

## Going Back

When I meet new people, one of the things people ask me is "What do you do mate?" I was recently asked to share my story at a site very close to where I was working at the time of my accident. It just so happened that a few of the boys (Now Men!) that I used to work with were working at this site.

It was great to catch up on over 20 years of lost friendship as after my accident a lot of these friendships dissolved for one reason or another. A couple of the boys told me that my accident changed their lives too, because they saw first hand the consequences of making some wrong "Choices". It made them realise that if they hurt themselves they would not be able to do the things that they now! Job, Lifestyle, Personal! And they admit that it made them consider the choices they make! But one of the things that someone said to me that really brought it all home was "The day you got hurt Woody, we lost a good mate". Sure I was still alive, but I never went back to work at that site. I lost touch with many people I worked with and I too lost many good mates because of my accident.

I want to say Giddyay to Follpy, Welshy & Mick my old flatmate, make sure you get down to Victoria for a beer or two.



## The people behind us...

I am the face of what I do, without me I would not have a business sharing my safety message. But I also rely on others to enable me to keep doing what I do.

My partner in all things is Vanessa, some of you will have spoken or dealt with her when arranging me to come to your site.

Vanessa is probably the most organised person I know, to the point that sometimes it is painful for me to keep up to her expectations (keeping receipts & paperwork in order).

But... I have to say that I would not be able to do it without her! Vanessa allows me the time to focus on what I do best.

So my question for you this month is, who is allowing you to do what you do best? See if you can find the people that will enable you to do what you are good at. Senior safety personnel need to ensure that their team compliments each other & allows each member to show & use their strengths.

Get your team in order, give them what they need to do their jobs, & make sure they support each other to use their strengths.

And a big thanks to my team.... Vanessa.



## Quote of the Month

"Life in a wheelchair Sucks!" .... James Wood



## Testimonial

'I felt your graphic explanation of the impact not only on yourself but on your family, friends, work mates & relationships hit the right buttons to lift the emotional intelligence of our front line leaders & safety representatives in such a way that they will be more proactive in addressing at risk behaviour.' **Peter Rostig - Manager Steel Products at OneSteel Whyalla**

## Where's James

### September

Albury VIC  
Dysart QLD  
Cannington QLD

### October

Lancefield VIC  
Hobart TAS

### November

Sydney NSW  
Chinchilla QLD  
Melbourne VIC



Let us know if James is near you...maybe he could visit your site. Contact Vanessa at [vanessa@cnbsafe.com.au](mailto:vanessa@cnbsafe.com.au)

## When do we start talking Safety?

I had a friend ask me a couple of years ago "How do you get your kids to wear their helmets on their bikes?"

I said to her "They don't have an option" if they want to ride their bikes, they know that they have to have their helmet on.

Her problem was that she let her kids ride their bikes when they were younger without a helmet on, and when they got a bit older & faster she decided that they needed to wear a helmet.

So when do we start to teach our kids about safety? I say as soon as they are born!

Obviously I have a personal reason behind this, I know what it is like to get hurt & I don't want my kids to have to go through some of the things I have had to.



A lot of the things we do at work we can use at home, and we can also use to teach our kids.

- Have a Pre Start meeting before you do something as a family, talk about the possible hazards.
- Make sure you wear PPE when mowing lawns, whipper snipper, etc
- Make sure your kids wear PPE as soon as they start riding bikes, motorbikes, skateboards
- Give your kids the right training, enrol them in an advanced driving school

The beauty of all of this is not only are you making sure they are safe when they are young, but when they start work they will already have many good safety habits to use.

It is your responsibility to give your kids the knowledge they need to stay safe!