



Toolbox Talk

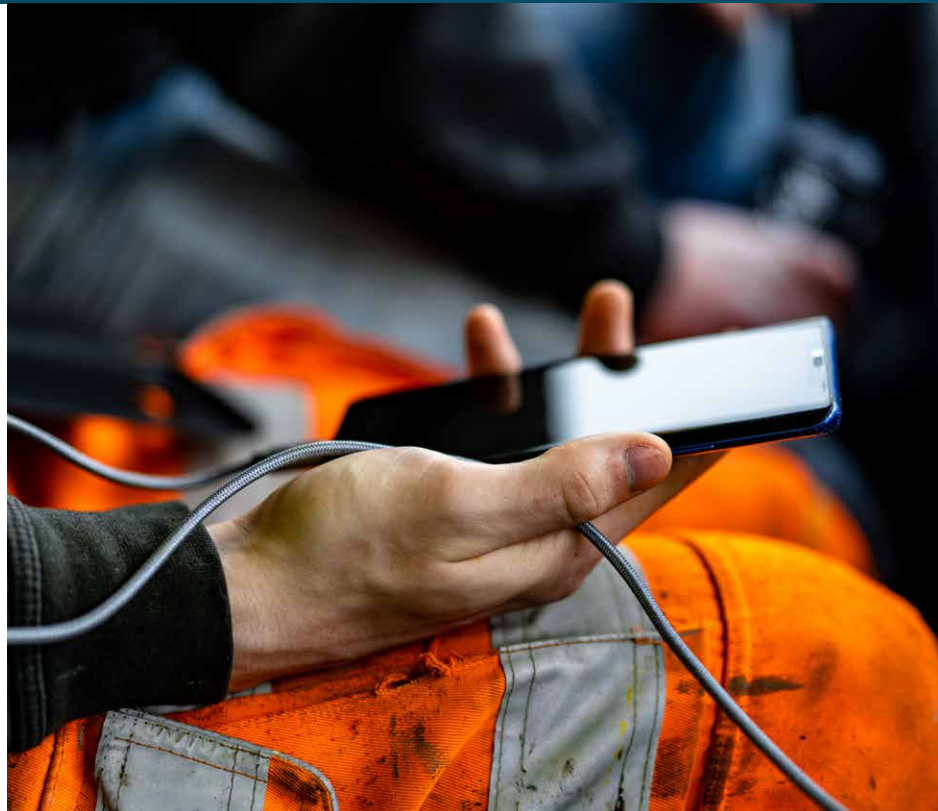
October 2023

Online Dangers

Protecting Your Future and Well-being

We live in a world where the internet has become part of our daily lives. It might seem harmless, but it is crucial to know the hidden dangers that can impact your health, safety, and financial well-being.

In this month's edition of Toolbox Talk, we shed light on the perils of online gambling and its adverse effects on your finances. We will also explore the impact of social media on mental health and provide resources for where you can find help.



Social Media: The Silent Mental Health Threat

While social media can be a great way to stay connected, it can also harm your mental well-being:

1

COMPARISON TRAP

Constantly comparing your life to carefully created online personalities can lead to feelings of inadequacy and low self-esteem.

2

CYBERBULLYING

Online platforms can become breeding grounds for cyberbullying, which can have severe emotional and psychological consequences

3

ADDICTIVE USAGE

Excessive time spent on social media can lead to addiction, reducing productivity and creating bad feelings of loneliness.

4

FILTER BUBBLE

Social media algorithms can trap you in a “filter bubble,” limiting your exposure to different viewpoints and contributing to narrow-mindedness.

Protecting Your Mental Health

Here are some tips to safeguard your mental health while using social media:

1

Set Boundaries

Limit your daily screen time and establish “offline” hours to disconnect from social media.

2

Choose Your Feed

Unfollow accounts that make you feel negative emotions and follow those that inspire and uplift you.

3

Seek Support

Don't hesitate to contact friends, family, or professionals if you're struggling emotionally due to social media.

4

Digital Detox

Occasionally take breaks from social media to reset and rejuvenate your mind.

Remember, it's essential to prioritise your mental health and well-being above all else.

Online Gambling: A Risky Bet

Online gambling may seem harmless, but it can quickly get out of control, leading to terrible consequences for your financial stability and mental health. Here's why you need to be cautious:

1 FINANCIAL IMPLICATIONS

Online gambling can drain your hard-earned money faster than you think. The allure of quick wins can lead to reckless betting, leaving you in a dangerous financial situation.

2 ADDICTIVE NATURE

Gambling is designed to be addictive. The more you engage, the more you risk developing a gambling addiction, which can wreak havoc on your personal and professional life.

3 MENTAL HEALTH IMPACT

The stress of mounting debts and the guilt associated with gambling losses can take a toll on your mental health. Anxiety, depression, and even suicidal thoughts can emerge as a result.

4 LEGAL CONSEQUENCES

In New Zealand, online gambling is regulated. Illegal gambling can result in criminal charges, further jeopardising your future.

Where to get help in New Zealand

Suppose you or someone you know is struggling with online gambling. In that case, there are resources available in New Zealand to provide support:

1. **Gambling Helpline New Zealand:** This free and confidential helpline offers counselling and support for those affected by gambling addiction. Visit their website at www.gamblinghelpline.co.nz or call 0800 654 655.
2. **Youth Gambling Helpline:** Tailored for young people, this helpline assists those aged 13 to 25 dealing with gambling-related issues. Visit <https://gamblinghelpline.co.nz/> for more information.

