



We're working for you!

The NEWSLETTER

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From the General
Secretary—*Dave Eastlake*

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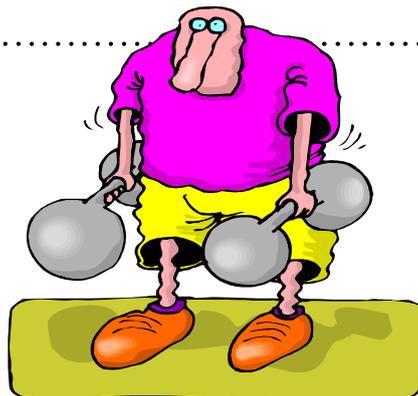
Previous issue:
April 2005

WANT TO GET FIT OR MAINTAIN YOUR FITNESS?

Fitness NZ has announced an exciting deal which could enable you to have access to a gym near you for 50% less the usual joining fee.

There are limited numbers of these discounted memberships available from 1 June 2005.

To find out more
phone 0800-554499



WORK DEATH TOLL FOR 2004/05

7

The running total has been aligned with OSH's business year – 30 June to 1 July.

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TOO HOT? TOO COLD?



There are six main factors that impact on a person to determine how they feel hot or cold.

1. Air temperature;
2. Humidity;
3. Radiant heat;
4. Air movement;
5. Physical activity; and clothing.

In addition to these 6 factors that affect everyone, there are personal factors that affect individuals:-

1. A person's weight;
2. Health;
3. Level of fitness;
4. Age;
5. Use of prescribed substances; and
6. Use of non-prescribed substances.

Once all the influences are taken into account, that individual will feel heat or cold in one of the following ways:-

- Thermal comfort
- Thermal discomfort; and
- Heat or cold stress and strain.

Heat stress is the *net heat load* on the body with contributions from both metabolic heat production, external environmental; factors including temperature, relative humidity, radiant heat transfer and air movement, as they are affected by clothing.

Heat strain refers to the *acute (short term) or chronic (long term)* consequences of exposure to environmental heat stress on a person's physical and mental states.

The dictionary defines a *stress* as a form of applied pressure upon a body, and the effect of that pressure on the body as *strain*.



Cold stress is the existence of an environment capable of causing cold strain. In the case of cold

stress, the stress factors are mainly environmental (eg low temperatures, wetness and air movement), and cold strain is exhibited in a variety of adverse medical symptoms.

The body has a core temperature of 37°; a worker's core temperature should never be allowed to fall below 36° (rectal) or 35.5° (oral) in cold environments; a work should be discontinued if a person's core temperature exceeds 38° celcius.



It is therefore important to ensure that in hot environments, workers have access to drinking water on a regular basis to ensure adequate hydration and access to adequate protective clothing for those working in cold environments.

Core temperature can be measured by standard methods during work breaks. If a person has a high (or low) core temperature, they should not return to the work environment until it has returned to normal.

FOR MORE INFORMATION—see your Union representative or read the OSH Guidelines for the Control of Temperature

DAD'S ARMY

—Trevor Findlay

This article has been supplied by Trevor, who is the sub-branch secretary at Alliance group Ltd, Sockburn, Christchurch.

Three men joined the chiller gang at the Alliance, Sockburn plant in September 1978.

They have not left the department in the 26 years they have been there and are known as Dad's Army by their workmates as well as Company personnel.

To this day, the team have turned up for work at 3 am for local load out and only in the last 5 years have a new start time of 4.30am.

All good things come to an end, and this one has happened in three's!

Tony Whisker has retired, Tom Brennan has moved to Lamb Boning Room with a 7.30am start time—which leaves poor old Willy Register still there.

But I have heard he is looking for a job with a later start time!

Well done the boys from Dad's Army.

MEETING DATES : 2005

EXECUTIVE MEETING

7 September

6 December

CONFERENCE

2-3 November



“Don't let the best you have done so far be the standard for the rest of your life.”

- *Gustavus F. Swift,*
- *1839-1903*

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We're on the web!
Nzmeatworkersunion.co.nz



NZ Meatworkers Union
- working for you

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Odds 'n Ends

- *1 May 2005 signifies the start date for changes to the benefit stand-down rules for seasonal workers, with a choice of either 26 weeks or 52 weeks initial stand down assessment. See your union secretary for more details.*



Comments, articles and/or photographs are welcome from members.

Please contact Amanda at the address on the left if you wish to contribute to this newsletter.

The Newsletter is published on an "as required" basis through out the year.

The Union reserves the right to edit submissions.

