

It Makes Sound Safety Sense

Safety is important to us at Ai Group Apprentice and Trainee Centre.

We have a commitment to caring for our employees, so they return home at the end of the day in the same condition in which they started.



Ai Group Apprentice and Trainee Centre Christmas Office Shutdown

Monday 21st December 2020
to
Friday 08th January 2021



**THINKSAFE
BE SAFE
LEAVE SAFE**

- 1 Stop, step back, observe
- 2 Walk through task
- 3 Identify hazards
4. Control & communicate
5. Safely complete task



**APPRENTICE AND
TRAINEE CENTRE**
WORKFORCE DEVELOPMENT



Christmas Safety Talk Newsletter

December 2020 Issue 3

Stay safe this holiday season!



Christmas and WH&S Keeping it Safe

As Christmas approacheth and soon cometh the time where presents will be opened, food will be consumed, carols will be sung, and reindeer antlers will be worn.

Work Christmas Parties: Remember that at a work social function, you are still obliged to follow all the policies applicable to that workplace and Ai Group Apprentice and Trainee Centre. Remember social distancing continues, maintain a healthy distance.

Don't drink, and drive. Get a friend who is not drinking to drive or get a taxi/uber or public transport. If you are hosting a party have a variety of non-alcoholic beverages available for those who choose not to drink.

Going away: If you are heading away for the holiday season, get your vehicle serviced to ensure it is in good mechanical condition and take adequate rest breaks.

Stress: Christmas time can be stressful for a lot of people, whether it's financial, health or family issues so look for signs of stress. If you or someone you know needs help, ask for it.





Easy Christmas Pavlova

Ingredients

Cooking spray
5 eggwhites (from 60g eggs), at room temperature
220g (1 cup) caster sugar
2 tsp cornflour or gluten-free cornflour
1 tsp white vinegar
Icing sugar, for dusting
1½ tubs (225g) Vanilla Bean Frûche
150g low-fat fresh ricotta
2 small peaches, thinly sliced
1 x 125g punnet raspberries
4 passionfruit, pulp removed



Method

- Preheat oven to 160°C (fan-forced). Spray a 24 x 30cm (base measurement) swiss roll pan with cooking spray. Line pan with baking paper, allowing it to overhang the sides.
- Using an electric mixer, whisk eggwhites until soft peaks form. Add sugar 1 Tbsp at a time, whisking well between each addition until sugar dissolves. Add cornflour and vinegar. Use a large spatula to mix until combined.
- Spoon meringue into the pan and spread out evenly. Bake for 10 minutes or until meringue is light golden brown on top. Set aside for 20 minutes to cool.
- Place a piece of baking paper dusted with icing sugar on a large board. Place board on top of the pan and carefully turn out onto the paper. Remove baking paper from meringue base. Place a large rectangular serving platter on top of meringue and turn back onto the platter.
- Whisk frûche and ricotta in a bowl. Spread mixture over the top of meringue. Top with peach slices, raspberries and passionfruit. Serve.

Nutrition Info PER SERVE

643kJ, protein 5g, total fat 1.5g (sat. fat 1g), carbs 29g, fibre 2.2g, sodium 59mg • Carb exchanges 2 • GI estimate medium.

