

Wellington Branch Newsletter – July 2021

Welcome to the July edition of the Wellington NZISM Branch Newsletter. Who would believe after the stunning winter weather we have had over the last couple of days that we just walked away from a rather wild stormy weekend. No doubt many of us are after having to deal with the aftermath of the storm both personally and at work. We hope everyone stayed safe. Now grab a cuppa and enjoy our branch update.

Event Update - July

Wellington Branch of NZISM was pleased to host Margaret van Schaik at the July lunchtime event. Margaret's presentation was on good governance. We had a good turnout, with 25 members in attendance.

Margaret started with an overview of the differences between governance and management, and how this can impact the respective officers' obligations in health and safety. Margaret discussed the general areas of consideration in H&S for Board members and Officers and the requirement for active inquiry in health and safety.

After good discussions on Board obligations, we then explored the role of the health and safety professional in business as being fundamentally about relationships. It is a key role in understanding relationships and building better relationships between Chief Executive, Executive Leaders, and the Board on H&S matters. Our ability to influence as health and safety professionals comes from leadership, coaching, and mentoring skills and the ability to transect all levels of business from the Boardroom to the Shopfloor.



Sidney Dekker Masterclass Series

We hope those that signed up for the Sidney Dekker masterclass series enjoyed the first class last week. Remember the video will be available on the [NZISM page](#) until 1:30pm, Saturday 4th September.





Massey University' 41 years Occupational Health and Safety speaking event

Massey University's College of Health is hosting a speaking event on OHS in Wellington on August 25. One of their guest speakers is NZISM President, Robyn Bennett. Further information about other speakers, topics and registration can be found [here](#)

Next Event – August

Come along to our lunchtime seminar to hear one of NZ's leading Practitioners on Safety Differently in Practice, Moni Hogg

Moni will draw upon real-world examples to share with us the tactics and strategies that can influence your organisation.

Modern safety philosophies are being increasingly referred to in mainstream safety literature and at professional practice conferences, but what do they look like in practice? What does 'people as the solution' look like in an organization? How do we learn from 'normal work'?

What: Safety Differently in Practice

When: Tuesday, 3rd of August 2021
12.00pm – 1.00pm
(the talk will start at 12:10pm)

Where: NZRU, 100 Molesworth Street
Wellington

Please register your interest in this event using [this link](#). For COVID-19 recording purposes, **registrations will close at midnight, 2nd August 2021.**

If you are bringing a guest, they must be entered separately to ensure we have all names recorded.

Upcoming Welling branch events

7th September - Legal update with Greg Cain

5th October - The emerging genre of Māori health and safety



Governance Board Elections

It's time to vote for our NZISM Board of Governance. Please take a few minutes to watch the short videos prepared by your candidates and read through their introductory statements and CVs.

When you are ready, please vote electronically for the individuals you would like on the NZISM Board of Governance. The 'Vote' button can be found at the bottom of the [page](#). **Voting closes 5pm Friday 13th August.**



What is musculoskeletal pain and what are the factors that might cause it.

The construction industry has become the number one industry for ACC claims with strains and sprains, (also known as Musculoskeletal Disorders or MSDs), making up a whopping 57% of the problem.

Musculoskeletal pain refers to pain felt in the muscles, bones, ligaments, tendons, or nerves, and you can feel this pain in just one area of the body, or throughout your whole body. The pain can range from mild, to severe enough to interfere with your day-to-day life.

The residential construction industry is currently booming and subsequently, the ACC claim numbers and costs for strains and sprains are highest in this area. There are numerous risk factors to address: Time pressure, aging workforce, awkward postures for a start. We also need to change mindsets that pain and injury are unavoidable and make our younger workforce understand the cumulative nature of these problems- something that most 'broken' builders still working past 50 years of age know very well already.

It is well known that there is a range of factors that contribute to MSDs. It's not just about a single factor such as the lifting technique (although for industries such as scaffolding and roofing handling techniques are an important factor).

The research firmly points to four groups of factors we need to tackle when addressing MSDs in construction:

Physical factors, such as heavy loads, lack of equipment, challenging environments, poor layout, forces, repetition, awkward postures

Individual factors such as gender / age, fitness / flexibility / strength, diet / hydration, weight, attitude.

Psychosocial factors such as communication, relationships, stress and tension, time pressure, financial strain, management support and the amount of control workers have over their work tasks.

Work Organisation factors such as work hours / time pressure, lack of help, no breaks, poor work planning, training / skill level, peaks, and troughs.

It may not surprise you that physical factors often take most of the blame and focus as their connection is easy to understand, measure, and observe. There are also proven strategies to overcome physical factors such as machinery, equipment, and task modifications. Combining the other factors into your approach is where the construction industry will get the most benefit. Understanding how these factors can combine and influence each other to cause problems will be crucial.

The most common solutions to dealing with MSD are:

- Micropauses and position changes
- Task rotation
- Stretch warm-up and cool down
- Cardio and strength fitness/flexibility
- Stress management
- Backcare
- Communication
- Work planning
- Early reporting

Construction Health and Safety New Zealand (CHASNZ) is planning to work with specialist trades such as building, plumbing, painting, scaffolding, and electricians to develop industry-led programs to reduce and manage MSDs. This will involve expert assistance and engagement of all the stakeholders to identify the factors and develop and deliver industry-led solutions. If you would like to be involved, have ideas and stories to share, or just want to contribute to these programs, you can contact chrisp@chasnz.org.

Source: [HazardCo](#)