



# Newsletter

Issue No. 84 June 2018

## In this issue:

- 2018 WorldSkills Australia National Championships
- MBA Tertiary Open day
- WorkSafe ACT Apprentice and Young Worker safety program
- ACT Master Plumbers Annual Awards
- Winter Sun Protection in CBR - what's the deal?
- Upcoming Events



2018 ACT Worldskills team



Daniel Sheehan ACT



Elliot Nunn Plumbing ACT

## **2018 WorldSkills Australia National Championships**

Young apprentices and trainees from the ACT scooped four medals in the 2018 WorldSkills Australia National Championships, which were held at the International Convention Centre in Sydney from 1-4 June 2018.

The competition saw about 150 medals on offer across 50 trades and skills, ranging from carpentry, autobody repair and mechanics, fashion and jewellery design to skills of the future including cloud computing and 3D game design.

Held every two years, the National Championships are open to apprentices, trainees and other vocational students aged 16-24.

The ACT had 12 competitors, from the Canberra Institute of Technology (CIT), along with private training providers Global Energy Training Solutions (GETS), Quality Training in Construction (QTIC) and Furnishing Industry Association of Australia (FIAA).

ACT competitors who won medals were Elliott Nunn (bronze in Plumbing and Heating), Douglas Keith (bronze in Cabinetmaking), Timothy Bishell (silver in Joinery), and Chloe Rosenbaum (silver in Restaurant Service).

Some medallists could be chosen to join WorldSkills Australia's Skills Squad with a view to becoming a Skillaroo and representing Australia at the WorldSkills international competition in Kazan, Russia in 2019.

# MASTER BUILDERS OPEN DAY

**Meet Real People**

**Build a Career**

**Create a Lifestyle**

**Pave Your Future**



**Build your construction career @ the MBA**



**MASTER  
BUILDERS  
OPEN  
DAY**

Master Builders ACT opens its doors for the first time and invites you to experience the many benefits of working in the building and construction industry.

Experience a range of activities, demonstrations, tours and presentations throughout the day.

Meet our trainers, industry experts, local builders, apprentices and suppliers of the industry. Discover the possibilities of this exciting industry and 'Build your construction career @ the MBA.'

**When:** Saturday 25th August 2018

**Time:** 10am-3pm

**Where:** 1 Iron Knob Street Fyshwick

Sign up for email updates at:

[www.mba.org.au/events/signup-for-updates](http://www.mba.org.au/events/signup-for-updates)



## 2018 Master Builder's open for Tertiary Open Day

On Saturday the 25th of August a number of Tertiary Institutions in the ACT will open their doors and welcome interested parties to look through facilities and seek career advice and course information.

New to the Tertiary Open day this Year is Master Builders ACT who will open its doors at Iron Knob St Fyshwick to the public and showcase the range of opportunities available to anyone wishing to pursue a career in the Building and Construction Sector here in the ACT.

In addition the CIT Reid Campus will be open as will the following Universities ANU, Uni of Canberra, ADFA and Australian Catholic University.



## *WorkSafe ACT*

### **WorkSafe ACT**

#### **Apprenticeship and Young Worker Safety program**

Worksafe ACT have confirmed that they are commencing the new program across the ACT which will include site visits to a wide range of industry sectors including the Building & Construction, Electrical and Plumbing.

The visits will seek to delve into a range of areas including the level of supervision of apprentices and young workers, reporting of accidents and injuries as well as the role of supervisors.





## ACT Master Plumbers Annual Awards

The ACT Master Plumbers Association conducted its annual industry dinner and apprentice awards night on the 18th May 2018 at the Canberra South Cross Club at Woden. It was an excellent night with over 220 people attending who were well fed and entertained.

We were given an excellent discourse of the value of plumbing to the community by the guest speaker Mr Craig Simmons (COO Environment Planning and Sustainable Development).

One of the highlights of the evening was the awarding of a meritorious service award to Mr Ernie Dearing for his contribution to the ACT industry of over the past 40 years, especially as a teacher at the plumbing school at CIT.



### Winter Sun Protection in CBR - what's the deal?

As we embrace ourselves for another cold Canberra winter, it is easy to understand why sun protection drops off the radar!

In fact, in Canberra over the next few months daily UV (ultraviolet) levels drop off to levels that are considered "low" (under 3), low enough to not warrant daily sun protection behaviour.

While most people should have adequate Vitamin D levels going into the winter period - some people may experience a drop in Vitamin D levels during the winter - and there could be many physical, biological and environmental reasons contributing to this including: less time spent outdoors, being less physically active, lower UV levels and of course covering more skin with clothing due to cold temperatures. Some people may also be at risk of Vitamin D deficiency due to their biology including skin colour, weight and/or other health reasons and should discuss their Vitamin D concerns with their GP.

So, this winter by leaving your hat off during outdoor experiences you may be able to assist your body with its efforts to maintain/produce Vitamin D. Getting some daily midday sun and keeping physically active most days of the week will also assist.

**However!** If you are outdoors for extended time,

work outdoors, traveling north to warmer pastures, or skiing this winter in the Alpines then it is still recommended that you protect your skin - so hats back on and dont forget the sunscreen!

Vitamin D is important for maintaining healthy and strong bones and muscles, and general good health.

**Sun Protection and Vitamin D  
GETTING THE BALANCE RIGHT**

**WHEN UV IS:**

↑ <b>3 OR ABOVE</b> ↑	↓ <b>BELOW 3</b> ↓
<ul style="list-style-type: none"><li>• Sun protection is a priority.</li><li>• Most people get enough Vitamin D through a few minutes of typical day-to-day activity.</li><li>• Remember to slip, slop, slap, seek and slide.</li></ul>	<ul style="list-style-type: none"><li>• Sun protection is not recommended.</li><li>• Go outdoors in the middle of the day to support Vitamin D production.</li><li>• Being physically active – e.g. gardening or going for a walk will help.</li></ul>

**Cancer Council**

Check local UV levels by downloading our free mobile app at [cancer.org.au/SunSmartApp](http://cancer.org.au/SunSmartApp)

The infographic features icons for sun protection (hat, shirt, sunglasses, sunscreen) and Vitamin D production (person walking, sun, garden, shoes).

## Upcoming Events

### **MBA ACT**

Excellence in Building Awards

Friday 29th June

National Convention Centre

### **Construction Industry Training Council (CITC )**

Graduating Apprentice & Encouragement Awards

Friday 31st August

Thoroughbred Park

**ACT Skills Canberra**

Training Excellence Awards

Thursday 13th September

Hotel Realm



ACT Building & Construction Industry Training Fund Authority  
Suite 6, National Associations Centre  
71 Constitution Avenue  
CAMPBELL ACT 2612  
[www.trainingfund.com.au](http://www.trainingfund.com.au)

