

July 2022

Well, maybe I shouldn't have asked in our last newsletter about what the rest of 2022 had in store for us. Apparently the answer is torrential rain with no end in sight! If you're feeling the strain of the constant miserable weather, you may like to attend our Dealing with Anger webinar from Benestar. If you'd like to take some action towards combatting climate change and minimising future extreme weather events, why not take part in Plastic Free July? In return for your pledge, you'll get a free keep cup and hot beverage of your choice! There's also an opportunity to contribute by taking part in LEAF - a new approach to sustainability in laboratories at UNSW.

The updated Health and Safety Policy is now available on the Governance website, and Benestar are back on campus for onsite staff counselling every fortnight. We have some important reminders in this month's newsletter, like DON'T EAT IN LABS, make sure your trailer is attached to your vehicle safely before you head off, take regular breaks when working from home and also please ensure you are disposing of chemical waste containers correctly. There's an important online panel presented by the Black Dog Institute on managing psychosocial risk factors at work, and the Recognise and Respond suicide prevention training from Black Dog is still available to both staff and students.



LEAF - A new approach to sustainability in laboratories at UNSW

It's time to improve the efficiency and sustainability of science at UNSW.

The Laboratory Efficiency Assessment Framework (LEAF), is an internationally recognised certification with an easy-to-use online system for improving sustainability in laboratories while building a culture of sustainability with improved engagement and collaboration in laboratories around the world.

LEAF can help you:

- cut down on waste
- improve efficiency
- reduce emissions, and,
- achieve financial savings

LEAF is open to all research labs, workshops, and teaching labs to sign up.

Find out more on the [LEAF at UNSW website](#) or contact the UNSW LEAF team at LEAFlabs@unsw.edu.au.



Rest Breaks

When working from home, we may not have the distractions that we have at the workplace, such as getting up to go to a meeting, walking to the printer, meeting a colleague etc. Without distractions, we may be inclined to sit for hours at our desks without taking a break.

It is important to remember to take regular Pause Breaks throughout the day - a minimum 1-2 minute break every 30 minutes. To remind us to take regular pause breaks:

- set up an audible reminder, such as setting the alarm on your mobile phone for every 30 minutes
- install an application on your computer which provides tailored reminders to take rest breaks

Schedule structured breaks throughout the day - morning tea and lunch breaks - away from your workstation so there is no temptation to get back onto your computer.

Where possible, rotate tasks to allow a variety of working postures.

For more information, [click here](#).



Benestar Webinar - Dealing with Anger

Join Benestar on Tuesday 26 July for a webinar on Dealing with Anger. This webinar is free to join for all UNSW staff members. Dealing with Anger will help you to:

- Recognise the impact of anger on individuals and teams
- Understand the different types of anger and the dynamics of anger
- Identify your anger triggers and develop coping mechanisms
- Learn strategies for managing anger in yourself and others

The webinar will be held on Teams from 12pm-1pm on Tuesday 26 July.

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](#).



Disposal of Chemical Waste

A recent enquiry about the disposal of chemical containers has prompted the Safety Unit to remind chemical users about the correct process for disposal. Chemical containers that are empty and contain only small residual amounts of liquid, should be disposed of as chemical waste, and must be identified as "empty" on the Chemical Waste form. The labels attached to the chemical containers should not be removed or modified. Our waste contractor has confirmed that the empty chemical containers

received from UNSW are treated as chemical waste as some residue may remain, even if the containers have been washed.

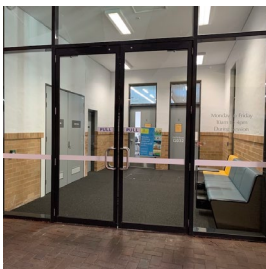
For more information please refer to [Laboratory Hazardous Waste Disposal Guidelines](#) or speak to a [Safety Contact](#).



