



### BRANCH COMMITTEE UPDATE

**Reminder There are no further face to face events planned for 2021.** (This includes our annual Christmas function)

Our next event will be in February 2022 when we plan to host a networking/speaker function in Christchurch as well as networking events in both North and South Canterbury.

Canterbury Branch will not be hosting any webinars either during this time to give our committee a well-deserved break ahead of what we hope to be an exciting 2022.

All national and other branch webinars can be found via <https://www.nzism.org/calendar/>

**What have the committee been up to since the last newsletter?**



Kate Brooks travelled round South Island playing golf at various courses including Millbrook, Jack's Point, The Hills, St Clair, Otago and Terrance Downs. She also challenged her husband to a competition and won 😊

Here she is at Jack's Point in Queenstown.

### MENTAL HEALTH AWARENESS

**Claire Johnson – Branch Manager**

As we ramp up into the busy Christmas season both at work and home life, we start to forget about selfcare and speaking for me personally the last month has been super busy and I understand self-care is more important than working all hour's day and night to help others. We need to remember ourselves, we come first, and we are the most important person.

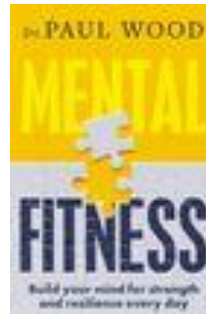
Self-care teaches us a lot about ourselves and helps us deal with issues and prioritize what is important to us and not others. Depending on who we are, we all self-care in different ways, for me it is physical – getting out on the mountain bike or just sitting staring at the ocean.

Mates in Construction have a great selfcare guide for anyone who may need some help.



### SELF-CARE GUIDE

<https://mates.net.nz/wp-content/uploads/2021/02/MICNZ-Level-3-selfcare-guide-PRINT.pdf>



Many of us have most likely heard the name Dr Paul Wood and his journey when he was 18, he killed his drug dealer and his book *How to Escape from Prison*, prisoner-turned-psychologist explains how he turned from a troubled youth who was rebelling in prison to finding that moment where he decided to change his life around and started studying a PhD in psychology.

His first book was hard for me to put down I decided I had to get his second book *Mental Fitness*. This book is more about tools and techniques to help us, the reader. There is so much to learn from this book as well as tools and the descriptions on different types of stress really stood out for me. I was reading this book on the plane with my husband, and I got to the section called "How much is too much" here there is a list of different types of events with a point score and add up all the points to the events. It then gives you a score interpretation and let's just say this was an eye opener to both my husband and I, we kind of forget the events we deal with day in, day out, that slowly build up without us knowing.

There is just too much that stands out about the book too, but other sections cover an extremely useful list of core values and how to understand these, and an interesting summary of evolutionary theory and the human mind. Other parts of the book covered the things we all know deep down but largely ignore, eat right, move more, drink less and get more sleep.

I would highly recommend asking Santa for this book for Christmas.

### LANDPOWER

Following my request for members photos from Mental Health Awareness Week, here is what Landpower got up to –



They kicked off Mental Health Awareness Week with a team breakfast and took the time to korero. They used the cards from the MHAW resource pack as ice breakers. It brought everyone together and started the week off with a bang! Each day they picked one of the themes from the 5 Ways to Wellbeing to focus on.



### GOVERNMENT ANNOUNCEMENTS

The government has determined that certain work may only be carried out by vaccinated workers. The [COVID-19 Public Health Response \(Vaccinations\) Order 2021](#) specifies who those workers are. This is a public health requirement. Employers can also require other work to be done by a vaccinated employee, if a risk assessment identifies this is necessary for work health and safety purposes. That may be the case where the nature of the work itself raises the risk of COVID-19 infection and transmission above the risk faced outside work.

WorkSafe NZ have issued guidance on how to decide what work requires a vaccinated employee (kaimahi) and they refer to employees rather than workers because it affects employment arrangements. The guidance also provides advice and how to conduct workplace assessments. Risk factors considered are, contact or interaction with other kaimahi, how easy it will be to identify the people kaimahi meet, proximity to others, length of time working in proximity with others, high risk workers such as underlying conditions, the risk of covid 19 infection and transmission compared to outside work and the involvement of unknown people if the region is at a higher alert level.

### WorkSafe NZ Prosecutions

#### Company director fined for health and safety failings

WorkSafe is warning company directors that if they are not making sure their company's operations are safe and healthy, they face enforcement under the Health and Safety at Work Act 2015.

The warning follows the first WorkSafe prosecution and subsequent conviction and sentencing of a director and his company for health and safety failings.

*"Directors have explicit legal duties to undertake due diligence on their company's adherence to health and safety obligations and failing to do so not only put their workers at risk, but it also puts them in our sights,"* WorkSafe's Head of Specialist Interventions at the time Simon Humphries said.

*"As governors of their businesses, they have more ability than anyone else to influence their business' operations to ensure they're taking all the steps required to protect workers and others on their sites from health and safety risks. If they're not doing so, they're failing in their duties,"* Mr Humphries said

**UPCOMING EVENTS – Please register for all events via NZISM website –**

<https://www.nzism.org/info/branch/canterbury/>

### FIRST 2022 DATE FOR YOUR DIARY!!

#### 18<sup>th</sup> Feb 2022 - Jason Johnstone- Hand Arm Vibration Syndrome (HAVS)



**Updated Location:  
Hornby Working Men's Club  
Time: 7am to 9am**

*Jason Johnstone is a 49-year-old male with hand-arm vibration syndrome.*

*Jason worked with power tools and machinery for most of his working life and developed hand-arm vibration symptoms.*

*Like all workers in New Zealand, he had no idea that the tools and machinery he used daily would slowly but surely damage his hands and fingers overtime. Sure, he had known about pinch point, cuts, electric shocks, and all the other common injuries relating to tools and machinery use, but the vibration no.*

*In 2015 he lost his employment due to his injury. Medical advice says do not go back to using power tools or machinery because the injury will only get worse. However, it is the only option available to most...*

*New Zealand health and safety has this grey area when it comes to vibration within the workplace and how to measure and monitor.*

*Jason's journey has led him to develop Vibration Action. "I love educating people about the dangers of vibration and the human cost. I am living proof."*

We hope to be hosting WorkSafe on the same day to provide us with an update on recently published guidance from the legislator on how to manage Hand Arm Vibration in the workplace.

