

## **HEALTH PROMOTION AND RISK MANAGEMENT ASSESSMENT EXAMPLES**

### **INFORMATION AND ASSESSMENTS FOR COMMUNITY HEALTH PROMOTION AND WORKPLACE RISK MANAGEMENT PROJECTS**

The way I taught health risk management in communities and at work for eleven years is consistent with requirements of health promotion, as outlined in key publications such as 'Better Health Outcomes for Australians' (Commonwealth Department of Human Services and Health, 1994) and also with those of state Occupational Health and Safety (OHS) acts. The baseline data for health promotion is usually derived from hospital stays and death statistics, from which community health problems (heart and respiratory diseases, cancers, accidents, mental health problems such as suicide, etc.), are identified before setting goals, targets and strategies to reduce them throughout communities.

Supplemented by workers compensation claims, such health statistics currently make the main contribution to the Australian analysis of acute and chronic health problems in community and workplace settings, but their limitations must also be recognized.

Work may explain the health problems in communities and in related natural environments. Since the 1960's, the development of the Australian national reserve system has been based on the biodiversity related principles of comprehensiveness, adequateness and representativeness (CAR). These international scientific principles are directly related to the development of the Interim Biogeographic Regionalisation of Australia (IBRA) system which divides Australia into 85 distinct biogeographic regions and 403 sub-regions. IBRA provides a scientific land planning framework and tool which should aid development proposal evaluation and the realization of the CAR principles in the related development of all national and regional planning for more sustainable development.

### **HEALTH PROMOTION AND RELATED BUDGET PROGRAM FOR A PARTICULAR COMMUNITY**

**Aim:**

To develop a health promotion and related budget program for a particular community, after having identified a major risk to health in that community and a project to deal with it.

**Execution:**

You should use a wide variety of information sources drawn from those contained in this subject outline or elsewhere.

Your project should be approximately 3000 words long and follow the steps below:

1. Clearly describe the environmental context in which the health need will be identified, and the health promotion program will be planned and take place (e.g. all the people of a particular Australian state or local government area; particular ethnic group in a suburb; health/welfare service client group, etc.).
2. Discuss in context the variety of data that you have analysed in order to help you decide that the particular health promotion program that you will develop is an important priority for the target population.
3. Briefly discuss the individuals or groups in the community who would be most appropriate for you to consult in regard to the development and implementation of your health promotion program.
4. Establish the aim of your program in the light of the goals of the organisation for which you are working and the data you have available about community health needs.
5. You may need objectives to support your aim. These are more specific sub-sets of your aim.
6. Clearly discuss the implementation strategies you will use to achieve your aim/objectives and include a time frame related to their implementation.
7. Discuss the performance indicators that you will use to evaluate whether the goals of your completed program have been achieved.
8. Develop a budget for all the costs involved in carrying out your program. This will mainly involve estimating the cost of the labour and materials involved. Make clear how you arrive at your conclusion.
9. Include a complete reference list of all the information sources you have used.

## **DEVELOP A RISK MANAGEMENT PROJECT FOR A WORKPLACE**

Develop a risk management program for a particular workplace with which you are familiar as a result of the prior identification and prioritization of hazards found at the workplace, in order to control them better through your project. To understand and apply risk management principles the Australian and New Zealand Risk Management Standard (AS/NZS 4360: 1999) Risk Management approach is taken. The main elements of this approach are described below:

**THIS RISK MANAGEMENT APPROACH FIRST DESCRIBES THE WORK CONTEXT IN ORDER TO CONSULT AND COMMUNICATE WITH ALL RELEVANT PEOPLE ABOUT HOW TO PRODUCE WORK IMPROVEMENT THROUGH THE PROCESS OF IDENTIFYING, ANALYSING AND EVALUATING RISKS IN ORDER TO TREAT AND SO REDUCE THEM.**

The work environment may produce risks to workers, customers or clients, the surrounding community or natural environment. This project deals with risks produced for workers, but think as broadly as possible to ensure the business flourishes.

You should first meet with the most highly relevant work manager for permission to describe the organization and the work process it undertakes very clearly, so as to understand and prioritize the hazards involved in production later. Your analysis should address the health management systems which exist at the workplace. If there are none, you should make recommendations in your later project to set up some appropriate ones. The major task of the exercise is to develop a project with the aim of controlling key risks. This must be done cost-effectively or your project is not realistic.

**1. Establish the context in which work takes place.** What is produced and how? How many workers are involved in the production? What do they do? (Describe the product development chain and the materials and processes used in production in order to identify the most dangerous operations and the groups of workers engaged in them.)

**2. Identify the risks of production:** As a result of examining data related to the production process in your workplace – (eg. workers compensation claims, sick leave records) and as a result of talking to managers, workers and walking around the establishment to understand it, you should list all the hazards you have found, prior to prioritizing them for treatment. You should also understand the hazards of the particular workplace by reading widely about hazards which are common in organizations and industries similar to the workplace you are examining. (For example, do risks which you have read are normally found on construction sites occur on the one you are examining?)

