

Safety Engagement Newsletter

DECEMBER 2015

Facts & Stats

- Did you know that **69,000** Kiwis get skin cancer each year.
- In 2013 fatigue was identified as a contributing factor in 32 fatal **crashes**, 109 serious injury crashes and 427 minor injury crashes. These crashes resulted in 33 deaths, 153 serious injuries and 600 minor injuries. The total social cost of crashes involving driver fatigue was about \$274 million.
- If you drive with less than 6 hours sleep...your risk of a crash **triples**.
- Drivers are **4 x more likely** to crash if using a cell phone. (*Fleet Safety website*)
- **Five children** are killed each year in NZ driveways. (*Safekids Aotearoa*)

Make the most out of your summer

Welcome to another edition of the ACC Safety Engagement newsletter that finishes off another year. In this edition we focus on ways to help keep your staff safe around the Christmas period to ensure they are fit and ready for the New Year.

Social occasions such as work Christmas lunches can be a great way to get your team together, celebrate successes and just relax. We need to remember to be a responsible host and look after our staff and their families. In this newsletter we will look at how alcohol can affect the workplace and what you can do to manage alcohol harm. We focus on distractions while driving and in particular phone use and in our health section we look at nutrition and food safety over the Christmas period. Preventing injuries doesn't need to be complicated and by looking out for each

other you can ensure a good time while staying safe.

We would like to thank those that completed the email survey around this newsletter. The response we received was very insightful and it was great to hear that we are on the right track as most of you felt the information we are providing was useful or very useful. We will take your comments into consideration around the development of future newsletters.

Please remember to distribute the newsletter, you can print off the pages indicated and share with staff on noticeboards, or in the staff room. Feel free to copy bits into your own newsletter. By giving staff the right information now, you are giving them the skills to keep themselves and their whānau safer so they can return to work injury free after the Christmas break.

Understanding the residual levy

At present, the Work, Earners' and Motor Vehicle levies are all made up of two parts:

- a 'current portion' (which changes year-on-year)
- a 'residual portion' (which is required to collect a fixed amount by 2019).

The current portion of the Work levy funds the total cost of work injuries expected to occur between 1 April 2016 and 31 March 2017. The current portion also includes a funding adjustment component. Each year we review the injuries and costs from previous years against what we expected. We also consider investment returns and other economic factors. Any shortfall or surplus relative to our full funding requirements is reflected in a funding adjustment.

The residual portion of the Work levy covers the cost of claims made when we used a pay-as-you-go model. It also covers the ongoing cost of claims for work injuries that occurred before 1 July 1999 ('pre-1999'), and non-work injuries to earners that occurred before 1 July 1992. Before 1 July 1999 we only collected enough each year to cover that year's costs for all prior claims.

In September, the government announced that residual levies will be removed from 1 April 2016. It has signalled that this may mean an increase in the Work levy for around 25% of business customers.

For more information on the removal of Residual Levies, please head to [this link](#)

Support ‘Say Yeah, Nah’

Drinking alcohol is a part of many New Zealanders’ lives but, for a significant proportion, the amount and pattern of drinking causes harm both to themselves and others. Harms can include injuries, alcohol poisoning, chronic health problems, road trauma, offending, and abuse of others.

Problem drinking in a workplace context can adversely affect workplace safety, productivity and employee wellbeing. Sometimes those negative impacts can go beyond the organisation to your customers and the wider public.

Below are some ideas to prevent alcohol-related harm and create a responsible culture around alcohol:

- Alcohol Policy: It’s good practice to have a written policy clearly setting out rules and expectations around alcohol. But the impact of a policy alone is limited. A more comprehensive approach would include education and training strategies, counselling and treatment services, as well as health promotion.
- If you do serve alcohol at work events, be a responsible host, and remember not everyone wants to drink alcohol. Limit the amount of alcohol available, offer tasty non-alcoholic alternatives, make sure there’s enough food and organise transport home. Also, keep a close eye on younger workers



or people who you know or suspect have issues around alcohol.

- If you want to reward staff, how about giving them the gift of wellbeing? There are plenty of options for a competition won or a job well done – opt for a healthy recipe book, a voucher for a physical activity or sports equipment. It might be the start of a new healthy habit or pastime.

