

PRRA Staff Daily Update – Tuesday 12 May 2020

Hi everyone – Hope all is well in your bubble! [More information regarding the Agency operating under Alert Level 2 is included in this email.](#)

Update from www.covid19.govt.nz

New Zealand will be at Alert Level 2 from Thursday 14 May

The Government has announced that New Zealand can safely move out of Alert Level 3 at 11.59pm on Wednesday 13 May.

Until then, we're still at Alert Level 3, and all Alert Level 3 guidance and restrictions apply.

Cabinet has decided to phase in some aspects of Alert Level 2 in order to manage the risk of stepping down Alert Levels.

COVID-19 continues to be spread by close personal contact. Gatherings and social events where people mix and mingle present the highest risk of spreading COVID-19. Some of the biggest COVID-19 clusters have come from these types of events.

Under the first phase of Alert Level 2 gatherings can have up to 10 people. This applies to wedding ceremonies, funerals and tangihanga, religious ceremonies, gatherings at home, and each group within a restaurant or other venue. This is a temporary measure that will be reviewed in 2 weeks' time. It does not apply to large public venues, or playing professional sports, which are controlled environments.

Until Thursday 21 May, venues like cafes, restaurants, bars and clubs are restricted to opening for dining, and with groups of 10 seated separately, and served by a single server.

The information on Alert Level 2 restrictions is being updated to reflect this decision.



Pike River mine site

Full re-entry and recovery operations will commence on Thursday 14 May 2020 from 7am underpinned by the morning and afternoon shift roster as per pre COVID-19 arrangements. This means **Bryan's crew are first up** followed by **Kirk and his gentlemen**. Bryan and Kirk will provide further details shortly and will phone each of their respective crews this morning with further instructions regarding travelling protocols and training.

In summary PPE gear on Thursday, surgical masks and disposable gloves etc. will be provided if you are travelling in vans and trucks and cannot maintain the 1 metre physical distance. Once you are at

site, training will be provided first thing operating under Covid -19 Alert level 2 and any other changes that have occurred at site during the 8 week lock down period.

Greymouth office

Office based staff will continue to work from home.

A workplace digital detox www.allright.org.nz

Small breaks away from technology can have big benefits - at home and at work. Having a digital-detox every now and then can be a good way for workplaces to support their teams to bring their A-game to work.

Does your phone go wherever you go?

Do you get distracted by email notifications long after you've left work for the day? Perhaps you dream of going away on holiday to a remote part of the country, where there is limited reception forcing you to go off the grid?

We're here to tell you a digital detox is possible in the workplace and doesn't have to be limited to dreamy tropical holidays. It might seem scary at first - how else are you going to reply to that urgent email or take a phone call from a client?

According to research company Nielsen a massive 3.1 million New Zealanders spend 16 hours online every week. So you're certainly not alone if you consider your mobile phone to be an extension of your arm.

A balancing act

Being online can be a great way to learn and connect, but it can also be a challenge to get the balance right. For most of us, unplugging completely is unrealistic. Sometimes there are simply calls to take, texts or emails to answer and moments we want to capture.

The challenge is learning to embrace technology, while not letting it take over every minute. In short, how can we switch off and recharge?

Small breaks = Big benefits

Small breaks away from technology can have big benefits.

Being away from our screen allows us to slow down and focus on the things that matter most. It can free us up to do the things that really matter, like enjoying the outdoors, spending time with the whānau, or giving something new a go. Doing these things can lead to lower stress levels, improved relationships, and improved overall wellbeing.

We know it isn't always possible or feasible to go completely digital-free at work, when there are calls to take, spreadsheets to compose and emails to monitor at work. But a little digital-free time, can make a huge difference. Fluttering between email, internet, text and so on can increase stress, fatigue and lower productivity.

Tips for best practice at work?

- Make meetings device-free. Place phones in a box in the centre of the room and if you're running the meeting, lead by example.
- Encourage walking/device-free meetings, where everyone can get active and leave their phones and screens behind.
- Structure your day into blocks and turn off pop-up notifications. By setting aside an hour or so to send off emails you will be able to focus purely on the task at hand, rather than flick between systems. And if you aren't getting the notifications, you won't know what you're missing out on the rest of the day!
- Turn your phone on 'do not disturb' mode when you leave the office. No notifications, no checking!
- Go screen-free on the weekends, so you're rearing to go when you really have to, come Monday morning.
- If you're working on your computer, simply lay your phone face-down to avoid any distraction caused from a flashing phone.



QUIZ

Answers to Monday's Quiz Questions (out of 10)

Film Directors

Below are some of the most famous films of all time, but who directed them?

1. Jaws (1975)

Steven Spielberg

2. Gone with the Wind (1939)

Victor Fleming

3. Titanic (1997)

James Cameron

4. Star Wars (1977)

George Lucas

5. The Exorcist (1973)

William Friedkin

6. Harry Potter and the Philosopher's Stone (2001)

Chris Columbus

7. Doctor Zhivago (1965)

David Lean

8. Taxi Driver (1976)

Martin Scorsese

9. Pulp Fiction (1994)

Quentin Tarantino

10. A Clockwork Orange (1971)

Stanley Kubrick

Today's Quiz Questions (out of 10)

A free quiz from <https://www.readymadepubquiz.com>

Please note down your answers and you can score yourself when the answers come out in the next update. Please No Googling - Good luck!

MUSIC - ONE HIT WONDERS

Which acts, who are often considered to be 'one-hit wonders', had hits with these songs?

1. The JCB Song (2005)

2. The Stonk (1991)

3. Uptown Top Ranking (1978)

4. The One and Only (1991)

5. Kung Fu Fighting (1974)

6. What's Up (1993)

7. Achy Breaky Heart (1992)

8. I've Never Been to Me (1977)

9. Mmm Mmm Mmm Mmm (1993)

10. Mambo No. 5 (A Little Bit Of...) (1999)

Take care everyone and stay safe!

Best regards

Michelle