

March 2017

There are a number of wellbeing events coming up soon including the Global Challenge (to walk 10,000 steps per day for 100 days), a Balance Wellbeing Seminar and flu vaccinations; see below for more information.



Global Challenge

In 2017 the [Global Challenge](#) to gain 10,000 steps per day for 100 days is back. It has a new name (was Global Corporate Challenge last year) and lots of great new features. The Global Challenge starts on 24th May and registrations will open in April. Start to get your team of 7 people together, last year we had 575 participants and we want to blast past that this year. UNSW were the 2016 Challenge winners of all Australian universities participating, so we're looking forward to some stiff competition from the University of Sydney in 2017 as we defend our crown. Registration information will be available in the next newsletter.



Flu vaccination

The annual staff influenza clinic for 2017 will commence on Tuesday 21st March. This free service is part of the Campus Life Health and Wellbeing strategy. The most effective way of minimizing the effects of influenza is via a comprehensive vaccination program. Influenza Clinic dates range from 21st March to 5th May, 9am - 1pm. You must book an appointment online, go to [UNSW Health Service](#) for full details.



Wellbeing seminar

On 15th March the first of three Worklife Assist seminars for 2017 will be held. "Getting Your Life Balanced", hosted by our Employee Assist Program (EAP) provider, will cover the following topics:

- Understanding balance, one dominant area in life creates risk
- How to recognise imbalance and create balanced thinking
- Understanding your personality
- Goal setting.

Unfortunately this event is now fully booked, but if you'd like to be notified in advance of the two further events please contact safety@unsw.edu.au.



Safety on campus

Facilities Management have a number of services to help keep you safe on campus. These include the free app StaySafe@UNSW (featuring a flashlight, alarm, access to emergency services), a night shuttle bus to move you around campus, safety escorts where you can be accompanied by a security officer, Help Points located across campus with direct dials to security and more. Refer to the [staying safe day and night](#) webpage.



Drone/UAS

Piloting a drone/Unmanned Aerial Systems (UAS) for UNSW teaching, research or professional services is considered a commercial activity by Civil Aviation Safety Authority (CASA). Therefore all drone operators, including those of drones <2kg, must contact Research Ethics and Compliance Support (RECS) for an induction to the UNSW Drone Operations Manual and to register the drones for insurance purposes. For more information see the [UNSW Drone Operation and Management webpage](#).



Purchasing overseas chemicals

If you purchase chemicals from overseas please note that the manufacturer or supplier of chemicals must provide a Safety Data Sheet (SDS) which meets Australian requirements, as outlined in the Work Health and Safety Regulations. Chemicals must also be classified according to the GHS. Therefore if purchasing chemicals from overseas always try to use an Australian supplier. If necessary, ask an Australian supplier if they are willing to distribute the product for you. If this is not possible, and you import it directly, then you take on all legal responsibilities of an importer. You can ask the manufacturer to supply an Australian-compliant SDS, otherwise you will need to convert the overseas SDS to Australian. For more information refer to [HS332 Hazardous Chemicals Procedure](#), sections 3.1 (e) - (f).



SciQuest ERM update

[SciQuest](#), the system for chemical management, is changing its name to Jaggaer. The Hazardous Materials Dangerous Goods (HMDG) stockroom and lab consumables requesting solution is targeted for a software upgrade from version 7 to version 9. The upgrade allows for:

- Regulating and tracking the volumes and quantities ordered
- Improved monitoring of restricted substances and chemicals
- Accurate chemical manifests
- Better catalogues for purchase of rare chemicals.

Further information will be available in the next newsletter.



Free lab training

Eppendorf are providing free training on Wednesday 29th March for Liquid handling and pipettes and Centrifuge care. The courses are available on upper and lower campus. Liquid handling and pipette training (1 hour) will cover techniques for ultimate precision, repetitive pipetting and how to avoid injury, and maintenance. Centrifuge care (1 hour) will cover correct loading, balancing, maintenance and how to deal with a spill. Please complete this [enrolment survey](#).



Slips/trips/falls

There has been a recent increase in the number of slip, trip or fall incidents on campus. These have been caused by a number of different factors, such as:

- Slip on food spilled in dining areas. Please clean up immediately any spilled food or report spilled food to FM Assist for cleaning.
- Trip on paper and plastic cover sheets on the ground. Please pick-up immediately any items you drop.

Slips, trips and falls cause the greatest number of serious injuries at UNSW. Don't end up a statistic, do the right thing and be aware of your surroundings, report issues you see, and pick-up after yourself.



Lessons learnt

There was an incident on campus where a large volume of gas was released into a room. Recovery systems captured half of it but the rest escaped into the room. The oxygen concentration in the room dropped and the low oxygen detection sensor triggered the alarm, warning everyone and initiating appropriate responses. If there is a risk of gas release in a space you must evaluate the potential for hazardous atmosphere in the room and where necessary install mechanical ventilation, capture systems and/or gas detection sensors. There are a number of calculators available on the Health and Safety website for these purposes: [HS649 Oxygen Calculator - Asphyxiant Gas](#), [HS650 Oxygen Calculator - Liquid Nitrogen](#), [HS669 Ready Reckoner - Toxic Gas](#), [HS671 Ready Reckoner - Flammable Gas](#).

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Please provide any feedback to safety@unsw.edu.au

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