



April 2017

We have now moved out of daylight savings, so the evenings will be getting darker and this is a timely reminder to be aware of your personal security after dark. UNSW will be conducting a review of lighting conditions on campus soon, to ensure that you are covered.



Global Challenge

The Global Challenge will begin on 24 May 2017 and UNSW already has lots of teams registered to participate. This fantastic health and wellbeing event takes participants on a virtual journey around the world in teams of seven people. The challenge is to achieve 10,000 steps per day for 100 days. It will have you walking, swimming and cycling your way through the world's most unique locations. You'll be competing against thousands of teams around the globe. It's not just about physical activity, there is also help with nutrition, sleep and mindfulness. Last year over 500 people from UNSW participated and we were the most active of all Australian Universities participating. Registrations close on 10 May, so get your team of seven people together and register here <http://gcvp.co/UNSW>. See the [UNSW Global Challenge](#) page for full details of UNSW's involvement, including your Area Champions.



Get Healthy at Work

UNSW has registered to participate in the NSW Government's [Get Healthy at Work](#) program. Free face-to-face brief health checks will be rolled out across the University starting in May. Health checks will be provided by [Healthy Work Options](#) and will take approximately 15 minutes, involving a few short questions and a waist measurement. No blood or other samples are required. Immediate information and advice will be provided to help staff make healthy lifestyle choices. Updates on the roll out of the free health checks will be provided in the next newsletter, or contact [Liza Poppert](#) for more information.



Wellbeing champions

UNSW has a calendar of wellbeing events planned for 2017. We would like to build a network of staff members across the University who can help us to spread the word and promote these events to their fellow staff members. If you:

- have an interest in health issues, like physical activity, healthy eating and mindfulness;
- want to make UNSW a healthier place;
- have time to commit to promoting wellbeing; and
- have the availability to communicate messages throughout your department/area;

we'd like you to consider becoming a UNSW Wellbeing Champion. For more information please contact [Liza Poppert](#).



Roof access

UNSW building roofs come under the control of Facilities Management. Some roofs at UNSW can be accessed by UNSW staff and students for the purpose of research or other authorised needs. Roofs can be hazardous spaces due to lack of edge protection, fragile surfaces, moving plant, fume hood exhaust, poor weather and more. The [Roof Space Access Protocol](#) is available on-line to outline the process to follow to gain authorised roof access. If you have any questions contact [Rohan Singh-Panwar](#), Health and Safety Coordinator Facilities Management.



Ergonomics

The [UNSW Manual Tasks and Ergonomics](#) information page has been updated. It has information on the process for carrying out workstation assessments, rest breaks, ergonomic equipment, sit-stand workstations, funding for ergonomic equipment and more.



GreatLife App

The UNSW Employee Assistance Program (EAP) have launched a [GreatLife App](#), free to staff and family to download. This provides holistic employee assistance and health support. It has six core areas: Mind, Body, Money, Relationships, Work and Family. You get access to expert advice, tips and activities to help you feel great! Download it from the App Store or Google Play.

To access the full EAP service, go to myUNSW and you will find the link on the bottom right of the home page.



Safety Hazard Poster

The [UNSW Safety Hazards Poster](#) has been updated. This poster must be on display on all laboratory and workshop entrance doors. The poster provides information to those entering of the hazards within the space and expected personal protective equipment (PPE) that needs to be worn. The updated poster contains more hazard signs and other door signage. This should be used for all new facilities and when your poster is next due to be reviewed. Local areas create their own poster and print it out in A3 colour.



SafeSys update

A number of enhancements have been made to SafeSys in 2017:

- New fields are now in the Plant and Equipment Form.
- There is a new section called [Research Equipment Search](#), which will help you to easily find research equipment that is bookable by any user.
- The [Competency Register](#) can now be exported to Excel, which allows easy monitoring of compliance.
- You can now [cancel a submission](#) for a Risk Management Form or Safe Work Procedure to be approved, this allows any last-minute changes to be made to it.

Refer to the [Help and Knowledge](#) pages for detailed information, alternatively contact your [School SafeSys Administrator](#).



Epipen recall

Epipens with an April 2017 expiry date are being recalled. Batches 5FA665, 5FA6651, 5FA6652, 5FA6653 of Epipen 300 microgram Adrenaline Injection Syringe Auto-Injector are recalled. This is due to

potential that the devices may have a defective part that may result in the device failing to activate or require increased force to activate. Two reports have been confirmed of the device failing to activate in a batch of about 80,000. The failure to activate may result in patients not receiving the required dose and a worsening of symptoms which could be life threatening. For more information see [Allergy & Anaphylaxis Australia](#). EpiPens are not normally part of the workplace first aid kit, unless by exception; see the [UNSW First Aid Procedure](#).



Waste and recycling

UNSW waste is collected on campus and separated at the contractor's Materials Recovery Facility. This separates food, paper and co-mingled waste (plastics, glass and metals). The separated waste is then recycled. Given the sheer number of people on campus there is a high risk of contamination if we use waste separation on site and we have found for the best outcomes we need to separate waste off-site.

Thanks to extensive sorting and recycling at the waste transfer station UNSW now only sends around 6% of general waste to landfill each year. Check out the [UNSW Sustainability Report](#) for an overview of what UNSW is doing to be more sustainable in the way we live, learn and work.



Lessons learnt

Recently a business was [prosecuted](#) for breach of Work Health and Safety Act and fined following an injury to a work experience student, including amputation of the tips of two fingers.

The student inadvertently activated the machine while removing a metal piece and his hand was in the crush zone. It was found that the equipment guard was not set-up in accordance with the manufacturer's manual. In addition, there was a lack of induction, training and supervision of the student. The judge pointed out that this need is heightened in the case of vulnerable, young, novice workers.
