

**CARCINOGENS COMMON & DANGEROUS FROM WORKSAFE NZ**

At WorkSafe, we support businesses to improve work-related health. One of our current initiatives is to prevent harm from carcinogens (something that can cause or promote cancer) and airborne risks (something in the air that might be inhaled or might interact with the skin).

Carcinogens and airborne exposures are estimated to account for at least 31% of work-related harm (in disability-adjusted life years lost). Controlling and preventing exposure will make a lasting impact on your health, safety, and wellbeing, and your workers’.

To help you identify, control, and manage exposure and help to keep you and your workers safe, we’re taking the roadshow across New Zealand.

If your business involves work where there could be exposure to carcinogens and airborne risks such as welding, silica, asbestos and dust, these events are for you. Industries include (but not limited to)

- Brick and block layers
- Building
- Collision and repair
- Concrete cutters
- Construction
- Engineering
- Manufacturing
- Quarries
- Woodworking



Summit Manager Name _____
Telephone/Email _____
All information in this newsletter is to the best of our knowledge true and accurate. No liability is assumed by the author, or publisher, for any losses suffered by any person relying directly or indirectly upon this newsletter. Call our Head Office 09 438 7550. <sup>1</sup> I watched as the Lamb opened the first of the seven seals. Then I heard one of the four living creatures say in a voice like thunder, 'Come!' <sup>2</sup> I looked, and there before me was a white horse! Its rider held a bow, and he was given a crown, and he rode out as a conqueror bent on conquest. <sup>3</sup> When the Lamb opened the second seal, I heard the second living creature say, 'Come!' <sup>4</sup> Then another horse came out, a fiery red one. Its rider was given power to take peace from the earth and to make people kill each other. To him was given a large sword. \Rev 6.
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**WHAT IS SAFETY STAR RATING? FROM WORKSAFE NZ AND ACC**

<https://www.worksafe.govt.nz/managing-health-and-safety/getting-started/introduction-hswa-special-guide/>

In this issue ... (1 June 2017) Over the last few months, WorkSafe, ACC and the Ministry of Business, Innovation and Employment (MBIE) have been working hard to redesign the Safety Star Rating initiative – an injury prevention initiative to help lift the performance of workplace health and safety in New Zealand businesses.

We can now announce, that for the first time in New Zealand, a new health and safety toolkit will be available to provide a credible and authoritative definition of what good health and safety performance looks like and provide advice and guidance on how to improve. This definition will be above minimum legal compliance.

As announced in our [email newsletter at the beginning of the year](#), as of April 2017, ACC is no longer offering Workplace Safety Discount (WSD) and Workplace Safety Management Practices (WSMP) products.

They don't align with the new Health and Safety at Work Act and ACC found there was no strong connection between the products and a reduction in injury claims. This toolkit is not a replacement for WSMP or WSD. It defines good health and safety practice - above and beyond compliance, uses a behavioural and evaluative assessment approach and offers business guidance and advice on how to improve.

There will be no levy discount attached to using the toolkit. Instead, ACC is taking a new approach to helping New Zealand businesses create healthy and safer workplaces. ACC would like your help on shaping how their products might motivate businesses to drive improvements in their health and safety performance (for example, experience rating, accredited employer programme, and targeted financial incentives).

For more information and if you would like to be involved in helping to shape the new approach, please visit <https://www.shapeyouracc.co.nz/>

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## **HEALTH & SAFETY IS NOT JUST SAFETY AS MOST PEOPLE THINK**

We believe that there are about 200 workplace deaths per annum on the job or as a direct consequence of accidents at the workplace. According to WorkSafe NZ only 37 die on the job so most of them die at home or in hospital. More astounding is the fact that about 800 people die from diseases at work plus cancer at work on a long term basis. Quite a few of these people die in Westland Province and are at work in the jade industry. Many others are in quarries or in mining conditions.

### **HEALTH MEANS WELLNESS**

You need to consult your Doctor  
Wellness means many things:

- a) Oral Iodine to kill Covid and to stop nuclear radiation.
- b) Turmeric to kill most cancers but you must add black pepper to ignite
- c) Astragalus the king of herbs to fix liver problems and diabetes
- d) Beta Carotene for eyesight
- e) Elderberry Juice, Black currant Juice for anti oxidants and longevity



## **WORKSAFE NZ REPORTS ON WORKING FROM YOUR HOME**

### **What does the law say?**

Many businesses now offer flexible working arrangements that include working from home. This is a positive step towards supporting workers' wellbeing. However, there are risks associated with working from home. Under the Health and Safety at Work Act 2015 (HSWA), businesses must ensure, so far as is reasonably practicable, the health and safety of their workers. **This includes workers who work from home.**

As a worker, you also have responsibilities under HSWA. For example, you must cooperate with any reasonable health and safety policies and comply with reasonable instructions provided by your business. Good communication between you and your employer is key to a healthy working from home arrangement. Businesses must engage with workers and their representatives to: identify hazards and assess health risks. You need to come up with plans to eliminate or minimise these hazards and health risks. Businesses also should work with you to make sure they support your physical / mental health when working from home.

3.

**Continuous use of an uncomfortable workstation can lead to conditions, including: MUSCLE STRAIN, NECK PAIN, BACK PAIN, HAND/ARM PAIN.**

These disorders can impair productivity and impact your life outside of work.

A well set up workstation that supports a variety of relaxed working positions is a great starting point to manage health risks.

We are different shapes and sizes and work in different ways, so there is no single workstation set up that would suit everyone. You need to set up your workstation to suit you.

Even with a great workstation set up, our bodies will still become tired if we sit or stand in the same position for a long time. Take regular breaks and **remember, the best position is the next position.** If you feel sore or achy, make some changes to where or how you are working, or how long you are working for.

**What to look out for** It is important to notice the signs of physical problems early and do something about them. Take note of:

Any of the following

- dull aches
- discomfort during or after work
- pain that makes work or home activities difficult
- numbness, burning sensations, or pins and needles
- sleep disturbance, with discomfort or numbness
- muscle weakness
- stiff joints
- swelling
- headaches
- pain that keeps coming back.



Making changes when you first notice these symptoms will lower the chances of more serious (severe or long-lasting) problems. More changes & improvements = better outcomes.

### **Work with your business to manage health risks**

**It is important that you and your business work together to identify, assess, and eliminate (or minimise) risks to your health when you are working from home.**

Your manager should discuss your home workstation and environment with you before you both agree on an arrangement that involves you working from home.

This is to make sure that suitable risk control measures, such as adjustable equipment and a dedicated space to work, are in place.

**If you are unable to set up a healthy workstation at home, you should consider working from the office instead.**

Your business should apply similar furniture and equipment standards to a home workstation as they would in an office. Different businesses have different ways of managing the risks of working from home.