



December 2019

We are heading into the silly season and there's still so much going on! We've got lots of news for you this month, with changes to speed limits around the light rail, a new process for requesting disposal of your chemical waste, and new penalty offences from the state government. We have great news from the UNSW Fitness & Aquatic Centre, which passed its safety assessment with truly flying colours! There's also a couple of reminders about end of year parties and the holiday season, plus an interesting take on the definition of a 'worker' - brought to you by reality television.



Chemical Waste Management

The new [HS014 Waste Inventory Form](#) must now be used to dispose of any hazardous waste. All fields in this form must be completed. If the forms are not fully completed, the waste will not be collected by the contractors. If you are unsure how to determine the UN number and Packaging group, a [guide](#) has been developed to assist you. You must also ensure the chemical waste label is Globally Harmonised System (GHS) compliant.

Key changes:

- The [new form](#) must be filled out and submitted online in Excel format only.
- All cells in row 16 must be completed.
- It must include the UN Number of the chemical waste, which can be found in Australian Dangerous Goods Code ed. 7.6, Table 3.2.3.
- If forms are submitted in any other way, they will not be accepted, and our service supplier will not collect the waste.

When is it happening?

The [new form](#) is already live. Old, handwritten or incomplete forms will not be accepted effective 10 December 2019.

Please email your completed form to emgeneralservices@unsw.edu.au.



Light Rail Updates - Speed Limit Changes

Transport for NSW has announced new speed limits around the CBD and South East Light Rail route to improve safety for all road users.

These new speed limits began on 1 December in the Sydney CBD, Surry Hills, Moore Park, Centennial Park, Randwick, Kensington and Kingsford. For a list and a map view of the changes to speed limits, please click [here](#).

New Penalty Offences

The NSW Government has made the [Work Health and Safety Amendment \(Miscellaneous\) Regulation 2019](#) to introduce two new penalty notice offences and expand the exemptions to confidentiality rules.

PCBUs can now be handed on-the-spot fines of up to \$6,000 for failing to notify SafeWork NSW immediately after becoming aware that a notifiable incident arising out of the conduct of the business or undertaking has occurred.

The second new penalty notice offence is for failing to display a copy of an improvement, prohibition or non-disturbance notice issued by SafeWork in a prominent place at or near the relevant workplace, attracting on-the-spot fines of up to \$3,000.



UNSW Fitness & Aquatic Centre - Highest Score!

In early November, UNSW Fitness & Aquatic Centre undertook our annual Royal Life Saving Australia Aquatic Facility Safety Assessment.

Not only did the Centre once again retain its 5 Star safety rating, but we also achieved our highest ever safety audit score of 98%! We are extremely proud of the team, who continue to ensure that the safety and enjoyment of all our patrons is our priority.

It's great to know that UNSW Fitness & Aquatic Centre continues to provide a high-quality facility, services and programs for the UNSW and local community.



End of Year Parties

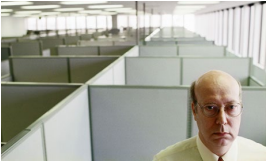
As we enter the festive season don't let your end of year party be spoilt by an incident. Familiarise yourself with the UNSW [HS825 Alcohol and Drugs Procedure](#) including the UNSW No Open Container Code. Also, the UNSW Code of Conduct sets out the principles for behaviour. Top tips for a fun (and safer) party: Set a definite start and end time, make sure that everyone has a safe way to get home, check the venue in advance for any obvious hazards, ensure there is plenty of substantial food and water available, have a designated person who can deal with any issues, don't give offensive secret Santa gifts.



Holiday nutrition

UNSW Nutritionist Dr Rebecca Reynolds gives us [3 nutrition tips](#) for Christmas!

1. Savour: Enjoy what you eat, even if it may be a bit unhealthy at this time of year.
 2. Listen to your body: Before you opt for seconds, ask "Am I still hungry?" How will you feel if you stuff yourself to the brim? Chances are you're no longer physically hungry, and the feeling after overeating can be rather unpleasant.
 3. Eat more vegetables (Not potato chips!): Most of us don't eat enough veggies, so pack your plate full of oven-roasted carrots, green salad and BBQ capsicum.
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Working during shutdown

If you get an exemption to work on campus during the end-of-year shutdown, this is considered 'after-hours' work and therefore you must have safety measures in place due to the increased risk associated with lack of emergency response support. People working in labs or workshops carrying out medium to high risk activities must have an approved [HS703 Working Alone or After Hours Approval Form](#) and have a buddy system in place. Full details are in the [HS322 Working Alone or After Hours Guideline](#).



When a villain is injured...

A contestant on the Channel 7 show 'House Rules' recently took a case to the Workers Compensation Commission. Nicole Prince argued that she was painted as the show's villain and suffered bullying and harassment which caused her psychological injuries. She also had not been able to find work after the show. The Arbitrator considered the level of control Channel 7 had over her, the fact that she was not able to work during filming, that she was paid a weekly allowance and that she was clearly not running her own business but furthering Channel 7's business. The Arbitrator found that she met the definition of 'worker' and awarded her reimbursement of her medical expenses.

Channel 7's appeal will be decided in early 2020.