Other support options can be found under learner support in the learner portal of the ATNZ website.



If you feel you need or want counselling or advice, please get in touch with our employer assistance provider OCP on **0800 377 090** or at myocp.app/book

SUMMARY: As engineering apprentices, you can have bright futures ahead of you. Protecting yourself from the hidden dangers of online gambling and the potential harm of social media is crucial for your safety, financial stability, and mental health. If you or someone you know is facing these challenges, seek help from the resources provided in this newsletter or chat with your ATNZ Account Manager. Your future and well-being are worth safeguarding.



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.

ATNZ Staff

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Health and safety summary August/September

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	2
First aid injuries	4
No injury	0
Medical treatment injuries	1
Near miss	2
Non work injuries	4
Restricted work injuries	0
Pain/discomfort	0
Total Incident	14

Incidents

First aid injury	Bruising to hand
Nature of injury	Powered hand tools/equipment
Incident	Apprentice was helping a tradesman to remove a belt tensioning system when the belt frame dropped unexpectedly on the side the apprentice was working on, pinching, and trapping the base of their right hand/thumb
Immediate actions taken	First aider checked and was given ice pack to help reduce bruising. If pain increases will go to doctor, as per companies' procedure
Corrective actions	Under investigation
Medical treatment injury	Chipped tooth and cut to mouth (Late reported)
Nature of injury	Hit by moving object
Incident	While the apprentice was busy changing out a diaphragm on a mining water cart, the ratchet the apprentice used slipped and struck them in the mouth, causing their tooth to chip. No other injuries were sustained, and the apprentice only felt some discomfort
Immediate actions taken	Stopped and reported incident to the manager Applied first aid and sent to doctor for further assessment
Corrective actions	Follow STAAR process. Communication to all staff to be aware and take time completing tasks. Consider changing to a better position while doing task and getting a better angle on the job. Use the right tool for the job. Host toolbox talk to be communicated to the team on ergonomics and using correct tools for the job
Medical treatment injury (upgraded to a Lost time injury)	Cut to hand
Nature of injury	Powered hand tools/equipment
Incident	Apprentice was holding grinder incorrectly while using the grinder. Their right hand was not on the handle as it should have been but was at the top near the end of the grinder. The grinder jammed then jumped back and cut through their glove causing a cut to the top of their right-hand requiring stitches
Immediate actions taken	First aid applied and went to doctor for further assessment and a tetanus booster
Corrective actions	Communicated to the apprentice to take the time when completing tasks following the correct process and not to take shortcuts to save time. Apply STAAR to their work practice
First aid injury	Minor burn to hand
Nature of injury	Boiling water
Incident	While using a boiling water tap to wash their food container in the smoko room the apprentice accidentally put their knuckle of my right-hand thumb under the running boiling water causing a minor burn
Immediate actions taken	First aid applied
Corrective actions	No corrective action required
Near miss	Not wearing correct PPE
Nature of injury	
Incident	Apprentice was using a 9-inch grinder for clean up without a face shield. As it was a simple small job that could be done quickly, the apprentice opted not to wear their face shield
Immediate actions taken	Apprentice was made to stop work and put face shield on
Corrective actions	Discussed consequence of a disc brake hitting an unprotected face without a face shield

Incidents

First aid injury	Cut to finger
Nature of injury	Manual handling
Incident	Apprentice was lifting a skeleton remain to break off from a laser cut plate, it was heavy, so they went to put it back down. As they did this, they lost their balance forwards. As they let go of the plate their boot was underneath their ring finger which squashed it. They reacted by pulling their hand out which removed some skin and caused a small bleed
Immediate actions taken	First aid applied
Corrective actions	Apprentice thought lifting the skeleton from the cutting table to shake cut components free would be a quick fix Discussed the importance of not rushing and correct lifting techniques, as well as wearing gloves when handling steel
Lost time injury	Bruising to foot
Nature of injury	Manual handling
Incident	Apprentice forgot to close the latch on the welding wire reel for the welder that swings around the workshop above head height, and it fell off landing on their left foot
Immediate actions taken	Went to doctor for further assessment
Corrective actions	Follow STAAR process. Communication to all staff to be aware and take time completing tasks. Consider changing to a better position while doing task and getting a better angle on the job
Near miss	No guard in place
Nature of injury	
Incident	Apprentice was using a grinder without a guard. They were using the grinder without a guard as it was easier to get in tight spaces. Was wearing PPE at the time
Immediate actions taken	Apprentice was made to stop work and re fit guard
Corrective actions	Discussed the consequence of an accident from using a grinder without a guard Discussed consequences of grinder biting and no guard. All other PPE was in place
First aid injury	Cut to finger
Nature of injury	Non-powered hand tools/equipment (e.g. stanley knife)
Incident	Cut finger while cutting off a medical hose causing a small cut from using incorrect technique
Immediate actions taken	First aid applied
Corrective actions	Discussed with apprentice about using gloves or cutting on a hard surface away from the body would have prevented injury
First aid injury	Minor sprain to ankle
Nature of injury	Slip, trip, fall on same level
Incident	Apprentice stepped backwards off scaffold and onto an exposed pipe accidentally and rolled ankle
Immediate actions taken	First aid applied
Corrective actions	Discussed the need to be aware of surroundings as being on site can have multiple trip hazards and changing all the time dependent on work being done