

MARCH 2024



Sleep is essential to health.

Sleep is a critical pillar of health, like nutrition and physical activity

- Sleep helps support memory and learning
- Sleep helps clear waste from the brain and promote brain health
- Sleep supports brain health, and brain health supports sleep
- Sleep supports immune health, and immune health supports sleep
- Sleep helps the immune system to clear bacteria and viruses
- Sleep helps to recycle old cells and maintain our bodies and energy levels

Poor sleep health can have multiple significant impacts on human health.

- Poor sleep has been linked to obesity, diabetes, coronary artery disease, and cardiovascular mortality
- Poor sleep can lower immune response, creating greater susceptibility to infections that further reduce sleep quality
- Certain sleep disorders like obstructive sleep apnoea and rapid eye movement sleep behaviour disorder are associated with cognitive impairment, dementia, risk of seizures, and increased risk of stroke
- Poor sleep can result in reduced reaction times, impaired judgment, and cognitive impairment similar in effect to alcohol intoxication
- Drowsiness can impair safe driving even if the driver does not fall asleep.

“Healthy sleep” means more than simply “enough sleep.”

There are six dimensions that affect sleep health and consequently overall health and wellbeing.

Organizing “healthy sleep” into distinct aspects offers sleep health advocates more focused messaging that promotes healthy sleep behaviours.

The six dimensions of sleep health are the following:

- **Duration:** how much did you sleep over 24 hours?
- **Efficiency:** how well do you fall asleep and stay asleep?
- **Timing:** when do you sleep?
- **Regularity:** do you have consistent sleep and wake times?
- **Alertness:** do you maintain good focus and attention during waking hours?
- **Quality:** do you feel satisfied with your sleep?



Flu Season is fast approaching !!

We can come to your workplace

Contact Storm on reception, to book your team in

admin@engagesafety.co.nz or call 034423682

We offer First Aid Courses every week at Engage Safety



CPR & First Aid Training Class



We provide morning tea and a light lunch, for courses held at our office.

Call us to book on 03 442 3682 or book on line

www.engagesafety.co.nz



OPTION 1

Basic First Aid & Basic Life Support NZQA Unit Standards Training

This Basic First Aid course offers learners the opportunity to learn first aid skills and to further develop existing skills in order that they can provide basic first aid treatment until more advanced help arrives at the scene.

Successful learners will be NZQA unit standard 6401 (Basic First Aid) & 6402 (Basic Life Support) accredited.

Enjoy our manaaki our courses include morning tea, light lunch and afternoon tea. Book online or call our office on 03 442 3682

OPTION 2

Manage Emergency Situation NZQA Unit Standard Training

Includes everything in the Basic First Aid & Basic Life Support NZQA Unit Standards Training as well as:

Manage Emergency Situation course offers learners the opportunity to extend their first aid skills to manage multi victim incidents and accidents until more advanced help arrives at the scene.

Successful learners will be NZQA unit standard 6401 , 6402 & 6400 accredited

Each unit standard comprises 4 hours of learning

Our **Health and Safety** Officers are available to work with existing and new clients, developing new, or tweaking existing, **H&S plans**.

We can also

- **Audit** your worksite,
 - **ICAM Investigation** following an incident.
 - Completely manage your workplace Health and Safety,
- from writing your plans and using a app for staff to use on site to complete audits, to preparing SSSP's, providing toolbox talks and submitting applications for Site Safe and IMPAC pre-quals.

Call us on 03 4423682 or email health-safety@engagesafety.co.nz

18 Glenda Drive, Queenstown.

(Opposite Pac n Save petrol pumps. Upstairs above Remarkable Vets)

Phone 03 442 3682 www.engagesafety.co.nz

