

## Keeping you up-to-date with

# Health & Safety

## Welcome

Health and Safety Reps are an important part of our company's health and safety team. Their hands-on roles provide us with good information about how work is done and where there might be opportunities for improvements.



We've just held the annual conference for our Health and Safety Reps. This was a great day of connection, learning and sharing about this important aspect of our business.

ANZCO's investment in health and safety is about continuous improvement and we are all responsible for working safely, calling out unsafe behaviour and making improvements in our processes and our systems. Health and safety at ANZCO will never be finished and together we all need to focus on continually making improvements – and that's what the conference was all about.

### Key commitments from the conference that we're following up on are:

- A system to capture and share information across our sites. The aim of this will be increased consistency as well as providing opportunity for sharing information that is relevant to other sites – for example some signage in different languages.
- Supervisor support – including a conference so they can be even more connected to health and safety in ANZCO Foods.
- And that a Health and Safety Rep from each site attend the Health and Safety Advisor meeting quarterly.

### Industry approach

At the conference I shared about an industry-wide initiative – that ANZCO is leading – involving all the meat companies. It's early days for the forum but CEOs from all the companies have committed to working together to improve the wellbeing and safety of everyone working in the red meat sector.

I've certainly been impressed about the willingness for everyone to get involved and work together to make a difference across our sector. We'll keep you updated with any developments.

PETER

**Peter Conley**  
Chief Executive Officer

## Welcome Rachael



Kia ora! I'm Rachael Morris, the new Group Health and Safety Manager. I'm in my first month at ANZCO Foods and am really enjoying working in an organisation that genuinely cares for their people.

During the next few months, I'm planning to visit several of our sites, and as I'm new to the industry, I'm really looking forward to meeting new people and asking lots of questions to understand how we do things around here.

Outside of work I am involved in a National School Sports Association. I'm also the team photographer for my son's St Andrew's Rugby team. In the weekends you can usually find me walking my labrador on the beach at or the Waimakariri River.

## Health & Safety Conference

The second annual Health and Safety conference was held on 13 September.

After the inaugural conference last year, it was another great opportunity to check in with our Health and Safety teams from around the business, find out what we've done well, and discuss areas we could improve.

We reported back on changes we committed to at last year's conference and implemented, as well as committing to another set of initiatives (see Peter's welcome, left) that we'll ensure take place in months to come to continue our improvement in this very important area of our business.

For ANZCO Foods, it's essential that everyone goes home to their family and friends safely every day, and as a group we're committed to doing all we can to make that happen.

Thanks to everyone who attended. It was great seeing some familiar faces and meeting new ones. We appreciate everything you do for everyone at ANZCO Foods.



# Meet our Health & Safety team

## Levi Gaby

Levi has worked at ANZCO Foods Eltham for 20 years and has had health and safety as a part of his role for nine years.

He says the most rewarding part of his role is helping people. He finds that people with injuries may not know what help is available, or be too shy to come forward, so getting them back to work and happy at work is the best part of his job.



## Christina Woolhouse

Christina has worked at ANZCO Foods Kokiri for 16 years, and has had injury management as part of her role since 2013. She's currently learning about health and safety and is excited to learn new skills.

She really enjoys getting out around site as part of health and safety, and she likes spotting potential risks and helping to make them safer.



## Mental Wellbeing is important to ANZCO

Recently it was Mental Health Awareness Week (MHAW).

This year's MHAW theme was 5 Ways, 5 Days, to give you 5 proven tools to boost your mental health.

### Take notice / Give / Be active / Connect / Keep learning

If you're struggling, there are many people and services you can reach out to. Try your family and friends, your manager or a colleague, church or other organisation, your GP, or HR.

### There are free helplines available:

1737 – 24-hour support from trained counsellors

0800 111 757 or text 4202 – Ask questions about depression or talk to a trained counsellor

0800 787 797 – Alcohol Drug Helpline

If someone you know is struggling, take the time to check in and listen to them. Sometimes having someone to listen to them is all they need.

## Five Ways, Five Days.

### Proven tools to boost our mental health.



## AED locations

There are many publicly available AEDs around New Zealand. These can increase someone's chance of surviving a heart attack by up to 80% if applied immediately.

You can download the app that shows where they are here:

Google Play



App Store



Or find your nearest AED on the website:

[aedlocations.co.nz](http://aedlocations.co.nz)

## Traffic Management

Work site traffic can be a major cause of harm at worksites.

Here are some key tips to help you keep safe on our sites:

- Make yourself familiar with the sites' traffic plans. These plans include the desired flow of pedestrian and vehicle movements, rules for when and who gives way, and diagrams showing walkways and speed limits.
- If you're taking medication, please talk to your manager as some may impact your ability to operate machinery.
- A driver of a truck that is being loaded/unloaded must stay in the designated safe zone.
- If cranes or hi-abs are operating, make sure that the work area is barriered off and never walk under a suspended load.
- When we have hazardous substances being delivered, make sure that you follow the signage and instructions of the delivery driver to keep them and yourself safe.

## Any questions or feedback?

If you've got any questions or feedback on anything in this newsletter please contact our the Health and Safety team at:

[HealthandSafetyAdmin@anzcofoods.com](mailto:HealthandSafetyAdmin@anzcofoods.com)

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