



Health and Safety - Learning from Our Worst Day at Work

On his worst day at work, Dave was just one bump away from falling off a helicopter in flight. This powerful story sets the tone for open and honest discussions about the mistakes participants have made in the past. Designed to foster a culture of safety and continuous improvement, the workshop turns these mistakes into invaluable learning opportunities.

Why it Matters

The “she’ll be right” days should be far behind us, yet every high-risk worker—whether a construction worker, miner, first responder, or nurse—has at least one story of an unreported accident or near miss at work.

We can learn from our mistakes, but a mistake is only a lesson identified. The real learning comes from reviewing the mistake and changing our behaviour, procedures, or equipment.

Creating and maintaining a robust safety mindset and culture is essential for workers who want to return home safely to their families each night.

This workshop is designed to create a safe environment for participants to share their own experiences, allowing everyone to learn from them. It begins with Dave’s story of one of his biggest mistakes on the rescue helicopter and ends with participants gaining practical tools and insights that they can use every day to keep themselves safe and ensure compliance.

What They Say

We have honestly never experienced a room full of tradesmen so engaged, focused and interested in what was being said. Every team member took away something to work on personally or to work on with their team on site.

Kim Allen
CEO, CRA Construction, Brisbane Australia

I highly recommend Dave and his company to provide a practical solution to your training needs with the experience that is the envy of his competitors.

Dion Neill
CEO, Auckland

I have had Dave speak with my company at a health and safety leaders forum. The feedback from the team has been fantastic and the messages hit home.

Steffan Cavill-Fowler (ProfNZISM)
H&S Mgr, Peryer Construction

Dave opened my eyes to how unprepared we were!

Jennifer Jones
Health and Safety Mgr, Wellington, NZ

A Unique Perspective

Over my 25-year rescue helicopter career, I served as both a crewman and the Operations Manager. Safety was always our top priority, but mistakes happened, and we always aimed to learn from them and move on.

I never expected a public relations flight to be the one where I made a potentially fatal mistake, but it was. After the flight, I discovered I had been sitting and standing outside the moving helicopter for over twenty minutes without my safety strap being secured.

No one else knew that I had done this, and for a fleeting moment, I thought about not reporting it. However, we had a robust and open safety culture, so I told my pilot and filled out all the paperwork for a 'near miss'.

As an experienced crewman, I was embarrassed by making such a mistake, but it happened. By sharing my story, I hoped to prevent someone else from making the same error.

A robust health and safety culture starts at the top. If your people aren't sharing their stories, you need to ask yourself why!

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