



Using Microwave Ove	ns   SAFE WORK METHOD	STATEMENT (SWMS)	
TASK	OR ACTIVITY: Using Microwave	Ovens	
Business Name:		ABN:	SWMS#
Business Address:			
Contact Person:	Phone:	E jil:	
THIS SAFE WORK METHOD	STATEMENT IS APPROVED BY	THE PCL OF THE ROJECT	
Under the Work Health and Safety Regulation (WHS Regulation), a person conduct the proposed work starts.	eting a business or under the (PC 1) is	required to en that a safe work method s	statement (SWMS) is prepared before
Full Name:			
Signature:		Title:	Date:
Details of the person(s) responsible for ensuring implementation, monitoring a	opliance the VMS a well as review	s and modifications of the SWMS.	
Full Name:		Title:	Phone:
ALL PERSONNEL PARTICIPATING IN ANY ACTIVITY ON THIS & MS MAY HAVE THE FOLLOWING COMMUNICATED	NA. 2 OF ALL RELEVANT PERSONNI EVELOPMENT AND APPROVAL OF	EL WHO HAVE BEEN CONSULTED AND COTHIS SWMS	OMMUNICATED TO IN THE
Safety meetings or toolbox talks will be sched ed in account with a gislative requirements to first identify any site hazards, and then to further take steps to either eliminate or continuous each hazard.			
If an incident or a near miss occurs, all work must sto, adately. Depending on the severity of the incident, a meeting will be called with all workers to amend the SWMS if required. The meeting may also be an educational opportunity.			
Any changes made to the SWMS after an incident or a near miss must be approved by the Person Conducting Business or Undertaking and communicated to all relevant personnel.			
The SWMS must be kept and be available for inspection at least until the work is completed. Where a SWMS is revised, all versions should be kept. If a notifiable incident occurs in relation to which the SWMS relates, then the SWMS must be kept for at least two years from the occurrence of the notifiable incident.			

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CLIENT OR PRINCIPAL	CONTRACTOR DETAILS
Client:	SCOPE OF WORKS
Project Name:	
Project Address:	
Project Manager:	
Contact Phone:	
Date SWMS supplied to Project Manager:	
ANY HIGH BIOK CONSTRUCTOR	NAME OF THE POLIT
ANY HIGH-RISK CONSTRUCTOR	N WC & BEIN C ARIED OUT
☐ involves a risk of a person falling more than 2 meters	is carried out on or near pressurised gas mains or piping
☐ is carried out on a telecommunication tower	carried out on or near chemical, fuel or refrigerant lines
☐ involves demolition of an element of a structure that is load-bearing	$\square$ is carried out on or near energised electrical installations or services
☐ involves demolition of an element related to the physical integral of a functure	☐ is carried out in an area that may have a contaminated or flammable atmosphere
☐ involves, or is likely to involve, disturbing asb	☐ involves tilt-up or precast concrete
☐ involves structural alteration or repair that —quires term — v sup —rt to prevent collapse	☐ is carried out on, in or adjacent to a road, railway, shipping lane or other traffic corridor
☐ is carried out in 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/near a shaft or trench deeper that. tunnel involving use of explosives	☐ is carried out in areas with artificial extremes of temperature.
$\square$ is carried out in or near water or other liquid that involves a risk of drowning.	☐ involves diving work.
ANY HIGH-RISK MACHINER	Y OR EQUIPMENT NEARBY