For more information and resources visit www.wellplace.nz

Stay SunSmart this summer

New Zealand has such strong solar ultraviolet (UV) radiation; employers have a responsibility to manage their people’s exposure to the sun just as they would any other workplace hazard.

That’s particularly true for people who work outside, but ideally your team who go outside for only part of their day, even if it’s to enjoy their lunch, should be encouraged to be [SunSmart](#) over the daylight saving months. It’s easy to be SunSmart – just remember to “Slip, Slop, Slap and Wrap”.








Whether working indoors or out, there are many ways workplaces can take action to reduce and/or minimise their people’s UV radiation exposure and educate their team to be safe in the sun.

Below are some ideas to stay SunSmart.

- Provide broad spectrum sunscreen with a SPF of at least 30 for people heading outdoors – especially if they work outside and/or you’re promoting lunchtime walking groups, walking meetings, walking to external meetings, etc, as ways to sit less and move more.

- Upload the [Sun Protection Alert](#) widget onto your homepage and/or intranet. It gives you the specific times to be SunSmart in your region. You can also order a [physical display board](#) which you can update daily.
- Display posters and distribute other resources to encourage SunSmart behaviour.
- Encourage your team to regularly check their skin and to visit their GP if they notice a new or changing spot, freckle or mole.

For more information and resources visit www.wellplace.nz

 <ol style="list-style-type: none"> 1. SLIP on a shirt with long sleeves. 2. Fabrics with a tighter weave and darker colours will give you better protection from the sun. 	 <ol style="list-style-type: none"> 1. SLIP into the shade of an umbrella or a leafy tree. 2. Plan your outdoor activities for early or later in the day when the sun’s UV levels are lower. 	 <ol style="list-style-type: none"> 1. SLOP on plenty of broad spectrum sunscreen of at least SPF 30. 2. No sunscreen completely filters all UV rays. Always use with other parts of the system. <p style="text-align: center;">SunSmart.org.nz</p>	 <ol style="list-style-type: none"> 1. SLAP on a wide brim or a cap with flaps. 2. More people are sunburnt on the face and neck than any other part of the body. 	 <ol style="list-style-type: none"> 1. WRAP on close fitting, wrap around style sunglasses. 2. Not all sunglasses protect against UV rays, so always check the label for the sun protection rating. 
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Texting and driving

Texting, calling, catching up on social media – if it can be done on a phone, Kiwis are continuing to do it while driving.

Unfortunately, irresponsible phone use behind the wheel has become an epidemic. According to Ministry of Transport statistics diverted attention, which includes using mobile phones or other telecommunications devices, was a contributing factor in 22 road crash related deaths and 191 serious injuries in 2014.

Research has shown that driving while talking on a hand-held mobile can be as dangerous as driving at the legal blood/alcohol limit – and it can increase the risk of being involved in a crash by 400%. Even more dangerous than talking is texting or emailing. To read messages you have to take your eyes off the road and change your long distance driving focus to a close focus. It means you're driving blind for however long it takes to read the message or key in a phone number.

The danger of distracted driving

Driving safely requires a driver to pay full attention to the road and to other vehicles. Using a phone while driving also slows your reaction time if you need to respond quickly to a potential hazard.

Safest action?

Switch mobile phones OFF when driving.

Keeping your driveways safe – Always know where your kids are

Every two weeks a child is hospitalized with serious injuries received from a vehicle driving on a private driveway in New Zealand. On average, a further five children are killed annually in the same way. Most children injured in driveway incidents are toddlers, and the driver is usually the father, mother or a close family member.

The devastating impact of these events upon families cannot be overstated.

Identify the signs of a risky driveway

A long driveway.

A driveway in a quiet road or cul-de-sac.

A driveway that also provides pedestrian access to house (no separate pedestrian pathway).

A driveway leading to lots of parking – cars need to be moved around to make room or allow vehicles to leave.

No physical barrier (i.e. fence) between driveway and outdoor play area.

Know where the kids are before getting in the car

CHECK for children before driving off

SUPERVISE children around vehicles – always

SEPARATE play areas from driveways

For free keyrings designed to remind you to check your driveways for children visit:

<http://www.safekids.nz/resources/ProdID/126>

HEALTH MESSAGE

Summer Holidays – Nutrition and Food Safety

Holidays mean gatherings with family and friends, celebrations and treat foods, often away from home and all in the fabulous New Zealand sun. It's easy to keep healthy with our holiday nutrition and food safety tips.

