



For more info on
Fosters, check out
fosters.co.nz

Award-winning Waikato construction company Foster Construction employs more than 100 staff, with roles ranging from apprentice carpenter to project manager..

In the Hamilton head office, there are project administrators, support roles, quantity surveyors and a small number of senior managers. Fosters is always on the lookout for people who:

- Have great work ethic
- Can communicate well
- Have a positive attitude
- Are well presented
- Demonstrate passion for what they do
- Turn up on time, and well prepared!

BECOMING A HEALTH & SAFETY ADVISOR



Courses available in NZ include:

- Health & Safety Representative Training, levels 1 & 2 (HSR)
- New Zealand Certificate in Workplace Health and Safety Practice (Level 4)
- New Zealand Diploma in Workplace Health and Safety Management (Level 6)
- Bachelor of Applied Management (Occupational Health and Safety Management major)
- Graduate Certificate in Occupational Health and Safety Management

To find out more about this sector, profiles of young people like you in the industry, and career tools and tips...

scan here



JADE THOMAS
ENVIRONMENTAL, HEALTH & SAFETY AND REGULATORY ADVISOR

The FutureForce® Crew sat down with Jade to chat about her role...

→ HOW DID YOU GET THIS JOB? WHAT GOT YOU INTERESTED IN THIS CAREER PATH?

In 2019 my family's business was subcontracting to Fosters on numerous job sites. I built strong professional relationships with the two health and safety managers at the time and one of them asked if I would be interested in working at Fosters. I interviewed for a Health and Safety Coordinator role and was offered the opportunity. I considered the growth this would give me so I took the plunge and haven't looked back!

→ WHAT GOT YOU INTERESTED IN THIS TYPE OF WORK?

I didn't start off with ambitions of working in health and safety (H&S). I originally trained as a chef when I was 15, and it was after working in the hospitality industry that I became interested in food safety. It was then I considered H&S as a future career opportunity. When my son was young, the hours in hospitality were not family friendly. The opportunity arose to work in my family's Asbestos Removal and Roofing business, so I made the move into H&S.



TOP CAREER TIP

BE A TEAM PLAYER. CULTURE IS KEY TO AN ORGANISATION'S SUCCESS SO BE A PART OF ENSURING YOUR WORKPLACE HAS A POSITIVE CULTURE

→ WHAT DO YOU LOVE ABOUT YOUR JOB?

A H&S advisor's job is to prevent accidents and incidents that cause harm to people and the environment. A career in health and safety has been hugely rewarding and even has the potential to save lives. My goal is that everyone in our team goes home safe and healthy to their loved ones every day.

→ WHAT'S THE BEST CAREER ADVICE?

You're at your job for over a third of your life, so be passionate about it!

Don't be afraid to speak up... set realistic goals... find a mentor and be a mentor! Be confident, yet humble. Most of all be a team player.

JADE THOMASENVIRONMENTAL, HEALTH & SAFETY AND REGULATORY
ADVISOR

→ **WHAT ARE SOME USEFUL QUALIFICATIONS AND ATTRIBUTES FOR YOUR ROLE?**

To become a health and safety adviser it is recommended you have an occupational health and safety certificate, diploma or degree. Volunteering as a health and safety representative within your current workplace is a good start, this way you can get a feel for whether it is the career path you wish to pursue. There are no specific secondary education requirements to become a health and safety adviser. However, biology, chemistry, physics, maths and English are useful.

→ **WHAT IS SOMETHING YOU WISH YOU KNEW WHEN YOU LEFT SCHOOL?**

If I could give my teenage self any piece of advice, it would be not to take on board other people's opinions. I was a victim of school bullying, which is why I left school early. I would tell my younger self to stick at it and not care so much about what people think.

→ **WHERE WOULD YOU LIKE TO GO WITH YOUR CAREER?**

I respect how Fosters develops its employees and I hope that in five years I'll be managing my own team.

→ **WHAT DO YOU LIKE ABOUT WORKING AT FOSTERS?**

Fosters encourages growth and career development from within. Fosters really support people that want to make something of themselves. Foster's Chief Operating Officer Nigel Sun has recognised a quality in me that I struggled to recognise in myself. He has given me the opportunities to take part in leadership training courses and continues to support my career pathway, I cannot thank him enough for his continued support and mentorship.

→ **WHAT'S YOUR ADVICE FOR MANAGING A GOOD WORK-LIFE BALANCE?**

- Enjoy your work, do what you love and love what you do
- Have set work hours – and stick to them, the workday never seems to end.

There are times when you should just shut your phone off and enjoy the moment, otherwise, before you know it, you'll be working until midnight every night.

A DAY IN THE LIFE

What do you do on a day-to-day basis?

My role is to monitor workplace health and safety hazards, train employees on health and safety procedures, and investigate accidents.

My day always varies, but can include:

- developing policies and procedures to minimise workplace hazards
- identifying hazards and risks that may affect the health of workers
- educating and training staff in managing workplace risks
- encouraging staff to participate in health and safety procedures
- inspecting workplaces to check health and safety procedures are followed
- recording and investigating incidents and injuries, and equipment damage
- helping injured staff return to work
- preparing reports on safety performance



FFOSTER
reat communities through strong foundations

FUTUREFORCE
CAREERS HUB