

March 2022

We've got a big newsletter for you in March with lots going on in Safety, and events for staff and students during Mental Health March.

There's information on how to safely use power tool batteries and personal electrical appliances, a new training video on the use of hydrothermal pressure vessels, a warning on the appropriate use of emergency equipment, and information on how to protect your dog from deadly tick-borne diseases.

WHS Monitor training is back with weekly sessions and we also have regular Mental Health First Aid training for staff throughout the year - check out the article for 2022 dates.

If you're not currently exercising but you've always wanted to try weight training, we've got a fabulous opportunity for you with a research project that offers 12 weeks of free personal training in a private gym.

For Mental Health March we have an introductory seminar for staff next week, *Mental Health is Everybody's Business*, from the Black Dog Institute. There are also two half-day Black Dog workshops at the end of March, on *Building Resilience to Workplace Stress*. There's also a Benestar webinar on *Managing Pressure* and a self-guided suicide prevention training module, *Recognise and Respond*, for staff and students.

As well as all this, we've got information on security sensitive materials, changes to the Hazard & Incident Reporting Procedure, and Safety Leadership Tours.



Power Tool Battery Fires

Do you use lithium-ion power tool batteries?

The following reminders can prevent a fire caused by the potential failure of these batteries:

- Store or leave power tool batteries away from hot areas or direct sunlight.
- Risk assess non-flammable storage options to contain a potential explosion and resulting fire of power tool batteries if you must store them in vehicles or areas that can become hot.
- Provide correct information and training to all staff on correct storage requirements.
- Charge and store batteries away from flammable materials.
- Follow the manufacturer's advice.
- Check if you are insured for the storage and transportation of lithium-ion batteries.
- Check if you are covered in the event of a battery fire.



Speak Up

We can all help to make our workplaces safer if we report incidents and hazards and speak up if we see something that doesn't look safe.

Recently in one of our laboratories a staff member saw a student using a pyrophoric chemical out in the open without the appropriate controls in place. This was potentially a dangerous situation that could have resulted in a fire and burns to the student and any others nearby. Thankfully, the

staff member intervened and asked the student to stop work. Their prompt actions prevented a potentially serious incident from happening. If you see something that you think is a hazard or an unsafe situation, report this as soon as possible.

If you are comfortable to raise your concerns with the person(s) involved this can often resolve the issue on the spot. If not, report the hazard or unsafe situation to your supervisor. You should also lodge a hazard or incident report in [WHS Monitor](#). For more advice about when and how to report a hazard or incident, you can contact your local HSE advisor or the [Safety team](#).



Mental Health is Everybody's Business

UNSW Health Promotions Unit and UNSW Wellbeing invite UNSW staff to the informative Black Dog Institute workshop for Mental Health March.

This introductory program lays the groundwork for building mental health literacy, reducing stigma and promoting help-seeking in the workplace.

The one-hour workshop is delivered online by a Black Dog Institute trained lived experience facilitator.

Date: **Wednesday 16 March**

Time: **12.30pm-1.30pm**

[Please click here to register.](#)



Deadly tick-borne disease confirmed in Queensland

With the current extreme wet weather, ticks are likely to be abundant.

Protect your dog by:

- Ensuring your dog is on an effective tick prevention and control program
- Avoid taking your dog into tick-infested areas, such as the bush and to shared dog areas
- Regularly inspect your dog for ticks and carefully remove any

Talk to your vet immediately if you notice these signs in your dog:

- Unusual tiredness or fatigue
- Loss of appetite and weight loss
- Enlarged glands
- Cloudy or red eyes
- Mucky eyes and nose
- Pale gums
- Swollen body or limbs
- Bruising or bleeding under the skin

More information can be found in the [attached link](#).



Security Sensitive Materials

UNSW Safety Team is taking a closer look at the requirement by WHS legislation NSW around the storage and use of explosives, explosive precursor and ammonium nitrate. As a result, UNSW exceeds the storage capacity and will need to register for a security clearance licence. The central Safety team will be reaching out to all levels of the University on how we are going to manage the licence with the overall goal to reduce the storage and use of such chemicals.

