



August 2019

Are you tired of giving your personal information to tech behemoths and then having it used in ways that undermine democracy and tear apart the social fabric? If so, take a week off from social media this month with Part 2 of our Digital Detox for wellbeing!

Business case development is underway for SafeSys, and we have safety reminders about using compressed air, working with crystalline silica and doing hot work. SafeWork NSW has released information on changes in blood lead levels - see the details in our article.

This month also sees the opening of the 2019 Financial Wellbeing program, with a new seminar for staff each month until November.



Digital Detox - Part 2 - Take a week Off Social Media

Social Media use has been associated with an [increased risk of depression](#). A [2017 study](#) found that Facebook use results in a reduction in self-reported physical health, mental health and life satisfaction. Former Facebook VP Chamath Palihapitiya says "The short - term, dopamine - driven feedback loops that we have created are destroying how society works: no civil discourse, no cooperation, misinformation, mistruth." So, from Monday 19 August to Friday 23 August, take a break. Interact with your friends in the real world and stay in the moment. [Email us](#) the following week to let us know how it worked (or didn't) for you.



SafeSys Developments

Business Case development is underway, and it is expected that Quay Consulting will deliver their findings in the coming weeks. To date, Quay have engaged with IT and various user representatives to understand UNSW operations, requirements and strategic imperatives.

In addition, they have contacted several organisations in the tertiary/research sectors to understand the nature of solutions in use, conducted a market scan against high level needs, and assessed a number of off-the-shelf as well as enterprise solutions.

It is anticipated that Quay will present a document that outlines a number of options for consideration by UNSW as well as recommendations regarding implementation requirements and next steps.

Further information will be forthcoming once final documentation has been received, however, if you have any questions please do not hesitate to contact [Leanne Thebridge](#).

As a reminder, if you experience any issues with SafeSys please continue to log these with [ITU Service Centre](#) as such information provides insight into current issues regarding performance and operation and in turn will inform decisions regarding 'next steps'.



Financial Wellbeing

The 2019 Financial Wellbeing program commenced in August with Module 1: 'Saving in a World of Spending'. Three more seminars will be held in the coming months:

- Module 2: Creating Wealth - Investing Inside and Outside Super
- Module 3: Protecting Wealth - Insurance and Estate Planning
- Module 4: Take Control for the Retirement You Want

Bookings are essential for these seminars. [Register here](#) for one or all of the above modules!

You could also watch the [Budget Planner video](#) to get started, have a look at [UniSuper's Budget Planner](#), or check out the financial services offered to UNSW staff by [UniSuper in their on-site offices](#). There is also a library of [22 on-demand webcasts](#) available 24/7.



Using Compressed Air

There are several risks associated with the use of air compressors and receivers that can cause serious injuries.

Consequently, it is important to ensure compressors, receivers and valves are secured, maintained and inspected by a competent person regularly, and in accordance with manufacturer's instructions. In addition, compressed air must never be directed at a person because significant health issues, including death, can result when compressed air comes into contact with and/or forcibly enters the body or bloodstream.

As air receivers are considered a type of pressure equipment (ie. store compressed air from the compressor) they may require registration with SafeWork NSW. If you are unsure about registration, further information can be obtained from AS 4343-2014 Pressure equipment - Hazard levels, or your HSE Coordinator.

Information can also be found from Safe Work Australia's [Compressed Air and Air Receiver Information Sheet](#).



Crystalline Silica

Crystalline silica is found in many manufactured materials such as bricks, tiles, composite stone and concrete, but it is also found in most rocks, sand and clay.

Exposure to respirable silica dust particles may result in deep lung penetration causing irreversible damage (silicosis) and can occur where materials or products are cut, sanded, drilled or during any other activity which creates fine dust. Exposure can also occur as a result of poor/inappropriate housekeeping practices (eg. dry sweeping).

Some activities that can generate respirable silica dust particles include:

- Abrasive blasting
- Pottery making
- Angle grinding or chiselling concrete or masonry
- Clay and stone processing machine operations

Further information on crystalline silica including health effects and control measures can be found in [SafeWork NSW's Crystalline Silica - Technical Fact Sheet](#) and on the [Safe Work Australia website](#).



