

Hydraulic Cylinder Bench Nu	ıt Cracker SAFE WORK M	ETHOD STATEMENT (SWMS)					
TASK OR AC	TIVITY: Hydraulic Cylinder Benc	h Nut Cracker						
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 POSECT						
Under the Work Health and Safety Regulation (WHS Regulation), a person conducting a business or undertaking (N SU) is required to the proposed work starts.								
Full Name:								
Signature:		Title:	Date:					
Details of the person(s) responsible for ensuring implementation, monitoring and compliance of the SWMS, well as reviews 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 sched and in accordance with agislative requirements to first identify any site hazards, conditions inical those hazards and then to further take steps to either the conditions of the con	NAME	SIGNATURE	DATE					
If an incident or a near miss occurs, all work must steam ately. 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	n 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	s or piping.		
is carried out on a tel	ecommunication tower.		M + M	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 in	stallations 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, railway, shipping lane or other traffic corridor.				
is carried out in or ne	ar 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 th	nan 1.5m or tunnel involvin	g use of explosives.	is carried out in 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 work.				
		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	Slips and trips, Manual handling injuries	2M	 Ensure that the work area is clean, free from any obstructions or debris, and has adequate lighting to minimise the risk of slips and trip. Place appropriate signage to clearly warn indicated of potential hazards in the workspace or use safety barriers if necesser. Employ proper housekeeping practices such a routing y cleaning up spills or removing excess materials to maintain a clutter of environment. Utilise anti-slip mats or flooding where possible to provide efficiency grip and reduce slipping risks. Store tools and company or proportion designated areas when not in use to avoid creating tripping plazards. Provide prosportationing of safe lifting ratio questand manual handling procedures for whom is involved in a civy lifting task. Use to antical reliation of safe lifting ratio questand manual handling procedures for whom is involved in a civy lifting task. Use to antical reliation of safe lifting ratio questand manual handling procedures for whom is involved in a civy lifting task. Use to antical reliation of equipment (e.g., hydraulic pallet jacks, trolleys) to minimic in reliation and handling risks whenever possible. Encounge to kers to be assistance from their colleagues when lifting or moving any on wkware loads. Encounge to kers to be assistance from their colleagues when lifting or moving any or wkware loads. Encounge to kers to be assistance from their colleagues when lifting or moving any or wkware loads. Encounge to kers to be assistance from their colleagues when lifting or moving any or wkware loads. Encounge to kers to be assistance from their colleagues when lifting or moving any or wkware loads. Encounge to kers to be assistance from their colleagues when lifting or moving any or wkware loads. Entre task regular stretching and breaks between tasks to allow muscles to ecover to prevent straining or overuse injuries. Induction to the first tro	1L	
2. Equipment Inspection	Falls from height, Pinch points	ЗН	 Make sure all workers are trained and competent in the required tasks, including equipment inspection and working with hydraulic cylinder bench – nut cracker. Ensure that pre-start inspections are conducted for all equipment before each use. This includes checking for any leaks, damage or deterioration of the hydraulic cylinder bench, as well as ensuring that all protective guards are in place. Conduct a thorough risk assessment before starting any work to identify potential hazards and outline appropriate control measures. Utilise appropriate fall protection and restraint systems when accessing heights, such as guardrails or harnesses. Ensure workers are trained on the correct use and maintenance of these systems. 	1L	