**3. Analyse the risks of production:** Find out about any existing risk controls (risk management systems) and analyse the risks of production in terms of their consequences and the likelihood of their occurrence. The analysis should consider the range of potential consequences and how likely those consequences are to occur. The consequences of injury (on a scale of 1-5) and their likelihood (on a scale of 1-5) may be combined to produce an estimated level of risk on a scale of 1-5.

**4. Evaluate the risks in order to treat them:**

**List all the hazards you have found in order to prioritize the risks according to their severity and likely frequency on a 5 point scale.** A very severe risk is a risk of death or permanent disability and ill health. A mild risk is where injury would necessitate first aid. Ask also whether the risk is very likely, likely, unlikely or very unlikely to cause injury.

A frequent risk (such as repetitive lifting) may appear to be a comparatively low level risk, but because it is frequent it may eventually result in chronic injury for many people. As you list hazards and evaluate them according to their severity (1-5), and their likelihood of injuring someone (1-5) write down what could be done to lessen the risk.

**5. Treating the risks**

Beware of being unrealistic in regard to your recommendations about how to fix problems. There are four key ways to eliminate a hazard and the business must be able to afford to undertake the treatment. Think creatively about whether a hazard may be removed by **eliminating** it. (For example, putting in exhaust fans or lifting equipment to deal with fumes on one hand and back strain on the other). Perhaps a hazard may be reduced by **substituting** a less hazardous production material for the one currently in use. (For example, use a less dangerous chemical than the current one which is being used.) If you cannot eliminate the hazard or change the equipment or materials think about better ways the work could be done. (For example, change daily routines so keyboard operators have breaks from their keyboards to do other duties). If you cannot **change the work methods** to reduce the hazard, you may use **personal protective equipment**.

**WRITE THE RISK MANAGEMENT PROJECT AS A RESULT OF HAVING CLEARLY UNDERTAKEN 1-4 OF THE STEPS BELOW:**

1. Establish the context
2. Identify the risks
3. Analyse the risks
4. Evaluate the risks
5. Treat the risks

If the workplace has no clear systems for identifying and treating risks you should recommend some workable ones as part of your project to treat risks (Step 5 above). Your written project asking for funds to implement a risk management program should incorporate description of all the above steps under clear headings so the report and recommendation for related expenditure is clear.

1. Describe the ORGANIZATION, the WORK it undertakes, the WORKERS and the OHS management systems
2. Outline the HAZARDS involved in production and identify, analyze and evaluate the related risks, as discussed earlier
3. Describe your risk management program AIMS (supported where necessary by OBJECTIVES and/or targets)
4. Describe the STRATEGIES WHICH YOU PROPOSE TO IMPLEMENT in order to control the risks you have identified. (Think practically about what to do to fix problems and describe you propose should be done.)
5. (Describe any MILESTONES, (expected time frames for completion) related to the implementation of the strategies you suggest.

6. Describe the PERFORMANCE INDICATORS you will use to evaluate the outcome of your program
7. Estimate the COST of your program to the organization.

Communication and consultation are also essential, especially throughout the establishment stages of the process. Monitoring and review are also vital, especially during the procedural stage and after completion of the project.

## **BROAD PROGRAM AND PROJECT PLANNING AND EVALUATION**

Those engaged in trade are ideally defined simply, consistently and clearly, in related industry and community contexts, unless another course of action is appropriate for good reason. The Australian and New Zealand Standard Industrial Classification (ANZSIC) and related occupation classifications are based on international classifications designed to assist the process of more scientific management. Ideally, ANZSIC classifications should be incorporated into all industry management and related scientific practices unless there appears to be good reason to do otherwise.

The United Nations (UN) and its key agencies, the World Health Organization (WHO), the International Labor Organization (ILO) and the UN Education, Scientific and Cultural Organization (UNESCO) define a community as:

- a. a group of people with common interests who interact with each other on a regular basis; and/or
- b. a geographical, social or government administrative unit

The types of categorization outlined above ideally create a regional and organizational planning framework in which all economic, social and related environmental goals may be more rationally and openly pursued and their processes and outcomes compared through the balanced application of clear key legislative aims and the evaluation of all related regional and organizational practices.

Broad program and project planning and evaluation should be primarily undertaken from regional and related industry and community perspectives which seek economic, social and environmental goals. The aims and key requirements of related legislation should be openly and flexibly applied and evaluated in such regional industry and community contexts to obtain the best balance of outcomes, not be driven prescriptively in their own right. To do otherwise is bureaucratic madness because the broad reach and complexity of Victoria's framework of environmental regulation alone, indicates 43 environmental acts and over 9000 pages of related legislation. This cannot be rationally addressed in isolation from the related geographical, industry and community contexts in which it is ideally applied as openly, flexibly and scientifically as possible, along with other legislation relevant to the context, to achieve all key goals competitively. The lawyer's perspective pursues a single piece of legislation made increasingly stupid over time, which is often far from sensible.