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RISK MATRIX										
LIKELIHOOD	INSIGNIFICANT	MINOR	MODERATE	MAJOR	CATASTROPHIC	SCORE	ACTION	HEI	RARCHY OF CONTROLS	
ALMOST CERTAIN	3 HIGH	3 HIGH	4 ACUTE	4 ACUTE	4 ACUTE	SCORE	ACTION		Elimination Remove the hazard.	
LIKELY	2 MODERATE	3 HIGH	3 HIGH	4 ACUTE	4 ACUTE	4A ACUTE	DO NOT PROCE		Substitution	
POSSIBLE	1 LOW	2 MODERATE	3 HIGH	4 ACUTE	4 ACUTE	3H HIGH	Review before work starts.		Replace the hazard.	
UNLIKELY	1 LOW	1 LOW	2 MODERATE	3 HIGH	4 ACUTE	2M MODERATE	Ensure control measures in place.	Isolate	e People from the hazard	
RARE	1 LOW	1 LOW	2 MODERATE	3 HIGH	3 HIGH	1L LOW	nitor and		Engineering Isolate the hazard.	
is the second m	the second most effective method of controlling a hazard. Engineering by isolation is the life post engineering by changing the work is the fourth most effective method. PPE (Personal Protective Equation) to be least effective.									

				PERS		TIVE EQUIPM					
		Select the app	ropriate PPŁ	abo v uitab	cor the equi	pment used or	the job task	being perforr	ned (if applica	ıble).	
FOOT PROTECTION	HAND PROTECTION	HEAD PROTECTION	HEARING ETION	P ECTION	PROTECTION	FACE PROTECTION	HIGH-VIS CLOTHING	PROTECTIVE CLOTHING	FALL PROTECTION	SUN PROTECTION	HAIR/JEWELLERY SECURED
Other PPE R	equired:										
	Pe	ermit or Licen	ses Requirem	ents		Mandatory Qualifications and Training					



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
1. Preparation	Contact with dirty equipment, Tripping over cords	2M	<ul> <li>Ensure all microwave ovens are cleaned a usanitised regularly to prevent contamination.</li> <li>Conduct regular inspections of microwave cans for canliness and functionality before use.</li> <li>Install clear signage instructing on proper microwave cleaning procedures.</li> <li>Ensure that power cords are not frayed or damagnet replace of necessary.</li> <li>Keep all cords neath the anise and away from walk by sit to minimise trip hazards.</li> <li>Use cable cords in areas where and scross to aways to reduce the risk of tripping.</li> <li>Position microwaves on a sole surfact to avoid accidental tipping over during usage.</li> <li>Product training uses one for staff on recognising and reporting potential hazards related to microwave use.</li> <li>Implement system or reporting and addressing maintenance issues promptly.</li> <li>Encourage through of closed containers or microwave-safe lids to prevent spills and splattering inside to microwave are.</li> <li>Attack a uning labels regarding safe operation practices on all microwave units.</li> <li>Jace microwaves at an accessible height to ensure ease of use and reduce lifting strain.</li> <li>Orier guidance for safely unplugging appliances by pulling the plug rather than the cord.</li> </ul>	
2. Plugging in Oven	Electric shock, Damage to plug or cord	ЗН	<ul> <li>Ensure that the power outlet is easily accessible and in good condition before use.</li> <li>Regularly inspect the plug and cord for visible signs of damage, wear, or fraying.</li> <li>Make sure hands are dry before handling plugs or outlets to prevent electric shock.</li> <li>Use a microwave oven with a grounded three-pin plug for added safety.</li> <li>Do not overload power outlets with multiple appliances to prevent electrical hazards.</li> <li>If using an extension cord, ensure it is rated for the microwave's power level and not damaged.</li> <li>Avoid running the cord under rugs or through doorways where it may be pinched or damaged.</li> <li>Always disconnect the power supply before inspecting or repairing the microwave.</li> <li>Keep the microwave situated away from water sources to prevent accidental splashes on the plug or cord.</li> <li>Place the microwave on a stable, flat surface to prevent the plug or cord from being unintentionally dislodged.</li> <li>Instruct personnel on how to properly insert and remove plugs from outlets without exerting unnecessary force.</li> </ul>	1L