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			- Implement a buddy system during any work involving pinch points or heights, with one worker spotting another to reduce the risk of accidents.		
			- Ensure proper housekeeping practices are in plan including keeping walkways clear, promptly addressing any spills or leaks a maintaining adequate lighting in the work area.		
			- Use signage, barrier tape, or cones to design te har aous areas or exclusion zones around pinch point hazards.		
			- Regularly inspect and main to the hydraulic cylinder bench coording to the manufacturer's recommendation ensuring any work or maged parts are promptly replaced.		
			- Consider imprementing a prmit-to rork system or high-risk activities, which requires form authorization before took because.		
			- Encourage op communication amon, workers to ensure they feel comfortable report only haz an ear-misses, or incidents without fear of reprisal.		
			- Estatesh pemerg by response plan, including procedures for evacuation, first aid, and sone ling en pency services, and train all workers in these procedures.		
			Ways se ap poriate hand tools and additional safety equipment, such as never us, than is to stop or guide rotating objects, and wearing safety gloves, goggles, helme a steel-toe boots, to minimise the risks associated with falls from height diplication.		
			- No live workers in ongoing safety reviews and toolbox talks, so they are consistently aware of the safety requirements and can contribute to improvements in workplace health and safety practices.		
			- Conduct a pre-start inspection of the hydraulic cylinder bench to ensure all components are in proper working condition, with no signs of wear or damage.		
3. Cylinder Installation	Crushing injuries, High pressure release	4A	- Ensure sufficient space is available around the work area, with clear access maintained to avoid any slip, trip, or fall hazards during cylinder installation.		
			- Provide adequate training and competency checks for all operatives involved in the cylinder installation process, with specific emphasis on handling heavy loads and operating the hydraulic equipment safely.	2M	
			- Utilise appropriate personal protective equipment (PPE) such as safety gloves, safety glasses, steel-toed boots, and hearing protection as required.	ZIVI	
			- Assess the need for additional mechanical lifting aids or equipment, such as hoists or overhead cranes, to assist in the installation of heavy cylinders and reduce the risk of crush injuries.		
			- Establish a designated exclusion zone around the hydraulic bench during installation, with visible barriers and signage in place to prevent unauthorised personnel from entering the area.		



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			- Institute a permit-to-work system or similar procedure to formalize communication between maintenance, production, and management teams, minimising the risk of tasks being carried out simultaneously.		
			- Implement a step-by-step 'Installation Proced that all operatives must follow, along with visual reminders at the workstation as necessary.		
			- Develop a strategy for safely managing high ressure eleases during the installation process, including isolation and prevented protocols as well as regular testing/checking of connections.		
			- Utilise manufacturer-provided chnical information and commended installation procedures whenever the sible it is usure reliability and carety.		
			- Carry out recommendates and dits of the draulic cylinder installation area to identify any mential hazar or device his after safe working practices promptly and take corrective wition as meded.		
			- Per poutine coenance on hydraulic equipment and tools according to the manufactor's guideness, with thorough inspections and timely replacement of parts subject by we condend dation.		
			Encoul ge a rkplace culture focused on safety, open communication, and simulation improment, where all employees are empowered to report concerns and outrate to nazard identification and risk reduction efforts.		
			Ensure proper incident investigation, documentation, and follow-up in the event of a accident or near-miss related to hydraulic cylinder installation to prevent recurrence and support ongoing safety improvements.		
4. Workspace Setup	Trip hazards, Inadequate lighting	2M		1L	



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5. Hydraulic Pump Assembly	Leaks, Electrical hazards	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	NAME OF PERSON
6. System Pressurization	High pressure release, Hose failures	ЗН		2M	



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7. Nut Cracking Process	Flying debris, Noise exposure	3H		1L	



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8. System Depressurization Uncontrolled depressurization, Residus oreigy 2M	JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR	RESPONSIBLE PERSON
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	SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE Uncontrolled depressurization, Residua	INITIAL RISK		RESIDUAL RISK	PERSON



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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	NAME OF PERSON
9. Cylinder Removal	Crushing injuries, Manual handling injuries			1L	



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10. Housekeeping and Cleaning	Slips and trips, Hazardous materials exposure	211		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	NAME OF PERSON
11. Equipment Maintenance	Pinch points, Confined spaces			2M	



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12. Tool Storage and Transport	Manual handling injuries, vocable safety			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 201

Legislation NT: https://worksafe.nt.gov.au/laws-and-compliance/wo_place-syllaws

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

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: 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 all Safety Act

Occupational Health and afety gulations 2017

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

<u>qulat.</u>

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: https://www.commerce.wa.gov.au/worksafe/legislation

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	Supe	ervisor	
				Date:				
				Date				
				L te:				
			AV	Date:				
				Date:				
				Date:				
				Date:				
		SAF WC A	STATEMENT	MONITORING AND R	EVIEW			
The SWMS must be reviewed regularly to reak sure it remains effective and must be reviewed (and revised if necessary) if relevant control measure are subcontracted by process should be carried out in consultation with workers (including contractors are subcontracted) who may be affected by the operation of the SWMS and their health and safety representatives who researched 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	