



**October 2022**

Hi Everyone,

It's now over a month since I joined UNSW as Director of Safety. It has been great to get out into the University and meet people in our Faculties and Divisions. Particularly, hearing how safety is being managed across the University and to listen and understand the safety trends they see.

The Safety Team and I have been reviewing our safety roadmap - UNSW's Strategic Health & Safety Plan - to understand where our safety management is currently and determine what we need to do to enhance positive safety outcomes across the University.

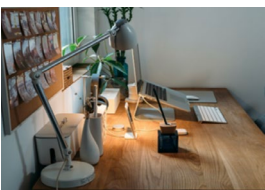
October is Health, Safety and Wellbeing Month. Across all UNSW campuses we are holding a range of fantastic activities. This will help us establish a renewed focus on safety and how we can lift our safety awareness and management. Details of what's on are included in this newsletter - I encourage everyone to take advantage of these great opportunities to learn how we can all work together to achieve our vision of a sustainable and proactive health and safety culture at UNSW.

In the meantime, my team and I look forward to collaborating with everyone across the University in the coming months to usher in simple ways of managing our safety and enhancing awareness.

Regards,



**Karl Baumgartner**  
Director of Safety



## Are you currently working from home (WFH)?

Do you wish to continue working from home?

After 1 November, staff who wish to continue to work from home will need to have completed the WFH checklist, either the online version via WHS Monitor, or the paper version HS114 Workstation Checklist on the Safety website, by 1 November, to be able to continue to WFH.

We've put together an easy guideline for completing the checklist. If you're completing one online and need to save a draft of the checklist before it's been completed, we have a guideline for returning to your draft and adding to or completing it.

You can get to the online checklist guides via the Safety homepage ([safety.unsw.edu.au](http://safety.unsw.edu.au)). Choose WHS Monitor from the QUICK LINKS:



Login using your zID & zPass:

**Sorry, you need to log in to view this page.**

Authentication is required. [Log in with your zID and zPass.](#)

[What are my UNSW zID and zPass?](#)

Choose your checklist guide - either start a new one, or resume a checklist you began earlier:



## Health, Safety and Wellbeing Month - Safety Events

October is National Safe Work Month and Mental Health Month. At UNSW, our teams from UNSW Safety and UNSW Wellbeing are collaborating to create a month of wonderful events for staff.

### [WFH Workstation Demonstrations](#)

As part of Health, Safety and Wellbeing Month, you can book in for a 1-1 consultation with ergonomic specialist Carmel Jaconelli to discuss and ensure your work-from-home setup is optimal. [Click here](#) to see the times available and book in.

### [Weekly Hazard Hunts](#)

The Safety team will lead [Hazard Hunts](#) for staff across all faculties and divisions - keep an eye out on the [Event calendar](#) for when your Hazard Hunt is on!

#### [Safetea Morning Teas](#)

Safetea morning Teas will be held across campus. [Check out the list here](#) to see when yours is coming up - you may even have a special guest speaker!



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## Health, Safety and Wellbeing Month - Wellbeing Events

Throughout October we have had a range of interactive events, webinars and workshops focusing on health, safety and wellbeing.

Some great events are still to come! Just a few of these are mentioned below - [please visit the website for the full listing](#), or the [Event calendar](#) to see events listed in date order.

#### [UNSW Amazing Race](#)

How well do you think you know the Kensington Campus? This fun and challenging event will send your team of four staff members around campus following clues and completing tasks in a race against other teams. Prizes will be awarded from each of four heats, and the heat winners will go up against each other in the Grand Final in November. [Registrations are now open!](#)

#### [Practical Tools for Micro Pauses](#)

On Thursday 27 October, Culture and Development Consultant Georgina King will conduct an experiential session that will provide you with some practical tools to explore and experiment with the support your personal effectiveness and wellbeing. [Please click here to register.](#)

#### [Managing Your Financial Wellbeing](#)

Are you keen to learn the ins and outs of investing? Or would you like to better manage debt and feel less anxious about money? Join us at this UniSuper webcast to learn how to make informed financial decisions to shape your future. [Please click here to register.](#)

#### [Nutrition and Wellbeing](#)

Join Nutritionist Merita O'Connell from the UNSW Good Food Project as she presents this lunchtime session on Nutrition and Wellbeing. Merita will discuss:

- Balanced dietary patterns
- Mediterranean diet
- Importance of other lifestyle factors
- Fad diets and diet culture
- Eating to support mental health
- Importance of the microbiome

This webinar will be held on Teams from 12pm-1pm on Monday 31 October. [Click here to register.](#)

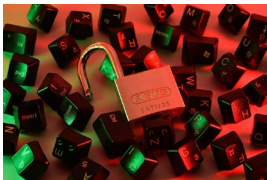


## Safety in Conversation

Associate Professor Carlo Caponecchia is an academic in the School of Aviation. He has a background in psychology and works in Human Factors and Safety. He has particular interest and expertise in psychosocial risks and safe systems of work. Carlo is a member of the Standards Australia committee on Occupational Health and Safety Management and was part of the ISO TC283 working group responsible for the development of ISO45003. He is the current President of the International Association on Workplace Bullying and Harassment.

Join us for this discussion with Carlo about the ISO45003 and what it means, to be held on **Wednesday 26 October from 10am-11am**.  
[Please click here to register.](#)

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## Protecting Yourself Online

UNSW Cyber Security is working with the Office of the eSafety Commissioner Education and Training team to provide an information session for UNSW staff as part of Health, Safety and Wellbeing Month.

The session will provide insights on how you can help protect yourself and your loved ones online. It will cover the latest online safety risks to young adults and proactive online safety strategies as well as highlighting best practice responses to online safety incidents in a university context.

eSafety's experienced facilitator will also share case studies from eSafety's investigation teams to help university staff to improve their understanding of adult cyber abuse, image-based abuse and technology facilitated abuse.