Top 5 tips for happy eating on holidays

Keep your portions small

It takes 20 minutes for your stomach to tell your brain that it's full. So select smaller portions then wait a while to see if you really need that second helping.

Don't be tempted to try everything at the buffet table

You don't have to fill up your plate on the first pass of the buffet table. Look for the healthier options, and make them the biggest part of your meal. Even if you're watching your weight, it's ok to have your favourite dessert, just make it a small portion.

Drink lots of water

Did you know a large percentage of headaches are caused by dehydration? Alcohol has lots of energy (kilojoules) so by having a glass of water in between drinks you'll be helping both your head and waistline.

Take your own healthy food to parties

A bowl of hummus or lower-fat dip with chopped vegetables and low-fat crackers is ideal for nibbles.

Take advantage of summer fruit – a plate of berries with yoghurt dipping sauce or a colourful fruit salad is a delicious dessert.

Use those legs

Make the most of summer sunshine - play cricket with the kids, walk along the beach, take the dog to a new park and keep active. Remember it's how much we move as well as what we eat and drink in the quest for healthy weight.

Quick tips to make your food safe this summer

Summer is the time to be outdoors, perfect for barbeques and picnics. Handling and storing food safely is the key to avoiding sickness from bugs.

- Wash your hands properly before touching food
- Precook chicken, meat patties and sausages before cooking on a barbeque
- Don't use the same plate to carry raw and cooked food, and use separate utensils.
- Prepare food as close as possible to eating time
- If you are taking food on a trip, keep it cool in a chilli bin
- Don't leave food out of the fridge for too long before eating
- Refrigerate leftovers as soon as possible, and when you reheat, make sure they are steaming all the way through.

Want more information on food safety? Visit:

NZ Nutrition Foundation www.nutritionfoundation.org.nz

Foodsmart www.foodsmart.govt.nz

Activities – help get your staff involved

Here are some simple activities to get you started

DrinkSmart app

Encourage staff to download this app and track their drinking behaviour.

The DrinkSmart app allows you to keep a drink diary to see how much you do actually drink – compared to how much you think you drink. The app will calculate how much you have spent and how many calories you have consumed each week. If you decide you want to cut down you can set yourself a challenge around having some drink-free days or drinking less over the week.

There is a chat room within the app so you can support other users and receive advice from a virtual coach. Go to www.drinksmart.co.nz or download DrinkSmart from the iTunes and Google Play stores.

Sunsmart colouring competition

Download the sunsmart colouring in sheet from www.sunsmart.org.nz and run a competition for staff and their kids.

Posters on sunsmart

Posters are available at www.sunsmart.org.nz that you can put up around your workplace to encourage people to think about slip, slop, slap and wrap.

Healthy Christmas Lunch

Think about holding a healthy Christmas lunch for staff. Think about your portions and ways you can cut down on calories.

Other suggested activities if you have

more time

Alcohol Policy

It's good practice to have a written policy clearly setting out rules and expectations around alcohol. Guidelines and how to write a policy are available at www.wellplace.nz

Skin checks for staff

Improve the wellbeing of your employees by offering free or subsidised skin checks. Many providers can tailor a programme to meet the needs of your company such as www.molemap.co.nz

Driveway Runover display

Set up a mock display showing people the dangers around driveways. Resources and videos are available on the Safekids website www.safekids.nz. Your local Plunket may also have resources available.



The graphic features a central blue circle with the text "DRINK SMART" in white. This circle is surrounded by several overlapping circles in shades of green, yellow, and orange. To the right of the central graphic are five small icons representing different types of drinks: a martini glass, a bottle, a beer mug, a wine glass, and a tumbler glass. Below the icons, the text reads: "Take the Drink Smart challenge - track your drinking, calories and dollars." At the bottom right of the graphic, the website address "drinksmart.co.nz" is displayed in green.

Calendar of events

DATE	EVENT	WEBSITE
3 Dec	International Day of Disabled Persons	www.dpa.org.nz
5 Dec	World Volunteers Day	www.worldvolunteerweb.org
10 Dec	World Human Rights Day	www.amnesty.org.nz
18 Dec	International Migrants Day	www.un.org/en/events/migrantsday/