

SCU Occupational Health & Hygiene – Field Guide

This field guide provides essential controls for managing occupational health and hygiene risks at Southern Cross University. It must be used by staff, contractors and students engaged in activities that may expose them to hazardous substances, noise, vibration, radiation or other occupational hazards.

Air Monitoring & Exposure

- Ensure exposure standards are not exceeded.
- Conduct air monitoring when exposure levels are uncertain.
- Records of monitoring must be kept for at least 30 years.

Health Monitoring

- Provide health monitoring for workers exposed to Schedule 14 substances (e.g., asbestos, lead, crystalline silica, isocyanates).
- Health monitoring must be carried out by a registered medical practitioner experienced in occupational medicine.
- Results must be retained for a minimum of 30 years and shared with workers and regulators as required.

Noise & Vibration

- Ensure noise exposure does not exceed workplace standards.
- Provide audiometric testing for workers at risk of hearing loss, retain results for 30 years.
- Manage risks of hand-arm and whole-body vibration (e.g., power tools, plant, vehicles).

Respirable Crystalline Silica

- Undertake exposure monitoring if there is uncertainty about compliance with workplace exposure standards.
- Include affected workers in a health monitoring program (questionnaire, spirometry, chest X-rays every 3 years).

Radiation Safety

- Comply with QLD and NSW radiation safety legislation and ARPANSA standards.
- Issue and review dosimeters for exposed workers.
- Keep radiation monitoring records for at least 30 years.

Contractor & PCBU Coordination

- Consult and coordinate with contractors and other PCBUs before work commences.
- Share monitoring plans, health monitoring arrangements and emergency procedures.

Records & Retention

- Air monitoring – 30 years.
- Health monitoring – 30 years.
- Asbestos records – 40 years.
- Radiation records – 30 years.
- Audiometric testing – 30 years.

⚠ Always stop work if exposure risks are uncontrolled. Seek advice from SCU WHS immediately.