

## October 2023

[A message from the Director of Safety, Karl Baumgartner](#)

**October is National Safe Work Month and Mental Health Month.** It is a time to commit to building a safe and healthy workplace. Being safe and healthy means being free from physical and psychological harm. A safe and healthy workplace benefits everyone.

At UNSW, we celebrate Health, Safety and Wellbeing Month. There are events and activities all through the month. The primary objective is to encourage all individuals and organisations to prioritise safety in their workplaces and work towards reducing the number of work-related injuries, illnesses and at worst fatalities.

On 5 October, we launched this month with a [Safety motto video](#) showcasing what Health and Safety and our safety motto means across UNSW. We extend a huge shout-out to all the amazing volunteers and our brilliant video production team!

In collaboration with the HR Wellbeing team, we have updated the webpage for [Health, Safety and Wellbeing Month 2023](#), with all events and activities going on around campus in October.

- Ergonomic Workstation Assessments
- UNSW Amazing Race
- Ride2Work Day
- Walk n Talk for Safety
- Local area Safe Teas

We encourage everyone to participate in these events, and you are welcome to schedule an ergonomic assessment with our friendly UNSW Safety team or join us for a hazard hunt.

To finish the Health, Safety and Wellbeing Month we have a panel discussion titled "Leading the Management of Psychosocial Risk at UNSW" featuring UNSW experts Associate Professor Carlo Caponecchia, Associate Professor Sharron O'Neill, and consultant expert Dr Peta Miller. Register via [Psychosocial Webinar | Wellbeing](#).



### Safety Motto Video

On October 5 in the Council Chambers over a special morning tea the UNSW Safety motto video "Think Safe, Be Safe, Home Safe" was premiered. This 3.5-minute video brings our Safety motto video Think Safe, Be Safe, Home Safe to life and will inspire you to reflect on the importance of working safely. Getting home to our loved ones, friends, and pets to enjoy life is what it is all about.

Staff as well as some students from Kensington, Paddington and Canberra volunteered their time to demonstrate the sheer variety of work settings, work tasks, hazards and risks faced at UNSW every day. We hope that when you watch this video you feel the spirit of the UNSW community, highlighting the importance of a positive safety culture, collaborating with each other to make UNSW a safer

place to work, study and undertake research.

Some fun facts about the making of this video:

- 3 campuses
- Approx 100 staff and student volunteers
- 40+ hours of filming
- 30+ scenes
- 18+ volunteer groups

We are immensely proud of this in-house video, a collaboration between the Safety Program Team and Roxie Vuong (Digital Resource Developer) and Anh Nguyen (Multimedia Specialist) from PVCESE.

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### Safety Alert - Preventing Finger Injuries

Following an increase in the number of finger injuries to UNSW staff and students over the last few months, a [Safety Alert](#) has been prepared to provide advice on how to prevent finger injuries.

A reminder also to take 2 minutes **2 Be Safe** before performing a task to make sure that you protect your hands from injuries due to cuts from sharps and needle stick injuries, animal bites or crush injuries.

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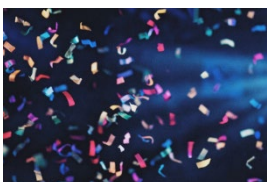
### Safety Alert - Cryogenic Gloves

When selecting personal protective equipment, make sure it is appropriate for the substance or material being handled.

In a recent incident, a person sustained burns on their hand from contact with liquid nitrogen when pouring liquid nitrogen from a Dewar. The person was wearing Prosafe Ultratech Freeze Gloves, but the gloves were not suitable for handling liquid nitrogen or other cryogenic liquid. Consequently, liquid nitrogen spilled on their hand and passed through a crack in the glove material resulting in blistering on the hand.

For more information see the [Safety Alert](#).

