

SAFE WORK METHOD STA	TEMENT (SWMS)			
TASK OR ACTIVITY: Freezer Wor	'k			
	ABN: [ABN]	SWMS#		
Phone: [Phone]	E gil:			
STATEMENT IS APPROVED BY	THE P OF THE PROJECT			
cting a business or undertaking (N_BU) is	required to ture at a safe work method s	statement (SWMS) is prepared before		
	Title:	Date:		
Business Address: [Company Address] Contact Person: Phone: [Phone] E sil: INIS SAFE WORK METHOD STATEMENT IS APPROVED BY THE PLOS OF THE PROJECT Under the Work Health and Safety Regulation (WHS Regulation), a person conducting a business or undertaking (NoBU) is required to source at a safe work method statement (SWMS) is prepared before the proposed work starts. Full Name:				
	Title:	Phone:		
		EEN CONSULTED AND		
NAME	SIGNATURE	DATE		
	TASK OR ACTIVITY: Freezer Wor Phone: [Phone] STATEMENT IS APPROVED BY cting a business or undertaking (N BU) is compliance of the SWMS well as review N. TE AND DATED SIGNATURE OF A CO. MUNICATED TO IN THE DEVELO	Phone: [Phone] E. sil: STATEMENT IS APPROVED BY THE PLO OF THE PROJECT cting a business or undertaking (k BU) is required to usure out a safe work method s Title: compliance of the SWMS well as reviews and modifications of the SWMS. Title: N. 'E AND DATED SIGNATURE OF ALL RELEVANT PERSONNEL WHO HAVE B Co., MUNICATED TO IN THE DEVELOPMENT AND APPROVAL OF THIS SWMS		



		C	LIENT OR PRINCIPAL	CONTRACTOR DE	TAILS				
Client:					SCOPE OF WORKS				
Project Name:							k being carried out (otherwise		
Project Address:				ŀ	known as cope of works).				
Project Manager	:								
Contact Phone:									
Project Manager	Signature:								
Date SWMS sup	plied to Project Manag	er:							
		ANY HIG	H-RISK CON TUCT		ARRIED OUT				
involves a risk of	a person falling more than	2 meters.		is carried out on of	near pressurised gas main	s or piping.			
is carried out on	a telecommunication tower			☐ is carried out on or near chemical, fuel or refrigerant lines.					
involves demoliti	on of an element of a struct	ure that is load-be		☐ is carried out on or near energised electrical installations or services.					
involves demoliti	on of an element related to	the physical integrit of a st	ir e,	is carried out in an area that may have a contaminated or flammable atmosphere.					
involves, or is like	ely to involve, disturbing a	estos.		involves tilt-up or precast concrete.					
involves structura	al alteration or repair that re	mporan upp to	prevent collapse.	is carried out on, in or adjacent to a road, railway, shipping lane or other traffic corridor.					
☐ is carried out in c	or near a confined space.			is carried out in an area of a workplace where there is any movement of powered mobile plant.					
☐ is carried out in/r	near a shaft or trench deepe	er than 1.5m or tunnel involv	ving use of explosives.	is carried out in areas with artificial extremes of temperature.					
☐ is carried out in c	or near water or other liquid	that involves a risk of drown	ning.	involves diving wo	rk.				
		ANY	HIGH-RISK MACHINE	RY OR EQUIPMENT	NEARBY				
Forklift	Crane/s	☐ Hoist/s	Excavator	Backhoe/Loader	Boom Lift	EWP	Genie Lift		
Trencher	Drilling Rig	Trucks		Bobcat	E Flammable Gas	Fuel	Dozer		
High Voltage	Mulcher	Tilt-up Panels	Roller	Scissor Lift	Tractor	Other -			







JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK	NAME OF PERSON
1. Preparation	Manual handling, Slips/trips/falls	2M	 Provide appropriate manual handling training to workers, including lifting techniques and using available equipment, to minimise the risks of injury when moving materials or equipment. Implement a clean and organised work are not inside and outside the freezer to reduce potential trip hazards, such as remote a clutter or cleaning up spills promptly. Require workers to wear non-slip footwear specerally design of or cold storage or freezer work environments, publicing proper tractice on sline by surfaces. Install anti-fatigue and the slip-to-listant flooring in a two where standing, walking or handling of materies is exercted, needuce the rink of slips, trips, and falls. Use mechanal aids for heavy lifting outper and reducing worker fatigue. Regure ninspected maintain equipment, ensuring that any defects are reported prompting the revenue alfunctions or accidents caused by faulty equipment. Encoung entities that heavy or awkwardly-shaped items, to distribute the workload only all avoid verexertion. Empirement of obstacles, to avoid creating hazardous situations. Induct regular safety briefings and toolbox talks to remind workers of the importance of maintaining a safe working environment and following safety guidelines related to freezer work. Continuously monitor weather conditions within the freezer workspace, and provide suitable breaks for staff to recuperate and avoid prolonged exposure to extreme cold temperatures. 	1L	
2. Pre-cooling Procedure	Cold stress, Dehydration	ЗН	 Proper PPE: Ensure that all workers are provided with appropriate Personal Protective Equipment (PPE) such as insulated gloves, thermal clothing, waterproof footwear, and headgear to protect against cold stress and frostbite. Training and Education: Conduct regular training sessions on the risks of cold stress, how to recognise its symptoms, and the methods to avoid it. Also educate workers on maintaining optimal hydration levels while working in low temperatures. Work Warm-Up Areas: Establish designated warm-up areas within the workplace for workers to take short breaks and recover from the cold environment. Work Rotation: Implement a work rotation schedule to limit exposure to extreme cold and reduce the risk of dehydration and cold stress. Alternate higher-energy tasks with lighter ones to provide adequate rest and recovery times. Hydration Stations: Provide easy access to drinking water at multiple locations within the workplace to encourage workers to stay hydrated throughout their shifts. 	2M	



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK	NAME OF PERSON
			- Regular Monitoring: Supervisors should actively monitor workers for signs of cold stress and dehydration and ensure they are taking adequate breaks and hydrating themselves regularly.		
			- Temperature Controls: Install thermostat-controled heating systems to maintain a safe and comfortable temperature at the site wherever possible.		
			- Emergency Procedures: Develop an emergency researce plan to address incidents related to cold stress and dehydration. To use that all workers are familiar with the plan and understand their roles and respectively.		
			 Wind Barriers and Streers: When working outdoors, set up wind barriers or temporary shelter to prove protection against barsh weather conditions. Insulation or urfaces: Insulate surveys set as floors, walls, and doors, where 		
			applicable, to a vimise be closs from a corkspace and keep the area warmer.		
			- Pre- s Warm- cercises: Encourage workers to perform simple physical warm- up exects before ommencing their shift to increase blood circulation and regulate their be or the peratu.		
	1		Weath Monoring: Regularly monitor weather forecasts and adjust work solution as new ed to avoid extremely cold temperatures or hazardous conditions. Inforence of the studies about potential weather-related hazards in advance, so that they are repared on the situation ahead.		
			- Evsure workers receive proper training on safely entering and exiting the freezer, as well as recognizing and avoiding potential hazards.		
	6		- Provide employees with appropriate personal protective equipment (PPE), such as insulated gloves, anti-slip footwear, and warm clothing to protect against frostbite and slipping incidents.		
			- Regularly check and maintain the entrance and exit areas to the freezer for any potential slip or trip hazards, such as pooled water, ice build-up, or obstructing objects.		
3. Entering Freezer	Slips/trips/falls, Frostbite	ЗH	- Install proper signage reminding workers of freezing temperatures and the possible risk of slips, trips, and falls within the freezer area.	1L	
			- Implement a buddy system requiring workers to enter and exit the freezer with a partner, allowing for constant communication and support in case of emergencies or incidents.		
			- Establish a clear protocol for addressing incidents, such as slips, trips, or falls, and ensure that all employees are aware of the procedure and know whom to notify in case of an emergency.		
			- Schedule regular breaks for workers during their shifts in the freezer, limiting exposure time and reducing the risk of frostbite and cold-related injuries.		



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK	NAME OF PERSON
			- Inspect the condition of PPE provided to the workers regularly to ensure it remains effective in protecting workers from frostbites and slips/trips/falls.		
			- Utilise slip-resistant floor mats or non-skid surface con the flooring around the entrance and inside the freezer to minimise sliping risk.		
			- Set up proper lighting around the entrance and inside the reezer area to enhance visibility, thus helping workers navigate safely thile procenting any potential accidents or hazardous situations.		
			- Plan and schedule periodic walth and safety munings to receive wafe work practices, identify potential risk and address any concern workers may have about freezer work		
			- Maintain terrestature mospring sprices in plan within the freezer to ensure a safe working wironment of alert in page and if the temperature goes beyond acceptable lime increases the chance of encountering these hazards.		
4. Inspecting Equipment	Electrical hazards, Noise exposure	2М		1L	



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK	NAME OF PERSON
5. Stock Handling	Falling items, Manual han	ЗH		2M	
<u> </u>					

Version 2.5



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK	NAME OF PERSON
6. Rotation of stock	Crush injuries, Struck by equipment	2М		1L	



