

Canterbury Newsletter November 2020

UPDATE FROM THE COMMITTEE

The end of 2020 is rapidly approaching (and what a year it has been). Your committee has recently held a planning session for events, speakers, and activities for 2021. We are looking to shake up the meeting format for the coming year hosting a mixture of breakfast and after work speakers, site visits and social/networking activities. We are hoping this change will provide more members the opportunity to attend.



NORTH CANTERBURY UPDATE

North Canterbury is currently planning their 2021 schedule. They are planning a site visit to the Kate Valley Landfill – Transwaste Canterbury. Registration may be opened to all Canterbury members, dependant on our transport options. Further details will be available early in the new year.

NZISM WEBINAR REVIEW

Who has been watching the Michael Hempseed series of webinars?

If like me you had plans to engage in all of them, with a few yet to play, but only managed a few or only missed a few then well done. If you have seen them all to date and are going to make the remaining ones, then excellent work.

Mental Wellbeing has been the overarching heading broken into a great range of topics for the Tuesday sessions. Here is a very quick look back at the session I have managed to attend.

- *Understanding Depression*
- *Post-Traumatic Stress Disorder and Trauma*
- *Finding Help – Part 1*
- *Supporting someone who is grieving*
- *Finding Help – Part 2*
- *Suicide Prevention*
- *The importance of sleep*
- *Autism*
- *Familial Trust*
- *Physical and Mental Health*
- *Preventing Bullying*
- *Anorexia and Mental Illness in children*

These webinars all ran to time of an hour, with some excellent material covered. Many of the topics resonated with me, having, like many folks, had some hardship through the COVID-19 lockdown and beyond. Grieving for lost work, understanding why you may have a loss of appetite, knowing “it is OK that you’re not OK”. Where to find help for you or others. Realising ‘us blokes’ need to open up a little more. Suicide statistics, the high-risk groups were surprising.

Learning to switch your brain off for better sleep (adults need 7 – 9 hours) as sleep is vital to wellbeing. From a legal point, stress is a hazard, as noted in several sections of the act. One in five workplaces experience/commit bullying. Bullying is humiliating and belittling. Eating disorders, anorexia, bulimia, binge eating. Parents at work with problems at home.

My main take home piece was from John Singleton of 1st Law, discussing the act and regulations, on the type of workplaces regarding their Health and Safety performance. Are they 1 – reckless, 2 – compliant or 3 – investors? It is a shame but there are organisations who can slot into each of these and maybe even drift between them. So, let us get on with the good work and move them all to become investors in Health, Safety and Wellbeing.

This series has been interesting, and I hope you will be encouraged to watch the recordings and get something from them.

Dave Boivin – NZISM Canterbury Committee

MEET THE COMMITTEE – WHITNEY TĀHAU (Tech Support and Branch Comms)

Tēnā koutou katoa, (Greetings to you all)

Ko Tauhara toku maunga, (Tauhara is my mountain)

Ko Taupo-nui-a-tia toku awa, (Taupo-nui-a-tia are my waters)

Ko Te Arawa toku waka, (Te Arawa is my canoe)

Ko Tuwharetoa toku iwi, (Tuwharetoa is my tribe)

Ko Tutemohuta toku hapu, (Tutemohuta is my sub-tribe)

Ko Paakira toku marae, (Paakira is my marae)

Ko Whitney Tahau toku ingoa (Whitney Tahau is my name).

I first moved to Christchurch in 2014 to take up the role of Warehouse Operations Manager for a large 3PL company. I then took on my first role as a Health and Safety Advisor for a manufacturing company in North Canterbury in October 2015 and in December 2019 I moved into the Electricity Distribution industry as a Safety and Business Risk Advisor.

I am interested in connecting the dots and was therefore drawn to investigating incidents and understanding the “How” and “Why”. Diving deeper into the initial root causes, picking apart assumptions, breaking down barriers and getting to know “Work as Done” fascinates me.

I joined the NZISM in 2019 and then the Canterbury Branch Committee in May 2020 as Tech Support. Since then I have picked up part of the Branch Comms role as well, primarily coordinating communications on behalf of the branch.



