



## **August 2018**

Re: Shiftwork Services seminar about Living with Shiftwork for First Response Lead & Major Incident Manger (After Hours)

The shift work seminar last Monday night, was brilliant and informative.

The team really got into what Fiona was talking about, and enjoyed the group exercises to keep the attention focused.

We covered such topics as...

- Sleep management
- Diet
- Fatigue
- Stress
- Benefits of water
- Alcohol and tobacco
- Benefits of exercising.

All important information. Fiona provided us with booklets and an email address should we have further questions.

The team were so focused on the seminar that we ran over time by half an hour just asking questions to different scenarios.

I would recommend any shift work team in Spark (day or night) at the very least attend a seminar once every year.

Also I would recommend that team leaders attend a workshop that is usually 2-3 hours for team guidance in rostered shifts.

Shiftwork Services also provide a service where they audit your teams roster to ensure maximum productivity whilst reducing stress and fatigue levels,

Happy to talk to other leaders of Spark should the need arise.

The team and I thank you for the opportunity, well worth the effort I think.

## **Case Clement**

**First Response Lead & Major Incident Manger (After Hours)  
Spark New Zealand**