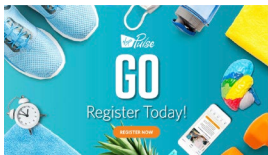


April 2022

The weather is getting cooler and it has finally stopped constantly raining (for now)! Seems like a great time to book in for your annual flu vaccine - free for all current staff and students. It's also time to get involved in an exciting new health and wellbeing event - VP GO. This is the program that has replaced the Virgin Pulse Global Challenge. It features a holistic health and wellbeing platform including a fun 9-week team-based activity challenge. Book in to the info session on 3 May and start putting your teams together!

In Safety news, we've got some reminders about taking action on hazards and not leaving things for someone else to deal with, complete with a cute video (I felt sorry for the sad, neglected power cord)! We've also got important information about how to correctly use Dangerous Goods cabinets and a reminder about the information you need to collect when administering First Aid.

Suicide Prevention training is available to all staff and students, and spots are still available in some of the upcoming Mental Health First Aid training sessions. There's also a Benestar webinar on Communicating Clearly which is open to all staff.



New Health and Wellbeing Event for UNSW Staff

VP GO is a chance to improve your health in ways that work for you, with teammates by your side. It's a wellbeing platform that meets you where you are, no matter your health or fitness level.

As part of your wellbeing journey, you'll be embarking on an action-packed 9-week team-based activity challenge - Destination GO. Destination GO is a virtual race around the world, and however you get there, whether you walk, run, do yoga at home or bike around town, is up to you!

The VP GO app is packed with easy ways to make small, healthy changes and provides you with a personalised wellbeing program:

- Daily tips to fit wellness into your routine
- Personal, guided Journeys that let you choose how to get healthier
- Set up your own mini-challenges with friends and colleagues
- Learn and track healthy habits, then watch your progress in real time
- See how far you've come with two free health assessments

To find out more about VP GO and Destination GO, please join us on Tuesday 3 May at 12pm. [Click here to register.](#)



Flu Vaccines 2022

The influenza vaccine will be arriving at the UNSW Health Service in late April 2022. Flu vaccines are free for all current UNSW staff and students and are strongly recommended. Any flu vaccine related appointments will be bulk billed.

Why is the flu vaccine so important this year?

The flu vaccine will reduce the number of people who get the flu and therefore the number of people needing hospital beds as a result of severe flu, limiting the impact on the health system. It is possible to get the flu and COVID-19 at the same time which will likely cause significantly worse symptoms.

Can I get the flu vaccine and COVID-19 vaccine at the same time?

Yes, both flu and COVID-19 vaccines can be given at the same time. If you are aged over 65 or are immunocompromised, now is the time to book in. UNSW Health Service will provide separate clinics for these appointments.

Do I have to come to the Health Service?

Yes, you will need to come to the clinic to have your vaccination. We will be taking bookings online via our [HOTDOC booking platform](#).

When will the flu clinic commence?

The annual staff influenza clinics for 2022 will commence Wednesday 27 April 2022 and run until Friday 17 June, from 9am - 12.30pm. We are also offering Saturday clinics. Please visit [HOTDOC Online appointments](#).



Benestar Webinar - Communicating Clearly

Join Benestar on Wednesday 27 April for a webinar on Communicating Clearly. This webinar is free to join for all UNSW staff members. Communicating Clearly will help you to:

- Explore some of the theories of communication and why they are important
- Recognise the impact of verbal and non-verbal communication
- Understand the effect of values, attitudes and self-esteem on communication
- Learn strategies to improve your communication skills in one-on-one and group situations

The webinar will be held on Teams from 12pm-1pm on Wednesday 27 April. Benestar webinars are no longer recorded, so you will not be able to view a recording after the event. Please attend at this time if you are available and you are interested in the topic.

[Please click here to register.](#)



Safety responsibilities in shared spaces?

Recently, several hazards were identified in spaces (waste rooms) shared by numerous staff and students across multiple schools and departments, and contractors. The hazards had been present for some time but hadn't been actioned, escalated, or reported until recently when discovered by the Safety team.

Safety is everyone's responsibility. We all have responsibility to take reasonable care of our own health and safety, and that of others within the workplace. If you see a hazard, report in WHS Monitor, the UNSW online hazard and incident reporting system. If safe to do so eliminate or mitigate the hazard.

