



Toolbox Talk

September 2022



Mental Wellbeing

Looking after your emotional health

Growth, change and you

Growth and change will be a constant part of your life just as it is an essential part of the Natural World that we see all around us.

Growth can be

Natural and expected
– e.g. growing older

A life challenge we invite
– e.g. signing into an apprenticeship

Unexpected and hard
– e.g. injury, loss of a loved one,
loss of a job.



Different types of growth affect us in different ways



- When we are enjoying our growth, life feels good
- When growth is hard but we embrace it, we feel good
- Even if it feels uncomfortable it doesn't mean the growth is wrong.

When growth and change is too hard



- If something feels really uncomfortable we may avoid what is needed to change the situation
- We may use distractions or self medication to stay away from painful growth
- These distractions may become an ongoing habit
- If this continues long term we may get 'stuck' or form some unhealthy habits
- Sometimes we don't know we are stuck
- Sometimes we don't know how to change being stuck
- Being stuck for too long will affect our sense of Wellbeing
- Being stuck can cause us to disconnect from the people around us.

Things to remember

- Not all problems can be solved on our own
- Other people might have had the same problem and know a good solution
- Hiding the problem doesn't make it go away
- Some problems need a stepped approach to get to the final solution

We are
Engineers,
problem solving
feels good!

You may need to support yourself

Physically The more healthy and fit you feel the more you will have energy for difficult situations

Mentally Worry and stress have a very real impact on us

Emotionally Loss and grief can weigh very heavily on us, get the help you need with this

Spiritually What is it that touches your soul? We all need those moments.

Keys to supporting yourself

- Acknowledge that you are finding it hard
- Take responsibility for what your part is in the situation
- Know where to turn for support; Family, Account Manager, Workplace Supervisor, Peers
- Counselling Support, OCP
- It won't always feel easy, discomfort is part of growth and change.

Remember..

- Everyone learns, changes and grows differently
- You are not expected to know everything
- You will have strengths of your own you can apply when you are stuck
- Each time life gets hard and you find a new way through you learn more skills to apply next time.

It's OK to acknowledge, I am still learning how to do this.



Further Information

We suggest joining Facebook or other social media support groups in your industry for a support network or ideas on how to get support for your mental health.

There are also lots of mental health resources online as well as a number of free phone support numbers you can call for more information and help if needed.

OCP – 0800 377 990, email support@ocp.co.nz or via the app [myocp.app](#)

Lifeline open 24/7 – 0800 543 354

Depression Helpline open 24/7 – 0800111757

Healthline Samaritans open 24/7 – 0800 726 666

Suicide Crisis Helpline open 24/7 – 0508 828 865 (0508 TAUTOKO)

(For people who may be thinking about suicide or who are concerned about family or friends)

Alcohol Drug Helpline open 24/7 – 0800 787 797 or text 8691 free

Your local Rural Support Trust 0800 787 254 (0800 RURAL HELP)

Mental Health Foundation

MATES In Construction– 0800 111 315

The Lowdown – The Lowdown is a website to help young Aotearoa New Zealanders recognise and understand depression or anxiety. However you may be feeling, the Lowdown is full of ideas and people who can help you get unstuck and get to a better place

Women in Trades – Women in Trades (WIT) is a not-for-profit that promotes trades and trades training as a viable career option to women and employers or visit <https://www.facebook.com/WomeninTradesNZ/>

InsideOUT – InsideOUT works to make Aotearoa New Zealand a safer place for young people of minority genders and sexualities

What's Up – free phone 0800 942 8787 counselling support for kids and teenagers

Youthline – free phone 0800 37 66 33 support helpline, or free text 234 or email: talk@youthline.co.nz

Victims Information

Puāwaitanga phone counselling

ACC Support

Safe to Talk

Bullying Free NZ – Bullying-Free NZ offers a wide range of resources for students, schools, parents and whānau to support those dealing with bullying

WorkSafe NZ – Bullying Prevention – Tools and resources for businesses and workers to help guide you in preventing bullying in the workplace

Empowering Internet Safety Guide for Women

NZ Police

Rape Prevention Education

Auckland Sexual Abuse HELP



Remember **STAAR** = Good Work Practices **Stop Think Assess Act Review**

Health and safety reps

Your Health and Safety (H&S) Reps are here to represent and assist you (apprentices) in all health and safety matters. If you would like to talk to an H&S Rep or have any H&S issues, feel free to contact any one of them. They will be more than happy to help.

