


May 2022

## Ō tika me ō kawenga hauora me te haumarū






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 mate.<sup>1</sup>

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



Kei a koe te tika ki te

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| NGĀ TIKA |   | <b>Te mahi i tētahi taiao mahi hauora me te haumarū</b><br>Ko ngā mōreatanga ngā mea ka tūpono whara i a koe, e whakamāuiui rānei i a koe. Kei te pakihī 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 haumarū ā-mahi.   |
|          |  | <b>Me whai kaupapa whakapakari tōtika i mua i tō tīmata i te mahi</b><br>Me mātua whakarite te pakihī e mahi ana koe kua whakapakarihia koe ki te kawē i ō mahi kia hauora, kia haumarū. Me whakarite kei te mārama koe ki ngā mōreatanga, ā, me pēhea te whakarite kei te hauora, haumarū koutou i te mahi.   |
|          |  | <b>Me mahi me ngā mīhini haumarū, waka, taonga mahi, utauta hoki</b><br>Me mātua whakarite te pakihī kei te haumarū ngā taonga mahi, utauta, waka, mīhini hoki e whakamahia ana e koe i te mahi, ā, kei te pai anō te āhua.  |
|          |  | <b>Me whakamutu, whakahē rānei ki te mahi i ngā mahi mōrearea</b><br>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, haumarū rānei. Mēnā i mutu tō mahi, me wawe tonu te kōrero atu ki tō kaiwhakahaere.  |
|          |  | <b>Te āhei ki ngā mōhiohio hauora me te haumarū</b><br>Me mātua whakarato te pakihī e mahi ana koe i ngā mōhiohio ki a koe mō te noho hauora me te haumarū i te mahi, i tētahi āhuatanga e mārama ana ki a koe.  |
|          |  | <b>Ngā Utauta Parenga Whaiaro (PPE)</b><br>I te nuinga o te wā me whakarato tō pakihī mahi i a koe ki ngā utauta parenga whaiaro (PPE) mēnā e hiahia kia noho hauora me te haumarū koe, hei tauira, ngā pōtae mārō, puru taringa me ngā mōhiti haumarū. Me ako tō pakihī i a koe me pēhea te whakamahi tika, te horoi me te tiaki i tō PPE. Kāore e taea e tō pakihī 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 pakihī. |

<sup>1</sup> Health and Safety at Work Act 2015.

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| NGĀ TIKA |    | <p><b>Me kōrero</b></p> <p>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.</p> <p>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.</p>  |
|          |    | <p><b>Me whai wā ki te kōrero</b></p> <p>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:</p> <ul style="list-style-type: none"> <li>- te aroturuki i tō hauora</li> <li>- ngā āhuatanga i tō wāhi mahi</li> <li>- ngā mōhiohio, kaupapa whakapakari mā ngā kaimahi.</li> </ul>   |
|          |    | <p><b>Ngā Māngai Hauora me te Haumarū (HSR) me Ngā Komiti Hauora me te Haumarū (HSC)</b></p> <p>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.</p> <p>Mō ētahi atu kōrero tirohia te <i>Worker Engagement, Participation and Representation</i> good practice guidelines e wātea ana i te paetukutuku a WorkSafe: <a href="https://worksafe.govt.nz">worksafe.govt.nz</a></p> |
|          |    | <p><b>Me whakarato</b></p> <ul style="list-style-type: none"> <li>- he whakarato me te wāhi horoi ringa</li> <li>- he inu wai mā</li> <li>- ngā whakaurunga whakaora whawhati tata</li> <li>- he wāhi paramanawa e pai ai te whakamarumarū, whakaahuru hoki.</li> </ul>   |
|          |  | <p><b>Me mārāma me aha i roto i tētahi ohotata</b></p> <p>E herea ana tō kaituku mahi kia mōhio koe me aha ina pā mai he ohotata, hei tauira me pēhea te puta i tētahi ahi, me aha ki te pā mai he rū.</p>  |

## Ō kawenga i te mahi

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| NGĀ KAWENGA |  | <p><b>Hei kaimahi, he kawenga ōu kia</b></p> <ul style="list-style-type: none"> <li>- manaakitia tōu ake hauora me te haumarū</li> <li>- mātua whakarite kāore he pānga o āu mahi, kore mahi rānei ki te hauora me te haumarū ētahi atu</li> <li>- mahi tahi me tētahi kaupapa here, tukanga wāhi mahi hauora me te haumarū tōtika a tō pakihī</li> <li>- ū ki ngā tohutohu tōtika ka tukuna e tō pakihī mahi.</li> </ul> |
|             |  | <p><b>Me aha koe ki te puta he māharahara hauora me te haumarū ki a koe?</b></p> <ul style="list-style-type: none"> <li>- Kōrero atu ki tō kaiwhakahaere, tō Māngai Hauora me te Haumarū.</li> <li>- Me pātai ki tētahi hoa mahi, mema hapori ki te whakaara i tō āwangawanga mōu.</li> <li>- Whakapā atu ki tō uniana, māna hei kawē mōu.</li> <li>- Whakapā atu ki WorkSafe i 0800 030 040.</li> </ul>                  |

Mō ētahi mōhiohio mō ngā tika me ngā kawenga haere ki te paetukutuku WorkSafe: [worksafe.govt.nz](https://worksafe.govt.nz)