

Keeping you up-to-date with

Health & Safety

Welcome

Welcome to the second edition of the health and safety newsletter for 2024.

Winter has begun, and with it comes icy mornings, harsh glare from the sun, and adverse weather. Whether you drive a car, forklift, truck, or other vehicle, keep any potential hazards in mind before you set off on your journey no matter how long your drive is. Keep an eye out later in this newsletter for information on our current health and safety focus, which covers driving, and heating your home efficiently in winter.

Site Managers, their direct reports, and other key people have been using the safety conversations initiative since March, and you may have seen them engaging in these conversations around your site. The initiative has now been rolled out to the wider Health and Safety and Human Resources teams. The next step will be rolling out this initiative to supervisors in July. You can now log the Safety Conversations you're having through the button on the homepage of the ANZCO Crew app.

We have many people around ANZCO who are doing great work in the health and safety space. We've shouted out a couple of people in this newsletter who have stood out to us, but as health and safety is a team effort, I want to thank everyone who helps keep ANZCO a safe place to work.

As our sites head into shutdown, we'll have an increase of contractors coming onsite to support our teams carry out maintenance and project activities to ensure our sites run effectively. To keep everyone safe, we're focusing on ensuring these contractors have good health and safety systems in place, and that we induct them and set them to work effectively.

Rachael Morris
Group Health and Safety Manager



Shout out to...

Jason Harris for having great ideas about how to improve the safety of the stockyards at ANZCO Foods Manawatū.

Ronda Wilson and **Robyn Bayens** at ANZCO Foods Eltham who have stepped up and organised recent wellbeing events onsite, including a Pink Ribbon Breakfast and activities for Pink Shirt Day.

If you have any positive health and safety stories, we'd love to hear them. Please send them through to:

Rachael.Morris@anzcofoods.com



Have a hmmm...

The 2024 winter sport season has kicked off and ACC is reminding people to 'Have a hmmm' to prevent injuries during pre-season training and throughout their winter sport activity.

ACC has put together some videos on keeping safe while playing winter sport, and you can also check out their other videos on snow recreation, home and DIY activities, and summer recreation.

www.acc.co.nz/preventing-injury/have-a-hmmm

Create your emergency response plan and WIN!

Check out the emergency response tips coming out in July, then fill out the household emergency response plan form and send a copy to **HealthandSafetyAdmin@anzcofoods.com** by 31 July, and be in to WIN a \$100 Prezzy Card*! There's also a colouring competition children can enter, with five \$30 Paper Plus vouchers up for grabs.

*We won't store, reproduce, or use your plan for any reason other than this competition.

Meet our Health and Safety team

Kate Dixon

Kate works part time at Five Star Beef as an Office Administrator, and she coordinates all health and safety systems onsite. Kate has worked at Five Star Beef since 2016, originally coming onboard for one day a week to do health and safety admin. She's since taken on more administrative and health and safety tasks and now works two days a week. She enjoys making health and safety more accessible and less daunting for employees, as well as creating documents and checklists, filling out forms, and implementing and improving systems.



Rise and fall platforms at Marlborough

When the Health and Safety Governance Group visits sites, the sites are asked to do a deep dive to provide insight on critical risk areas on their site. Bevan King, Site Manager; Anna McRae, Health and Safety Advisor; and Mark Shaskey, Engineering Supervisor at ANZCO Foods Marlborough recently presented on rise and fall platforms.

They provided an informative presentation that detailed the risk assessments, reviews, and re-designs that rise and fall platforms at Marlborough have been through since 2016, including research on rise and fall platforms at other sites and taking away the ideas that would work for them. They also shared how the platforms have been made safer through upgrades like pneumatic systems, e-stops, auto-locks, and working at height training for all operators.

Health and safety focus

May and June's health and safety focus is on Winter Safety. As part of this focus, we've covered forklift safety, winter driving, and heating your home.

The Energy Efficiency and Conservation Authority offers grants to install insulation and/or heat pumps in your home if you meet certain eligibility criteria, and there are many quick and easy things you can do to heat your home efficiently.

Driving in winter poses many hazards, but you can reduce the risk. Before setting off, check your tyres have a tread of at least 3mm as older tyres can take more time to stop in wet or icy conditions. Check the weather forecast and use Waka Kotahi's journey planner for the safest route.

July and August's health and safety focus is on emergency management and hazardous substances. We're encouraging everyone to sort their emergency household plan and be in to win this July - find entry forms around your site, in the Facebook group, or in the ANZCO Crew app. You'll also find a colouring competition, which your children can enter.

Take Five

When emergencies or stressful events happen, the 'red brain' - our natural fight or flight response kicks in, often unconsciously, and can fog up our thinking. The higher our stress levels, the more the 'red brain' takes over.

There are tactics we can use to reduce our stress levels and move towards the 'blue brain' where we think clearly, and stay calm, plan, speak, and be aware of others and ourselves.

The Take Five safety principles' framework helps us to pause, identify hazards, and take steps to avoid them:

- Step back and take three deep breaths
- Look at the environment and situation, and identify any hazards
- Assess any risks
- Control the hazards
- Monitor the hazards

Practicing these five steps helps us prepare for stressful situations, promotes healthy work habits, and keeps us alert and focused.

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: HealthandSafetyAdmin@anzcofoods.com

