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Welcome! Cancare December 2014

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### What's Going On?

Every Saturday 9am - 1pm - [Christchurch Farmers Market](#) - the place to get fresh produce!

Wednesday 3rd December - 6:30pm - [The Great KidsCan Santa Walk](#)

Saturday 13th December - 3pm - [Black Sticks Men vs Canada](#)

Wednesday 24th December - 9pm - [YMCA Carols by Candlelight](#)

## Welcome,

First day of summer so looking forward to a warmer few days ahead. With Christmas approaching it's easier to slip into holiday mode a bit earlier, you can take your eye off the ball in terms of making sure you're doing your job in a healthy and safe way. Remember, we're all responsible for getting each other home safe at the end of the day - no matter what time of the year it is. So keep on being safe and making sure those around you are too!

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 Jim, our Health & Safety Champion on 03 308 7038.



**SAFETY ALERT**

Noise



**FITNESS**

5 Top Kiwi Summer Foods!



**INCIDENT REPORT**

So far this year...

Hearing loss is a gradual process - which means we don't realise it's happened, until we can't hear as well as we used to. As a general rule, if you need to raise your voice to be heard, chances are you need to wear some hearing protection. Ask your Consultant or your on site Supervisor if you're concerned about the noise level.

**If you're given hearing protection, make sure you wear it properly.**

(Also good for fitness too!)

New Zealand has some pretty amazing summer super foods that are readily available, make sure you put some of these on your shopping lists!

1. Salmon
2. Kiwifruit
3. Berries - Strawberries, blueberries, raspberries...
4. Asparagus
5. Cherries

Trust me, you'll fall in love with all of them!

**23 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](mailto:health@canstaff.co.nz).

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

Remember, tell us about anything unsafe!

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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.**