



November / December 2010

THE INJURED NURSES SUPPORT GROUP

PATRON: JUDITH DURHAM, OAM

INSG November 2010 Meeting

Date: Tuesday, 16 November 2010
Time: 11.00am – 12.30pm
Location: 3rd Floor Boardroom, ANF House, 540 Elizabeth Street, Melbourne
Speaker: Member meeting, with time to discuss members' issues

INSG December 2010 End of Year Function

Date: Tuesday, 21 December 2010
Time: 11.00am
Location: 7th Floor, ANF House, 540 Elizabeth Street, Melbourne
Speaker: Member function
Please bring a plate

INSG Committee

The Committee will meet on Tuesday, 21 December 2010 and discuss INSG activities for 2011

October 2010 Workshop

In place of our usual meeting, we held our Workshop in October to enhance the wellbeing of our members. This year we invited Laurie Lacey again to facilitate the session and he focused on *posture and pain*.

Laurie is qualified as a Physiotherapist, Ergonomist and Yoga Teacher and his approach is both inclusive and informative. Many people with chronic injuries find themselves limited by pain and discomfort and often only able to participate in social activities for short periods of time. Laurie was able to demonstrate simple posture shifts and stretches that may extend those limitations and help improve our day-to-day well being. He also discussed various aids that can be utilised in footwear and the judicious placement of bolsters and pillows whilst sitting for extended periods. Small adjustments can make such a difference.

The members who attended all seemed to gain useful information specific to their individual needs and Laurie was very helpful in answering various questions raised during the session. It was pleasing to see the number of members who were able to attend on the day, with some travelling quite a distance to participate.

This is a subsidised event with lunch and morning tea provided. The workshop was held in the Carson Conference Centre on Level Seven of ANF House. The assistance with the workshop from Carole de Greenlaw, Brett Stevenson and Peter Moylan from the ANF is appreciated.

Postal address: ANF (Vic Branch) Box 12600 A'Beckett Street PO, MELBOURNE VIC 8006
SUPPORTING INJURED NURSES ♦ PAIN & INJURY MANAGEMENT
♦ RETURN TO WORK PROGRAMS ♦ WORKCOVER ♦ MEDICO-LEGAL ISSUES
♦ RETRAINING/REHABILITATION ♦ INTERPERSONAL PROBLEMS

ANF (Vic Branch) No Lifting Conference and Expo

The ANF (Vic Branch) No Lifting Conference and Expo held on Friday, 22 October 2010 explored safe design through the No Lifting approach to patient handling.

The Conference also discussed:

- (a) Development of National OHS Laws, Regulations and Codes to take effect from January 2011
- (b) Patient handling in homes and by ambulance workers

An Expo of patient handling equipment was displayed for the 141 Conference attendees.

Janet Cregan-Wood attended on behalf of the INSG.

ANF (Vic Branch) 2011 Conferences / Training / Seminars

The ANF (Vic Branch) is planning a range of OHS Conferences / Training / Seminars for 2011.

The ANF will be advertising these programs on the website at www.anfvic.asn.au

Workers' Compensation

The *Accident Compensation Act 1985* was amended in March 2010 to implement a range of Government reforms that followed the Hanks Review of Victoria's workers' compensation laws.

The *Transport Accident and Accident Compensation Amendment Act 2010* makes further changes to the Act to complete the implementation of the Hanks related changes. The key changes include:

Summary	Who do the changes affect	Date of effect
Greater certainty in the calculation of pre-injury average weekly earning (PIAWE) for the purposes of determining a worker's weekly payments	Workers and employers	1 November 2010
When an injured worker has returned to work, clarifying that overtime, shift allowances or any piece rate amounts or commissions are to be taken into account when determining the worker's current weekly earnings	Workers and employers	1 November 2010

WorkSafe's October 2010 publication *Further changes to the Accident Compensation Act 1985 explained* is available at www.worksafe.vic.gov.au Forms and Publications.

Attached is a copy of the October 2010 WorkSafe advice on *Pre-average Weekly Earnings*.

INSG Webpage

The INSG Webpage with details of upcoming meetings, the INSG membership application form and contacts for members is at www.anfvic.asn.au/sigs

Contact Annie or Joan

1300 760 602 (Monday to Friday 10.00am – 4.00pm)

This is the number for INSG members. The landline caller cost is the local call cost. Mobile charges depend on the mobile contract

Regards
Annie