

# TAKE A MOMENT

As we continue to clean up from the **effects of Cyclone Gabrielle** and time passes from the actual flooding event, we move from a state of operation largely powered by **adrenaline** to one that will rely heavily on our **resilience**. Recovery will be a lengthy process, this is when we can experience fatigue and physical and mental health challenges.

To assist with monitoring how our health is, and the risks associated with the recovery work we suggest taking a moment and asking:

## AM I GOOD TO GO?

Do I have the energy to safely do the tasks ahead?

- + Stay connected with family and friends and if you're ready, share where you are at
- + Remain hopeful, you can't change the past, but you will get through this
- + Take care of yourself, get plenty of sleep, eat well and try to take some time out
- + Be proactive, don't ignore your problems and ask for help if you need it

Rural Support Trust Helpline: **0800 787 254**

## HOW IS THE TEAM?

Are they rested and safe to take on the challenges of the day?

- + Ensure everyone has had a break, at least a full 24 hours every 7 days
- + Observe how your team is looking, are they physically ok, is their behaviour as you would expect of that person
- + Do you think they might need support?  
See more over page »

**Need to Talk?** Free call or text **1737** any time to speak to a trained counsellor  
Lifeline: **0800 543 354** or text **HELP** to **4357**

## WHAT DOES WORK LOOK LIKE?

Before you start a job:

- I**dentify the risks – what could go wrong?
- M**ake a plan for how to safely do the work
- P**ut on PPE & use the right equipment
- A**sk if the level of risk ok - if not, stop
- C**heck is this plan working - stop & reassess regularly

▶ Visit **safeworx.co.nz** for your PPE needs

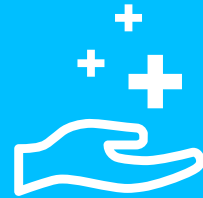
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# GENERAL WELLBEING ADVICE

Reach out for expert advice and support if you notice that you or someone else appears, or is:

- ⚠️ Very **upset** or **fearful**
- ⚠️ Having **significant difficulties** in their relationships with others
- ⚠️ Unable to escape very intense, **overwhelming** feelings of **distress**
- ⚠️ Having **post trauma symptoms** that are affecting other areas of their life
- ⚠️ Having **nightmares** or **flashbacks** to very distressing visions/memories
- ⚠️ Having **suicidal thoughts** or thoughts of **self-harm**

Suicide Crisis Helpline: **0508 826 865 / 0508 TAUTOKO**  
Depression Helpline: **0800 111 757 (24/7)** or text **4202**



## POTENTIAL HAZARDS & RISKS



### Mechanical / stored energy

Vehicles, hydraulics, electricity, fence & row wires under tension



### Hazardous substances

Spilt agrichemicals, fuels & fumes from machines and generators, & asbestos in buildings & debris



### Environment

Silt & water containing sharp & unseen objects that may harm; & potentially contaminated dust entering & affecting airways & eyes



### Biological

Silt & water are potentially contaminated & may cause wound infection & illnesses such as Salmonella, Leptospirosis, Tetanus & Gastroenteritis. Biological risks may also exist on surfaces



### Manual handling

Plant equipment, spoiled product or debris



### Mental wellbeing

Fatigue, stress or depression

Developed with the support of

