

Keeping you up-to-date with

Health & Safety

Have a hmmm...

As the winter sport season ramps up around Aotearoa, ACC's Have a hmmm campaign is encouraging Kiwis to take a moment to warm up before getting stuck in. At ANZCO Foods, our own injury statistics also show why it's important to prepare muscles for work and sport.

During the past five years, May has consistently been one of the highest months for recorded sprains and strains across the business, and these numbers have been increasing:



Our data also shows the most common time these injuries occur at work are between 10 and 11am, after morning tea breaks.

Simple things like stretching, parking a little further away to get your legs moving, or warming up with movements similar to the task ahead can help reduce the risk of injury. Lunges, squats, jogging on the spot, and shoulder mobility exercises are all good ways to get the body moving.

Taking a few extra minutes to prepare your body can make a big difference – whether you're heading onto the sports field, starting your shift, or heading back after lunch.

Wellbeing bingo

Our current health and safety focus is all around keeping safe in winter, managing stress and fatigue and working with contractors, especially during shutdowns. We're running a Wellbeing bingo competition throughout June – complete a row or column, and you'll have done your recommended activity levels for each week. Complete four rows or columns, and you'll have

done your recommended activity for a month. Send the completed form to comp@anzcofoods.com by Friday 3 July and you'll go in the draw to WIN an ANZCO prize pack!

Find entry forms around your site, on the ANZCO Crew app, or in the internal Facebook group.

Farms fire extinguisher training

Recently the teams on ANZCO farms completed fire extinguisher training on-site.

This training helps the team know how to use fire extinguishers, and how to protect themselves and the property in a fire.



Shout out to...

Karl Davies of ANZCO Bioscience in Hamilton.

Karl suggested the business brings in Manual Handling NZ to train the team after several manual handling injuries. The session covered safe techniques, mobility, and strengthening. Each team member received tools to support injury prevention. It was a great example of stepping up and driving safety improvements.

Keeping fit and well

A number of our sites got involved in activities during summer to keep fit, connect with colleagues, and boost wellbeing.

Employees from ANZCO Foods Canterbury took part in the Mid Canterbury Relay for Life, raising funds for New Zealanders affected by cancer. For the event, team members took turns passing a baton, making sure someone was always on the track throughout the 12 hours.

ANZCO Foods Eltham organised a Fun Day for employees at Hawera Aquatic Centre, with food, games, and activities available to employees and their families.

People from the ANZCO Foods Corporate Office took part in the City2Surf, running or walking 6 or 12km with their family and colleagues.

Wellbeing bingo

Complete all activities on this bingo card during the month of June and you'll win!

Go for a walk or jog	Drink eight cups of water	Perform a stretch routine	Take your phone off the table	Go for a 15-minute walk
Prepare a healthy meal for the week	Complete a crossword puzzle	Call or text a friend or family member	Don't use your phone for more than 30 minutes	Stretch for 10 minutes
Try a new recipe	Listen to a podcast	Go to the gym or do a workout	Use a timer to remind you to take breaks	Go for a 10-minute walk
Read a book	Take a short break from work	Use a timer to remind you to take breaks	Use a timer to remind you to take breaks	Go for a 10-minute walk
Go for a walk or jog	Drink eight cups of water	Perform a stretch routine	Take your phone off the table	Go for a 15-minute walk

Contractor Management

A note from Julia Johnston, Group Health and Safety Manager



Having previously worked as a contractor, I'm passionate about making sure contractor management is done well.

At ANZCO, contractors often complete high-risk work, sometimes under pressure during breakdowns or unexpected issues, so it's important we take the time to stop, assess risks, and make sure everyone understands how the work can be completed safely.

For me, good contractor management comes down to the "three Cs" – consultation, coordination, and cooperation. When expectations are clear and communication is strong, jobs can be completed safely and efficiently for everyone involved.

I've spent much of my career working in health and safety across manufacturing and high-risk industries.

Before officially joining ANZCO Foods as Group Health and Safety Manager, I worked with the business as a contractor for several years, understanding the work, the people, and the focus to ensure we improve our safety practices. Most recently, I supported the Health and Safety team through ANZCO's first ISO45001 audit.

During the last few months, I've really enjoyed getting to know teams across the business and spending time on-site meeting the people who make the company what it is.

This month we're also sharing information about managing stress and fatigue. My top wellbeing tip is to stay hydrated – even during the colder months. Hot drinks and soups are a great way to keep your fluid intake up during winter.

Canterbury engineers training

Engineers at ANZCO Foods Canterbury recently completed refresher training on the Permit to Work (PTW) system, reinforcing our commitment to safe, consistent, and well-coordinated contract management across the site.

The training focused on strengthening key areas of our PTW approach, including:

- Standardised contractor onboarding and competency verification
- Applying permit controls consistently
- Clear documentation and approval tracking
- Stronger oversight of contractor activities on-site

As work environments and regulations continue to change, initiatives like this help keep our teams at the forefront of safety – protecting people, assets, and operations every day.



Standing, from left: Shane Backstrom, Lukas Jansen Van Vuuren, Nolomo Tangatakino, Brenden Grobler, Danilio De Jesus, Wayne Lloyd, Mark Amador, Tristian Van In, Pieter Van Eeden, Jacques Vosloo

Sitting, from left: Stephen Peek, Gerald Greer, Abraham Roux

Safety observations

Safety observations don't have to be linked to an incident or injury. They can be a near miss, a conversation about a hazard, or an opportunity to make our workplace safer.

A recent example comes from ANZCO Foods Marlborough. Following a WorkSafe visit, the team discussed how chemicals are moved between different areas of the site. The conversation identified an opportunity to reduce manual handling and chemical safety risks. To address this, the site is introducing a dosatron and foam cart for chemical application, meaning chemicals can remain in their original containers during use, reducing handling and making the task safer and more efficient.

This is a great example of how speaking up and sharing observations can lead to positive change.

From January to May last year, we recorded 6,781 safety observations across the group. In the same period this year, this number increased to 7,300 – an increase of 519 observations

Thank you to everyone who records safety observations. When hazards, risks, and opportunities are identified on our sites, we can take steps to make sure everyone goes home safely every day.

Any questions or feedback?

If you've got any questions or feedback on anything in this newsletter please contact the Health and Safety team at:

HealthandSafetyAdmin@anzcofoods.com

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