

Welcome to

**2010**

I hope you all made it through the silly season without drama? At this time of year I often watch the TV news or listen to radio reports of tragic accidents. People & families that lose loved ones, their Christmas & New Year will never be the same!

But what about the ones we don't hear about, the work accidents & fatalities that don't make the news!  
Are they less important or have less impact on families if they don't happen during the Christmas or new year period?

I don't think so! My accident happened in September, a relatively quiet time of year, but every September 23rd I get a call from my Mum asking how I am going, my sisters sometimes call me & I have even had an occasional letter or call from people I worked with at the time of the accident.

So in 2010 lets not focus on the time that an accident happens, lets see if we can focus on the time we can spend preventing an accident from happening!



## **New Years Resolutions**

How many of you made new years resolutions?

How many of us have broken them already?

I have a challenge for you and your people!

I challenge you to stay safe for the whole month of January, do what you have to do to stay injury free for the whole month!

When I used to compete my coach set me some short term achievable goals.

I'll be your coach this year and my first challenge is for you to stay safe for the month of January. We will set a new goal for February.

Lets work together to achieve our goals.

## **Testimonial**

'Last week was tremendous and I am sure that all those that attended one of your sessions will have taken something away from it and talked about it with other workmates and hopefully a family member when they got home. Thanks so much for what you gave us and we will surely have you back with us in the not to distant future.'

**Richard Cass – Steel Products Health, Safety & Environment Business Partner, One Steel Whyalla**

## My training package... 'CHOICES' Safety Training Package

If you get this newsletter you know me in some way, shape or form. Most of you will have met me in person and heard my message of "Choice". Over the years some of you have asked me if I have my message on DVD or video to use in inductions or training. Most of the "Safety" stuff that is out there is done by production companies & actors!

Well I have finally put together a training package based on my story & message, and delivered by me!

The package includes-

- A heavy duty folder
- DVD presentation of my "Choices" message
- DVD Interview with James
- Facilitators DVD (with tips & hints for effectively delivering the training package)
- Questionnaire based on DVD content
- Flow chart for presenting the training package
- Copies of all documentation on disk
- 2 GB USB Stick
- CNBSafe branded Pens



I believe that the package will effectively deliver a strong message of "Choice" and make your workmates think about the choices they make.

The 'CHOICES' Safety Training Package is an ideal training module to include in your site inductions or as a separate training package. Stay tuned to [www.cnbsafe.com.au](http://www.cnbsafe.com.au) as a short Promo of the 'CHOICES' DVD will be available for viewing soon.

If you would like to pre order the 'CHOICES' Safety Training Package or would like more information please email [info@cnbsafe.com.au](mailto:info@cnbsafe.com.au)

## 2010 so far...

Last year I mentioned that I will be taking my message on the road. Well we leave early February.

We still have some dates available in most states, if you want me to visit your site please email as soon as possible to book a visit [ontheroad@cnbsafe.com.au](mailto:ontheroad@cnbsafe.com.au)

Just to let you know where I will be, here are the confirmed dates so far:

### February

Brisbane QLD  
Romsey VIC  
Dysart QLD  
Goonyella QLD

### March

Prominent Hill SA  
**April / May**  
Pilbara WA