



# Caring for Our People

*Manaakitia ā tātou tāngata*

*September 2019*

**As-salāmu ‘alaykum. Peace be with you.**

## Planning and paperwork

I hope you are all in the best of measles-free health.

Measles is one of the most infectious diseases in humans. Highly contagious, potentially life threatening with many nasty side effects.

Normally I am deadset against paperwork (believe it or not!) but sometimes you need the evidence that only paperwork provides. For example I still have my Plunket book to confirm if I got the double dose of measles vaccine as a kid.

I bet you thought this was gonna be about measles. Really it’s about asbestos, and how we prove we are doing something about it, or that we did something when we needed to. We might need that proof many years after we carried out that activity.

For example do you have an asbestos management plan and has it been discussed with the property team? There should be some property team meeting minutes to show that the asbestos management plan was agreed to and an outline of how everyone else is informed about the plan. These documents would form part of your building’s ‘Plunket’ book.

Unfortunately you can’t vaccinate for asbestos, you can only plan and then contingency plan for it.

- Plan when you are going to start a building project: have a refurbishment/demolition asbestos survey carried out to identify if there is asbestos in the area you want to work in. Once you know, then you can plan.
- Plan for emergency events that involve building damage. You will particularly need to know the asbestos status of the building at that stage, prior to anyone assessing or fixing or remediating the damage.
- Contingency plan for when you have started building works, and for ‘just in case asbestos is discovered’. It could be in insulation, sealants, paint or even backing boards under stucco concrete. Discovering asbestos after you have started will cost you time and money. Contingency planning will reduce those costs.

And if you would have preferred to read about measles then: please find your paperwork proof of vaccination or plan to be vaccinated as soon as possible.

Tino nui ōku mihi ki a Plunket me ōku mātua! I am very grateful to Plunket and my parents!

***He kokonga whare e kitea, he kokonga ngākau e kore e kitea.***  
*The walls of a house can be seen, the walls of the heart cannot.*

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<https://getready.govt.nz/involved/shakeout>

# Sign up for New Zealand ShakeOut 2019

Whakahaumarū Aotearoa

Our national earthquake drill and tsunami hīkoi is taking place on Thursday 17 October 2019 at 1.30pm.

ShakeOut is held across the world to remind people of the right action to take during an earthquake — Drop, Cover and Hold — and to practise a tsunami hīkoi (evacuation) if in a coastal area.

If you cannot do the drill at 1.30pm on 17 October 2019, you can choose a time to suit you within two weeks of the drill and still be counted.

[Sign up now!](#)

**OCTOBER 17TH 1.30PM**

BE PART OF OUR NATIONAL EARTHQUAKE DRILL AND TSUNAMI HĪKOI

**SIGN UP**

**505,506** participants  
Currently registered nationwide



## Drop, Cover and Hold is still the right action to take

While you are doing the drill, imagine that it is real and what might be happening around you. Think about what you might need to do before a real earthquake happens to help protect yourself.

[Find out more for Before, During and After](#)

