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Welcome! Cancare July 2014 - PPE Gear and 5 top tips to keep you health!

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What's Going On?

Friday 8th August - Check out Les Mills' RPM event [The Crank](#) - really work it for charity!

Saturday 9th August/Sunday 10th August - [Ice Hockey](#) comes to Christchurch - get ready to yell.

Sunday 31st August - Another round for the [Ashburton Duathlon](#).

Enjoy weekend tramping? Head along to the [Peninsula Tramping Club](#) to see what is planned

August is hosting the [Christchurch Arts Festival](#) - plenty to see and do!

And let's not forget, the [New Zealand Film Festival](#) is showcasing during August.

Welcome,

We don't know about you but we're all ready to see the end of winter - bring on Summer! A gym class instructor said this week that summer bodies are made in winter! That might be motivation enough for you to check out some of the fitness events on in the area in the next month.

When you started your job you would have had to complete a H&S Induction Checksheet and return it to us - this is so that we're all aware of what we need to do and watch out for when we're working. Remember, H&S is about everyone going home safe at the end of the day - so lets watch out for each other!

In the event you do have an accident it's very important that you tell us - and if you do end up at the doctor that you take the Return to Work documents with you so we can make sure that we get all the right information from the doctor. The forms can be found from the link on our [Accident Form](#).

If you have any questions about Health & Safety then contact your Canstaff consultant or Jane, our Health & Safety Champion on 03 308 7038.



SAFETY ALERT

Personal Protective Equipment

You will be issued with safety equipment and trained in the correct use and need for it – any equipment issued **MUST BE WORN AT ALL TIMES**. Items of clothing should be tight fitting and jewellery can pose a hazard so should not be worn (generally a plain wedding band will be allowed). Staff working outside need to ensure they protect their skin by the use of clothing, sunscreen and hats.

If in doubt, eye and ear protection are to be worn, sight and hearing cannot be regained.



FITNESS

Top 5 Health Tips

- 1) **Drink water** - go on, fill your bottle up and down it, you'll feel better for it!
- 2) **Eat yoghurt everyday** - this will help with your gut health and is way cheaper than buying probiotics :)
- 3) **Sleep well** - 7-8 hours of sleep a night will do wonders for you - if you keep skipping the sleep you will end up run down and get sick!
- 4) **Get out and pound the pavement** - before work, after, during lunch - just 15 minutes is good!
- 5) **Smile** - big and often!



INCIDENT REPORT

So far this year...

- 12 Accidents**
- 2 Near Misses**
- 0 Incidents**

Please contact your Consultant if you see **ANYTHING** that could cause someone to have an accident - you can also contact us at health@canstaff.co.nz.

It's about making sure we all go home well at the end of the day - so do the right thing and let us know before someone gets hurt.

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Contact the office 24/7

ANY TIME YOU HURT YOURSELF OR ALMOST HURT
YOURSELF YOU NEED TO CALL YOUR CONTACT AT
CANSTAFF IMMEDIATELY.

CALL US 03 348 9810.