include:

- Avoid contact with people who are ill
- Stay in good general health by being active, getting lots of sleep, reducing stress, eating healthy and drinking plenty of water to boost your immune system.

If you are still concerned you can go to <http://www.health.gov.au/> for more information.

Character of the Month

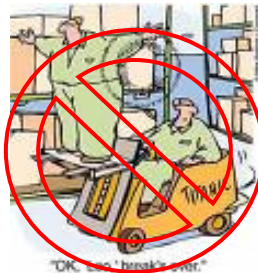
Wisdom
Vs

Foolishness

Seeing and responding to life situations from a perspective that transcends my current circumstances

DESTINATION ZERO
DUTY TO SAFETY • NO INJURIES

FORKLIFT DRIVER FINED OVER FATAL FALL



A South Australian employee was fined \$5,600 and forced to undertake a formal assessment of his competency to operate a forklift after an incident in 2006 where a visitor was fatally injured in a fall.

The worker was found guilty of failing to take reasonable care to ensure the health and safety of other persons at the workplace. The visitor had come to inspect hay bales in a shed.

Failing to follow both written and verbal instructions provided at the time the forklift operator raised the visitor to inspect the top of a bale by allowing him to stand on the tynes and lifted him up to a height of 5.8m (a cage specific for this purpose was available for use) where he lost his footing and fell suffering extensive injuries. Paramedics were unable to revive him.

It is unfortunate that such an easily avoidable incident should occur. Please remember to be diligent in following all safe work instructions and not act in such a way that your safety or anyone else's could be compromised.

STRENGTHENING YOUR CORE MUSCLES

Abdominal Crunch



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Abdominal crunches are a classic core exercise

Lie on your back and place your feet on a wall so that your knees and hips are bent at 90-degree angles. Tighten your abdominal muscles.

Raise your head and shoulders off the floor. To avoid straining your neck, cross your arms on your chest rather than locking them behind your head. Hold for three deep breaths.

Return to start position and repeat

Please contact your local APS Representative for any further information:

Yarraville: 03 9689 1555
 Vic Transport: 03 9682 3077
 Mulgrave: 03 9547 5444
 Somerton: 03 9305 1399
 Parramatta: 02 9687 5777
 Adelaide: 08 8260 7222
 Brisbane: 07 3899 3444

APS
 National Service Centre
 South Melbourne
 Level 1, 100 York Street
 South Melbourne VIC 3205

Phone: 03 9682 3555
 Fax: 03 9686 6499

COLOURING COMPETITION—Win a \$20 Toys ‘R’ Us Voucher!



All children under the age of 12 are encouraged to enter. The winner will be notified by phone and voucher sent out in the mail. Winner will also be announced in the September Edition of Inside Information. If you have more than one child wishing to enter, please contact APS for another entry.

Name of Child: _____ Age: _____

Parent (APS Contractor) Name: _____ Contact phone number: _____

Entries must be submitted by Friday 31st July 2009. You can return by either dropping entry into your local branch or sending by mail to: **Australian Personnel Solutions**
Level 1/100 York Street
South Melbourne, VIC 3205