



May 2023

The days and nights are getting colder, but the competition is heating up for Destination GO! The team-based activity challenge within VP GO, Destination GO opens with a launch event on Wednesday 24 May.

This month's newsletter also brings us an update on vehicle control barriers that were installed in March, and some reminders on the importance of timely incident reporting, disposing of waste properly, following correct equipment shutdown procedures and carefully checking dewars for signs of damage. We also have a Work-Family Support session on the safe use of technology by kids.



Vehicle Control Access Barriers

In late March, Estate Management installed retractable vehicle barriers to key areas on campus. These were manned by Traffic Control Officers who worked the barriers to allow vehicles to pass and gathered statistics on vehicle movements. The Traffic Control Officers are no longer required. The bollards are "up" between 8:30am and 5:30pm on work days with traffic lights indicating their presence. Drivers will need to contact the Security Control Room to request the bollards be lowered for them to pass with critical deliveries.

There is further important information here.

For more information or questions, please contact the Estate Management Helpdesk at estate@unsw.edu.au



Come to the Destination GO Launch Party!

[VP GO](#) is the ultimate health and wellbeing program personalised for you and incorporating a wealth of holistic wellbeing tools.

Destination GO is the team-based activity challenge within VP GO and it starts soon!

Destination GO features:

- UNSW-wide team-based challenge
- Teams of between 2-7 people
- Virtual race around the world - the more you move, the further your team goes together
- 9 weeks
- Form your own team or join an existing team

Destination GO starts on **Wednesday 24 May** and you're invited to the launch event! From **11am-1pm** at the front of The Chancellery we will have smoothie bikes, freebies and giveaways. Come and show us that

you've joined a Destination GO team, and you can help yourself to a free t-shirt!

VP GO/Destination GO is funded by UNSW Wellbeing and spaces are limited. Visit the [Wellbeing website](#) to find out more, and [click here to join VP GO today](#).



The Importance of Timely Incident Reporting

Regardless of the severity of an incident at the time, all incidents must be reported to your manager/supervisor and recorded [online](#) as soon as practicable after the event. This includes incidents occurring at the workplace, while completing work at home or at a different approved location.

Early reporting of hazards, near misses and incidents enables:
prompt identification of corrective actions that need to be implemented to prevent recurrence of incidents
early intervention with treatment, where required, which assists in promoting a timely recovery and minimises the severity of injury, and
timely reporting to the Regulator, if the incident is Notifiable

For more information, please refer to [HS307 Hazard & Incident Reporting Procedure](#) which includes a useful Reporting flowchart (Appendix 1) and important information describing what is a Notifiable Incident (Appendix 2). See also this [Safety Alert](#).

Contact your [Safety Business Partner/Coordinator](#), email safety@unsw.edu.au, or contact your local Faculty Advisor.



Thoughtful Disposal of General Waste

A hazard report was recently entered for inappropriate rubbish disposal in the E26 general waste room. Our waste contractors have advised EM that they will not remove this waste as it is a risk to their workers. A reminder to all staff and students that this area is not a dumping ground for excess rubbish, and we all have an obligation to keep the workplace safe for all UNSW staff, students and contractors. If the situation does not improve, then alternatives will be put in place to help control the problem which may include the reinstatement of 24-hour swipe access to the general waste store, and/or the introduction of CCTV.

For further information contact emgeneralservices@unsw.edu.au



Benestar Webinar - Resilience 101

Join Benestar on Tuesday 30 May for a webinar on Resilience 101. This webinar is free to join for all UNSW staff members. Resilience 101 will help you to:

- Understand what resilience is
- Understand your own courage to continue - and where you should focus for success
- Planning and setting goals to help you focus
- Learn strategies to overcome or work around any difficulties you are facing

The webinar will be held on Teams from **12pm-1pm on Tuesday 30 May**.

[Please click here to register.](#)

Benestar webinars are no longer recorded, so please attend at this time if you are available and interested in the topic.



Lab Equipment Fire

A recent incident with an equipment fire has highlighted the need to ensure that correct shutdown procedures for equipment is followed to prevent equipment from overheating and being damaged. This incident involved a water pump that was part of a water-cooling system linked to laboratory equipment, located in a service corridor, that was not switched off after use. After 5 days of continuous operation, the equipment overheated and caught fire, resulting in a full building evacuation. Please see the [Safety Alert](#) for more information.

Contact your [Safety Business Partner/Coordinator](#), safety@unsw.edu.au or your local Faculty Advisor.



Broken Dewars

There have been several incidents reported recently regarding the fracturing of the inner glass wall of some liquid nitrogen dewars. Some dewars are made with a stainless steel outer wall and a borosilicate glass wall.

Borosilicate glass is more resistant to thermal stress than other glassware, but it can crack or break when exposed to sudden temperature changes or temperatures towards the outer ends of the temperature range (roughly -200°C to 200°C, depending on the manufacturer). Cryogenic storage and transport vessels should be filled slowly to minimise thermal shock.

If you have these dewars, before every use, carefully check the borosilicate glass insert for signs of damage eg. discolouration, scratches, tiny cracks, or chips, which can be a focal point for failure.

ONLY use stirring rods or long-handled forceps with a PTFE (polytetrafluoroethylene or similar) protective coating, to mix or stir

substances, or dip materials into flasks that have a glass lining.

DO NOT continue to use any damaged dewar.

Contact your [Safety Business Partner/Coordinator](#), safety@unsw.edu.au or your local Faculty Advisor.



Managing Kids' Screen Time: Strategies for Safe Technology Use

Are you worried about what your children experience online and how much time your children spend screens? Do you have screen time fights or even meltdowns when you take the phone, tablet, computer or TV time away?

If you'd like to learn practical strategies to effectively manage screen time in a way that's good for parents and good for kids, then join this session with parenting expert Rosina McAlpine. You will learn the:

- Recommended guidelines for technology use by children: baby to teenager
- Many harms of excessive or inappropriate technology use (physical, social and psychological)
- Practical strategies to minimise the harms and maximise the benefits of technology use
- Education and awareness as a parent, so you can make the most of screen time for all members of your family

Managing Kids Screen Time will be held at **1pm on Thursday 15 June 2023**.



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 dates for the standard (face to face) course [here](#) or the blended online course [here](#).

You can also contact mhfa@unsw.edu.au to discuss group training options.



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

To register for the course, [please click here](#). You will need this enrolment key: W7cXVGa6EjBS5WYHUmh3
