

## July 2018

The weather outside might be chilly, but the Global Challenge is heating up, almost half way so keep those steps going! We have a busy month ahead with Benestar providing another great seminar, join the Digital Detox Challenge and Plastic Free July.

Check out the loads of new information available including, updates to Poison Schedule, the new ChemAlert page and the inclusion of more online courses to complement our existing suite.

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### Plastic Free July



Plastic waste is shaping up to be one of the major concerns of the society. Studies suggest that inaction on single use plastics can result in [more plastic in world's oceans than fish by 2050](#).

The UNSW Sustainability team in collaboration with many other departments and faculties is running a campaign that encourages UNSW community to take strong action on reducing plastic pollution in recognition of Plastic Free July campaign 2018. We are urging everyone at UNSW to take the [Plastic Free July Challenge](#) and take [some simple steps](#) to reduce the amount of plastic in their lives. As part of this global campaign, retailers across campus are committing to reduce single - use plastic items including but not limited to plastic bags, straws and disposable cups. Full story [here](#)

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### Global Challenge

Only ten days to go and we will be at the half - way mark! July features three exciting events in the Global Challenge:

- Balance - Provides simple tips and activities to help us develop a positive mindset and appreciate the good things in our lives. The balance module is available from this Wednesday July 4th.
- Sleep - Opens on Wednesday July 18th and will help you eliminate your sleep stealers.
- Mini - Challenge 3 - Spin That Wheel runs from July 12th to 14th. Spin the wheel each of the three days to receive your daily step target and achieve it to win the trophy.





## New ChemAlert page

Check out our new ChemAlert page which is located on our Safety [Website](#). Under Quick Links on the right, click ChemAlert guides, this will open a new page with loads of useful information.

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## Training Courses Update

To compliment our suite of online courses we are [pleased to announce the following new additions,:

- Fume Cupboards and Safety (HSEFCS)
- Liquid Nitrogen Course (HSELNC)
- Hazardous Substances Online (HSEHSO)
- Laboratory Safety Awareness (HSELISO).

Please note the Hazardous Substances and Laboratory Safety Awareness online courses replace our face to face versions.

For all our Health & Safety Representatives and Health & Safety Committee Members don't forget about the 2 day H&S Consultation Course (HSECON).

For instructions on enrolling follow these links for [Staff](#) and [Students](#). UNSW's requirements related to Mandatory 'HSE Awareness' and 'HSE Ergonomics' Training for casual staff, training exemptions and refresher training have also been updated. See the [Staff Training Page](#) for further information.

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## Getting a Good Nights Sleep

Benestar are hosting the third short seminar on Wednesday July 18th 12pm - 1pm. Scheduled to coincide with the opening of the Sleep Module of the Global Challenge, "Getting a Good Nights Sleep" is a one hour learn at lunch info session that will cover the following topics:

- Learn some facts and beliefs about sleep and understand particular sleep problems.
- Overcome blocks to achieving a good nights sleep
- Discuss practical strategies that will aid good sleep patterns.
- Learn relaxation skills and other hints for success.

Click [here](#) to register for this and other Benestar short seminars in 2018.

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## Digital Detox

We love technology, but sometimes we all need to take some time away from technology to recharge our own batteries. This is the first in a two part Digital Detox Challenge. In Part one, we are asking staff to take the weekend off. From COB Friday 13th July until the morning of Monday 16th July - no sending work emails, no checking work emails. Have a whole weekend to yourself and see how you feel. [Email us](#) (not over the weekend!) to let us know if you successfully completed part one of the Digital Detox Challenge and how you felt afterwards!

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## Poison Standard Update

A new Poisons Standard has just been released (June 2018), covering all the schedules.

The Schedules are published in the [Poison Standard](#) and are given legal effect through State and Territory Legislation. The Poisons Standard is also referred to as the Standard for the Uniform Scheduling of Medicines and Poisons (SUSMP). To read more view the [Poison Standard June 2018](#).

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## Fume Cupboard Efficiency Sticker Project Update

After a tremendous amount of support from Lab Managers, HSE Coordinators and other staff, the UNSW wide roll out of fume cupboard stickers is now complete. With the help of lab staff, 295 fume cupboards now have stickers across the faculties of Medicine, Engineering and Science including at 5 different off - campus locations as far away as Port Macquarie. Monitoring is now under way to confirm the effect and estimate energy savings. This project has been modelled on a [study](#) completed by the U.S Department of Energy. For more information about the Uni wide roll out contact [sustainability@unsw.edu.au](mailto:sustainability@unsw.edu.au)

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## Lesson Learnt

It is worth checking your equipment before use in order to avoid an incident. Thanks to a keen - eyed researcher, a small fault in the lids of a batch of 1.5ml tapered tubes was noticed and reported. The flaws were tiny holes which could have enabled the loss of contents (microorganisms) leading to contamination of equipment, exposure to personnel or ingress of substances. Anyone who uses these tubes is to check the lids before use. For more information and images, see our [Safety Alert](#) on the Health & safety webpage.

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