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### End of Year Celebrations

The end of year is fast approaching and with that comes celebrations such as Christmas parties and Team Building days. Please be mindful of safe work practices when planning and attending such events (which are considered work-related events). Considerations to ensure a safe and enjoyable function include:

- Conduct a Risk Assessment if the planned activity/function has the potential to cause injury to participants - you may need to consider alternate safer activities
- Selecting a venue appropriate for the planned activities
- Remind staff of workplace policies including Bullying, Sexual Harassment, and the Code of Conduct
- Serve alcohol responsibly (plan B to get home safely if alcohol consumed)
- Ensure senior staff lead by example



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- Provide food and non-alcoholic drinks
- Invites - state function 'start and finish' times
- Choose a venue with access to public transport

Where Team Building activities involve physical exercise, please ensure

- Participants are fit to undertake the activities and check for pre-existing injuries
- Participants are informed of the nature of the physical activity and have the option to opt out
- A Safety Brief is conducted prior to the activity commencing

Happy and safe holidays!

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### **Safety Alert - General Li-ion Batteries**

The widespread use of Li-ion batteries in today's devices, including laptops, smartphones, and electric vehicles, has become an integral part of our daily lives. However, at UNSW, ensuring the safety of these batteries is of paramount importance.

This alert serves as a comprehensive guide, offering simple yet critical guidelines for the safe utilisation of Li-ion batteries, covering every aspect from their purchase to responsible disposal. In an effort to safeguard both individuals and the environment, UNSW underscores the need for vigilance when purchasing, handling, storing, and disposing of these batteries. By adhering to these guidelines, we can ensure a secure and sustainable campus environment while enjoying the benefits of modern technology.

For more information see the [Safety Alert](#).

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### **Benestar Webinar - Balancing Your Life**

Join Benestar on Thursday 26 October for a webinar on Balancing Your Life. This webinar is free to join for all UNSW staff members.

Balancing Your Life will help you to:

- Take stock of your current life balance and evaluate your expectation
- Value yourself, your goals and your priorities
- Understand the issues and risks of being out of balance
- Explore strategies to achieve a realistic life balance

The webinar will be held on Teams from **12pm-1pm on Thursday 26 October**.

[To register, please click here.](#)

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## 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 dates for the standard (face to face) course [here](#) or the blended online course [here](#).

You can also contact [mhfa@unsw.edu.au](mailto:mhfa@unsw.edu.au) to discuss group training options.

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## Managing Your Financial Wellbeing

Join UniSuper for an interactive webcast on Managing Your Financial Wellbeing. Everyone is welcome - even if you're not a UniSuper member.

Would you like to better manage debt and feel less anxious about money?

Money worries can be exhausting. Join UniSuper at this webcast so you can learn the importance of developing a healthy relationship with money and make informed financial decisions to shape your future.

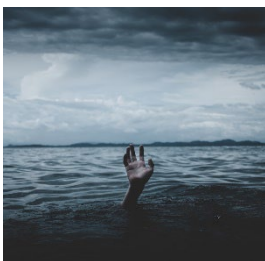
The session will cover the following:

- Understanding spending
- Managing debt
- Investment basics
- Protecting your financial wellbeing, and
- Retirement planning

This webcast will be held on **Tuesday 31 October from 12pm-1pm**.

[Please click here to register.](#)

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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:



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- recognising the signs of suicide
- having a conversation with and supporting the person
- providing help to the person
- self-care

To register for the course, [please click here](#). You will need this enrolment key: W7cXVGa6EjBS5WYHUmh3

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### **AUSA Day Mini Conference 2023**

On October 14, the AUSA Day Mini Conference was hosted by UNSW in our Council Chambers. A fabulous day of speakers, thought, networking and discussion. At the peak of the day, we had around 50 people join us in person representing 10 institutions and an additional 30 people online from all over the country.

Our theme was Practical Approaches to Industry Best Practice and presentation topics included:

- The importance of Critical Risk Programs
  - Life Safety Rules in development and implementation in a university setting
  - Panel discussion on Psychosocial risk management
  - Laboratory Infrastructure: Design Layout and Safety Systems
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### **Shout out to the Faculty of Science!**

We love to hear about and champion how Health and Safety is being recognised across UNSW.

In this year's Annual Staff Awards, Science introduced a new category that promotes wellbeing and safety.

The "Community Health & Safety, and Wellbeing Impact Award" is open to all staff across the Faculty of Science. The Award celebrates the exceptional efforts of staff to foster best practices for health, safety, and wellbeing within the faculty. Demonstrated activities may include:

- Implementing community-building and wellbeing activities
  - Innovative solutions to monitor, track, reduce/eliminate risks, and hazards
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