



HOBSONS BAY MEN'S SHED

NETWORK INCORPORATED

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Hobsons Bay Community Workshop

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NEW SHED FOCUS

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Another year gone and it is one that I would rather forget. Hope everyone had a safe Christmas and I wish you a Happy New Year.

Thank you to Les Harding, he nominated for the position of Health and Safety Officer on behalf of the Committee of Management. Les holds the certificates that we required. Les is a business owner for many years and will be dropping in from time to time through the week to see that we are carrying out our work safely. Congratulations Les.

I must apologise I forgot to thank the 2019 – 2020 Committee for the work they have done through out the year and I look forward working with the new Committee.

The Shed will reopen on Monday 4th January, the Motoring Group will be holding their monthly Car Torque on the 3rd January.

Having the QR system I will be discussing with the Committee that we bring our attendance back to normal. The QR system allows us a little bit more freedom and we can have a maximum of fifty people inside (two Square Metres per person).

Ken Inglis

President

Christmas for 2020 is done and dusted for another year and we are heading towards farewellling 2020 (a year that can only be described as “unprecedented” or (as the Queen said) “anus horribilis” and welcoming 2021. We hope that you have had a happy Christmas surrounded by family and friends and that you have a safe New Year. The Shed will reopen on Monday 4th January 2021.

Covid Safe Plan

Fortunately, Victoria's Covid 19 infections have stayed low and we thank everyone for their co-operation in acting in accordance with our Covid Safe Plan. If you have visited the Shed recently you will have noticed that we have eased the requirement to wear a mask as long as social distancing is being practised. The maximum numbers allowed in each room at any one time are still in place (displayed on the entrance to the room) so please ensure that you continue to comply.

Annual General Meeting

As we are sure that you are aware that the Committee of Management was able to hold the Shed's Annual General Meeting on 18th December 2020. We welcome some new faces to the Committee:

President: Ken Inglis

Vice-President: Ken Jupp

Secretary: Meredith Blackstock

Treasurer: Cherie Rigby

General Committee: Danny Citkovic, Colin Dyall, Donald Hall, Noel Heapes, Clive Pattie, Alf Rigby

Thanks to everyone who put themselves forward whether you were successful or not.

We would like to thank the Shed members that consistently volunteer to assist and support the Committee in operating the Shed we couldn't do it without you.

We are always looking for others in doing things like assist at Car Torque, Car Boot Sales, and Bunnings Sausage Sizzles etc. - fund raising activities assist us with the cost of running the Shed and keeping your membership fees as low as possible so if you would like to help please talk to a Committee of Management Member.

Coming Events

Car Torque – Sunday 3rd January 2021

Committee of Management Meeting – Friday 8th January 2021

The following is something we should all think about, when I turned 60 my nephew told me I was never to climb a ladder as we are the most vulnerable to have an accident,

STEPPING UP LADDER SAFETY

A simple, but important reminder for all shedders, take extra care with ladders

Shedders and their families are being urged to put their safety first when using ladders for odd jobs, taking down Christmas decorations and DIY maintenance around the home, as part of an awareness campaign being launched today.

Run annually, ***The Ladder Safety Matters campaign*** extends across social and digital, with the aim to reduce serious injury, hospitalisations and deaths from ladder falls.

Ladders are associated with more deaths and injuries than any other household product, with older people most likely to suffer serious injuries from a ladder fall.

In Victoria alone, there is around 1200 emergency department presentations due to ladder falls and around six Victorians die as a result of falling from a ladder at home each year.

The latest data shows hospital admissions for ladder falls around the home have gone up by 22 per cent over the five years to 2018/19 – from 614 to 752. The number of men hospitalised increased by 16 per cent from 474 to 549 and concerningly the number of women jumped by 45 per cent – from 140 to 203.

Sixty-one per cent of all hospital admissions were people aged 60 and over, and men aged from 40 to 79 made up more than half (55 per cent) of the people who presented to hospital emergency departments after falling off a ladder.

People who are hospitalised after a ladder fall commonly suffer bone fractures, open wounds and head injuries, including concussion. Physical injury is often linked to long-term psychological trauma, loss of mobility and independence for older people.

Most ladder injuries are preventable, which is why older Victorians should be cautious and not take shortcuts. People should always maintain three points of contact, use two hands when climbing and when using a tool, make sure both feet and your other hand are secure on the ladder.

It is important to work within your limits and make sure another person is at home while you are on a ladder, in case you need help. Having another person around can help hold the ladder to ensure it doesn't slip, simple, but very important.

From the Minister for Health Martin Foley

“After the year that’s been, staying safe at home is even more important. If you’re an older Victorian, particularly those in their sixties and beyond and those living alone – you should think twice before you go up a ladder.”

“It may seem like a small risk to take but the consequences can be deadly. It’s just not worth it. Put yourself and your family first – when using a ladder, make safety matter.”

From the Deputy Director Alfred Emergency & Trauma centre Dr Carl Luckhoff

“The data shows just how serious a fall from a ladder can be and it should be a reminder for older Victorians to stop and think before doing something risky on a ladder.”

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