



Working better through wellbeing

WORKWELL FIFTEEN | DECEMBER 2014

Have a safe and healthy Christmas by hosting responsibly

Workplace Christmas parties are a great time to bring staff together and celebrate the successes of the year. Every host wants to throw the perfect party that's remembered for all the right reasons. If you have decided to include alcohol, follow these tips so guests stay safe while still having a great time.

This year there is even more reason to play it safe following reduced alcohol limits when driving, the limit is now less than 250 micrograms per litre of breath, and less than 50 mg/100 mL of blood. This is about 2 standard drinks over 2 hours, but depends on a range of factors including age, gender and size. As this creates a grey area for many, don't risk it, simply have a designated driver who is alcohol free.

If you're having a workplace Christmas party this year, be a responsible host by following these tips:

Serve food – have plenty of food available to avoid drinking on an empty stomach

Limit alcohol provided – limit the number of drinks provided to each staff member or the length of time the tab is open to reduce alcohol consumption

Provide water and non-alcoholic drinks – encourage staff to drink water between alcoholic drinks, and always offer non-alcoholic options

Promote safe transportation – encourage staff to organise a designated driver, or offer taxi vouchers to ensure everyone gets home safely

Plan activities – plan entertainment or activities to get people up out of their chairs, talking and laughing - rather than just drinking! Or plan a completely alcohol free event

Remind staff of behaviour expectations – leading up to the event, remind staff of workplace expectations and provide information about safe alcohol consumption

Check if you need a liquor licence – you may need a temporary liquor licence for an event where alcohol is provided. It is always best to contact your council to find out if you need one

For more information check out www.ttophs.govt.nz/alcohol and for employers see www.alcohol.org.nz/alcohol-you/easing-drink/employers

Be brighter than the sun – Slip, Slop, Slap, and Wrap

With warm temperatures and clear blue skies, summer is a great time to be working outdoors. Unfortunately, with our great climate comes exposure to the sun's rays, risk of sun burn, and permanent damage to your skin. New Zealand has some of the highest UV levels in the world. If your staff work outdoors, it is important to remind them to protect themselves by being SunSmart, even on overcast or rainy days.

It's important to avoid sun exposure as much as you can during the 'high danger time', keep an eye on www.metservice.com for current and localised sun protection alerts. If not, it's easy to be SunSmart, just remember the catchy slogan – Slip, Slop Slap and Wrap!

Slip on a long sleeve shirt and into the shade

Slop on SPF30+ sunscreen at least 20 minutes before you go outside and continue to reapply through the day

Slap on a wide-brim hat

Wrap on a pair of wrap-around sunglasses.

Find out more about being SunSmart at www.ttophs.govt.nz/sun_safety



Tour de Bay Corporate Challenge

February 2015 is Bikewise Month and there is a wide variety of cycling events and initiatives being offered around the Bay of Plenty.

As part of Bikewise Month, the team at Sport Bay of Plenty are running the Tour de Bay Corporate Challenge. This is a virtual cycling challenge designed to pit businesses from across the Bay against each other in a fun and healthy competition.

Sound like something your workplace would enjoy? Get your team of three together and register for the challenge by 30 January 2015. Then during the month of February, simply record your team's kilometres each week to be in to win some great prizes and bragging rights at your workplace!

Workplaces can enter as many teams as they like, and if you're a WorkWell registered business, let your Advisor know you're registered and we'll track and promote your progress across our WorkWell businesses.

For more information go to www.sportbop.co.nz/tourdebay



www.workwell.health.nz

Toi Te Ora
Public Health Service
BAY OF PLENTY DISTRICT HEALTH BOARD
Serving Bay of Plenty and Lakes Districts

Congratulations to our recently accredited businesses:

Gold:

- Waipuna Hospice
- Red Stag
- RGP/RAPHS

Silver:

- Hair to Train

Bronze:

- The Gym



Current News and Research

'Say Yeah, Nah' campaign – Permission to 'Ease up'



Building on the previous 'Ease Up' on the drink campaign, 'Say Yeah, Nah', gives New Zealanders the social permission and informal

language to be able to say no. The tagline 'Say Yeah, Nah' supports the previous campaign and is a verbal shorthand to refuse a drink or say no to another. Resources are available to help promote the 'Say Yeah, Nah' campaign. Why not promote this message in your workplace by encouraging your employees to 'Ease Up' this silly season. For more information and to order your resources visit: <http://www.alcohol.org.nz/alcohol-activities-services/campaigns-communication-work/say-yeah-nah-1>

Sun Protection Alert

The Cancer Society of New Zealand, in consultation with other leading organisations, has developed the new Sun Protection Alert. The alert shows the exact period where UV radiation from the sun is strong enough to cause skin damage, no matter where you are in New Zealand. This is a great guide for identifying when sun protection is most important. If your employees work in the sun, it is essential to encourage them to be SunSmart during these times. You'll be able to check the Sun Protection Alert on the MetService website or on the MetService weather app for your smartphone. It will also be in all daily newspapers across the country as well as on SunSmart websites during daylight saving months. For more information on sun protection alerts go to <http://sunsmart.org.nz/being-sunsmart/sun-protection-alert>



Gold Rush!

The long term goal for a WorkWell registered business is to progressively move through the accreditation system, ultimately reaching the WorkWell Gold standard of accreditation. To achieve this standard, a business has developed and maintained a comprehensive workplace wellbeing programme that is specific to the needs of its staff and the business. This includes a culture, where staff are valued and supported to make healthier choices, wellbeing is engrained into the long term planning and vision of the organisation.

Toi Te Ora – Public Health Service and the WorkWell team have seen a gold rush over the last few months. During this time, three businesses have reached the pinnacle in workplace wellbeing by achieving the Gold standard. This takes the total of Gold accredited WorkWell businesses to four!

Congratulations to Waipuna Hospice, Red Stag Timber and Rotorua Area Primary Health Services/Rotorua General Practice Group for their outstanding achievement. These three businesses now join Lakes District Health Board in leading the way towards healthy and thriving workplaces and communities.

With 40 registered WorkWell businesses across the Bay of Plenty and Lakes, most of which are steadily progressing through the Bronze and Silver accreditation standards, the WorkWell team are looking forward to seeing more local businesses achieve the same amazing accomplishment.



Upcoming Events

1 – 28 February	5+ a Day Month (www.5aday.co.nz)
1 – 28 February	February – Bike Wise Month (www.bikewise.co.nz)
1 – 28 February	February – Tour De Bay (http://www.sportbop.co.nz/tourdebay)

For support and advice to incorporate any events into your workplace activities call WorkWell on 0800 221 555 or contact your WorkWell Advisor.



The Workwell team wishes you a safe and relaxing Christmas.



WorkWell Enquiries: 0800 221 555
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www.workwell.health.nz

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