

Freezer Work   S	SAFE WORK METHOD STA	TEMENT (SWMS)	
-	TASK OR ACTIVITY: Freezer Wor	k	
Business Name: [Company Name]		ABN: [ABN]	SWMS#
Business Address: [Company Address]			
Contact Person:	Phone: [Phone]	E fil:	
THIS SAFE WORK METHOD	STATEMENT IS APPROVED BY	THE POST THE PROJECT	
Under the Work Health and Safety Regulation (WHS Regulation), a person conduct the proposed work starts.	cting a business or undertaking (I 3U) is	required to ture at a safe work method s	tatement (SWMS) is prepared before
Full Name:			
Signature:		Title:	Date:
Details of the person(s) responsible for ensuring implementation, monitoring	compliance of the SWMS well as review	s and modifications of the SWMS.	
Full Name:		Title:	Phone:
ALL PERSONNEL PARTICIPATING IN ANY ACTIVITY ON THIS WMS. ST HAVE THE FOLLOWING COMMUNICATED	N. 1E AND DATED SIGNATURE OF A CO. MUNICATED TO IN THE DEVELO	LL RELEVANT PERSONNEL WHO HAVE B PMENT AND APPROVAL OF THIS SWMS	EEN CONSULTED AND
Safety meetings or toolbox talks will be scheded in accordance with agislative requirements to first identify any site hazards, hazards and then to further take steps to either the condition of	NAME	SIGNATURE	DATE
If an incident or a near miss occurs, all work must structured. 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.			



		CLI	ENT OR PRINCIPAL	CONTRACTOR D	ETAILS				
Client:						SCOPE OF WORKS			
Project Name:					Provide a detailed description of the specific work being carried out (otherwise				
Project Address:					known as cope of works).				
Project Manager:									
Contact Phone:									
Project Manager Sig	nature:								
Date SWMS supplie	d to Project Manager:								
		ANY HIGH-	RISK CON PUCT	N' JRK BEING	CARRIED OUT				
☐ involves a risk of a pe	erson falling more than 2 m	neters.		is carried out on or near pressurised gas mains or piping.					
is carried out on a tel	ecommunication tower.		$H \cap H$	is carried out on	or near chemical, fuel or refrig	erant lines.			
☐ involves demolition o	f an element of a structure	that is load-be n.		is carried out on or near energised electrical installations or services.					
☐ involves demolition o	f an element related to the	physical integrit of a str	3.	is carried out in an area that may have a contaminated or flammable atmosphere.					
☐ involves, or is likely to	o involve, disturbing a	tos.		involves tilt-up or precast concrete.					
involves structural alt	eration or repair that re	upp to p	prevent collapse.	is carried out on,	, in or adjacent to a road, railwa	ay, shipping lane or other to	raffic corridor.		
is carried out in or ne	ar a confined space.			is carried out in a	an area of a workplace where t	here is any movement of p	owered mobile plant.		
is carried out in/near	a shaft or trench deeper th	nan 1.5m or tunnel involvin	g use of explosives.	is carried out in a	areas with artificial extremes of	temperature.			
is carried out in or ne	ar water or other liquid tha	t involves a risk of drowning	ng.	☐ involves diving w	vork.				
		ANY HI	IGH-RISK MACHINER	RY OR EQUIPMEN	IT NEARBY				
Forklift	☐ Crane/s	☐ Hoist/s	☐ Excavator	☐ Backhoe/Loader	☐ Boom Lift	☐ EWP	☐ Genie Lift		
☐ Trencher	☐ Drilling Rig	☐ Trucks	Formwork	☐ Bobcat	☐ Flammable Gas	☐ Fuel	☐ Dozer		
☐ High Voltage	☐ Mulcher	☐ Tilt-up Panels	Roller	☐ Scissor Lift	☐ Tractor	Other -			





### PERL NAL TECTIVE EQUIPMENT (PPE)

FOOT PROTECTION	HAND PROTECTION	HEAD PROTECTION	HEARING PPOTECTION	PROTE	SPIRATORY P STECTION	FACE PROTECTION	HIGH-VIS CLOTHING	PROTECTIVE CLOTHING	FALL PROTECTION	SUN PROTECTION	HAIR/JEWELLERY SECURED
			A								

Select me appropriate PPE above suitable for the equipment used or the job task being performed (if applicable).

**Note:** A SWMS must be reviewed regularly to make sure it remains effective. A SWMS must be reviewed (and revised if necessary) if relevant control measures are revised. The review process should be carried out in consultation with workers (including contractors and subcontractors) who may be affected by the operation of the SWMS and their health and safety representatives who represented that work group at the workplace.

When a SWMS has been revised, the person conducting a business or undertaking must ensure all:

- 1. persons involved in the work are advised that a revision has been made and how they can access the revised SWMS;
- 2. 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: and.
- 3. workers that will be involved in the work are provided with the relevant information and instruction that will assist them to understand and implement the revised SWMS.



