

## Camp Life

I do a lot of work with the mining industry, I am often asked to share my message at remote sites all around Australia. For those of you who don't work in mining I'd like to share a bit of information on what it is like to work on a remote mine site.

Most remote sites do Fly In Fly Out or FIFO, this is where you fly direct to the site and stay on site for the duration of your roster and then fly off site for your days off.

Unfortunately when I visit a site they do not have the facility to get me off the plane so I usually have to fly to the nearest large town and then drive out to site, sometimes this can be 4-5 hours!

When you arrive on site you are given the key to a room, in a lot of cases you will have a different room each time you are on site. Camp facilities are very good, all meals are supplied in a "Mess Hall" where the menu is varied, the food is usually very good, but I often hear complaints about the quality of food available on some sites.

Probably the most popular place on most sites is the wet mess, this is the bar & social centre of most sites. Some sites I have been to recently have taken to only serving mid strength and light beer to try to avoid alcohol related issues.

There are also recreational facilities with most sites having a pool, gym, tennis/basketball courts and lots of sites have a sporting ground for playing touch footy or cricket. There is also a Healthy Life co-ordinator on most sites that will assist you with diet, and exercise programs.

Most camps are quite a distance from the actual mine site, workers usually travel to and from work by bus or light vehicle, some sites also have a walking track that follows the road so people can walk/ride to work.

I personally think that FIFO is difficult, I do enough of it to know that I struggle with it! You basically have two lives, the lifestyle you live while on site and the life you have when you go home.

There are lots of studies going on about FIFO, Camp life, fatigue etc... I think that we are working out ways to make work at a minesite much easier, lets keep it going!

To see some more photos of a recent mine site camp I stayed at visit [www.cnbsafe.com.au/james-wood-and-mine-camp-life/](http://www.cnbsafe.com.au/james-wood-and-mine-camp-life/)



## Do me a favour...

Don't let your kids watch "Funniest Home Videos"!



Now that is a strong statement and request, but let me explain. I've watched funniest home videos and seen the cleverly edited film clips with the funny voiceover guy and sound effects when someone falls off a roof, out of a tree, off a swing, crashes a bike etc etc.

But have you noticed that as soon as the clip ends it just goes on to the next one & then the next! It does not show you the injury, the crying or the ambulance being called, it does not show us the weeks or months off work or recuperating and it also does not show the impact that an accident (even if it is funny for TV) has on the injured persons family.

So I guess if we are serious about safety, and teaching our kids that it is NOT ok or funny to have an accident then don't let them watch a show that makes it out to be funny.

I wonder if Channel 9 will sue me for this?

## Do you let things 'slide'?

Here is a question for you..... "If you saw a workmate do something unsafe would you say anything to him or her?" and the second part of the question is "How would you feel if you did not say anything and the workmate was injured by that same action."

This is a hard one, our mates are our mates and we don't like to say anything that is negative or bad to them. But for the same reason we should say something to them!

I don't know about you but I would struggle if I did not say something to someone and they got hurt! I would be responsible for not saying something!....

## March, April & May..... NSW, SA & QLD

If any of you still would like me to visit during March, April & May please get in touch, we are putting the roadshow together and don't want to be back tracking too much, or want you to miss out.

Call Vanessa now on 03 5965 2000 to secure your day or week now!

## Testimonial

James's experience is very powerful in driving home the message of the choices we make in everyday life and the consequences of making a poor choice.

Stuart Callender - Manager OneSteel Wire Ropes  
Mayfield NSW



## How's your Morale'?

Sometimes when I visit a workplace I can tell straight away how the Morale' on site is. And I think it is very important when it comes to safety. If employees are negative about the site and the attitude is poor there is more chance that someone will get hurt.

I worked at a site last year that had a morale' problem. There was a real "Us against Them" attitude. The people I spoke to complained about supervisors and managers and believed that they did not care about safety.

I thought about what it would take to change this attitude and suggested to management that they get everyone together at site meetings, explain that they were willing to make changes and ask employees for suggestions to improve the site and improve morale'.

The bottom line is we are all working together, we work to provide a lifestyle for us and our families, so work should not be a negative thing! We should enjoy the things we do at work if for nothing else than the things it allows us to do away from work!