

Keeping you up-to-date with

Health & Safety

Welcome to the first newsletter of the year. In the health and safety space, we're continuing to build on our commitment to a safe and healthy workplace for everyone. The focus areas below highlight the key risks and behaviours we'll be paying particular attention to this year.

- 1. Improve safety conversations and site's engagement in the initiative**
- 2. Continue to focus on our critical risks**
- 3. Share expertise across our sites, and bring in subject matter experts**

We look forward to working with site teams on these areas.

Get ready - busy season ahead

As we gear up for our busy season it's normal to feel some discomfort as work becomes faster and volume increases.

Don't let these niggles turn into injuries that could prevent you from working, playing sport or participating in family activities.

We're able to provide early intervention treatment that will keep you moving and hopefully avoid further injuries.

Report your pain and discomfort and see your health and safety team for advice on what treatments are available.

Safety conversations and interactions

Our safety conversations programme has been running for two years.

In 2024 we recorded **12,272** safety interactions, and in 2025 we recorded **16,048**.

It's fantastic to see the big increase in our recorded interactions and have everyone across all sites contributing to this initiative.

Thanks for your hard work in this area, it helps keep ANZCO a safe place to work.

Congratulations Sera Frost and Maddy Berry for achieving their NEBOSH certificates! NEBOSH stands for the National Examination Board in Occupational Safety and Health, which provides globally-recognised qualifications in health, safety and environmental management.



Welcome Julia Johnston

Group Health and Safety Manager

I'm Julia, the new Group Health and Safety Manager. I've worked with ANZCO as a contractor, on and off for a number of years while also running my health and safety consulting business. I've helped complete audits on sites to support implementation of the revised management system.

In my business I worked for a range of manufacturing and high-risk industries and enjoy working with teams to help ensure people go home safe every day.

During my first few months, I'll be reintroducing myself to health and safety teams across the business, and focusing on implementing the health and safety plan and initiatives for 2026.

Outside work, I have a husband and three children that take up most of my 'free' time! I also enjoy travelling and getting out and about.

A note from Janet Wright,

Health and Safety Governance
Group member and Group
Manager Communications and
Sustainability



Years ago, I was restoring a piece of furniture and didn't bother reading the instructions on the product I was using to remove layers of old varnish. If I'd done that, I probably would've worn gloves. I didn't – and the skin on my hands peeled for days.

I've also seen my father-in-law accidentally kill his perfect lawn by applying Roundup instead of Weed 'n' Feed.

In both cases, things bounced back eventually. They're fairly minor examples, but they're good reminders of what can happen when we don't take proper care when we're dealing with chemicals.

Depending on the substance, poor handling can lead to burns, poisoning, eye injuries, skin reactions, headaches, nausea, and even fire or explosion risks. So here are a few simple reminders about using hazardous substances – at work and at home:

- Check the label before using anything unfamiliar.
- Using the wrong chemical, or mixing products, can be dangerous and sometimes deadly.
- The recommended PPE isn't optional.
- Shortcuts usually backfire – skipping dilution steps, using 'a bit extra', or putting substances into unlabelled containers all create risk.
- If it's not labelled, don't use it. Unknown substances are one of the biggest causes of accidents.
- Ventilation matters more than you think. Fumes build up quickly in enclosed spaces, even if you can't smell them straight away.
- Clean up spills immediately and safely. If at work, report them as soon as possible.
- Store chemicals properly. Keep them sealed, in the right place, and away from heat and food areas.

Ask if you're unsure. There are no silly questions when it comes to substances that can cause harm. When we look after chemicals properly, we're also looking after ourselves and each other.

Hazardous substances

Hazardous substances are chemicals used on our sites that can cause serious health issues or injury. Our recent health and safety focus was on keeping safe around chemicals.

It's important you know what substances are used around you and on your site. Make sure you use correct PPE to create a barrier between you and the chemical, and know who your department's first aiders are so you can call on them in an emergency.

If there's anything you want to see in future editions of the Health and Safety newsletter, let us know by emailing:
HealthandSafetyAdmin@anzcofoods.com

Sun Smart in March

It's March, and summer is officially over, but that doesn't mean the sun stops shining.

It's still important to be sun smart, and with New Zealand having the highest rates of skin cancer in the world, it's also a good time to get your skin checked for anything that's changed.

UV radiation

You can't see or feel ultraviolet (UV) radiation, so managing the risk requires regularly checking UV levels, even on a cloudy or cold day. You can check the Sun Protection Alert on SunSmart's website, or check the UV on the UVNZ app.

Skin cancer

Skin cancer is the most common cancer affecting New Zealanders, which can be melanoma or non-melanoma. More than 2,000 melanomas and more than 80,000 other skin cancers are treated every year in New Zealand.

Keep an eye out for new spots, or existing spots that change size, colour, or shape. If you notice any changes, get them checked out by your GP, or a registered skin check provider such as MoleMap. Discounts are available in the ANZCO Crew app.

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

