

Catalyst (n.) person or thing that precipitates a change...

ENTERPRISING SOLUTIONS
FOR EMPLOYEE HEALTH

Autumn

"As white bulging clouds float in the sky sometimes dispensing drizzle, sometimes rain, autumnal breezes pass through the green boughs of the trees..."

In this issue:

- We start thinking about winter's flu and what you can do to minimise the effects to your workforce and business.
- Announce Catalyst's new General Manager Customer Service.
- Update you on the Catalyst and Auckland District Health cardiovascular risk assessment programme.
- Update you on our involvement with the Stay at Work service
- Introduce you to Edmond Otis, our speaker at this year's Safeguard National Health and Safety Conference.

Winter's flu

With the onset of autumn, the flu season is well on its way. Here are a number of "Flu Facts" and what businesses need to be aware of to protect themselves from the worst of this year's flu.

Influenza is caused by a highly contagious virus, 1 in 5 people get influenza every year.

This year's vaccination includes protection against the Pandemic H1N1 influenza ("swine-flu") and two other common strains of influenza virus.

Influenza can affect anyone, no matter how fit, active and healthy they may be.

While your state of health affects how likely you are to get an infection, the influenza virus doesn't care how fit, active or healthy you are. It's a contagious virus and anyone can catch it.

Effective protection is provided by influenza vaccination.

Important to note:

- The vaccine CANNOT give you influenza/ "the flu".
- It takes 2 weeks for your immune system to develop immunity.
- It does not protect you against other winter viruses, for example, from "head colds".
- As well as protecting yourself by having a vaccination, you will help reduce spread and protect others that you may come into contact with.
- Although most healthy people recover from influenza without complications, some people, such as older people, young children, and people with certain medical conditions, are at a high risk of developing serious complications from influenza.
- Approximately 40 deaths each year in New Zealand are related to influenza infection.

Contact [Catalyst](#) to arrange flu vaccinations for your workplace



Announcing our new General Manager Customer Service

We are delighted to announce the appointment of Phillippa Greer to the position of General Manager Customer Service (left vacant by Val Jamieson's retirement).

Phillippa will start on 10 May 2010 and brings a wealth of experience and knowledge to Catalyst. She has excellent leadership and people management skills. She also has extensive health and safety and rehabilitation experience, including an in-depth knowledge of the ACC Accredited Employer Partnership Programme.

Phillippa has held senior management roles within ACC and prior to that worked in health and injury prevention in the private sector.

Phillippa will be based in Wellington. She is looking forward to working with Catalyst's clients to ensure you receive excellent service. Phillippa will be contactable on phillippa.greer@catalystrisk.co.nz from 10 May 2010.

Val Jamieson's last day will be Friday, 30 April 2010 and we wish her well in her retirement.

Cardiovascular Health Risk

Most heart attacks and strokes are preventable, yet every day more people in New Zealand die from cardiovascular disease (CVD) than any other causes.

By knowing your personal risk of CVD you can make important changes that will improve your health and reduce your risk.

It is clear that the workplace, where most adults typically spend half or more of their waking hours, has a powerful impact on individuals' health. Over the last decade there has been an evolving assortment of literature showing that workplace health promotion strategies such as supporting quit smoking, stress management and fitness programs play a key role in maintaining a productive and healthy workforce.

Employers are already undertaking their own organisational health assessments, which involve risk screening for more than work specific hazards. Aside from work related health issues, e.g. noise induced hearing loss, where the primary health sector is actively involved, the interface with the primary care sector on other identified risk areas e.g. high CVD risk, is almost wholly reliant on the individual's willingness to seek assistance once alerted to their risk.

Catalyst is working with the Auckland DHB on a project that will investigate an integrated workplace and primary care CVD and diabetes risk assessment programme, where with their consent, the employees' results can be transmitted directly to their GP.

If you would like to know more about this free programme, please contact valerie.handrickan@catalystrisk.co.nz

Stay At Work

ACC's new vocational service - Stay at Work (SAW) is all about helping injured employees get back to work safely and engaged in productive life.

The benefits of an early return to work are:

- Reduced costs by avoiding lost productivity
- Reduces the need to pay overtime to other staff to cover the role
- Reduced or eliminated costs of training new staff

- Increased speed of recovery for your employee
- Continuity of service
- Access to the employee's skills and knowledge

Catalyst's providers will work with you, your injured employee and their GP to find a solution that will provide quick and durable return to work outcomes.

For more info contact victoria.purdy@catalystrisk.co.nz



NZ's premier national health & safety conference is back again!

The Safeguard National Health and Safety Conference is being held on 15-16 June 2010, at the SKYCITY Convention Centre in Auckland.

Catalyst is again proud to be a part of the Safeguard conference. This year we are sponsoring Edmond Otis as a guest speaker. He is an internationally known expert who helps organisations and businesses increase productivity, improve customer service, and improve moral.

A relatively new resident of New Zealand, Edmond Otis is an experienced organisational consultant, speaker and trainer. Edmond has a rich and unique background. He combines experience as an author, licensed psychotherapist, accomplished university educator, with 38 years of intense traditional karate practice and recognition as a world-class competitor, instructor and coach.

Edmond will present a paper on the key findings of Catalyst's absence management Interviews that have been conducted over the past 6 months. Many of you took part in these interviews and we thank you for your participation and look forward to sharing the results.

We look forward to seeing you at the conference. For more information please visit the [safeguard webpage](#)

Further editions

We hope you enjoyed this newsletter and we welcome your feedback, please email info@catalystrisk.co.nz.

from the Catalyst team