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	<ul> <li>Provide appropriate manual handling training to workers, including lifting techniques and using available equipment, to miniminate the risks of injury when moving materials or equipment.</li> <li>Implement a clean and organised work are both inside and outside the freezer to reduce potential trip hazards, such as remoning clutter and cleaning up spills promptly.</li> <li>Require workers to wear non-slip footwear specially designs of or cold storage or freezer work environments, providing proper traction on slipply surfaces.</li> <li>Install anti-fatigue to a slipply istant flooring in a slipply surfaces.</li> <li>Install anti-fatigue to a slipply istant flooring in a slipply surfaces.</li> <li>Use mechanial aids for housy lifting such a mand trucks, pallet jacks, or platform lifts, thus miniming manual handling to a and reducing worker fatigue.</li> <li>Regular inspectors maintain equipment, ensuring that any defects are reported promply to revent alfunctions or accidents caused by faulty equipment.</li> <li>Encounge arm lifting and other cooperation between workers, especially when heavy or awkwardly-shaped items, to distribute the workload analy all avoid rerexertion.</li> <li>Employed housekeeping practices, such as properly storing tools and keeping alkways near of obstacles, to avoid creating hazardous situations.</li> <li>Unduct 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.</li> <li>Continuously monitor weather conditions within the freezer workspace, and provide suitable breaks for staff to recuperate and avoid prolonged exposure to extreme cold temperatures.</li> </ul>	1L	
2. Pre-cooling Procedure	Cold stress, Dehydration	3H	<ul> <li>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.</li> <li>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.</li> <li>Work Warm-Up Areas: Establish designated warm-up areas within the workplace for workers to take short breaks and recover from the cold environment.</li> <li>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.</li> <li>Hydration Stations: Provide easy access to drinking water at multiple locations within the workplace to encourage workers to stay hydrated throughout their shifts.</li> </ul>	2M	



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			<ul> <li>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.</li> </ul>		
			- Temperature Controls: Install thermostat-control ed heating systems to maintain a safe and comfortable temperature at the site synthesis wherever possible.		
			- Emergency Procedures: Develop an emerge by research se plan to address incidents related to cold stress and dehydration of the related to cold stress and dehy		
		temporary shelter to prove protection against bersh weather conditions.  - Insulation to surfaces: Insulate surfaces size as floors, walls, and doors, where			
			applicable, to bimise by loss from orkspace and keep the area warmer.		
			- Pre- Warm vercises: Encourage workers to perform simple physical warm- up exercise before mmencing their shift to increase blood circulation and regulate their be of the perature.		
			Weath Monoring: Regularly monitor weather forecasts and adjust work as newed to avoid extremely cold temperatures or hazardous conditions. Informed ers about potential weather-related hazards in advance, so that they are repare the situation ahead.		
			- Ensure workers receive proper training on safely entering and exiting the freezer, as well as recognizing and avoiding potential hazards.		
			- 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	3H	- 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.		



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			- 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 surfaction 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 safer, while remaining any potential accidents or hazardous situations.		
		- Plan and schedule periodic alth and safety menings to recown safe work practices, identify potential rise, and address any to be workers may have about freezer work			
			- Maintain terrestature mospring a ices in plan within the freezer to ensure a safe working vironment all alert in lagor and if the temperature goes beyond acceptable limit increases the chance encountering these hazards.		
4. Inspecting Equipment	Electrical hazards, Noise exposure	2M		1L	



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	1				
5. Stock Handling	Falling items, Manual han	3H		2M	



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6. Rotation of stock	Crush injuries, Struck by equipmen	2M		1L	



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7. Housekeeping	Chemical exposures, Poor lighting	ЗН		1L	



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8. Palletizing goods	Manual handling, Improper stacking	2M		1L	



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9. Trolley usage	Rapid acceleration/deceleration, Collisions	2M		1L	



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10. Loading/Unloading Truck	Falls from height, Collision with truck	3H		2M	



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11. Emergency procedures	Ineffective communication, Confusion	2M		1L	



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12. Exiting Freezer	Slips/trips/falls, Cold stress	2M		1L	



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#### **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/legislati

Codes of Practice NSW: https://www.safework.nsw.gov.au/resource-library/lis codes-of ractice NSW: https://www.safework.nsw.gov.au/resource-library/lis codes-of-ractice NSW

#### **Northern Territory**

Work Health and Safety (National Uniform Legislation) Act 2011

Work Health and Safety (National Uniform Legislation) Regulation 2011

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

Codes of Practice NT: https://worksafe.nt.gov.au/5

#### 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/legislation

Codes of Practice for SA: https://www.safework.sa.gov.au/work\_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: 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 afety gulations 2017

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

qulai.

des on actice VIC attps://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: https://www.commerce.wa.gov.au/worksafe/codes-practice

#### 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	Pos	sition	Signature	Date	Time	Su	pervisor	
				Date:				
		Late:						
				Date:				
	Date:							
	SAF WC A 5THOD STATEMENT MONITORING AND REVIEW							
The SWMS must be reviewed regularly to the ke sure it remains effective and must be reviewed (and revised if necessary) if relevant control measure are a current of the process should be carried out in consultation with workers (including contractors and subcontract is) who may be affected by the operation of the SWMS and their health and safety representatives who reduces esented that work group at the workplace.  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 P	
Name, signature, position and date signed of the person approving the SWMS.			
Specific personnel and qualifications, experience is noted in the SWMS.	P		
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 SWh			
SWMS initial risk (IR) column as well as residual risk (RR) columns completed.			
Check control measures added to the SWMS are the most effecting so tions.			
Responsible person is assigned and listed on the SWMS for the imperent of continue assures.			
Permit requirements specified, such as Hot Work, Veralt Heights etc.			
SWMS identifies plant and equipment to be u d.			
Details of inspection checks required for any equipment listed are noted on the SWMS.			
Describes any mandatory qualifications, experience raining 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.			
dentifies any hazardous substances used with specific control measures in line with any SDS.			
REVIEWED BY	DATE R	EVIEWED	
SIGNATURE	DATE CO	MPLETED	