

Greetings All,

Welcome to the new look Crane Safety Bulletin.

Lots of changes have taken place since the last VCA Crane Safety Bulletin was typed out way back in June. It seems like an eternity ago from both a work and personal perspective. It's also quite an achievement that 178 times, the VCA brought readers a very wide range of topics to use in safety start ups, toolbox talks or even for placing on noticeboards etc to get people talking about crane safety.

The Victorian Crane Association (VCA) has now officially become a branch of CICA. Our new title reflects this change, as well as officially embraces our Tasmanian members in our naming. The VCA was established in 1973 as the Mobile Crane Hirers Association of Victoria. One can only wonder if those foundation members could have ever imagined the changes that the cranes, as well as our industry has gone through.

The Victorian / Tasmanian branch of CICA, (or Vic / Tas) has a new interim chairperson and will soon hold its next general meeting (and new branch committee elections) on October 27th at the Middle Park Hotel.

The CICA Vic / Tas branch continues to be extremely thankful to Incolink for their ongoing support. Incolink offers an amazing level of support to members through a variety of counselling, insurance and health services, which also expanded in Tasmania a few months ago. With this year marking the 25 year anniversary since Incolink was launched, I'm proud to be a long term member as the support is there when it's needed. **Congratulations!**



Some of the other changes that have taken place since the last bulletin might not be as noticeable to crane operators and riggers as the new logos on the top of this page, but for your allocators, project managers and other staff, especially those who are involved in the permit side of the business, it could be said that stress levels are still higher than many of us would like.

According to WorkSafe, *"stress in the workplace is a safety hazard that can have negative effects on you and the organisation you work in"*

The combination of work related stress, together with some other personal issues such as family, children, relationship and / or financial issues at home and it becomes clear why Incolink is so important to our industry.

Even the most rough and ready of your workmates, that appears to be quite the Gruffalo at times, can need somebody to listen to them, understand what they are facing and provide guidance and pathways for solutions.



Our industry can be quite demanding. When the work is there, there is often more work than people. The peaks and troughs also mean that when things are quiet, many of your fellow workers will also be looking for work. Many construction workers find themselves sitting on aeroplanes rather than a suburban train to get to work, and that can bring a great deal of strain to home life, especially for those with young families.

Modern cranes use a variety of counterweight combinations to achieve a safe and balanced position, depending on what needs to be lifted. As people in the workplace and at home, we must also find our points of balance. Stress is a silent killer that must be recognised and then managed.



If you, or any of your workmates needs somebody to listen or help, Incolink really is a great place to start.

Cheers for now and have a safe week!

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