



New Zealand Institute of Safety Management

CANTERBURY BRANCH

COVID-19 ALERT LEVEL 2 *Monthly Newsletter*

With Auckland at Alert Level 3 and the rest of New Zealand working at Alert Level 2 NZISM Canterbury will postpone any face to face events whilst these restrictions are in place. Whilst this is an uncertain time for us all please take care of yourselves, your whanau and your colleagues.

HE WAKA EKE NOA

MENTAL WELLBEING LEARNING SERIES

MICHAEL HEMPSEED

4 AUG - 17 NOV

EVERY TUE 11.30AM - 12.30PM

Rates of mental illness are rising in New Zealand. The Covid-19 pandemic has made a bad situation worse.

Traditionally H&S practitioners have focused on physical harm but increasingly we are being asked to also consider psychological well-being. NZISM is running an in-depth 16 part series to give you an understanding of a range of issues. Topics covered include: depression, trauma and PTSD, different forms of therapy, poor sleep, anxiety, addiction, eating disorders, suicide prevention, brain injuries, dyslexia, grief, sensory processing issues and much more. There will be interactive components within the course and an opportunity for you to discuss with other members any challenges you may currently be facing.

UPCOMING EVENTS

Fast Quiz and Networking
Postponed due to Alert Level 2 Physical
Disdancing requirements.
New date TBC

Wednesday 9 Sept 2.30pm - 3.30pm
NZISM National AGM - via Zoom
Registration details will be available soon

September: Lyttelton Port Company Site visit

Details TBC

Thursday 03 Sept 5.30pm - 6.30pm

South Canterbury Network Group

Venue: Thompson Construction and Engineering, 9b Meadows Road, Washdyke, Timaru

Update your CPD: NZISM are moving MyCPD to a new platform. The new platform will be ready mid-August. NZISM will notify you via email when the new platform is live.

UPCOMING WEBINARS

THUR 13 AUG 12PM THE WASTE MANAGEMENT EXPERIENCE

- Aimed to define sustainability and will look at a real-life example of a company embracing a sustainability philosophy

THUR 20 AUG 12:00PM

CSI: Online workshop for those interested in joining

- Community of Safety Innovation (CSI) is a group dedicated to innovative safety experiments aiming to share ideas and practical examples of innovation so people can see something tangible - both the successes and the failures

Missed a webinar?

There are over 70 past webinar recordings available for members to access. Covering topics from Drones, Zones and Compliance to Workplace violence and aggression prevention, to The Power of Sleep, and so many more. If you are researching for a project or expanding your knowledge base, there is something for everyone (in the Resources section of the NZISM website).

When you suffer from depression
and somebody tells you to just
cheer up..





**MEET: JENNIFER WOOD
NZISM CANTERBURY
BRANCH COMMITTEE
MEMBER - SOUTH
CANTERBURY
NETWORK GROUP
FACILITATOR**

My name is Jennifer Wood and I've called Timaru my home for nearly six years. Before moving to the South Canterbury and starting a career in Health and Safety, I worked up in the North Island as an Outdoor Educator, and before that I worked as an Environmental Educator in the Limpopo Bushveld in South Africa. My husband is a Kiwi bloke and it didn't take much to convince me to settle in the beautiful, diverse and thriving central South Canterbury. Surrounded by the three districts of Timaru, Mackenzie and Waimate, this special part of the South Island is strongly influenced by its agricultural heritage and has opportunities in manufacturing and distribution, warehousing, engineering, construction, dairy, food processing and tourism. I joined NZISM because of the networking and professional development opportunities they provide NZISM members. I look forward to being a part of building the South Canterbury Network Group, to learn and share our points of view and expertise in health and safety practice.

**MEET: JOHN WOODROW
NZISM CANTERBURY
BRANCH COMMITTEE
MEMBER - NORTH
CANTERBURY
NETWORK GROUP
FACILITATOR**



I've worked in an eclectic range of industries, with seemingly no rhyme nor reason – merchant marine, electronics, semiconductors, refrigeration, health & safety.

I think I'm probably a better listener than talker (no great feat as small talk petrifies me).

Listening and observing the person closest to a work task has probably been my most valuable life lesson. It's a humbling practice when you allow others to display their skills. Everybody wants to be heard and appreciated.

I am fascinated by what motivates both myself and others, and how our cognitive biases affect the way we each differently interpret shared experiences.

Throughout my career 'path' my experience has been that people are centric to both the best and worst of work situations.

Workers with the best intentions can go astray without clear instructions.

Highly capable people can flounder and fail if ignored or miss-understood.

People closest to a problem usually already have an answer.

Teams working in synergy are much greater than the sum of their parts.

And people adore stories (it's how we make sense of the world).

NEED A GOOD READ

The 5 Principles of Human Performance: *by Todd Conklin*

Conklin's book is an interesting and informal discussion with the reader about the 5 Principles of Human Performance principle by principle, chapter by chapter. Work never stops and work is never normal. Work is constantly in motion, therefore learning must continue. Work is never the same, therefore we never really know how work is being done. If we don't know how we perform work how will we know how we can improve? The 5 Principles of Human Performance are, in a sense, a repository of the central values of Human Performance. Keeping these principles at the core of our thinking, training and practices will allow the building blocks of this philosophy to help organizational programs reduce the normal philosophical drift that is present and predictable in all safety programs. Having these principles keeps us all honest and keeps our Human Performance effort on track and successful



Please remember your Canterbury Branch committee is working hard for you to continue providing quality speakers and events as part of your membership. There is also a lot of work that goes on in behind the scenes. Efforts put in are purely voluntary and it is vital the branch is supported.

If you have any questions, topics of interest or know of a speaker you feel would be of value to the members please email canterbury@nzism.org

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