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CPD AFTERNOON AND NETWORKING 2020

Date: Friday 27th November

Where: Hornby Club, 17 Carmen Road, Hornby

Time: 2:30 pm – 6pm, followed by networking

Members \$20, Non-Members \$50 (includes nibbles and one drink)

This is the speaker/networking event we all need to end 2020 on a high. This year's CPD event has a spectacular line up of speakers:

Dr Jim McLeod (WorkSafe NZ)

Husband, father and grandfather- my most important work positions.

I am an occupational physician (FFOM RCPI) with the official title of Occupational Health Clinician at WorkSafe. Work 0.5FTE.

I work in the Health part of Health and Technical services, a new division of WorkSafe. Previously it was part of operations but now reports directly to the CE.

I am teamed up with the Head of Mentally Healthy Work, John Fitzgerald, Occupational health (actually, Occupational Hygiene) headed by Pip Gibson and am awaiting the development and staffing of the Human Factors and Ergonomics role.

It is a national role tasked with helping build internal functionality and capability of Work Safe staff and inspectors around work related health issues (alongside the others) and to develop internal and external relationships with key people like OHN's doctors, MOH, ACC. Industry groups.

Been involved with Accelerated Silicosis, Worker exposure survey about carcinogens, Methyl Bromide and Hi Cane (hydrogen cyanamide) as examples and have had meetings with ACC, MOH and others.

Personal history of being involved in private sector in OH for 25 years and been a member of Work related health advisory group to WorkSafe board for six years prior to this role.

I am based in Whangarei

Dr Annette Beautrais (SCDHB)

Annette is New Zealand's most experienced suicidologist, an academic who has been studying suicide research and prevention, and teaching about suicide prevention, for the past 27 years. She has worked in New Zealand and internationally, has published extensively and has won international awards for her research. Annette is Adjunct Professor at the University of Canterbury, Christchurch, and Suicide Prevention Coordinator at the South Canterbury DHB. In addition, she works as an educator and consultant to a range of organisations, and runs training programmes in suicide prevention throughout the country. Annette has worked with the World Health Organisation and served on the board of the International Association for Suicide Prevention.

Amanda Douglas (Wynn Williams)

Amanda leads the Employment and Health and Safety practice at Wynn Williams. She acts for employers and employees on a variety of Employment Law matters, with a particular focus in the dispute resolution area. This includes disciplinary steps, claims through the ERA and Employment Court, negotiations, and mediation. Amanda also provides advice on employment agreements and organisational restructuring. Amanda has the skills and experience to obtain a pragmatic negotiated outcome to many disputes. Where resolution is not possible, she presents a well-considered case to the ERA or Court.

Amanda also regularly advises on health and safety matters. She provides advice on health and safety compliance to a number of organisations. Amanda also defends Health and Safety prosecutions. Amanda regularly presents at conferences and seminars on employment, and health and safety matters.

As a member of the national Dispute Resolution Team, Amanda also draws on her experience in the areas of Resource Management, Local Government and Relationship Property to resolve disputes.

Amanda is recognised and recommended by **The Legal 500 Asia Pacific 2020**, being described as bringing "an excellent sense of commercial reality to the table". One client describes her as "a standout lawyer. She is able to intuitively see the issue and advance great solutions that balance risk and commercial pragmatism effectively. Another comments "I value the speed with which the partner who looks after our business has got to grips with our business...she offers pragmatic advice, setting out all of the options and advising thoroughly through the decision-making process. I also value the proactive support we receive."

Amanda is also recognised and recommended by **Chambers Asia-Pacific 2020** with an impressed client enthusing that "She is amazing and sees things two or three steps ahead. She's a very good communicator and she delivers information in a factual and accurate manner. She is also a fantastic negotiator"

The networking component will double as our Xmas Function to celebrate the year that was like no other.

NZISM Grading Changes

The new NZISM grading tiers have now taken effect. The changes in summary for those who may have missed them:

- Technician will become Practitioner
- Graduate will become Professional
- Certified will become Certified Professional
- Certified Fellows remain Certified Fellows.