

Clients

Health and safety 101 is agile enough to be able to partner with any size organisation, from large multinational or global businesses to small medium local enterprises. Providing practical solutions for all Health, Safety and Wellbeing aspects across many industries including manufacturing, warehousing and logistics, transporting and supply chain, engineering, galvanising, telecommunications and pharmaceuticals.



Testimonials

Health & Safety 101 has been partnering with Go Healthy in all facets of our business across Australia and New Zealand as we work to take our Health, Safety and Wellness focus to the next level.

We found we had the 'great bones' of a strong health, safety and wellness framework, but we needed the extra oomph to lift the engagement within our teams so that everyone every day has their eyes up and safety at the front of mind.

Andy engaged with our teams at all levels across our business working with our Board and GLT on governance matters, our manufacturing teams on setting safety standards they want to live by and hold their teammates accountable for, and establishing new standards for our contractors and suppliers to adhere to when they undertake work on our sites.

Linda Rouse
Group Human Resource Director, Go Healthy

Health & Safety 101 has been working with us over the last few months to help us to step change the Health and Safety Culture. Andy is incredibly flexible and has spent a lot of time on the lines with the team. He has then produced detailed, practical reports which allow us to prioritise actions to reduce risk.

Andy has covered off manual handling, chemical handling as well as traffic management over a short period of time, as well as advising on policy, procedures and our strategy. Andy's approach is one of curiosity and learning and as a result, everyone relates to him and opens up to him.

I have been impressed with how quickly he has helped us to move the dial on Health and Safety at Delmaine and would recommend him to any business who wants to shift their H&S culture.

Gerry Lynch
Chief Executive Officer, Delmaine Fine Foods

Accreditation



health & safety 101
Making the complicated, practical

Let's discuss your requirements
Call Andy Cook on 021 614 910
email: andy@healthandsafety101.com

health & safety 101
Making the complicated, practical



Highly experienced,
award winning health,
safety & wellbeing partner

Let's discuss your requirements
Call Andy Cook on 021 614 910
email: andy@healthandsafety101.com
www.healthandsafety101.com



Making the complicated, practical

We take the complicated and make it practical



With a practical approach and strong commitment to health, safety and wellbeing, Health and Safety 101 provides quality, cost-effective, flexible solutions to assist in the long-term success of workplace health, safety and wellbeing.

Health and Safety 101's Managing Director Andy Cook comes with over 15 years' experience as a result driven, Senior Health, Safety and Wellbeing Leader. Andy has a proven ability to transform health and safety cultures, implement positive change and increase capability within organisations.

Andy was the winner of the Safeguard New Zealand Workplace Health and Safety Awards 2016 for Best Initiative to Encourage Engagement in Health and Safety.

Health and Safety 101 has a proven reputation as a professional and practical health, safety and wellbeing partner.

We pride ourselves on the ability to support organisations in meeting their health and safety legal obligations, from boardroom to frontline workers.

Health and Safety 101 can provide tailored health, safety and wellbeing support and solutions that meets best practice standards and can be benchmarked across industries.

Andy Cook

Andrew Cook | MANAGING DIRECTOR
Andy Cook TechNZISM, Dip.WHS, NEBOSH-IGC

Services

Organisations must have their health and safety management system and risk management processes in place and must be able to continually review their workplace practices to make sure they are up to date, relevant and meeting legislative compliance.

Health and Safety 101 can partner with your business, leaders and workers to provide tailored solutions covering all aspect of Workplace Health, Safety and Wellbeing.

- **CONTRACTING** fixed duration, multi day, projects, casual
- **CONSULTING** organisational health and safety assessments, leadership and governance, Worksafe investigations
- **CULTURE** and connecting workers with the WHY? through improved engagement, leadership and standards
- **COMPLIANCE** to the Health and Safety at Work Act 2015 (HSWA), AS/NZS 4801, ISO 45001, ACC Safe+
- **CRITICAL RISK** identification, management and mitigation including Bowtie Risk Management framework
- **WELLBEING** including mindful leadership and cognitive wellbeing



Andy has an awesome way of cutting through pushback at any level, he is practical and rolls his sleeves up when stuff just has to get done – not a trait you see in many consultants! We would never have made the enormous leap forward in our safety culture and practices in such a small amount of time if Andy were not partnering with us at all levels. This guy really knows how to achieve tangible results.

Minesh Patel – Group MD Operations, NZ Health Manufacturing