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Welcome! Cancare September 2014

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## What's Going On?

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

27 September - 12 October - [NZ Icefest](#) - explore NZ ties with Antarctica

Sunday 19th October - [Crater Rim Trail Run](#) -

Saturday 25th October - [Singapore Airlines Christchurch Diwali](#)

Sunday 9th November - [Urban Assault](#) - an urban obstacle course!

Every weekend in November - [Banks Peninsula Walking Festival](#)

## Welcome,

Daylight savings marks the start of the warmer weather right?! We definitely hope so and the sun has definitely been shining more in the last couple of weeks. It's important to remember though that it is still a tad cooler in the mornings and late afternoons so make sure you're packing that jumper along with your sunhat!

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

#### Training on Equipment

When we place you in a job we make sure that you have the experience and knowledge to safely carry out any work that you are asked to carry out. Your onsite supervisor will ensure that you use any equipment or do any task correctly and have the correct protective clothing and equipment and have completed any training on equipment or on the task.

**Don't do anything that you're not trained to do.**



### FITNESS

#### Summer Health!

Summer is a great time to be outside. Take advantage of the weather and be active. Try going for a hike with friends, go for a swim. Spending more time outdoors will naturally increase your activity level. Be sure to always wear sunscreen and protective clothing.

Take advantage of fresh vegetables and fruits available at local farmers markets.

Eating well will make you feel better and give you more energy for exercise.



### 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](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.