



Going the extra mile

Wellness in a small or medium sized business

For a medium sized log transport business in the central North Island, health & wellbeing means going the extra mile for their hard working team of employees.

Staff health and wellbeing is often associated with big corporate operators, who have access to large HR budgets and expensive consultants.

However, as part of Transporting New Zealand's wellbeing programme, we've found that plenty of small and medium sized trucking companies are playing their part as well. We spoke to Ben*, the manager of a medium sized log transport business about how the company puts their staff first.

Regular check ins

With 18 trucks and over 20 staff members spread across eight locations in the central North Island, Ben says that regular communication is key to ensuring their drivers feel supported: "you've got to make sure you're talking to the boys every week".

Ensuring regular contact means staff can proactively raise any problems

or health and safety issues.

Transporting New Zealand's five step [Wellbeing WoF](#) has helpful resources to help managers hold constructive check-ins and provide helpful feedback to staff.

Having support available

The company also prides itself on having a supervisor or manager available to employees at all hours. There's no danger of staff on an early or late shift ending up high-and-dry with a mechanical issue or customer hold-up. Having support available allows issues to be resolved quickly and effectively, with minimal disruption.

Ben also regularly offers to run back and drop off trucks round at drivers' houses, minimising their commute time. It's another way that the company demonstrates a family approach to running their business.

Social events

Ben says it's important to set aside time and resources for work social events. Many of the company's employees have been with them for years, and regular catch-ups are a great way to support the close-knit team. This includes their annual mid-year Christmas function, and organising trips to see Super Rugby games.

Wellbeing resources for businesses of all sizes are available on the [Transporting New Zealand](#) and [WorkSafe](#) websites.

*The subject of this profile asked to be kept anonymous as they aren't a fan of the spotlight.

Do you have a good Wellbeing Story to tell?

Email our projects & policy advisor billy@transporting.nz or your local regional sector advisor and we'll be in touch about telling your Wellbeing Story.