

August 2016

UNSW is still at the top of the leader-board of all universities participating in the Global Corporate Challenge (GCC). A lunch-time walk at Kensington campus was recently arranged for all participants. Another opportunity to get active is being offered by ARC, who are organising a "Fun-A-Thon" philanthropy event in October to stay active for 24 hours! See the [event webpage](#) for more information.

Fitness & Aquatic Centre

Proudly Managed by YMCA

Gym membership

Did you know that staff may [salary sacrifice](#) membership fees and programs to the gym? Improve your health and wellbeing by making the most of the [UNSW Fitness and Aquatic Centre](#) which offers a large gym, 50 metre swimming pool, group fitness classes such as yoga, meditation, spin, body pump, Pilates and Zumba.

Salary sacrifice your membership and/or personal training sessions by having fees deducted from pre-tax fortnightly salary; complete this [application form](#) to make use of this benefit.



Employee Assistance Program (EAP)

The UNSW Employee Assistance Program offers a range of help and services. Log-in to the on-line service via [myUNSW](#), you will find the link plus password at the bottom right of the page. The online portal has advice and guidance relating to relationships, family, money, body, mind and work. For example, there are tools for budgeting, guides to parenting a teen, tips for work-life balance, eating disorders and many more. On 4 August EAP representatives will be on site to deliver a session on Sleep Health, unfortunately all places have already been booked but watch-out for future seminars later in the year.



City2Surf team

A UNSW Wellbeing team has been set-up for City2Surf on Sunday 14 August 2016. The first 50 staff or students to enter the "UNSW Wellbeing" team get a free UNSW T-shirt. Go to [City2Surf.com.au](#) to enter, in the drop-down list of teams select "UNSW Wellbeing" with the team password "UNSW2052". To get your free T-shirt send your name and bib number to safety@unsw.edu.au and collect your free UNSW T-shirt in the colour and size of your choice from the Arc Gift Shop.

Visit the UNSW Wellbeing [City2Surf Facebook event page](#) for further details.



Campus Emergency
Ext 56666
General Security
Ext 56000

Download StaySafe@UNSW
the UNSW Security app

Security stickers

Facilities Management have developed new phone security stickers and emergency procedures posters for use across UNSW Kensington, Randwick and Paddington campuses. All desk phone handsets should have the new phone sticker (pictured). The Emergency Procedures poster should be on display in all central locations across buildings and floors. If your area does not yet have these, please contact emergency@unsw.edu.au. For more information see the [Emergencies](#) webpage.



Fieldwork and interviews

The UNSW [Fieldwork Procedure](#) and [Fieldwork Guideline](#) were updated late last year and includes information relating to face-to-face interviews. If your research requires you to go into someone's home to carry out interviews you must think about whether you might be at risk, this could depend on the nature of the information you are after. You should discuss the project with your Health and Safety Coordinator for input and refer to the Fieldwork Guideline, in particular section 7.10 on face-to-face interviewing. Research Ethics and compliance Support Unit also have some simple things to consider in their [Human Ethics factsheets](#).



NSW Gastroenteritis outbreak

According to local health authorities there has been a significant increase of acute viral gastroenteritis in New South Wales state. Children and young adults are most affected. It is spread by person-to-person contact, contaminated objects and contaminated food or drink; therefore exercise particular care in hygiene habits. You are advised to stay home if you have diarrhoea and/or vomiting, practice hand hygiene and avoid sharing and preparing food and drink. Refer to the [NSW Health Viral Gastroenteritis](#) information sheet for more information and this [norovirus poster](#).



GHS information videos

SafeWork NSW have released a "[Are you GHS ready?](#)" video, this provides useful information on the background of the GHS and the meaning of the new labels. In addition Comcare have released a detailed "[Introducing the GHS](#)" video covering GHS labels, GHS pictograms, Hazard and Precautionary Statements and Safety Data Sheets.

The Globally Harmonised System of classification and labelling of chemicals (GHS) will be adopted in Australia from 1 January 2017. In preparation you need to ensure that all chemical containers either have a GHS label or NOHSC-compliant label. Do not accept any new hazardous chemicals into the workplace that are not GHS labelled.



Community recycling centres

There are a number of Community Recycling Centres across NSW where "household problem wastes" can be dropped off. Example of items accepted include fluorescent tubes, paint, gas bottles, pool chemicals, car batteries. Household quantities up to 20L of a singular item will be accepted. For more information see the EPA [Community Recycling Centres](#) page.

Household chemicals used in the workplace must follow the standard UNSW [chemical waste disposal route](#).



National Pollutant Inventory

[National Pollutant Inventory](#) reporting is a mandatory requirement under [National Environment Protection Measures](#) (NEPMs) for all facilities that are above the defined [threshold limits](#) of polluting chemicals. Our recent review of the pollutant thresholds revealed that UNSW is over the limit for Mercury (5kg limit) and have to report on emissions to comply with the legislative requirements. Most of this mercury has been

in storage for years with no planned use. Please check your labs, cupboards and store to know what chemicals you have and why. Either share or properly dispose of the chemicals you don't need.



Working at height

The Code of Practice for [Managing the Risks of Falls](#) has had a minor addition to test a ladder before climbing by jumping on the bottom rung. You can find a Safe Work Procedure on [Working with Ladders](#) in SafeSys, for use in general situations.

General ladder guidance is also available from the [SafeWork NSW website](#), including a useful [Safe Use of Ladders](#) video.



Lessons learnt

Recently at UNSW a researcher sustained an electric shock from operating a damaged piece of equipment. A hot plate stirrer (pictured) was being used which had passed a recent electrical test and was appropriately tagged. However there was a crack on the hot plate and when a cold beaker was placed on it condensate seeped into the equipment, when the researcher touched the equipment they sustained a shock. You should be aware that the electrical testing only checks the safety of the connection at the time of the test and not necessarily the operational use of the item or any subsequent damage. Please also carry out a visual check of your equipment before each use.

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