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SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
			- Replace any faulty or broken plugs or cords immediately with components that meet the appliance specifications.	
			- Implement regular maintenance checks by qualify personnel to address potential safety concerns.	
			- Provide training to all staff members on safe ectrical practices and emergency procedures in case of an electric shock incident.	
3. Loading Food	Burns from hot containers, Cuts from sharp packages	2M	<ul> <li>Ensure all employees are trained in safe microus veruse and protential hazards associated with loading food.</li> <li>Use microwave-safe containers that are designed to coule heat without breaking or deforming.</li> <li>Clearly label at our oway safe to have to protent the use of inappropriate containers.</li> <li>Use protection gloves or outs when and the protent the use of inappropriate containers.</li> <li>Use protection gloves or outs when and the protein the use of inappropriate containers.</li> <li>Insign containers for camage such as cracks or chips before use, replacing any damaged items.</li> <li>Allow to exitems a cool slightly after microwaving before handling them to reduce the risk of burns.</li> <li>Use to go another a propriate utensils to remove hot items safely from the microwave.</li> <li>Open prokage carefully using scissors rather than tearing, to prevent cuts from sharp packaging.</li> <li>Storosh problems tools like scissors separately and not on surfaces near the microwave.</li> <li>Encourage a clean workspace free of clutter to avoid accidental contact with hot surfaces or sharp coats.</li> <li>Educate staff on first aid procedures in case of burns or cuts.</li> <li>Post clear signage near microwaves indicating proper use and safety instructions.</li> <li>Conduct regular inspections of microwave equipment to ensure it is in good working order and does not pose additional risks.</li> </ul>	1L
4. Setting Cooking Time	Errors leading to undercooked food, Distracted use increasing injury risk	2M		1L



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	Start button malfunce adding to			
5. Starting Microwave	electric shock, Door malfunction lear g to radiation exposure	3H		1L



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6. Waiting for Food to Cook	Slips due to spilled water, Burn from touching hot surfaces	2M		1L
7. Removing Cooked Food	Steam burns, Dropping hot food leading to burns or spills	ЗН		1L



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				•
. Unplugging licrowave Oven	Electric shock, Damage to plug or c	3H		1L



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR
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9. Cleaning Microwave Oven	Contact with harmful cleaning chemicals, Cuts from glass tray or sharp edges	2M		1L
10. Servicing/Repairing Oven	Electric shock, Exposure to harmful materials	4A		2M



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11. Disposal of Old Oven	Injury from lifting to avy objects, Exposure to hazal trus met	2M		1L



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12. Training for Proper Use	Misinformation, Lack of adequate training	2M		1L
13. Monitoring and Supervision	Lack of supervision leading to misuse, Inadequate monitoring leading to increased injuries	2M		1L



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14. Regular Appliance Inspection	Missed signs of damage increasing lock, Injury during inspection	2M		1L



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15. Reporting and Documenting	Missing information increasing risk, Errors in reporting leading to misinformation	2M		I L
16. Emergency Procedures	Inadequate preparation for emergencies, Panic leading to accidents	2M		1L



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17. Application of First Aid	Incorrect application of first aid, Lack of adequate first aid supplies	ЗН		1L



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SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
8. Review of Safety Aeasures	Outdated safety n sures, Insufficient review of safety n sures	2M		1L



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19. Regular Cleaning Schedules	Build up of contaminants, Poorly maintained cleaning schedules	2M		<b>1</b>
20. Regular Equipment Replacement	Using outdated equipment, Delay in replacement increases risk	2M		1L



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SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
	5			



#### **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.

#### LEGISLATIVE REFERENCES

RELEVANT LEGISLATION AND CODES OF PRACTICE. DELETE THE LEGISLATIVE REFERENCES. ANY STATE OF AT ARE NOT APPLICABLE.

