



## FORESTRY START UP BREAKFASTS ARE HUGE SUCCESS



The Forestry Safe Start Breakfasts saw first class speakers and in some cases a number of awards presented for safety achievements over 2017. The audience of 200 plus at the Stratford Rugby Club in Taranaki were totally involved in what Mike King had to say about Mental Health. The McFall Fuel Team who cooked breakfast for the event agreed that Mike King made them think about an illness that we all need greater awareness of and in particular what the symptoms can be. Former League player Tawera Nikau struck a chord with the 200 plus in Tokoroa and Jamie Fitzgerald who spoke at the Breakfasts in Rotorua and Taneatua illustrated the need for preparation and teamwork to reach the South Pole and row across the Atlantic.

Awards were presented at the NZFM Breakfast in Turangi and the PF Olsen Breakfasts in Rotorua and Taneatua. McFall Fuel Top Crew Safety Award at the PF Olsen Breakfast went to the McKay Olsen 932. Mike McKay and his crew have been harvesting wood lots in extremely difficult terrain and their safety record was recognized as first class.



Mike McKay received his awards from McFall Fuel's Tony Davies.

## KEEPING UP WITH THE RULES & REGULATIONS

We have been giving our entire Health, Safety, & Environment Manual a major overhaul over the past three months. The Training & Safety Team are ensuring that the Standard Operating Procedures used for training the drivers of the fuel delivery, lubricant logistics, and the light vehicle fleet are up to date with best practice. The setting of expectations for drivers to meet the highest possible standards not only on the roads but also in the performance of their duties is a vital component of this. The Static Roll



Threshold Training (pictured) is an example of a standard operating procedure that needs to be clearly understood. The demonstration shows the point at which the G force effects the stability of a tanker. Mike Crandon has Lubricant Logistics Driver Clive Kinton observing how the liquid moves up the side of the tank and so effects the vehicle's centre of gravity which means the vehicle becomes unstable. Part of the work has H&S Manager Johnny Ireland busy reviewing all of the Emergency Response Plans in the various locations that we operate out of around the North Island and the associated Risk Management.

## PREPARING FOR CENTRAL DISTRICTS FIELD DAYS

McFall Fuel are busy preparing for the Central Districts Field Days to be held in Feilding in from March 15 to 17. The McFall Fuel Site will be a busy one offering not only the chance to win a BBQ but also the chance to enjoy eating the BBQ'ed food on offer each day. A visit to the site will provide the opportunity to discuss a wide range of products from the different types of bulk fuel storage tanks available to fuel card, and lubricants. The Team will also be very keen to share more about the changes in the Health and Safety rules and regulations to help keep people completely up to date with what was put in place on December 1, 2017 and what is likely to be in place by 2019. The Central Field Days is a great day out for the family.



# What's Happening @ 0800 623 255

## REBECCA PETCH IS NATIONAL CHAMPION



Rebecca Petch is the daughter of Fuel Delivery Driver of 20 years for McFall Fuel Barry Petch

Rebecca Petch, who has become the National Champion for BMX said, "I am really excited about being able to represent my country and wear the New Zealand Flag on my race jersey sleeve. Also my results from the 2017 season which I was stoked with saw me finish ninth overall on the UCI world Rankings. This is a massive accomplishment for me as it was my first year in the Elite group."

"The Elite National Championships were held in Christchurch and a couple of days before

racing there was a lot of rain so we were unable to practice on the track, but come Saturday the sun was out and apart from the track being a little bit soft it was all go. I was feeling great on my bike all day and was happy to win all 3 of my moto's. When it was time for the final I was a little bit nervous but stuck to my process. I took a convincing lead in the final and held it all the way to the end. The following day I backed it up with another win in superclass with 6 from 6 wins. I was over the moon with my results and am excited for the rest of the year." Oceania Champs will be held on the 21st of March in Bunbury Australia and at the end of April Rebecca will then travel to Europe to compete in 4 World cup events. The world champs are at the start of June in Baku, Azerbaijan.

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## HEALTH & WELLBEING — A FOCUS ON NUTRITION & FATIGUE

The Nutrition & Fatigue Session presented at our Training Courses are being extended to help staff deal with the challenges that they have been facing not only at work but in life in general. The in depth testing carried out to date has illustrated that stress has been part of their lives for a long time. "The body no longer knows how to respond to stress and so it is important to learn how to recognize when the body is in a stressed state and be able to pull out of it. That way when you do come under stress



Hannah competes in GodZone annually and is off to do it again this year.

you respond more efficiently. This means learning how to exercise sensibly for for example walking and swimming. Thinking about what you eat and also taking time to learn other relaxation techniques such as breathing. These actions all contribute to a fitter, less fatigued, and healthier you," said Hannah Lowe who runs the Fatigue and Nutrition Trainings for McFall Fuel.

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