Additional information:

[Guide for applying for a security clearance](#)
[Security Clearance for handling explosives](#)



WHS Monitor Training is back!

We are happy to announce that weekly online training sessions for **WHS Monitor**, our online Incident and Hazard reporting system, are now available for booking online!

If you are interested in attending these sessions, please click [here](#) to access the WHS Monitor webpage and refer to the heading, **Weekly Online Training Sessions**. More dates for 2022 will be organised in the future.

If you have questions or problems with registration, please contact [Emilio Saliba](#).



Building Resilience to Workplace Stress

UNSW Wellbeing has arranged for the Black Dog Institute to provide two workshops for staff on the topic Building Resilience to Workplace Stress.

Our busy professional and personal lives can put us all at risk of developing high rates of stress and/or mental illness. The best way to minimise this risk is through learning evidence-based strategies for managing stress and building our resilience.

The Building Resilience to Workplace Stress workshop consists of four one-hour modules on the following topics:

- Stress in the workplace
- Relationships at work
- Dealing with change
- Working smarter

Dates

Wednesday 30 March - 9.30am - 1.30pm

Thursday 31 March - 9.30am - 1.30pm

If you would like to reserve a place at one of these workshops, please contact our Wellbeing Consultant, [Liza Poppert](#), and advise your preferred date.



Accidental Discharge of a Fire Extinguisher

At a known University, a contractor was transporting tools and a 9kg dry powder fire extinguisher in a wheelbarrow from the work area to their vehicle. The unsecured fire extinguisher fell from the wheelbarrow, discharging its contents as it struck the ground. Staff seated near the discharge attempted to remove themselves quickly from the area, resulting in one staff member falling and injuring their ankle. The contractor cleaned up the dry powder residue immediately.

Timely Reminders:

- Include access and egress to the work site Risk Assessment
- Secure all equipment and materials prior to transport
- Consider whether the type and size of emergency equipment are fit for purpose



Recognise and Respond

Online Course

Recognise & Respond - Suicide Prevention

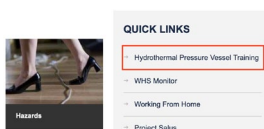
UNSW Health is pleased to partner with Black Dog Institute to offer subsidised Suicide Prevention training to UNSW students and staff.

Recognise and Respond: Suicide Prevention for Everyday Life aims to assist in reducing and preventing suicide in Australia by equipping people with the skills to intervene with someone who is contemplating suicide.

The self-directed e-learning module is comprised of four main learning components:

- recognising the signs of suicide
- having a conversation with and supporting the person
- providing help to the person
- self-care

For more information and to register, visit the information page [HERE](#).



Hydrothermal Pressure Vessel Safety Training Video

As a result of a significant incident involving the failure of a hydrothermal autoclave last year, the central Safety team has developed a [Safety training video and questionnaire](#). It is mandatory that everyone who uses or intends to use a hydrothermal autoclave watch the video and answer the questionnaire.

In addition, users need to complete a Risk Assessment, read local Safe Work Procedures, and be deemed competent in the required techniques before using the hydrothermal pressure vessel for any experiments.

For more information see [Hydrothermal Autoclave Safety Alert](#).



Bully-proof your child

Are you worried about protecting your child from being bullied? If your child was being bullied, would you know what to do? If you've experienced bullying as a child or an adult, then you know how frightening and life destroying it can be.

In this webinar, parenting expert Dr Rosina McAlpine shares how you can help your child to develop the skills they need to be bully-proof. Topics include:

- What bullying is and isn't
- The prevalence of bullying and its many harms
- Why your child might not tell you they're being bullied
- Practical approaches for parents to help their children overcome bullying
- Empowering your child with life skills so they become "bully-proof"
- Question and answer session

Parents and carers will come away with information and practical strategies to help bully-proof children aged toddler to teenager.

This webinar is part of the Family Wellbeing Program and will be held on **Thursday 17 March from 1pm-2pm**. To register, [click here](#).



Benestar Webinar - Managing Pressure

On Tuesday 22 March, Benestar will be providing a free webinar for staff on the topic 'Managing Pressure'.