#### **Queensland & Australian Capital Territory**

Work Health and Safety Act 2011

Work Health and Safety Regulations 2011

Legislation QLD: https://www.worksafe.qld.gov.au/laws-and-compliance/work-health-and-safety-laws

Codes of Practice QLD: https://www.worksafe.qld.gov.au/laws-and-compliance/codes-of-practice Legislation ACT: https://www.worksafe.act.gov.au/laws-and-compliance/acts-and-regulations

Codes of Practice ACT: https://www.worksafe.act.gov.au/laws-and-compliance/codes-of-practice

#### **New South Wales**

Work Health and Safety Act 2011

Work Health and Safety Regulations 2017

Legislation NSW: https://www.safework.nsw.gov.au/legal-obligations/legislations/

Codes of Practice NSW: https://www.safework.nsw.gov.au/resource-library/lis > odes-oi racti

#### **Northern Territory**

Work Health and Safety (National Uniform Legislation) Act 2011

Work Health and Safety (National Uniform Legislation) Regulation 201

Legislation NT: https://worksafe.nt.gov.au/laws-and-compliance/wo\_place-

Codes of Practice NT: https://worksafe.nt.gov.au/f

#### South Australia

Work Health and Safety Act 2012 (SA)

Work Health and Safety Regulations 2012 (SA)

Legislation for SA: https://www.safework.sa.gov.au/resources/le\_lation

Codes of Practice for SA: <a href="https://www.safework.sa.gov.au/wor">https://www.safework.sa.gov.au/wor</a> aces/codes-of-practice#COPs

#### 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

 $Legislation \ for \ TAS: \ \underline{https://worksafe.tas.gov.au/topics/laws-and-compliance/acts-and-regulations}$ 

Codes of Practice for TAS: https://worksafe.tas.gov.au/topics/laws-and-compliance/codes-of-practice

Details of permits, licenses or access required by regulatory bodies (add or delete as required):

- Permits from local council
- Authorisation to commence work
- Any required documents.

#### Victoria

Occupational Health al. Safety Act

Occupational Health and affety gulations 2017

Legis on VIC: https://www.xsafe.vic.gov.au/occupational-health-and-safety-act-and-

gulat

les on actice VI atps://www.worksafe.vic.gov.au/compliance-codes-and-codes-practice

#### Western Australia

Work Health and Safety Act 2020

Work Health and Safety Regulations 2022

Legislation Western Australia: <a href="https://www.commerce.wa.gov.au/worksafe/legislation">https://www.commerce.wa.gov.au/worksafe/legislation</a> Codes of Practice WA: <a href="https://www.commerce.wa.gov.au/worksafe/codes-practice">https://www.commerce.wa.gov.au/worksafe/codes-practice</a>

#### 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

#### **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
- 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
- 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





#### 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	Signature	Date

#### SAFE WORK IN THE STATEMENT MONITORING AND REVIEW

The SWMS must be reviewed regularly to make sure it remains a fective of must be reviewed (and revised if necessary) if relevant control measures are revised. The view process should be carried out in consultation with workers (including contractors of the SWMS and their health and safety representatives who represented that work group at the workplace.

When the SWMS has been revised the PCBU mast ensure that 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 rest of the review are advised of the changes in a way that will enable them to implement their duties and the 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:

- Spot Checks.
- 2. Consultation with workers, contractors and sub-contractors.
- 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							

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### 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	COMMENTS
The company details have been entered, including the project name and address.		
All relevant personnel consulted during the development of the SWMS.		
Name, signature, position and date signed of the person approving the SWMS.		
Specific personnel and qualifications, experience is noted in the SWMS.	7	
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 SWMS		
SWMS initial risk (IR) column as well as residual risk (RR) column pleted.		
Check control measures added to the SWMS are the most effective selections		
Responsible person is assigned and listed on the part the important control measures.		
Permit or licenses requirements specified, sur as Hot Work, Electric Work, Work at Heights etc.		
SWMS identifies plant and equipment to be us		
Details of inspection checks required for any equipment listed an inoted on the SWMS.		
Describes any mandatory qualifications, experience, and or skills required to perform the work.		
Applicable personal protective equipment is selected on the SWMS.		
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 REVIEWE	D
SIGNATURE	DATE COMPLET	ED