

Keeping you up-to-date with

Health & Safety

Recovering from an injury

We continue to look for ways we can support you if you have a work injury. Being able to come to work is better for your recovery - physically and mentally - and it helps you to stay connected to your team.

Last year we developed a programme called Recover at Work that provides information on what help is available if you have a work injury and how we can support you at work where you can continue to be a valued team member - either doing part of your usual job or a different job while you recover.

We're interested in your experience when you have an injury at work. Later this year we'll be running a short survey to get your feedback to help us identify what we can do better with our Recover at Work support and if there are any gaps in our processes.

And, we've included tips in this newsletter on what do to help prevent work injuries occurring in the first place.

Keep an eye out for April's wellbeing focus, Physical Matters, which covers injury prevention, stretches, and recovering at work.



2022 Injury & Lost Time Rates

	Total Injuries	Lost Time Injuries
Knife Safety	11% ↓	20% ↓
Forklift Trucks	50% ↓	25% ↑
Slips, Trips, Falls	23% ↓	22% ↓
Traffic Management	100% ↓	34% ↓
Manual Handling	15% ↓	2% ↓

Work fitness tip!

Stretch before work. If your job is physically demanding, warming up and stretching will significantly reduce your risk of injury.

Work fitness tip!

Eat a healthy breakfast. Your car wouldn't run on an empty tank; fill yourself up on nutritious food before starting work.



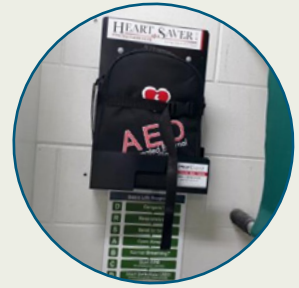
AEDs

You can find Automated External Defibrillators, or AEDs, around your site.

AEDs are used to help someone who is experiencing cardiac arrest. They analyse the person's heartbeat and assess whether to administer an electric shock.

They are easy to use as they are equipped with voice prompts to walk you through the process. You don't need to have any prior health and safety or medical training.

Take a look around your site and get familiar with your nearest AEDs today.



New Health & Safety Team



Hi, I am Victoria Sibley (Vicky) from Canterbury.

I worked in the ANZCO Foods Canterbury Beef Boning department for 20 years. During that time, I had the privilege of holding many H&S roles, and I have now joined the H&S team as the new H&S Advisor for ANZCO Foods Canterbury.

Hi, I am Charlotte Miller from Canterbury.

I worked at ANZCO Foods Canterbury in the Lamb Further Processing for 27 years. Six weeks ago, I joined the Canterbury H&S team as the new H&S Injury Management Advisor.



Hi, I am Giacardo Van Der Merwe (Jakes) from Canterbury.

I have worked in H&S for 12 years, 7 of those in New Zealand, after starting out in South Africa. I'm based at ANZCO Foods Canterbury, looking after the site's Health, Safety, Injury Management, and Training.

Hi, I am Mark Lewis from Manawatu.

I started in the meat industry when I was 14, first as a retail butcher and then into the meat works. Before joining ANZCO I was Health and Safety manager for Alliance Levin.



Hi, I am Megan O'Donnell from Waitara.

I am excited to be joining Carolyn as an Occupational Health Nurse part-time. Most recently I have been employed by Te Whata Ora Taranaki as a covid vaccinator and prior to that I worked within the hospital as an assessment/rehabilitation RN.



Learn how to do CPR

Learn how to use an AED by watching the Lunch and Learn session held at the corporate office by clicking the link below or scanning the QR code.



<https://bit.ly/3Z1mMcq>

Slips, trips and falls

Keep a lookout for the next safety initiative focused on slips trips and falls, which will run during April and May.

Work fitness tip!

Stay present in your work - have awareness in your tasks and environment so as not to put yourself or others at risk.

Any questions or feedback?

If you've got any questions or feedback on anything in this newsletter please contact the Health and Safety team at: healthsafety@anzcofoods.com

WORK SAFE

HOME SAFE