## ONLY 10 FRIDAYS UNTIL CHRISTMAS.....



OCTOBER 2017

facebook.com/selectrecruitment

select.co.nz/Job-Board

I hope this newsletter finds you well. Well we are truly on the backend of the year and believe it or not there are only 10 Fridays left until Christmas and that means one thing at Select recruitment; we are gearing up for an extremely busy time of the year. As a result we have a surge in job opportunities at this time of the year due to a number of factors including seasonality across a number of sectors with permanent and temporary jobs. If you have not touched base with us for a while, why not give us a call and update us with what you are seeking as a job opportunity and we will update our records and you never know, we might just have that job you have been looking for.

If you have also had any changes to your CV why not send through the latest version to us as well at info@select.co.nz and we can update our records.

Social media continues to be a strong platform for us to communicate a number of job vacancies so don't forget to 'Like" our Facebook page to keep updated. We also have a number of great tips on how to get a job, plus other job seeking tips that will help you and we have some great competitions with some awesome prizes up for grabs.





Jobs advertised in New Zealand over the previous months are still in growth from the previous year and although Auckland and Wellington have slowed there is still good growth in Dunedin and the regions are continuing to outperform the largest centres of Auckland, Wellington and Christchurch.

If you have any questions about how we can help you in your attempt to find work or change jobs, please call us on O3 477 0873 and one of my team will be able to help you.

Karen Bardwell - Managing Director

HAVE YOUR SAY AT THE NEXT SELECT COMMUNICATIONS MEETING Come be part of out next Temp Meeting Thursday 2nd November 5.30pm at the Select Office Dunedin. Your opinion counts!

### SUSTAINING A HEALTHY WORK LIFE



Try to get 8 hours sleep per night. Sleep deprivation stresses your body and mind.

Healthy foods provide energy to function and nutrients to help you stay well.

30 minutes exercise a day helps keep you well.

Drink water regularly throughout the day, 1.5 to 2 litres is usual, but needs can vary.

Take positive action to address both work and non-work stress: talk issues through, take breaks, eat away from your work area, work well for the required hours, then go and 'play'.

# **BE IN TO WIN!** Book your First Aid Training

HITS

Kind regards Vanessa Clark Account Manager

p: 03 454 3040 m: 0275 611 080 e: vanessa@wpfirstaid.co.nz

wpfirstaid.co.nz/first-aid-trainin

Book your employees in to a Workplace First Aid Training course before 15 December 2017, and you'll automatically go in the draw to win a \$1,000 NZME Advertising voucher. Book online or contact us today. \* Conditions Apply

FIND OUT MORE

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WORKPLACE FIRST AID TRAINING "Learning To Save Lives"

## PLEASE DRIVE SAFELY THIS LABOUR WEEKEND

SPORTPAC

With the long weekend fast approaching it is a good time to perform some basic safety checks on your vehicle. Check out the helpful hints by visiting www.nzta.govt.nz/checkyourcar

### IMPORTANT REMINDERS TO ALL TEMPS

- To ensure you are paid on time you must have an accurate & signed (by your supervisor) time-sheet to Select by 9.00am each Monday.
- Ring immediately or at least 1 hour before you are due to start work if you can't attend work because you are sick (a text message is not acceptable).
- Make sure you wear all safety gear (PPE) AT ALL ATIMES. Regularly check the condition of your PPE gear and equipment eg: the soles of your steel capped boots.
- Report all accidents/incidents immediately by ringing Select on (03) 477 0873.
- Follow all Health and Safety procedures on site.
- Ask your supervisor if you have any safety concerns and report any hazard immediately to help prevent accidents.

### SAFETY - EVERYONE IS RESPONSIBLE

- Get a first day on- the- job induction
- You must report all work accident/incidents to
- Wear all PPE AT ALL TIMES
- Ask you supervisor if you have any concerns
- Report any hazard immediately to your site supervisor and Select to prevent accidents

#### BE SAFE, STAY SAFE, GO HOME SAFE

Dunedin: 0

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TH & SAFETY

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Well Done Select! INCIDENT/ ACCIDENT

#### USEFUL LINKS

date with the New Regulations regarding the Health and Safety at Work Act.

habitatwork.co.nz An educational tool promoting self-help and problem solving for preventing and managing discomfort, pain and injury

business.govt.nz/worksafe Keep up to health.govt.nz Call Healthline on 0800 611 116 for free advice from trained registered nurses.

> acc.co.nz Find useful information on injury management (return to work/rehabilitation) processes.

## SELECT RECRUITMENT

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