

FACT SHEET

Ō TIKA ME Ō KAWENGA HAUORA ME TE HAUMARU

He maha rawa ngā tāngata e matemate ana i ia tau, e whara ana rānei i ngā wāhi mahi, ā, e hia rau tāngata e tere mate ana nā ngā mate i pā mai i te mahi. He kawenga ō te katoa ki te ārai atu i te mate¹.

Mēnā e mahi ana koe i Aotearoa, me mōhio koe ki ō tika me ō kawenga hauora me te haumaruru, kia noho hauora ai me te haumaruru ngā tāngata katoa i te mahi.

KEI A KOE TE TIKA KI TE:



Te mahi i tētahi taiao mahi hauora me te haumaruru

Ko ngā mōreatanga ngā mea ka tūpono whara i a koe, e whakamāuiui rānei i a koe. Kei te pakihia e mahi ana koe, e whakahaere rānei i te wāhi e mahi ana koe te kawenga mō te whakahaere i ngā mōreatanga hauora me te haumaruru ā-mahi.



Me whai kaupapa whakapakari tōtika i mua i tō tīmata i te mahi

Me mātua whakarite te pakihia e mahi ana koe kua whakapakarihia koe ki te kawhe i ō mahi kia hauora, kia haumaruru. Me whakarite kei te mārama koe ki ngā mōreatanga, ā, me pēhea te whakarite kei te hauora, haumaruru koutou i te mahi.



Me mahi me ngā mīhini haumaruru, waka, taonga mahi, utauta hoki

Me mātua whakarite te pakihia kei te haumaruru ngā taonga mahi, utauta, waka, mīhini hoki e whakamahia ana e koe i te mahi, ā, kei te pai anō te āhua.



Me whakamutu, whakahē rānei ki te mahi i ngā mahi mōrearea

Kei a koe te tika ki te whakamutu i te mahi, te whakahē rānei i ngā mahi e noho tūpono koe, tētahi atu rānei, ki tētahi mōreatanga hauora, haumaruru rānei. Mēnā i mutu tō mahi, me wawe tonu te kōrero atu ki tō kaiwhakahaere.



Te āhei ki ngā mōhiohio hauora me te haumaruru

Me mātua whakarato te pakihia e mahi ana koe i ngā mōhiohio ki a koe mō te noho hauora me te haumaruru i te mahi, i tētahi āhuatanga e mārama ana ki a koe.



Ngā Utauta Parenga Whaiaro (PPE)

I te nuinga o te wā me whakarato tō pakihia mahi i a koe ki ngā utauta parenga whaiaro (PPE) mēnā e hiahiahia kia noho hauora me te haumaruru koe, hei tauira, ngā pōtae mārō, puru taringa me ngā mōhiti haumaruru. Me ako tō pakihia i a koe me pēhea te whakamahi tika, te horoi me te tiaki i tō PPE. Kāore e taea e tō pakihia mahi te whakahau utu ki a koe mō ngā PPE. Ka taea e koe te tiki tūao i āu ake, engari me mātua tiroiro, whakaae hoki e tō pakihia.

¹ Health and Safety at Work Act 2015.



Me kōrero

Ko koe ngā kanohi me ngā taringa o tō pakihī. Ka āwhina te kōrero mō ō whakaaro, wheako, māharahara rānei me ēra o ō hoa mahi kia noho haumarū koutou.

Kāore e taea te whakamutu i tō mahi, kirimana rānei mēnā ka pūrongo, ka aro rānei koe ki tētahi māharahara hauora me te haumarū. He takahi ture ki te aukati i a koe, te mahi hē i a koe nā te mea i kōrero ake koe mō te hauora me te haumarū i te mahi.



Me whai wā ki te kōrero

Me mātua whai wāhi koe ki te whakaputa i ō whakaaro me te tuku whakaaro ki ngā tuku whakatau mō te hauora me te haumarū i te mahi. Mō ngā mea pēnei:

- > te aroturuki i tō hauora
- > ngā āhuatanga i tō wāhi mahi
- > ngā mōhiohio, kaupapa whakapakari mā ngā kaimahi.



Ngā Māngai Hauora me te Haumarū (HSR) me Ngā Komiti Hauora me te Haumarū (HSC)

Ka taea e koe te tono ki tō pakihī mō tētahi HSR, HSC rānei hei āwhina i ngā kaimahi me te pakihī ki te mahi tahi kia pai ake te hauora me te haumarū. Ka taea e koe te tūhono ki tētahi uniana.

Mō ētahi atu kōrero tirohia te Worker Engagement, Participation and Representation Good Practice Guidelines e wātea ana i te paetukutuku a WorkSafe: www.worksafe.govt.nz



Me whakarato

- > he whakarato me te wāhi horoi ringa
- > he inu wai mā
- > ngā whakaurunga whakaora whawhati tata
- > he wāhi paramanawa e pai ai te whakamarumarū, whakaahuru hoki.



Me mārama me aha i roto i tētahi ohotata

E herea ana tō kaituku mahi kia mōhio koe me aha ina pā mai he ohotata, hei tauria me pēhea te puta i tētahi ahi, me aha ki te pā mai he rū.

Ō KAWENGA I TE MAHI



Hei kaimahi, he kawenga ōu kia

- > manaakitia tōu ake hauora me te haumarū
- > mātua whakarite kāore he pānga o āu mahi, kore mahi rānei ki te hauora me te haumarū o ētahi atu
- > mahi tahi me tētahi kaupapa here, tukanga wāhi mahi hauora me te haumarū tōtika a tō pakihī
- > ū ki ngā tohutohu tōtika ka tukuna e tō pakihī mahi.



Me aha koe ki te puta he māharahara hauora me te haumarū ki a koe?

- > Kōrero atu ki tō kaiwhakahaere, tō Māngai Hauora me te Haumarū.
- > Me pātai ki tētahi hoa mahi, mema hapori ki te whakaara i tō āwangawanga mōu.
- > Whakapā atu ki tō uniana, māna hei kawē mōu.
- > Whakapā atu ki WorkSafe i 0800 030 040.

Mō ētahi mōhiohio mō ngā tika me ngā kawenga haere ki te paetukutuku WorkSafe: www.worksafe.govt.nz