

## October 2016

October is [National Safe Work Month](#) and national [Mental Health Month](#). Workers are encouraged to save lives by having a conversation, sharing stories and raising awareness about work health and safety. See the article below for how UNSW will be supporting these initiatives.



### Wellbeing and mental health

October is [Mental Health Month](#) and communities around NSW will be hosting events. UNSW is hosting safety and wellbeing [events](#) throughout the month. There are three weekly events, four special events and three challenges. Staff participating in these events will find themselves physically active, getting more sleep and even eating better, as well as developing important stress relief skills - all of which are important ways to maintain mental health. Please visit the [Safety and Wellbeing Month](#) webpage for more information and to register for events (some have limited spaces). For student activities see the [Student Wellbeing page](#).

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### UNSW drone operations

Piloting an Unmanned Aircraft System (UAS), or Remotely Piloted Aircraft (RPA), or drone, for UNSW purposes is seen as commercial activity by the Australian Civil Aviation Authority (CASA). As required, UNSW holds a Remotely Piloted Aircraft Operator's Certificate (ReOC). UNSW staff and students intending to use drones should visit the Research Ethics and Compliance (RECS) [drone operation webpage](#), or contact RECS on [drones@unsw.edu.au](mailto:drones@unsw.edu.au) for information regarding certification, maintenance and insurance.

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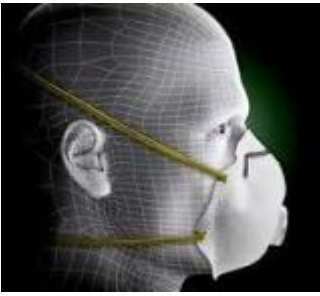
### FDA and soap

The US Food and Drug Administration (FDA) recently banned some antibacterial handsoaps that contain the chemicals triclosan and triclocarban and this has raised concerns over products sold in Australia (refer to [news piece](#)). If you buy antibacterial liquid hand soap for your facility please ensure that you check for these ingredients and refrain from buying them.

Note that basic soap and water is as effective at cleaning your hands as any hand disinfectant and are appropriate for most of our research facilities.

Alcohol-based hand sanitisers have limited applications, plus you need to keep your hands on contact with the substance for 2 minutes. If your hands are wet, dirty or sticky it won't work.

Remember that your handwashing technique is more important than the cleaning agent you use, refer to our [handwashing poster](#).



## Face fit test

A new protocol and form has been released for face fit testing. If you wear a respirator for your work it's important that you choose the correct one for the job and that it fits correctly. Respirators are not one-size-fits all and changes such as weight loss/gain, facial hair, substantial dental work can affect the fit. A face fit test is used to assess the adequacy of the respirator seal on the individual's face.

For more information refer to [HS926 UNSW Face Fit Test Protocol](#) and [HS927 UNSW Face Fit Test Report](#).

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## Green campus day

To celebrate [World Green Building Week](#) and the first Australasian Campuses towards Sustainability (ACTS) [Green Campus Day](#) on Tuesday 27 September 2016, UNSW opened its doors for all. UNSW Sustainability, with the help of Facilities Management and School of Photovoltaic and Renewable Energy Engineering, organised a tour of the multi-award winning 6 Star Green Star certified [Tyree Energy Technologies Building](#). The Green Building Council approved tour was offered free to all ACTS member university staff and students. The initiative was very well received and appreciated with the tour completed booked out; see some [great photos](#) of the event.

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## TechNet and AdminNet

UNSW has two useful email forums used primarily by professional staff for communicating and networking at UNSW: TechNet and AdminNet. If you want to borrow or buy something, have something to give away, are looking for specific expertise, then ask through the relevant email forum and you'll soon have the answer, item or expertise! It's for sharing information, knowledge, skills and resources for our (UNSW) benefit, and is not for advertising (no commercial enterprises, lobby groups etc.). See the [technical-related forum](#) and the [administration-related forum](#) for more details, both open to any interested staff.

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## Safe Work Australia

Safe Work Australia has published a [Guide to Managing Risk of Exposure to Carcinogens](#). This provides information on how to manage health and safety risks associated with the storage, handling, use and disposal of chemical carcinogens in the workplace.

In other news Safe Work Australia will be evaluating the workplace exposure standards for more than 600 chemicals to ensure it is comparable with latest evidence and international best practice, for more information visit the [Workplace Exposure Standards](#) page.

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## SafeWork NSW

SafeWork NSW have updated six Codes of Practice recently. They are:

- [Hazardous Manual Tasks](#) - Adds an example to train workers in use of control measures.
- [Managing Electrical Risks in the Workplace](#) - Amends the preventative actions checklist for de-energised work.
- [Welding Processes](#) - Clarifies use of flash back arrestors for compressed and liquefied gas lines.
- [Demolition Work](#) - Defines "pier"
- [How to Manage and Control Asbestos in the Workplace](#) - Refers to a guide to health monitoring.
- [How to Safely Remove Asbestos](#) - Warning not to reuse or re-soak damp cloths used to remove dust from clothes.



Refer to the last page of each document for detailed information on the changes made, all of which are minor. Stay up-to-date with the [SafeWork NSW newsletter](#).

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## Lessons learnt

Since it is Wellbeing and Mental Health month at UNSW we completed one of the regular Monday lunchtime walks around Kensington campus perimeter. This took 28 minutes and an average of 4,445 steps. This step count is the equivalent of about one Mars bar and is nearly half of the recommended daily step count of 10,000. We walked with people from other faculties whom we had never met before and chatted about holidays, past-times and family. We learnt that taking this short break out of our day hugely contributed to our mental and physical health.

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