

Health & Safety Monthly Update

December 2021



Welcome to this month's edition of the Health & Safety Monthly Update.

This is to inform you of the current health and safety issues we are all challenged with while providing some information to ensure we are fulfilling our duties of looking after our people. To get in touch with the Health and Safety Team, please email safety@unitec.ac.nz.

Thank you for all of your support during the year! Below are a few reminders for the holidays – we hope you find them useful:

Staying Safe in the Water This Summer

The holiday break is almost here, and that means lots of swims to cool off during those hot summer days! To find some of the best places to swim over the summer, [click here](#). Here are a couple of handy tips for staying safe in the water this summer:

- ✓ **Don't swim without a buddy** or without telling someone you are going swimming, no matter how strong of a swimmer you are.
- ✓ Always try to **swim between the flags** where lifeguards are present, if possible.
- ✓ If you are swimming and find you need a bit of a rest, but are not in immediate danger, **roll over onto your back and float**. Floating on your back will allow you to catch your breath. Always call or signal for help by waving if you feel you are in danger.
- ✓ **Avoid using water wings/floaties/arm bands on children**. Water wings create a false sense of security, can pop or slide off easily, and teach the child to stay in an upright position while in the water. Instead, **use life jackets** that provide support around the chest area and never let your child go swimming above their head if they are using a life jacket.
- ✓ **Always keep an eye on children**, even when there are lifeguards present. Keep small children within an arm's reach at all times.
- ✓ **Be aware of rips**. If you do get caught in a rip, don't fight it – this will waste valuable energy. Instead, stay calm and float out with the rip before swimming parallel to the beach to get across the current. Then, swim diagonally back to shore. **Always call or signal for help by waving if you are not a strong swimmer or if you ever feel that you are in danger.**



How do I access EAP Services?

To request a confidential in-person phone, video or e-counselling appointment phone or visit the website:

NZ 0800 327 669 |
eapservices.co.nz

Other resources: need to talk?
Free call or text **1737** to talk to a trained counsellor



Safety Heroes of the Month

This month, the Safety Heroes are the technicians from Mataaho. These including David Nicol for his Health and Safety pro-activeness, which does not go unnoticed, Bruce Hilliard (Mataaho Supervisor), and Brett Andreassen (Technicians Manager) who all have gone above and beyond to enable the Trades & Services students to safely complete the practical components of their studies. They have gotten through an extremely difficult year by working together for the benefit of our students.



Safe Travels

If you are driving over the holidays please remember to plan ahead, take your time, be patient, and take regular breaks – it's been awhile since we have driven long distances! Please check out [the link here](#) for some tips to keep in mind. Remember to take a break if you are feeling drowsy!

[ACC highlights](#) of weird and not-so-wonderful festive season injuries.

Look after your friends and whānau over the holidays, be gentle on yourself and others, and most of all enjoy the time. We look forward to seeing you all back on campus in the New Year!

**Ngā mihi o te Kirihimete
me te Tau Hou**

Diane, Erin, Bruce,
Andrew and Jo