Health and Safety Policy Update

The Health and Safety Policy has recently been updated. The new version is available on the [Governance website](#). The purpose of updating this policy was to better reflect the University's position on Safety being a core value and of utmost importance to everyone. We want to ensure that all workers and students are provided with a safe and healthy place in which to work or study.

To achieve this policy, UNSW will implement a risk management approach to managing health and safety and make every effort, where reasonably practicable, to eliminate or control risks associated with the workplace and work performed by workers. This will include considering health and safety matters in organisational plans, procedures, programs, courses, and job instructions.



Benestar on Campus

After a two-year hiatus due to Covid, UNSW Wellbeing is thrilled to announce that Benestar, UNSW's [Employee Assistance Program](#) provider, is once again holding counselling sessions for staff at the Kensington campus.

Benestar counselling sessions are available in room G033 on the ground floor of The Quadrangle between 9am - 2pm every second Wednesday from June 22 onwards. Each appointment is 50 minutes in duration and there will be five appointments available each morning.

To book an onsite appointment, call Benestar on 1300 360 364 and say that you would like to book in with the onsite clinician. Appointments are available for staff only. All continuing, fixed-term and casual staff are eligible to use the Benestar service.



Managing Psychosocial Risk Factors at Work

On average, 7,984 Australians are compensated for work-related mental health conditions each year. Psychological injuries often have longer recovery times and more time away from work than physical injuries, resulting in higher costs to businesses and a bigger impact on staff morale.

In this 45-minute Black Dog Institute webinar, expert panelists will discuss research-based strategies to identify and reduce the risk of psychosocial hazards in the workplace.

Panelists:

- Dr Aimee Gayed, Postdoctoral Research Fellow, Black Dog Institute
- Christine Turner, Quality & People Manager, South Western Sydney PHN
- Ian Firth, State Inspector, SafeWork NSW

The webinar will be held on **Monday 25 July from 12pm - 12:45pm.**

[Click here to register.](#)



Is Your Trailer Safely Attached?

If you tow a trailer behind your vehicle, it's important to check that the connection between the vehicle and trailer is completed correctly according to the manufacturer's instructions before you commence the journey. In a recent incident involving UNSW personnel, a boat trailer became partially detached from the vehicle towing it and ran down a slope and into the back of the vehicle causing significant damage to the vehicle. It was determined that a pin wasn't inserted correctly into the coupling latch to lock in the connection mechanism for the trailer to the vehicle. It is recommended that a visual check, checklist or a cross-check by a second person be performed prior to starting the vehicle. Please see the [Safety Alert](#) for more information.



Drinking and Eating in Labs

Evidence has recently shown that UNSW staff are eating and drinking in teaching laboratories (including some PC1 and PC2 laboratories). A reminder that eating and drinking in laboratory spaces is strictly prohibited. It creates several different risks including chemical, biological or radioactive exposures with a potential for illness or injury as a result. Clear signage should be displayed at the entry to laboratories to indicate that eating and drinking is prohibited in the laboratory space. Individuals also have a personal responsibility to adhere to the rules of access to the laboratory, and misuse of the space may result in laboratory access being revoked.

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](#).



Medibank Health Insurance Reviews

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

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.

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.



Plastic Free July

It's Plastic Free July! Take the pledge and claim a free reusable cup and coffee voucher.

Over 2.7 million single use coffee cups end up in Australian landfills every day. The University is working to create a sustainable future and is committed to minimising and managing waste responsibly, improving resource efficiency, and promoting a plastic free dining experience on campus.

During Plastic Free July 2022, you can join the reuse revolution by pledging to dine plastic free and single use free on campus.

The first 2,000 pledgers to show their pledge submission receipt email and UNSW identification card to staff at the UNSW bookshop during the month of July 2022 can claim their reusable Huskee cup and voucher from a beverage of their choice at participating vendors on the Kensington campus.

[Take the pledge now.](#)

For more information, [click here](#).