

June 2022

Is everyone enjoying the coldest start to winter for over 30 years?! Yep, it's not just you. We haven't had a first week of June this cold since 1989. Back then, Bette Midler was at the top of the charts with 'Wind Beneath My Wings' and The Simpsons, Seinfeld and Baywatch were all just getting started. Later that year, the Berlin Wall came down. I wonder what the rest of 2022 has in store for us?!

For the remainder of June, we have a couple of webinars from Benestar - one on Resilience and another on Financial Wellbeing, plus a Work-Family Support webinar on developing healthy self-esteem in children. There's also a webinar from UniSuper on how to retire well, and an exciting opportunity to participate in a research study for those with high blood pressure. We have a few Safety Alerts this month, with reminders about second hand equipment, legacy chemicals, and how to stop your car from being stolen on campus (hint - don't leave the keys in the ignition). There's also a Push-Up Challenge, desk-based stretching, pilates, training for WHS Monitor and suicide prevention, and a new safety standard for scaffolding. Finally, we've got a reminder that it's not a good idea to store your chemicals and lab samples in your office near your Lindt Easter bunny.



Second Hand Equipment

It's good for the environment to find a new home for equipment you no longer need, rather than disposing of it. However, if you're giving equipment away, you must make sure it's in a safe condition. This includes making sure that electrical cables are in good condition without any faults, and any equipment manuals or safety instructions are passed on to the new owner. Where equipment has been in service and information regarding safe use isn't available, a competent person should be engaged to assess the equipment and develop this information. More information can be found in the [Plant and Equipment Procedure](#). You must also follow [Laboratory Decommissioning/Project Cessation Procedure](#) for any equipment coming out of a research facility. For further information contact safety@unsw.edu.au



Benestar Webinar - Resilience 101

Join Benestar on Wednesday 29 June for a webinar on Resilience. 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 Wednesday 29 June. 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.](#)



Legacy Chemicals

Perchloric acid in crystalline state (anhydrous) is a potential explosion risk. A desiccator containing two containers of perchloric acid that appeared to be in a crystalline state, was found in a laboratory fume hood. As a result, at significant cost to the school, the lab was evacuated and specialist contractors engaged to remove the chemical.

On investigation, it was discovered that the substance belonged to an academic who had retired several years ago. The vials had no Jaggæer barcodes and no risk management documentation.

When a researcher leaves UNSW, it's important to make sure that samples are correctly disposed of, or if passed onto another owner, the relevant registers (chemical, biological) are updated.

To assist with this, follow this [Procedure](#) and complete this [Checklist](#). Read the Safety Alert [here](#) or contact the [Safety team](#).



Desk-Based Stretching and Pilates

Do you sit in a chair for most of the day? Do you find that by the afternoon, you are feeling sore and stiff? If you do, we have two simple, weekly exercise classes that are perfect for you!

Every Monday afternoon at 2pm we have half-hour online desk-based stretching classes. And every Thursday afternoon at 2pm, we have half-hour online Pilates classes. Both classes are free and open to all staff.

Equipment required

Desk-based stretching: Nil

Pilates: yoga mat or towel

Please click on the dates below to register:

Desk-Based Stretching

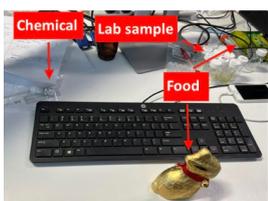
[Tuesday 14 June 2pm-2:30pm](#)

[Monday 20 June 2pm-2:30pm](#)

Pilates

[Thursday 16 June 2pm-2:30pm](#)

[Thursday 23 June 2pm-2:30pm](#)



Chemicals and Samples Stored in Offices

A reminder to staff and students that chemicals are not to be stored within an office environment.

The storage of chemicals on your desk can result in contact exposures, damage to equipment, fire, uncontrolled spills or food contamination, and possibly illness or even death. See the related Safety

Alert.

For further information please contact safety@unsw.edu.au



Biorisk Management Procedure

HS 323 Biosafety Procedure is being replaced! The consultation draft, [Biorisk Management Procedure](#), is currently available on the [Governance website](#) for comment. All staff and students working with biological and biosecurity materials are encouraged to review the consultation draft and submit feedback, so please circulate this information.

Consultation closes on **Tuesday 21 June 2022**.

Feedback can be sent to:

Giulia Oss
Safety Coordinator
UNSW Safety and Risk Management
Email: safety@unsw.edu.au



Empowering Children: Developing Healthy Self-Esteem

Every parent wants their children to develop healthy self-esteem. Building a positive sense of self supports a child's physical, social and psychological wellbeing. Unfortunately, challenging life experiences and harmful social media interactions have contributed to many children having low self-esteem - which can have a detrimental impact on their life experiences, social interactions and sense of self-worth.

In this session, parenting expert Dr Rosina McAlpine explores:

- What self-esteem actually is
- How healthy self-esteem supports physical and psychological wellbeing
- Whether self-esteem and self-confidence are interchangeable
- What harms self-esteem
- Practical strategies to build healthy self-esteem
- Question and answer session

Parents and carers will come to understand factors that can harm a child's self-esteem and learn practical approaches to supporting children to develop self-acceptance and healthy self-esteem to give children a strong foundation for life success.

This session will be held on Thursday 16 June from 1pm-2pm.

To register for the Work-Family Support Program, [please click here](#).



