



besafe
WORKPLACE TRAINING

Monthly
Newsletter

2nd Edition

September 2015

PATHWAY TO YOUR FUTURE

WWW.BESAFETRAINING.CO.NZ

DON'T PANIC – H&S Reform Bill

On the 4th April 2016 the Health and Safety at Work Act becomes active in law. Do not let the scaremongers cause you to stress out. If you have a health and safety programme in place you are either completely or partially there.

If you are acting in good faith and making an attempt to have good practice zero harm initiatives in your workplace you can hardly be criticised.

Here at **Besafe Training Ltd**, we consider ourselves to be practical and of common sense.

We can audit your health and safety initiatives and advise you where you stand, the cost to do this is a pittance if there is a health and safety event at your workplace.

We agree that the penalties and some other sanctions in the new law are rather severe especially if an employer is compelled by the Court to make a public statement at the employer's expense that details the health and safety breach – Ouch!!!!

Call us on 09 -555-2365 and ask for Jason or Peter and we can talk you through the options. Read our newsletter and see what we can offer regarding courses and consultancy on our website www.besafetraining.co.nz

HOW IMPORTANT IS IT – REALLY?

Contrary to some opinions there is a plethora of information about that in New Zealand we are not that bad regarding workplace deaths and injuries. Sure, more so injuries are too high and the seriousness of some is gut wrenching. One death is one too many we all agree on that, but at **Besafe Training Ltd** we believe there are some excellent employers and employees who are focused on health and safety and are putting in a lot of effort.

We seek feedback from our customers and many of the comments are inspiring. Some customers come in and show they do not want to be at the course but as it progresses you see a positive change in attitude. The comments we receive indicate that our customers enjoyed the course and learnt a lot. Credit to them all.

BESAFE TRAINING HEALTH & SAFETY CERTIFICATE

Besafe Training Ltd has a six module course that can be adapted to suit your workplace. We consider it to be the most comprehensive health and safety course in New Zealand.

It covers matters such as legislation, working at heights and on ladders, working near electricity, working in the sun, ergonomics, signs and compliance, hazards, wellness issues, safe driving and many other topics.

The course would be ideal for Health and Safety Managers, members of Health and Safety Committees, Health and Safety Representatives, staff to be company inducted – let's face it - it is for EVERYONE

TOUGHEN UP!!!!

STRESS and FATIGUE - a brief psychosocial overview

Mention the word **STRESS** or **FATIGUE** and someone will probably say – "**Toughen up**" or "**Take a concrete pill**" – No - that is not the best practice way to deal with this illness.

As a result of intensive enquiries **stress and fatigue** have been identified as a major contribution to the near nuclear meltdown at Three Mile Island Nuclear power station (USA) the Chernobyl nuclear power station meltdown (Russia) and the explosion on the space craft 'Challenger' (USA).

Some stress is necessary for a person to function normally. A mild level of emotional arousal produces alertness and interest in the task at hand. It isn't always bad. If the stress is within the person's comfort zone people can perform better. It can help people meet challenges.

Stress is your body's way of responding to any kind of excessive demand or threat.

In many instances of stress people tend to resort to behaviour patterns that have worked in the past.



Up Coming Courses

September

- 9th - 10th Height Safety
- 11th First Aid
- 11th Height Safety Equipment Inspector – NEW!!!
- 14th - 15th Confined Space Training
- 15th - 16th Height Safety
- 17th First Aid
- 21st - 22nd Height Safety
- 23rd - 24th Confined Space Training
- 28th Breathing Apparatus training

October

- 1st First Aid
- 5th - 6th Health & Safety Rep – NEW!!!
- 7th MEWP scissor lift
- 8th Confined Space Training
- 12th Height Safety

Contact us or see our website for more courses & dates

The issue is – when stress becomes distress.

When your body cannot recognise the differences between daily stressors and life threatening events then such stress can increase blood pressure, suppress the immune system, increase the risk of a heart attack or a stroke, speed up the aging process and present to a person the vulnerability to a plethora of mental and emotional problems.

The impact of psychological stress can be serious to health. Studies have shown that such stress can be related to medical issues such as heart disease and peptic ulcers

There are some key points we should know about stress:-

Learn how to identify stress and how to manage it

Learn how to relax

Gain skills that become a daily routine such as effective problem-solving, quality communication and reasoned thinking

Work-life balance is the best way to avoid harmful stress – this can be achieved by being physically active, using a well-recognised diet, enjoying good sleeping patterns, and enjoying social interaction in a positive environment.

A holistic view

Stress applies itself differently to people – what may be stressful for you is not for others.

In some events stress can be helpful regarding motivation and succeeding in doing things.

Stress can originate from many sources such as poor health, relationship issues, workplace, timelines or unreasonable expectations.

Medical issues that can arise from long term stress.

High blood pressure

Obesity and diabetes

Depression or anxiety

Heart disease

Muscle tensions and headaches

Irritable bowel syndrome

Mental health issues which includes suicide

What are some symptoms of stress? These are some common ones but in general, symptoms of stress differ for each person

Chest pains

Rapid heartbeat

Dry mouth

Upset stomach

Irritability or annoyed more than usual

Headaches

Muscle tensions

Pain in the neck or back

Increased skin infections, mouth ulcers, colds, rashes or asthma

Difficulty to concentrate or focus on tasks

Being lethargic, tired

Excessive consumption of food or not eating appropriately

Consuming caffeine based liquids to satisfy the need to keep going

Increased anxiety

Following this, the Mayo Clinic in the United States recommends among other matters the following in order to better manage stress

Relax

Healthy breathing

Eat healthier food and in a more effective manner

Listen to music

Visualisation

Meditation

Exercise

Take “time out “

Communicate with a person you enjoy

Sleep

Shrug it off

It is necessary for everyone to know how to manage stress, set limits, problem-solve, look after yourself and when and how to take a rest (break).

Stress is a normal part of life and it can be negative or positive, but when stress becomes **distress** then time is overdue for something to be done about it.

With that brief background on stress, there needs to be a focus on stress **in the workplace.**

The Health and Safety in Employment Act 1992 has some ten clauses which detail the responsibility of both the employer and employee on matters relative to health and safety in the workplace.

Within these sections there is mention of the words:-

“Harm “

“Serious Harm “

“Hazards“

“Significant hazard “

“Illness, injury or both“

Stress is an illness and fatigue can cause stress

Stress and fatigue within the workplace is not acceptable – end of story.

Besafe Training Ltd has a four (4) hour programme regarding stress and fatigue – Call us now to find out more

Training Statement

Besafe Training Ltd bases its training philosophy on National and International Standards for safety in the workplace.

Besafe Training prides itself in presenting the most recent information available and incorporates various mediums to create an interesting and effective learning environment.

All learners will receive training to the highest standards available.

All learners will have the opportunity to be rated as having achieved in all aspects of the training that we provide.

All learners will learn in a safe environment, using certified and appropriate equipment.

All learners’ specific needs will be met to the best of our ability.

Besafe Training Ltd trainers and instructors are kept abreast of current trends.

Talk to us now!

If you have any questions in regards to your Health and Safety Training or company policies and procedures be sure to contact us.

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BESAFE TRAINING LTD
TRAINERS IN WORKPLACE SAFETY AND
WORKING WITH BUSINESSES TO
SUCCEED.

Poor sleep patterns

among others

Pg 2

Pg 2

Pg 2