

PRRA Staff Daily Update – Wednesday 22 April 2020

Hi everyone – Hope all is well in your bubble! I’m on my last hot cross bun so I’ll be out on the roads today - just giving you all fair warning - I’m on my bike!!!

We are finalising the plans for completing restricted work under Alert Level 3 at the mine site today including confirming the resourcing levels. Dinghy and Greg will provide further details this Thursday including providing copies of the plans to our workforce as well as informing WorkSafe of the Agency’s work programme under Alert Level 3. When the plan for what Alert Level 3 will look like is released, it will illustrate a significant increase in surface work and limited increase in maintenance underground works, with worker welfare at the heart of all decision making, whilst adhering to social distancing and general hygiene parameters outlined by the Government, as the Agency continues to transition to full re-entry and recovery operation.

Updates from www.covid19.govt.nz

Unite
against
COVID-19

For the latest official updates on Covid-19, check out the website above.

Stress and Fatigue Management policy

Following staff consultation, the Management team has endorsed the endorsed the proposed changes to the Agency’s Stress and Fatigue Management policy. There were no substantive changes and the updated policy can be found in MAKO under Policy and Procedures.



Some things to keep in mind when working from home

(Thanks to www.worksafe.govt.nz and www.hse.gov.uk for this information)

Moving to Alert Level 3 means there are still many people working from home. This may continue to present new risks that PCBUs will need to manage. We expect you to keep following advice from the government. Working from home can enable business continuity in unplanned events which prevent workers from coming into the office. However, working from home is different to working in an office and may require additional measures to ensure it is healthy and safe for workers. Under the Health and Safety at Work Act 2015, agencies have a duty to ensure workers are not put at risk by the work they do or by their workplace. If workers are working from home, their home is considered a workplace and agencies have a responsibility to eliminate or minimise the risks so far as reasonably practicable. Identify the likely risks in your workspace and do something about them.

For example:

- In a home office, you might, for example, move electrical cords to avoid tripping, and set up your office chair and desk at the correct height to avoid occupational overuse syndrome (OOS).

Ergonomics and posture

Workers who spend their day sitting at a desk working or standing for long periods of time are prone to strains and other injuries related to posture and equipment. Workers who spend a lot of their day seated at a desk are prone to strains and other injuries related to posture and repetitive movement.

Poor equipment design can contribute to people getting injured, such as incorrect chair height, inadequate equipment spacing or incorrect desk height. These types of ergonomic hazards can be difficult to detect. Standing for long periods can make workers fatigued and can result in back, neck and shoulder pain, as well as varicose veins.

There are some simple steps you can take to reduce the risks from display screen work:

- Break up long spells of display screen equipment (DSE) work with rest breaks (at least 5 minutes every hour) or changes in activity.
- Avoid awkward, static postures by regularly changing position.
- Get up and move or do stretching exercises.
- Avoid eye fatigue by changing focus or blinking from time to time.

Ideas to help people working from home include:

- Encourage people to get up and move around during the day.
- Suggest propping their laptop on a high bench from time to time as a standing desk.
- Remind people to get out in the fresh air at least once a day for some local exercise.
- Reassure people that no-one's work is going to be judged by the same metrics as in normal times.

- Acknowledge that working from home with children or other distractions is never going to be as productive, and that family comes first.
- Ensure regular contact to make sure they are healthy and safe.
- If contact is poor, workers may feel disconnected, isolated or abandoned. This can affect stress levels and mental health.

Stress and mental health

- Home working can cause work-related stress and affect people's mental health.
- Being away from managers and colleagues could make it difficult to get proper support.
- Keep in touch.
- Put procedures in place so you can keep in direct contact with home workers so you can recognise signs of stress as early as possible.
- It is also important to have an emergency point of contact and to share this so people know how to get help if they need it.

QUIZ

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

Which organisation do each of these logos belong to?



1. New York Yankees
2. Hewlett-Packard
3. Wikipedia
4. McLaren
5. Volkswagen
6. Apple
7. Chevrolet
8. Playstation
9. Mitsubishi
10. Microsoft Windows

Today's Quiz Questions (out of 10) (A free quiz from <https://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!

Ology Words Quiz – Of what are the following the study?

- 1. Clonology**
- 2. Felinology**
- 3. Trichology**
- 4. Rhinology**
- 5. Plutology**
- 6. Cardiology**
- 7. Heliology**
- 8. Orology**
- 9. Allergology**
- 10. Formicology**

Take care everyone and stay safe!

Best regards
Michelle