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK	NAME OF PERSON
	S				
7. Housekeeping	Chemical exposures, Poor lighting	ЗН		1L	

Version 2.5

Date of Issue:



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK	NAME OF PERSON
8. Palletizing goods	Manual handling, Improper stacking	2М		1L	



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK	NAME OF PERSON
9. Trolley usage	Rapid acceleration/deceleration, Collisions	2М		1L	



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK	NAME OF PERSON
10. Loading/Unloading Truck	Falls from height, Collision with truck	ЗН		2M	



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK	NAME OF PERSON
11. Emergency procedures	Ineffective communication, Confusion	2M		1L	

Version 2.5



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK	NAME OF PERSON
	S				
12. Exiting Freezer	Slips/trips/falls, Cold stress	2M		1L	

Version 2.5

Date of Issue:



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK	NAME OF PERSON



EMERGENCY RESPONSE - CALL 000 FOR EMERGENCIES

Ensure to have an Emergency Management Plan in place as well as adequate numbers of trained first aid staff with easy access to fully stocked first aid kits, rescue equipment, material safety data sheets, adequate access to emergency communication equipment and fire-fighting equipment suitable for all classes of fire and ignition sources.

	ото то у таку и таки и таки и таки и таки и уто таки и уто таки и уто таки и таки и таки и таки и таки и таки и
LEGISLATIVE F	REFERENCES
RELEVANT LEGISLATION AND CODES OF PRACTICE. DELETE THE LEG	GISLATIVE REFERENCES ANY STATE AT ARE NOT APPLICABLE
Queensland & Australian Capital Territory Work Health and Safety Act 2011 Work Health and Safety Regulations 2011 Legislation QLD: <u>https://www.worksafe.qld.gov.au/laws-and-compliance/work-health-and-safety-laws</u> Codes of Practice QLD: <u>https://www.worksafe.qld.gov.au/laws-and-compliance/codes-of-practice</u> Legislation ACT: <u>https://www.worksafe.act.gov.au/laws-and-compliance/codes-of-practice</u> Codes of Practice ACT: <u>https://www.worksafe.act.gov.au/laws-and-compliance/codes-of-practice</u>	Victoria Octupational Health an Safety Acta 04 Octupational Health and onfety regulations 2017 Legistron VIC: <u>https://www.worksafe.vic.gov.au/occupational-health-and-safety-act-and- gulatupes</u> Codes of mactice VIC <u>attps://www.worksafe.vic.gov.au/compliance-codes-and-codes-practice</u>
New South Wales Work Health and Safety Act 2011 Work Health and Safety Regulations 2017 Legislation NSW: <u>https://www.safework.nsw.gov.au/legal-obligations/legislati</u> Codes of Practice NSW: <u>https://www.safework.nsw.gov.au/resource-library/lis</u>	Western Australia Work Health and Safety Act 2020 Work Health and Safety Regulations 2022 Legislation Western Australia: <u>https://www.commerce.wa.gov.au/worksafe/legislation</u> Codes of Practice WA: <u>https://www.commerce.wa.gov.au/worksafe/codes-practice</u>
Northern Territory Work Health and Safety (National Uniform Legislation) Act 2011 Work Health and Safety (National Uniform Legislation) Regulation 2015 Legislation NT: <u>https://worksafe.nt.gov.au/laws-and-compliance/workplace-serve-laws</u> Codes of Practice NT: <u>https://worksafe.nt.gov.au/fecture-serve-laws</u>	Safe Work Australia Links Law and Regulation (All States): https://www.safeworkaustralia.gov.au/law-and-regulation Model Codes of Practice: https://www.safeworkaustralia.gov.au/resources-publications/model- codes-of-practice
South Australia Work Health and Safety Act 2012 (SA) Work Health and Safety Regulations 2012 (SA) Legislation for SA: <u>https://www.safework.sa.gov.au/resources/legislation</u> Codes of Practice for SA: <u>https://www.safework.sa.gov.au/wor</u> <u>aces/codes-of-practice#COPs</u>	Model Codes of Practice - Managing noise and preventing hearing loss at work - Confined spaces - Labelling of workplace hazardous chemicals - Managing risks of hazardous chemicals in the workplace - Welding processes
Tasmania Work Health and Safety Act 2012 Work Health and Safety (Transitional and Consequential Provisions) Act 2012 Work Health and Safety Regulations 2012 Work Health and Safety (Transitional) Regulations 2012 Legislation for TAS: https://worksafe.tas.gov.au/topics/laws-and-compliance/codes-of-practice Codes of Practice for TAS: https://worksafe.tas.gov.au/topics/laws-and-compliance/codes-of-practice	 First aid in the workplace Managing the risk of falls at workplaces Hazardous manual tasks Managing the risk of falls in housing construction Managing electrical risks in the workplace Demolition work Excavation work
Details of permits, licenses or access required by regulatory bodies (add or delete as required): - Permits from local council - Authorisation to commence work	 Work health and safety consultation, cooperation and coordination Managing the work environment and facilities How to manage work health and safety risks Managing risks of plant in the workplace Construction work

- Any required documents.