Auckland

Alan Bates – 022 015 5671
 Oliver Hames – 021 254 8224

Waikato

Elizabeth Humberstone – 027 806 8879

Kylie Mason – 027 431 5877

July/August health and safety summary

Remember to keep reporting accidents and incidents so we can all learn from them.

It's great to see near misses being reported and we encourage you to keep reporting these so we can prevent an actual injury happening.

- S** Stop
- T** Think
- A** Assess
- A** Act
- R** Review

Lost time injuries	1
First aid injuries	6
No injury	1
Medical treatment injuries	0
Near miss	0
Non work injuries	0
Restricted work injuries	0
Pain/discomfort	0
Total Incident	8

Incidents

No injury	No injury
Nature of injury	Powered hand tools
Incident	Apprentice was buffing a steel sheet and the buffer hit the edge of the steel sheet and bounced off onto their crotch. There was no damage to the apprentice but a tear to their overalls
Corrective actions	Follow STAAR process. Communication to all staff to be aware and take time completing tasks

First aid injury	Metal in eye
Nature of injury	Foreign body
Incident	The apprentice was halfway through their day when their eye started to feel irritated and sore. They flushed their eye to remove the foreign body
Corrective actions	Follow STAAR process. Communication to all staff to be aware and take time completing tasks. Ensure PPE is worn and hands are clean before touching eyes. Brush off clothing and hair after working to get rid of any dust and any potential metal fragments

First aid injury	Cut to lip
Nature of injury	Hitting object with part of the body
Incident	Apprentice came up a ladder and walked into a drive shaft guard hitting their mouth as they ducked to get under it
Corrective actions	Apprentice discussed with machine manager the possibility of placing reflective stickers on the cover and placing foam on the sharp edges of the guard to prevent a similar incident happening

First aid injury	Removal of skin to finger
Nature of injury	Caught in between
Incident	Apprentice was using the drill press while wearing gloves and a piece of metal shaving caught their glove and pulled their finger into the moving drill press pulling the skin off their finger
Corrective actions	Follow STAAR process. Communication to all staff to be aware and take time completing tasks Consider if gloves are appropriate to be worn while completing task

First aid injury	Burn to face
Nature of injury	Contact with chemical
Incident	Apprentice was using cleaning acid and removed their respirator with out removing their gloves first. There must have been a small spot of acid that transferred off their gloves onto the seal of the respirator and when they put it back on they got a small burn on their cheek
Corrective actions	Follow STAAR process. Communicated to apprentice to remove gloves that have been used to handle chemicals before taking off any PPE

Incidents

Lost time injury	Back sprain
Nature of injury	Other muscular stress
Incident	Apprentice bent down to pick up some metal and felt pain in back and leg
Corrective actions	Follow STAAR process. Discussed with the apprentice, what could be done in the future to ensure this type of injury is not repeated. Use a manual handling aid or ask for help to lift material

First aid injury	Cut to forehead
Nature of injury	Hitting object with part of the body
Incident	Apprentice was in a tight space working and turned to leave the space and hit their head on a beam above causing a small cut to forehead
Corrective actions	Follow STAAR process. Communication to all staff to be aware of surroundings when working

First aid injury	Burn to arm
Nature of injury	Powered hand tools (welder)
Incident	The apprentice was standing on the floor gas welding a fitting to copper gas lines above their head. As they went to weld the other side of the pipe, they stepped back and stumbled on the water bucket that was behind them, causing them to burn their right arm with the torch. They immediately shut down the gas plant and stopped work and recognized a poor workplace habit and cleared area of potential tripping hazards
Corrective actions	Communicated to apprentice to be aware of surroundings when welding. Keep the work area clear so they can walk around both sides of the job. Apply STAAR to their work practices.