This webinar will help you to:

- Understand the link between pressure and stress and recognise stress symptoms
- Examine some physical and psychological techniques to effectively manage pressure
- Learn the factors required to achieve peak performance
- Identify practical strategies for achieving peak performance

The webinar will be held online from **12-1pm on Tuesday 22 March**.

Registration is essential. Click [here](#) to register.

Gut Microbiome and Adaptations to Exercise

Volunteers needed for research on the Gut Microbiome and adaptations to exercise.

Are you currently **not exercising**?

Do you have **no weight training experience**?

Are you **thinking of starting an exercise program**?

If so, you might be interested in participating in our study about how the



Gut Microbiome affects your ability to increase muscle size with weight training.

Participation involves:

- 12 weeks of free personal training in a private gym
- 2 body composition scans before and 1 after the program
- Small stool and blood samples on 4 occasions
- A 50% chance of creatine supplementation

You may be eligible if you:

- Are aged 18-50
- Have a normal Body Mass Index (≤ 25)
- Are currently NOT exercising
- Did NOT take antibiotics or creatine supplement for at least 8 weeks
- Have no illness or injury
- Are not pregnant

If you are interested in participating or have any questions, please contact us at i.desai@unsw.edu.au



Hazard & Incident Reporting Procedure - HS307

The [Hazard and Incident Reporting Procedure - HS307](#) has recently been reviewed for currency and the updated version is now available on the Safety webpage and the Governance site.

The main changes to the Procedure include:

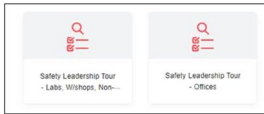
- Reference to the new online hazard and incident reporting system - WHS Monitor - (Section 3)
 - The addition of a Roles and Responsibilities section (Section 6); and
 - Inclusion of Hazard and Incident Reporting flowchart - which simplifies the process (Appendix A)
-



Mental Health First Aid for Staff

UNSW Sydney is proud to be recognised as a Gold Mental Health First Aid (MHFA) Skilled Workplace, showing our commitment to building a mentally healthy workplace. Students and staff at UNSW are encouraged to get involved by undergoing training to become a Mental Health First Aider (MHFAider) and build local MHFA networks in their Faculties and Schools.

MHFA is subsidised for all UNSW staff through Strategy 2025 funding that is dedicated to enhancing UNSW's support for students and improving student mental health. The training is available at a reduced rate of \$75. Check out upcoming course dates [HERE](#) or contact mhfa@unsw.edu.au to discuss in group training options.



Safety Leadership Tours

To enable UNSW to focus on one of the core values in the UNSW Safety Roadmap - visible leadership - the naming of Spot Health Checks has transitioned to Safety Leadership Tours.

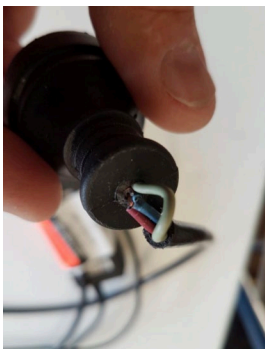
The accompanying forms (found on the Safety webpage)

[Safety Leadership Tour Form - Lab/Workshop - HS050](#)

[Safety Leadership Tour Form - Office - HS051](#)

and the tools located in WHS Monitor have been updated to reflect this change.

For existing Spot Health Checks that have been entered into WHS Monitor - the 'type' of inspection has been changed to Safety Leadership Tour.



Personal Electrical Appliance - Electrical Shock

Do you have a personal electric equipment/appliance?

A staff member touched an exposed damaged wire from a personal laptop charger that was being used in the workplace and received an electrical shock while conducting electrical testing and tagging. The injured staff member was taken to hospital by Ambulance and monitored for several hours before being released. They are expected to make a full recovery.

Do not use an electrical appliance/equipment/plant/item if it:

- Is damaged in any way
- Is discoloured
- Is overdue for electrical testing and tagging
- Is tagged out of service
- Is plugged into a double adaptor. Only use power boards with an overload protection.
- Is plugged into travel adaptors. Australian leads can be made available to swap out international plugs.
- Has been modified by someone unqualified to do so

All staff and students are required to conduct visual inspections before each use of any electrical appliance/equipment/plant/item whether owned by the University or by themselves.