SIGNATORIES OF THE SAFE WORK METHOD STATEMENT

The signed and dated personnel listed below have cooperated in the consultation and development of this Safe Work Method Statement which has been approved by the Person/s Conducting a Business or Undertaking (PCBU). In signing this Safe Work Method Statement each individual acknowledges and confirms that they have read this SWMS in full, having raised any questions for items on this Safe Work Method Statement that require clarification, and confirms that they are competent, skilled and knowledgeable for the task assigned to them. Every person acknowledges that they have received the relevant training and qualifications where required, before carrying out any work contained in this Safe Work Method Statement. By signing this Safe Work Method Statement each individual agrees to work safely, to follow any safe work instructions which are provided, and agrees to use all Personal Protective Equipment where appropriate.

Worker Name	Position	Signature	Date	Time	Supervisor
			Date:		
			Dat		
			t te:		
			Date:		

SAF WC A STHUD STATEMENT MONITORING AND REVIEW

The SWMS must be reviewed regularly to review the sure it remains revised if necessary) if relevant control measure are a conconsultation with workers (including contractors are subcontract of the SWMS and their health and safety representatives who re workplace.

ke sure it remains effective and must be reviewed (and are subcontractions) who may be affected by the operation sentatives who received that work group at the

When the SWMS has been revised the PCBU must ensure that all persons involved with the work are advised that a revision has been made and how they can access the revised SWMS, including all persons who will need to change a work procedure or system as a result of the review are advised of the changes in a way that will enable them to implement their duties consistently with the revised SWMS. All workers that will be involved in the work must be provided with the relevant information and instruction that will assist them to understand and implement the revised SWMS.

The SWMS must be monitored regularly for the effectiveness of ensuring hazard controls are effective in reducing the risk of incidents, keeping the workplace safe for all personnel. The person responsible for monitoring the effectiveness of the Safe Work Method Statement should employ a multi-faceted approach which includes but is not limited to:

- 1. Spot Checks.
- 2. Consultation with workers, contractors and sub-contractors.
- 3. Internal audits on a continual basis.

An approach of continuous improvement, promptly recording inconsistencies or deficiencies, followed up by immediate corrective action and consultation with all relevant personnel ensures that the PCBU is consistently developing ever-improving systems of safe work principles.

REVIEW NUMBER	1	2	3	4	5	6	7
NAME							
INITIALS							
DATE							



SAFE WORK METHOD STATEMENT REVIEW CHECKLIST

This Safe Work Method Statement Review Checklist is to be followed and used upon initial development of the SWMS to help ensure that all steps have been adequately taken before work commences. Think of this document as an internal audit review checklist before commencing work, and may form part of a Toolbox Talk (safety meeting) and may be used as an opportunity for education and training.

ITEMS WHICH MUST BE INCLUDED IN THE SWMS	COMPLETED	TO BE DONE	COMMENTS
The company details have been entered, including the project name and address.			
Names and signatures of all relevant personnel consulted during the development of the SWMS.		P	
Name, signature, position and date signed of the person approving the SWMS.			
Specific personnel and qualifications, experience is noted in the SWMS.			
Provides a step-by-step process of tasks required to carry out the activity or task.			
Adequate risk assessment of any identified hazards has been completed.			
Foreseeable hazards are identified and documented for each step.			
Any hazards listed in any site risk assessments have been added to the SWN			
SWMS initial risk (IR) column as well as residual risk (RR) columns completed.			
Check control measures added to the SWMS are the most effecting sections.			
Responsible person is assigned and listed on the SWMS for the impement of continue measures.			
Permit requirements specified, such as Hot Wren Electrical Work, Versat Heights etc.			
SWMS identifies plant and equipment to be up.			
Details of inspection checks required for any equipment listed ar noted on the SWMS.			
Describes any mandatory qualifications, experience vaining skills required to perform the work.			
Applicable personal protective equipment is selected on the SWMS.			
Lists any required permits or licenses.			
Reflects and documents any legislative references and/or Australian Standards.			
Identifies any hazardous substances used with specific control measures in line with any SDS.			
REVIEWED BY	DATE RI	EVIEWED	
SIGNATURE	DATE CO	MPLETED	