Is hot work performed in your area?

Hot work is work involving open-flame, producing hot surfaces or generating sparks or molten material which can ignite combustible, ignitable or flammable materials. It includes grinding, welding, thermal or oxygen cutting or heating. Risks related to hot work include:

- fire or explosion:
 - when working on or near drums, tanks, pipes or vessels which contain or have contained flammable liquids, gases or materials
 - caused by a gas leak, or flammable liquids or materials backfire or flashback
 - resulting in crush or impact injuries
- burns from contact with the flame, sparks, molten metal or hot metal
- exposure to toxic fumes
- depletion of oxygen levels in the atmosphere causing suffocation

UNSW has a Hot Work Procedure and permit to work system to manage related risks. For further information see:

- [HS820 Permit to Work Procedure](#)
- [HS821 Hot Work Permit](#)
- [SafeWork NSW Code of Practice for Welding Processes](#)
- [Australian Standard AS 1674.1 Safety in Welding and Allied Processes Part 1: Fire Precautions](#)
- [SafeWork NSW Hot Work Safety Alert 14/9/18](#)

Contact the relevant [UNSW H&S Team Member](#) to discuss any subsequent queries.



Medibank Massages and One-on-one Consultations

UNSW Wellbeing is arranging for Medibank to provide free 10-minute massages to UNSW staff members in August. We are also arranging for one-on-one consultations so staff can make an appointment to discuss their health insurance needs with a consultant.

Dates and other details are currently being locked in. [This page](#) will be updated when dates and booking links become available so be sure to keep an eye on it!



Changes in Blood Lead Levels

Safework NSW has released the notifications for changes in blood lead levels of those who are working in lead risk work from:

10 µg/dL (0.48 µmol/L) for a female of reproductive capacity

30 µg/dL (1.45 µmol/L) in other cases

to

5 µg/dL (0.48 µmol/L) for a female of reproductive capacity

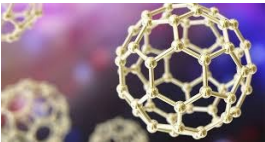
20 µg/dL (1.45 µmol/L) in other cases.

This will apply on 1st July 2021.

Process which involve lead:

- dry lead compounds, lead batteries or pasting or casting lead
- spraying molten lead metal or alloys containing lead metal
- foundry process, melting or casting lead alloys
- recovering lead ore, oxides or other compounds
- grinding, discing, buffing or cutting alloys containing lead
- welding, cutting or cleaning metal coated with lead or lead paint
- radiator repairs
- fire assays if lead, lead compounds or lead alloys are used
- spray painting with lead paint
- removing paint containing lead
- handling waste containing lead
- detonators or other explosives that contain lead
- firing weapons at an indoor firing range

Please take a look at the [notifications](#).



3D Printing Risk - Nanoparticles

3D printing carries risks of particle exposure, regardless of the material being used for the printing. Specific tasks such as sawing the completed item from the construction plate and removing excess powder from finished products pose a risk of elevated levels of harmful inhalable nanoparticles. Inhalation of, for example, metal particles can increase cancer risk in the lungs, kidneys and bladder.

The [risk can be significantly reduced](#) and operator exposure decreased by following PPE guidelines and work methods, and by preventing printed products from being taken out of the lab before they have been post-processed to remove powder.



Lesson Learned

Do you have access to a building or room? Access comes with responsibility:

A student with no access, potentially under the influence of alcohol, was allowed into a building by a group of students. The student began to behave in a disorderly way and activated a fire extinguisher unnecessarily.

The other students managed to stop them, asked them to leave, and informed the local HSE Advisor, two days later.

Lessons:

1. Unauthorised persons in a secured UNSW space could endanger you and others. Notify Security immediately on 9385 6666 for assistance. Access = Responsibility
2. A used extinguisher must be replaced ASAP or it might not work in an actual emergency (notify your local HSE Advisor or Facilities Officer ASAP).
3. Well done for reporting the incident, but contact Security FIRST.

The disorderly student was issued a formal warning as their conduct placed the health and safety of others at risk.