For more information see:

[HS336 Responsibility, Authority and Accountability Procedure](#)
[HS307 Hazard & Incident Reporting Procedure](#)



Administering First Aid Treatment

Recently a student presented to a staff member, requesting a band-aid for a skin graze. The staff member, who wasn't a trained first aid officer, cleaned and dressed the wound but no information was collected from the student. Information needed includes:

The injured person's details (name, zID, contact number)

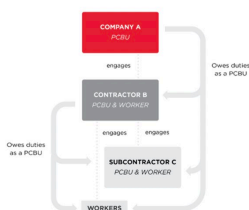
- Description of the injury
- How the injury occurred
- The exact location where the injury occurred
- What first aid was administered

Without this information it cannot be determined what effective corrective actions could be taken to prevent similar incidents occurring.

If you are approached by a person seeking first aid, please direct them to the local trained first aid officer. If it's an emergency contact Security and assist the person until help arrives. The first aid officer and/or security will ensure that the details of the incident are collected and entered into the myUNSW online hazard and incident reporting system.

For more information see:

[HS905 First Aid Procedure](#) and
[HS307 Hazard & Incident Reporting Procedure](#)



WHS duties in a contractual chain

This refers to situations where there are multiple contractors and subcontractors for the same project or work matter. It can apply in industries such as building, construction, transport, Labour Hire, events management and such.

It's important to understand WHS duties and implications. In particular:

- A person can have more than one duty under the model WHS laws. For example, a self-employed person may simultaneously be a PCBU and a worker.

- WHS duties are not transferable.
- WHS duties cannot be contracted to another party, such as a subcontractor.
- Duties can be shared, so more than one person can have the same duty at the same time. For example, a contractor and subcontractors, as PCBUs, will have the same duty to ensure access to first aid facilities at a workplace.
- You must consult, cooperate and coordinate on WHS matters with other duty holders when working as part of a contractual chain.

For more information, visit Safe Work Australia: [WHS Duties in a Contractual Chain](#) factsheet.

Further information: safety@unsw.edu.au



Safety Alert: Incorrect use of Dangerous Goods (DG) Storage Cabinets

During a routine induction in the Chemical Waste Room in E26 LG026 it was noticed that some of the DG storage cabinets had been relabelled to change the type of DG stored, without consulting with the Safety Team and without notifying the other users of the Chemical Waste Room. The Chemical Waste Room offers different DG storage cabinets (corrosive, flammable and toxic) to ensure waste is stored safely, appropriately and segregated as required.

Users must not change the label and type of DG stored in a DG storage cabinet without consulting with the Safety Team.

See the full Alert [here](#).

Further information: safety@unsw.edu.au



Check your electrical cables before each use

Exposed electrical wires were recently discovered on two animal heating mats. It was also found that the mat's plug did not have an earth terminal so any accidental cut or puncture of the mat with sharps during surgery could result in contact with live wires, as identified by the supplier's warning. Further, mishandling the mat can expose wires or open the sealed edges (see photo). Duct tape had also been used on one mat to cover damage. Documentation lacked electrical information, meaning tagging could not be performed.

The mats have been removed from service, to be replaced with ones that meet Australian standards. Make sure that your electrical items comply with Australian standards, are tested and tagged in accordance with [HS418 Portable Electrical Equipment Inspection, Testing and Tagging Guideline](#). Anything with worn or damaged electrical cables must be tagged out of service, repaired or replaced.



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](#).



Don't Walk On By

We wanted to share this [video](#) with the wider UNSW community. If you see a hazard, don't walk by, over or around it - take action to control the hazard. If you don't know what to do, reach out to your supervisor or your local Safety contact and ask for help.

Making sure that we take action when we identify a hazard will result in fewer incidents and injuries for our UNSW community. Imagine how much safer our workplace would be if every person who identified a hazard stopped and took action, instead of [walking by](#).

Anyone can reach out to safety@unsw.edu.au if you need help to eliminate a hazard, also SafeWork NSW has a library of hazards located [here](#).



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.



Medibank Health Insurance Reviews

Medibank consultants will be available for one-on-one appointments for staff in April.

Any staff members 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.

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