



# Heads Up

**SAFETY  
ALERT**

**Recently we have had two incidents relating to the physical wellbeing of our people at work;**

- 1. Infected foot from blisters obtained from the rubbing of the foot on the boot*
- 2. Swollen face from wiping the face with an oil contaminated cloth*

Please remember to raise any concerns for your wellbeing with your Supervisor or Manager as soon as possible when you notice something out of sorts, even if it seems minor. This helps us get you early support and treatment to prevent any condition worsening! Your wellbeing is important to us.

## **Here are some reminders for maintaining your wellbeing on the job;**

- Wash your hands regularly, particularly prior to food-breaks, and as you move between the plant and office areas.
- Keep dirty overalls out of the office environment and eating areas. Some of the substances you are working with are toxic and must be kept within the direct area of work.
- Always ensure you have clean hands prior to touching your skin, and never wipe your skin with dirty gloves or cloths.
- If you are using cloths, ensure they are clean and regularly replaced to prevent bacteria, or contamination from your working environment. Ideally store the cloth used for wiping perspiration in a clean disposable bag separate to any other cloths used for work.
- Wear clean and sturdy socks every day; darn those holes or replace socks that are worn and torn.
- Wash your feet after work and dry them thoroughly
- Always replace your safety boots after an accident. Sometimes the damage can't be seen from the outside.
- Do your feet perspire heavily?  
Use foot anti-perspirant or cooling powder to improve your comfort.
- Change your shoes regularly and remember that leather is a natural fabric that needs time to dry out from perspiration moisture.
- Replace heavy-use boots annually to ensure your feet are supported and kept in good condition.
- At break times take the opportunity to elevate your feet; it's good for your blood flow!



**Remember we've only got one body; it's our number 1 asset! Look after it!**

**THANKS FOR YOUR COMMITMENT TO A SAFER WORKPLACE**