



# Inside Information

20th Edition  
April 2011



**Australian Red Cross**

## JAPAN NEEDS YOUR HELP!

Japan is dealing with the aftermath of one of the biggest disasters the world has ever seen. A huge 9 magnitude earthquake and more than 7 metre tsunami hit Japan with more than 20,000 dead and thousands more missing or injured.

Australian Red Cross has launched the Japan and Pacific Disaster Appeal 2011. You can assist those people affected by the earthquake by making a donation.

The funds raised through this appeal will be used to support communities affected.

### DONATIONS

[www.redcross.org.au](http://www.redcross.org.au)

1300 811 700

## Character of the Month

**Endurance**

**Vs**

**Discouragement**

*The inward strength to withstand stress and do my best.*

## THE IMPORTANCE OF SEAT BELT USE FOR TRUCK DRIVERS A simple way to save lives

Seat belts are important in preventing deaths and serious injuries in a crash and therefore should be worn by all people travelling in vehicles including trucks. There are tough penalties for drivers who break the law, which include significant fines and loss of demerit points.

### Crash statistics show that:

- ◆ An estimated 40 unbelted heavy vehicle drivers lose their lives in Australia every year
- ◆ Seat belts would have prevented or reduced injuries suffered by truck drivers in at least 60 per cent of crashes studied
- ◆ If truck drivers wore their seat belts as much as car drivers, it would reduce unbelted truck driver deaths by half



**APS has ZERO tolerance for drivers that don't wear their seat belts.**

### Why seatbelts are important in trucks

A seat belt stops drivers and passengers being thrown around, striking the cab interior, steering wheel, windscreen or being thrown out of the truck. A seat belt will enable the driver to remain in their seat and thereby maintain better control of the truck and hopefully avoid crashing.

## SAFETY TIPS - MANUAL HANDLING EQUIPMENT

Manual Handling equipment includes all mobile plant equipment such as forklifts, ride on electric pallet jacks, llops and pump trucks. All MHE must be operated with extreme care and safety site rules must be followed. Below are a few tips to ensure your safety when operating and handling such equipment.



- ✓ **ALWAYS** conduct a PRE-START check before operating any machinery
- ✓ **ALWAYS** keep your body, arms and legs within the confines of the MHE
- ✓ **ALWAYS** know the site traffic management rules on site and obey them at all times
- ✓ **ALWAYS** keep 3 points of contact when getting on and off MHE

- ✗ **NEVER** get on or off moving MHE. Wait til it comes to a complete stop
- ✗ **NEVER** carry passengers on the tynes of your MHE
- ✗ **NEVER** hit, ram or strike another MHE; deliberately or as a joke

# APS OPENS A NEW DIVISION - APS RETAIL

2011 saw APS expand into the Retail Sector with the introduction of a specialised Retail Division. The creation of this division has been driven by popular customer demand within our existing National client base, through Distribution Centres and suppliers, who have utilised the services of APS.

APS will be looking for candidates that have experience in merchandising, planograms, store refits, refurbishment and relays. If you think you have the skills in these areas, please contact your branch for further assistance.



## GETTING ENERGY READY FOR WINTER AT HOME

Energy prices are on the rise across the nation. As a result, heating cost will consume an increasingly larger portion of a household's energy budget. That's why it's important to check your home to ensure that your heating dollars aren't being wasted.

As the cold weather approaches, the use a simple checklist may make your home more comfortable as well as keep those escalating energy bills at bay.

APS Group  
National Service Center  
Level 1, 100 York St  
South Melbourne VIC 3205  
  
Phone: 03 9682 3555  
Fax: 03 9686 6499



### WINTER HOME CHECK LIST

- ✓ Check around doors and windows for leaks and drafts
- ✓ Arrange a routine maintenance and inspection of your heating systems to ensure that they are in good working order
- ✓ Change your light bulbs
- ✓ Autumn is the ideal time to get gutters and downpipes ready for the winter. Blocked gutters can cause flooding.
- ✓ When day light savings comes along, make sure you change the batteries in your fire alarms

**Please contact your local APS Representative for any further information:**

Yarraville: 03 9689 1555  
 Transport Vic: 03 9682 3077  
 Mulgrave: 03 9547 5444  
 Somerton: 03 9305 1399  
 Parramatta: 02 9687 5777  
 Eastern Creek: 02 9830 3781  
 Adelaide: 08 8260 7222  
 Brisbane: 07 3899 3444

## WORKPLACE FEEDBACK

APS is genuinely concerned about your health and safety and continues to seek feedback regarding the places where you work. Please contact us if you have any hazards to report, issues to discuss or if a client has asked you to do duties APS has not advised you to perform. Please also feel free to make suggestions if you have any ideas to make your workplace safer.

Which Branch do you work for? \_\_\_\_\_

What type of work do you do? i.e. Driving, Forklift etc... \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Comments/ Suggestions:

\* Please return this slip to your branch or fax to the OHS department (03) 9686 6499. You may remain anonymous if you wish, however if you want APS to contact you, please ensure you provide contact details in the space provided above.

Please note: Any specific details you provide to us will remain strictly confidential. APS only wishes to collect information and ideas for the purpose of ensuring all our workers work in a safe environment, free from hazards which may affect your health and safety.