

Wellington Branch Newsletter – February/March 2023

What's in this month's newsletter?

- ★ Useful H&S flooding links
- ★ Upcoming Events
- ★ Lifting Training Ineffective
- ★ Building Resilience in the Workplace

Our thoughts go out to everyone that has been involved in the recent floodings. There has been so much destruction that has taken place and there is a long road ahead for everyone to clean up and rebuild. There has been some good flooding H&S resources made available if you are supporting anyone in these areas:

- **MATES** - Getting through a crisis with your MATES
- **WorkSafe** - Keeping safe during flooding recovery
- **Rural** - Rural support through flooding
- **Civil Defence** - <https://www.civildefence.govt.nz/>
- **CHASNZ** - [https://secure.chasnz.org/downloads/Risk Guide.pdf](https://secure.chasnz.org/downloads/Risk%20Guide.pdf)
- **Landslides NZ** - During a slip
- **Accord** - <https://www.constructionaccord.nz/news/news-stories/contractual-guidance-due-to-severe-weather-and-flooding-events/>
- **BRANZ** - https://d39d3mj7qio96p.cloudfront.net/media/documents/Bulletin666_Restore_home_after_flooding_1.pdf
- **MSD Support** - Civil Defence Payment - Work and Income, Welcome to Work and Income

Upcoming Events

It takes time and effort to organise our branch events and we all know that both our members and our speakers get more out of each event with a larger turn out. A lot of our members put a recurring event in their calendars for the 2nd Tuesday of each month to make sure that they can attend. Please remember if you can no longer attend the event that you email well.nzism@gmail.com.

What's coming up?



[IN_PERSON - REGISTER HERE](#)

Presenter - Greg Cain

When - Tuesday 7th March 12pm

Where - Dentons Kensington Swan, 40 Bowen Street, Wellington

About - Come along to hear an update on recent cases, upcoming law changes and WorkSafe's enforcement settings. Greg's updates are an annual event in the Wellington Branch calendar and always very informative. Please note the new address of the host.



Site visit with LT McGuinness

When - Tuesday 7th March 12pm

Where -

About -



NZISM AGM

When - Tuesday 2nd May 12pm

Where - NZ Rugby, 100 Molesworth St, Thorndon

Register [here](#)

Remember to keep an eye on other [NZISM events](#) that are happening online throughout the year.

Regulators: Lifting Training Ineffective - SafeGuard

'How to lift' training programmes are not an effective way to manage hazardous manual tasks, do not reduce the incidence of musculoskeletal injuries, and are not viewed by regulators as required under health and safety legislation.

A [national position paper](#) released in September 2022 by H&S regulators in Australia and New Zealand nevertheless found that almost 80 percent of surveyed employers had provided 'how to lift' training to their workers in the previous two years.

The paper says 'how to lift' training includes training workers in lifting techniques and providing warm-up or stretching exercises.

It cites a 2021 survey which found most employers think how-to-lift training is required under health and safety law – but it isn't.

"Providing 'how to lift' training does not prevent work-related musculoskeletal disorders," notes the paper, which says such training doesn't change any of the risk factors that workers are exposed to in manual handling tasks, nor does it address the sources of the risks, such as:

- the design and layout of the work area;
- the systems of work used;

- physical and psychosocial risk factors;
- workplace environmental conditions;
- the characteristics of the load being handled; or
- things used in the hazardous manual task (eg tools and equipment).

Source - <https://safeguard.co.nz/>

Building Resilience in the Workplace



[This article from Safety 'n Action](#) highlights how resilience skills can help individuals and organizations promote workplace safety by coping with stress, speaking up about potential hazards, and recovering from setbacks. Could be a useful resource to share with your workplace or clients.

Resilience skills can have a huge impact on your life and also workplace safety. Firstly, having resilience skills can help individuals cope with stress and adversity, which are common in many workplace settings. This can help prevent accidents and injuries by allowing people to remain calm, focused, and level-headed in challenging situations.

Secondly, resilient individuals are more likely to take initiative and speak up about potential safety concerns, rather than staying silent due to fear or uncertainty. This can help identify and address potential hazards before they become more serious problems.

Resilience skills can help individuals bounce back from accidents or setbacks, allowing them to recover more quickly and effectively from injuries or other adverse events. This can help minimize the impact of accidents on both individuals and the organization as a whole. Whether it be to support the health and safety or for your own personal growth, we can all benefit from building up some of this resilience armour.

So how do you build resilience?

Practice self-care

Taking care of yourself physically and mentally is an important part of building resilience. Make sure you're getting enough sleep, eating a healthy diet, and engaging in activities that you enjoy and that help you relax.

Build your support network

Having a strong support network of family, friends, and colleagues can help you build resilience. Make time to connect with others and seek out help and support when you need it.

Seek out challenging experiences

Building resilience often requires facing and overcoming challenges. Look for opportunities to take on new challenges and learn from them.

Seek out resources:

Explore resources to build resilience - books, articles, TED talks, and more!

Check out this TED talk as a starting point:

<https://www.youtube.com/watch?v=NWH8N-BvhAw>.

Source - <https://www.safetynaction.co.nz/en/>

Newsletters

If you have any articles that you think would be interesting to share with the branch in the next newsletter please get in touch with us. Maybe you might have some podcast ideas or you would even like to write a short article or share something that you have been working on. We would love to hear from you!

Also remember to check out the latest NZISM newsletter [here](#).
