

May 2019

Have you had the flu yet? No? Good! There's still time to get the vaccine before flu season really hits. May is also a month of mindfulness at UNSW and we have meditation with and without chocolate on offer! Also in this month's newsletter is another update on SafeSys, a new procedure for using drones and a handy reminder about storing your Schedule 8 & 9 drugs. Lastly, we're giving you a bit of a preview of our new Workplace Volunteering Program which launches next month and counting down the clock till the launch of the Global Challenge on May 22. It's all happening!



SafeSys Update

As you may be aware, we have been working with IT to resolve various performance issues that have been experienced with the SafeSys solution, impacting the speed and efficient use of the platform.

While the majority of performance issues have now been addressed, IT are monitoring the solution and will continue to investigate options to keep the platform functioning in the short to medium term. We are also looking at longer term solutions that can support our requirements and the anticipated future growth.

A project team has been formed to investigate options for a strategic solution to replace SafeSys. For more information, visit our [website](#), which will be updated regularly.



Mindful Month of May

It is the Mindful Month of May at UNSW and we are celebrating with a range of events.

Laura Kempel from CAPS is back with her popular Mindfulness Meditation series of workshops. All sessions are booked out, but you can add yourself to the waitlist [here](#). We do actively use the waitlist as there are always cancellations on the day of an event, so keep an eye on your emails if you're on the list!

On Tuesday 21 May, UNSW will indulge in a Chocolate Meditation - no prior experience with meditation is required, just an appetite for trying something new - and eating chocolate! Check out [our website](#) for more details.



UNSW Staff Flu Clinics 2019

Don't want to get sick? The most effective way to minimise the effects of influenza is via a comprehensive vaccination program. Appointments are still available!

WHEN: Tuesday 16 April - 23 May 9:15am - 1pm (excluding Anzac Day and Easter Break)

WHERE: Quadrangle Building Room G0033 (NOT in the Health Service but nearby)

For more information and detailed instructions on how to book, visit [our website](#).

Book an appointment online at [UNSW Health Services](#).



Medibank Health Insurance Reviews

Medibank consultants will once again be available for one-on-one appointments in May for staff on Kensington campus.

Any staff who are interested in discussing their health insurance needs or reviewing the policy they already have are invited to make an appointment. Whether you are with Medibank or another insurer, or have no health insurance at all, this could be a good time to review your situation and understand the government's new changes.

Appointments are available from 9am-5pm on Wednesday 15 and Thursday 16 May in the Penny Lane meeting room.

UNSW employees are entitled to a 9% discount on the Medibank Corporate Inc product suite.

[Click here](#) to make an appointment for a one-on-one consultation.



Remotely Piloted Aircraft Systems Procedure

The [Remotely Piloted Aircraft Systems Procedure](#) has recently been published and is now available on the UNSW Research Ethics & Compliance Support [website](#). This Procedure sets out the responsibilities governing the use and maintenance of remotely piloted aircraft systems (in short; drones) at UNSW. The Procedure applies to all staff and students at UNSW and affiliated centres and institutes using drones for university purposes in Australia and overseas. For further information, please visit the [website](#) or contact Research Ethics & Compliance Support: drones@unsw.edu.au



Schedule 8 & 9 Drugs: Storage and Record Keeping

Researchers are reminded that storage and record keeping of Schedule 8 & 9 drugs must comply with the [Poisons and Therapeutic Goods Regulation 2008](#). The [Research Ethics & Compliance Support website](#) provides further guidance to researchers on the process for obtaining an authority from NSW Health, maintaining a drug register and disposal requirements and more. In addition, researchers are also reminded that Pentobarbitone Sodium (ie. Lethabarb) must be stored and recorded in the same manner as a Schedule 8 drug as outlined in the Regulation. For further information, please visit the [website](#).



Global Challenge 2019

The Global Challenge commences in two weeks! We currently have 192 teams registered, which represents over 1300 staff members about to step out and join their colleagues on a 100-day health improvement journey.

May 22 is launch day and we will be undertaking launch day walks to the [Fred Hollows Reserve](#) and [Coogee Beach](#) at lunchtime for anyone who wants to join us. Walks will leave from the Library Lawn and the Michael Birt Lawn at 12pm. [Book here](#).

Once again, we will be providing t-shirts at the bargain price of \$5 for the Global Challenge. If you'd like to buy a t-shirt, please come to Committee Room 3 in The Chancellery between 12.30pm and 2pm on Wednesday 15 May.



Volunteering Program - Primary Ethics

Would you be willing to give up your lunch break once a week to help others? Did you know that people who volunteer are happier, healthier and sleep better than those who don't?

UNSW Wellbeing is launching a Workplace Volunteering Program this June with a new partnership with Primary Ethics - the sole provider of ethics classes in NSW public primary schools. Do you have what it takes to be an ethics teacher? No prior teaching experience is required as all training will be provided free as part of the program. An information session will be held in June for anyone interested in finding out more. [Book here](#) to attend and [visit our website](#) to find out more about the program.

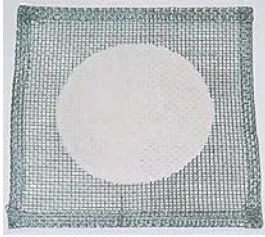


Identifying and Managing H&S Risks

I did a risk assessment of the harm that could result from not doing a risk assessment and decided it wasn't worth it...

Did you know that UNSW expects all employees to identify and manage H&S risks?

Have you identified the hazards and risks related to your business unit's undertakings? [Click here](#) for further information.



Lesson Learned

Late last year, a notice went around the University that asbestos (Tremolite) had been found in some heat resistant gauze ceramic mats used in labs at UNSW. After seeing this notice, the School of Chemistry asked for their own (30-40 yr old) heat resistant wire mats to be tested for all potential asbestos including Tremolite. Their mats did not fall into the same category, but they consulted an expert nonetheless.

When he collected a sample for testing, the expert said that these mats were most likely fine and probably wouldn't contain asbestos. However, on testing the sample with a stereomicroscope, the expert found that the fibre cement sheet within the frame of the mat did indeed contain asbestos. Even the experts can be fooled on first glance. However, as everyone followed the correct procedure, the best outcome was achieved and dangerous substances were removed from use.

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