This session aims to help university communities to be safer online by:

- Building greater awareness of online safety risks
- Providing strategies to assist those impacted by adult cyber abuse, image-based abuse, and technology-facilitated abuse
- Providing guidance on how to prevent, prepare and respond to online safety incidents using the Toolkit for Universities developed in collaboration with Universities Australia

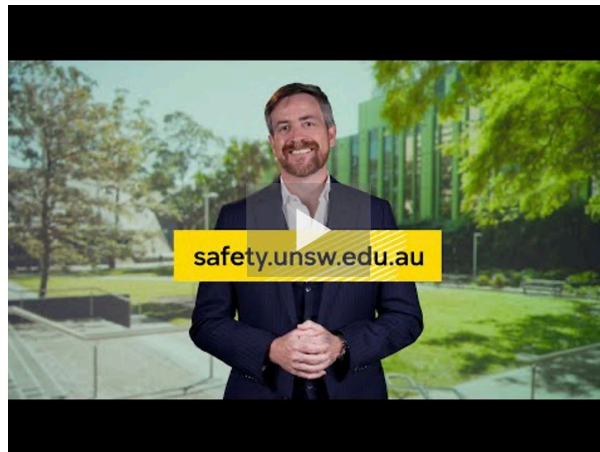
The information session will be held on Friday 28 October from 1pm-2pm.  
[Please click here to register.](#)

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## Think Safe - Be Safe - Home Safe

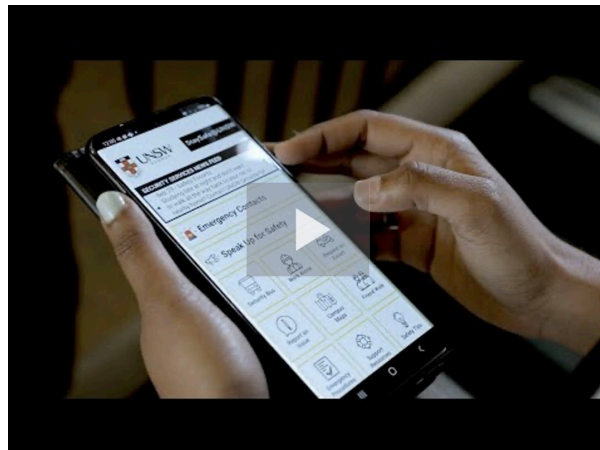
Think Safe - Be Safe - Home Safe is the new motto for UNSW Safety. Vice-Chancellor and President, Attila Brungs, explains in the video below what this motto means for the UNSW community.



## Speak Up for Safety!

The purpose of the Speak Up for Safety card is to give all staff, including contractors, the authority to step in and intervene in any unsafe work practices, that could lead to an accident, in real time, no matter who it is without fear of repercussion.

For example, if you see someone coming down the stairs checking their emails on their phone, you can pause the behaviour using the card and let them know you are worried about their safety. Please see the video here.



The Speak Up for Safety card is available as a digital card on the StaySafe UNSW app and as a hard copy card from 24 October. Remember to make a report in the safety system when you have used the card.



## Psychosocial Risk Now Included in WHS Regulations

The new Work Health and Safety Amendment Regulation 2022 identifies how risks to psychological health at work should be addressed, including matters that must be considered when identifying controls.



Clarity is provided on the nature of psychosocial hazard and psychosocial risks and the following details matters to be considered when determining controls:-

- the duration, frequency and severity of the exposure of workers and others to psychological hazards
- how the hazards might interact or combine
- the design of work, including job demands and tasks
- systems of work, including how work is managed, organised and supported
- the workplace's design, layout and environmental conditions, including a safe means of entering/exiting the workplace and facilities for the welfare of workers
- the design, layout and conditions of workers' accommodation
- the workplace's plant, substances and structures
- workplace interactions or behaviours
- the information, training, instruction and supervision provided to workers

It is understood that the above mentioned changes will commence on 1 October.

Further information can be obtained [here](#) or from your [UNSW Safety Team contact](#).

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### **Trips and Falls on Staircase**

If you have spent extended time at UNSW, many staircases can be potential hazards for trips and falls, which could be fatal. Using mobiles while traversing these staircases increases the likelihood of an incident occurring.

This is a reminder to be cautious using your mobiles while using staircases on campus and be mindful of your surroundings and others to avoid trips and falls.

If you are involved in a trip and fall, it is essential to submit the incident in [myUNSW](#) via WHS Monitor.

For more information, visit the [SafeWork NSW webpage](#).

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### **Electric Shock - Changing a Light Globe**

UNSW Safety is issuing a Safety Alert to alert staff of the risk of electric shock when changing light globes. In a recent incident, a Maintenance Assistant's arm has come in contact with live conductors whilst changing a light globe. Please read the [Safety Alert](#) for more details.

For further information, please contact [safety@unsw.edu.au](mailto:safety@unsw.edu.au)

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## Safety management system update

Over the past two months, members of the Safety Team and Project Salus Team have been working closely with SAI360 to bring all our safety management requirements together in one unified system. Our goal is to make incident reporting and hazard/risk management easier for everyone across the University. Key features of the next release of our safety management system will include:

- Powerful new risk management reporting capabilities
- Dashboards showing how our safety management is tracking
- Smart device app for on-the-go safety reporting
- Online activity (including field work) approvals and improved equipment management

If you have any questions about our new safety management system, please speak to [Theresa McDonnell](#), our Senior Manager Safety & Injury Management.

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## 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](#).

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## Medibank Health Insurance Reviews

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

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.