The Push-Up Challenge

Help shine a spotlight on the number of Australians who died by suicide in 2020.

You can help push for better mental health from 1st-24th June by going solo or grabbing some mates and challenging yourself to do 3,139 push-ups over 24 days in June. Use your challenge to fundraise for one of three beneficiaries: Lifeline, Movember or Push For Better. Fundraising is optional but is a great chance to support critical mental health services across Australia.

For more information see [The Push-Up Challenge](#).
For further information contact safety@unsw.edu.au



Financial Wellbeing and Your Mental Health

Join Benestar for a free webinar open to all staff.

Research suggests that money worries are, in fact, the primary sources of stress in Australia. In this session, Benestar shows you how financial stressors impact your health and wellbeing. They will talk about how to identify and approach unhelpful habits and explore healthy coping strategies.

The webinar will be held on Thursday 16 June from 1pm-1:30pm.

Registration is essential. [Please click here to register](#).



New Safety Standard for the Scaffolding Industry

Scaffold is a temporary structure used by workers when they may be working from heights. With falls from heights being the number one cause of traumatic death on NSW construction sites, SafeWork NSW released a new Scaffolding Industry Safety Standard in March aimed at providing a clear guide to prevent scaffolding related injuries and deaths. The Safety Standard details practical management tools to principal contractors, scaffolders, engineers and other parties involved in scaffolding work, ensuring best practice for the scaffolding industry. For more information please see [Scaffolding Industry Safety Standard](#).
For further information contact safety@unsw.edu.au



Do you have high blood pressure?

Would you like to improve your physical fitness? The School of Population Health and Lifestyle Clinic at UNSW are looking for volunteers to participate in a new study looking at improving the health of people who have been clinically diagnosed with hypertension.

What is involved?

- Measure your body composition and complete baseline assessments online
- Wear a blood pressure monitor on your wrist for 7 days
- Randomly selected participants will take part in a free 3-month personalised fitness program with an Accredited Exercise Physiologist
- Receive a \$100 gift voucher as thanks for participating
- Invited participants can join an online focus group interview to share their experience and receive an additional \$50 gift voucher
- You need to live in NSW to be eligible to join the study

For more information please visit the [website](#) or contact the project team on cvmproject@unsw.edu.au



Stolen Vehicle on Campus

UNSW Safety is issuing a Safety Alert to remind drivers, contractors in particular, not to leave vehicles, plant or equipment on campus with keys in the ignition or the engine running. There has been a recent incident on campus involving a vehicle that was left with the keys in the ignition, was stolen, and driven in a manner that caused damage and had the potential to cause serious harm to people.

Do not leave vehicles unattended on campus with the keys available or in the ignition

Do not leave vehicles unattended with engine running

Contractors are to ensure they communicate this within their work groups

See [Safety Alert](#)

For further information please contact safety@unsw.edu.au



Retiring Well - Superfriend Webinar

Aimed at those thinking about retirement in the next 5-10 years, this presentation will assist participants in planning for the changes retirement offers. Retirement is one of life's biggest transitions; the earlier you can begin planning, the better the outcomes and ability to achieve lasting wellbeing.

Participants will learn practical strategies that support wellbeing, factors that contribute to adjusting well, the resources available to assist in planning and the options available to them when considering retirement.

The webinar will be held from 5:30pm-6:30pm on Tuesday 28 June.

[Please click here to register.](#)



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](#).

WHS MONITOR



Incident Reporting

Regardless of the severity of an incident at the time of occurrence, all incidents must be reported online in WHS Monitor. [Access WHS Monitor](#) as soon as practicable after the event.

Early reporting of incidents enables:

- prompt identification of corrective actions that need to be implemented to prevent recurrence of incidents
- early intervention of treatment where required which assists in promoting a timely recovery and minimising the severity of injury

For more information, please refer to:

- [How to Report an Incident](#)
- [Hazard & Incident Reporting Procedure - HS307](#)

Or contact your local [Safety Business Partner/Coordinator](#) or Advisor.



Near Miss or Hazard?

Deciding whether you are reporting a hazard or near miss can be confusing. If something happened that could have resulted in injury, illness, or damage to property, it's considered a near miss. If not, the situation, thing or condition is considered a hazard.

Examples - Near Misses:

- An item that falls from a height but does not result in an injury or damage

- An individual trips on a cable located on the floor but is not injured
- An individual wearing the correct PPE is exposed to acid splatter but is not injured

Examples - Hazards:

- An unsecured item located at a height has the potential to fall causing injury or damage
- An unsecured cable located on the floor has the potential to cause a fall injury
- Presence of a hazardous chemical has the potential for exposure causing skin, eye and lung injuries as well as damage to metal items.

For further information, see [Hazard & Incident Reporting Procedure - HS307](#), or contact your local [Safety Business Partner/Coordinator](#) or Advisor.



WHS Monitor Training

Online training videos are available for WHS Monitor [here](#).

If you have watched them and still need some assistance navigating WHS Monitor, you're welcome to book a session for yourself or your team [here](#).

If you have questions or problems with registration, please contact [Emilio Saliba](#).

For further information, contact safety@unsw.edu.au

Medibank Health Insurance Reviews

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

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.

Currently, Medibank is offering 6 weeks free plus 2 and 6 month waits waived on extras for new members who join between 11 May and 10 July. All staff are entitled to a 9% discount on the Medibank Corporate Inc product suite.

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

