# JANUARY 2018

Happy New Year!

## Health Topic

Update on Where Emergency Equipment is located and Intro to 2018 Wellness Program

## Resilience Tip

Like Yourself!

## Food Tip

Dark Beer marinades help reduce cancer forming compounds

## Where are Trauma Packs Located?

- Ambulance
- First Aid Room at Plant
- Mine Star
- Coronation in the Supervisor's Office
- Open Cut Maintenance Office
- FRUG First Aid Room
- FRUG Underground Crib Room
- Trauma Packs underground are located in refuge chambers – 2, 3, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14
- Steve Renton has one and there is also a spare one in the First Aid Supplies Room at the Top Office

## Where are AED's located onsite?

- Foyer at Top Office
- Ambulance (plus trauma pack)
- First aid room at Plant (plus trauma pack)
- Coronation in the Supervisor's Office (plus trauma pack)
- Heavy Vehicle Workshop
- FRUG Muster room
- FRUG Underground Crib Room (pus trauma pack)

Save-A-Life

Trauma Packs underground are located in every refuge chambers except the mobile entrapment unit which has an advanced first aid box.

## Did you know that dark beer marinades help reduce cancer forming compounds in your body?

OCEANAGOLD

## Resilience Tip

Like Yourself!

Resilience is the ability to bounce back when life send you a curve ball

Don't say anything about yourself that you wouldn't say about your best friend.

## Upcoming events

St Clair Hot Salt Water Pool, Second Beach Road, St Clair, Dunedin, Otago. Saturday Jan 20 2018 12pm – 3pm