

Happy  
New Year  
2017!

select  
RECRUITMENT

Volume 13 January 2017

Welcome to our first newsletter of 2017! I trust you and your families had an enjoyable Christmas and New Year's, although not too many of us seem to have had the summer we had hoped for.

2017 is shaping up to be a very exciting year and we even have a general election to look forward to in the second half of the year with the likely month to be in October or November.

The labour market continues to be buoyant and as a result of this there are always new opportunities arising. There is certainly no better time of the year to be looking for a new opportunity as January and February have the highest volumes of jobs posted for the year. So if you are looking for temporary or permanent work, please check out our job board at [select.co.nz/job-board](http://select.co.nz/job-board) or call us on 03-4770873 and one of my team will be happy to help in any way we can.

As always, we have numerous candidate and client engagement through social media so please ensure that you 'like' our Facebook page to keep connected and informed of opportunities we have available [www.facebook.com/selectrecruitment](http://www.facebook.com/selectrecruitment) - in fact why not go on-line now and check them out.

I wish you all the best for 2017.

*Karen Bardwell - Managing Director*



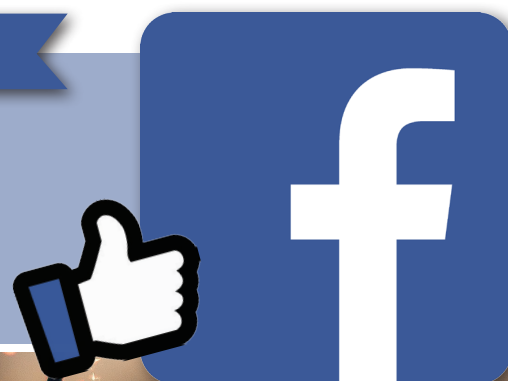
## HEALTH & SAFETY MEETING

Come and be a part of our next Temp Health and Safety Meeting! **Thursday February 2nd, 5.30 - 6.00pm** at the Select Office: 330 Moray Place, Dunedin.  
*Your opinion counts!*

### LIKE US ON FACEBOOK

We are continually updating our facebook page with job opportunities, industry insights and chances to win with our competitions throughout the year. If you want to stay as up-to-date as possible with us then be sure to 'Like' our facebook page and encourage your family and friends to do the same. You never know...your next opportunity might be here!

[facebook.com/selectrecruitment](http://facebook.com/selectrecruitment)



Is a new job on your  
new year's resolution list?

Apply online today at [www.select.co.nz/Job-Board](http://www.select.co.nz/Job-Board)

Keep up-to-date with us...



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JOB BOARD

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# HEALTH AND SAFETY

## GETTING BACK INTO SAFE WORK PRACTICES AFTER YOUR SUMMER BREAK

“A big part of staying well at work is good health and safety habits – and it’s surprising how even a short break away can see those habits slip. Don’t just assume everyone has recharged the batteries and is raring to go. A bit of time spent discussing your safety systems and procedures will be time well spent.” says WorkSafe’s Brett Murray, General Manager Operations and Specialist Services.

“Summer...does create some new or add additional risks, especially those who are working long days as dehydration and fatigue can lead to potentially fatal accidents”.

- Discuss health and safety including risks such as welding fumes, wood dust, carbon monoxide or other airborne contaminants
- Check Personal Protective Equipment

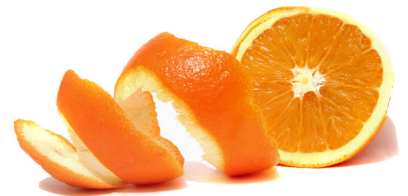
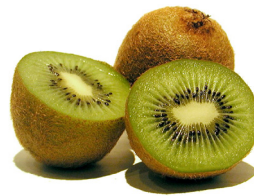
To read the full January 2017 article from Worksafe visit <http://www.worksafe.govt.nz/worksafe/news/releases/2017/starting-the-working-year-safely>

## REMINDER: FOOD IS FUEL!

It can be hard re-establishing proper sleeping and eating habits after a break. Our bodies and mind require a period of rest each day in order for us to function. Equally important is maintaining a healthy diet and staying hydrated throughout the day in order to stay alert for your and others safety at work.

Make sure you have a water bottle with you throughout the day and pack a healthy lunch with plenty of fruit. Also ensure that you eat a good breakfast to get your metabolism going allowing you to feel physically active for your working day ahead.

*Fueling your body with the right food is a necessity.*



## IMPORTANT REMINDERS TO ALL TEMPS

- To ensure you are paid on time you must have an accurate & signed (by your site 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.
- Make sure you wear all safety gear (PPE) AT ALL TIMES. It is important to regularly check the condition of your PPE gear and equipment eg: the soles of your steel capped boots.

- Report all incidents immediately by ringing 03 477 0873
- Follow all Health and Safety procedures on site
- You must report all work accident/incidents to Select immediately
- Ask your supervisor if you have any safety concerns
- Report any hazard immediately to your site supervisor and Select to help prevent accidents

## ACCIDENT/INCIDENTS : 1

## SELECT RECRUITMENT YOUR NEXT OPPORTUNITY MIGHT BE HERE

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