

Wellington Branch Newsletter – January 2023

Happy New Year!

We hope that you all have had a wonderful Christmas and New Years. Who would believe that we are already one month down in 2023! For many of us January has been extremely busy, it generally is in the H&S world, with everyone returning to work, setting goals and priorities for the year.

As H&S Professionals it's important to ensure that we take a moment, and look after ourselves to avoid burn-out during these busy times. This will of course ensure that we are available to give the best possible advice and support to others.

Our thoughts are with those who have been impacted by the recent awful weather. Even though we are based in Wellington, many of us have been affected by the heavy rainfall and flooding up North in some way. Our thoughts go out to everyone during this unsettling time, and we hope that everyone keeps safe with the continued rain.

Committee update

Kim Payton has informed the committee of her resignation as Branch Manager which will take effect from the AGM. After nearly 4 years on the role, we recognise her commitment, especially in the past 2 years, and that it's time for her to step aside to give someone else the opportunity to lead the Branch. Nominations will be called for prior to the AGM, but if you have any questions about the role, please contact well.nzism@gmail.com.

We also thank and farewell Tomas Haerewa who is leaving the committee. Tomas has been a strong supporter and contributor to the committee and we particularly enjoyed his many, fun adventures stories of when he was growing up and living in Australia. We wish Tomas well with both his business and busy Dad life.

Committee members are not elected, so can join (or leave) at any time. If you'd like to contribute to the future direction of NZISM in Wellington and help provide informative and interesting events for members, please get in touch on well.nzism@gmail.com.



February Events

The Wellington NZISM committee have been working hard on the line up for this year's monthly presenters. We are excited to start returning to in-person meetings again!

Our first in-person meeting of the year is on Tuesday [14th February](#) at the NZ Rugby Union office on Molesworth Street (details below).

We are keen to host at different venues around Wellington this year to ensure that everyone has the chance to come along. We would love to hear from you if you know of a potential venue.

What's coming up?



Kate Milburn

[WEBINAR - REGISTER HERE](#)

Presenter - Kate Milburn

When - Wednesday 8th Feb at 1pm

Where - On-line

About - In this webinar, Kate will share the practical steps you can take to proactively build a mentally healthy workplace. Leveraging a systems perspective.



[IN_PERSON - REGISTER HERE](#)

Presenter - Braden Lister, Principal Adviser H&S at Government Health and Safety Lead

When - Tuesday 14th February 12pm

Where - NZ Rugby Union, 100 Molesworth Street, Wellington

About - Braden will be joining us to discuss the importance of collaboration and how organizations can successfully work with unions.

<https://www.healthandsafety.govt.nz/>



[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.

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



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!

Anxiety Support

As many of us know anxiety comes in all shapes and sizes and if not managed correctly it could be a contributing factor in workplace incidents. It's important that we normalise mental health conversations at work and in our personal lives. A great tool to share with people is the [AnxietyNZ resource](#) and Helpline



Safety II - SafeTree

In 2022 there was a lot of talk about Safety II - understanding what it was, how to put it into practice and how it would work alongside the regulator. It's great to see SafeTree integrating it into their material [here](#).

Safety II

A new approach to health and safety

Safety II is a new approach to health and safety that focuses on learning from why things go right at work, as well as why they go wrong.

Traditionally, safe workplaces are said to be those where incidents don't occur. But no incidents in the past doesn't necessarily mean a workplace won't suffer incidents in future – particularly if conditions changed.

So under the Safety II approach, a safe workplace is defined as: **the presence of an ability that enables things to go right across varying conditions.**

The ability to adapt to change is important in forestry because work conditions are always changing.

To stay safe in constantly varying conditions workers need to be set up for success. They need the right:

1. Tools, resources, equipment
2. Strategies and work methods
3. Work environment.

Curious questions for forestry site visits

One way to find out if workers really have what they need is to go on site and ask open, non-threatening questions like:

- ▶ Tell me about a time when your work was difficult? Uncomfortable? Slow? Inconvenient? Frustrating?
- ▶ What bothers you about the job?
- ▶ What makes you uncomfortable?
- ▶ What solutions have you come up with to make the job better?
- ▶ What can we do to make that solution even better?
- ▶ What does the best crew look like? What do they do? How do they work?
- ▶ What it is about your work mates that makes them good to work with?
- ▶ How do we help you to get the right resources for the job?
- ▶ Can you tell me about the best clients/customers/suppliers you work with?
- ▶ Can you tell me about the ones that are difficult or frustrate you?