

April 2018

It's Global Challenge time again! Have a chat with your area Manager about joining a team. Get the team together and get those walking shoes on. See below for more details.



First Aid Training

Are you a First Aid Officer in your building? Is your training up to date? We now offer 2 exciting First Aid Courses for staff at UNSW.

If you have a First Aid Certificate that you completed in 2016 or 2017 you should complete the CPR Update course. This is a 4 hour course that should be completed annually.

If you have a First Aid Certificate that you completed in 2015 or before, or no certificate, you should complete the Provide 1st Aid Course. This is an 8 hour course with some pre-course work. To maintain a current First Aid Certificate this should be completed every 3 years. If you have further questions about these courses or want to know how to enrol contact

HSETraining@unsw.edu.au



Free Eye Test

Free eye test are available to UNSW staff, they are conducted by Senior Optometry Students under the supervision of experienced Optometrists.

You can also receive 20% discount on purchases. To make an appointment call the clinic on 9385 4624 or [Book Online](#)



Global Challenge

Registrations for the Global Challenge 2018 are now open and we have 27 teams registered already! The Global Challenge is a team-based 100-day health and wellbeing event that encourages participants to increase their activity levels to a baseline of 10,000 steps a day. Sections devoted to nutrition, mental health, sleep and improving focus are also included in the event, which opens on 23 May. Registrations will close at the end of April, so put your team of seven together today! Once your team is assembled, check with your [Area Manager](#) that funding is available and then register [here](#)

Get Healthy at Work

UNSW is participating in the NSW Government's Get Healthy at Work program in 2018. Free face-to-face Brief Health Checks for staff members have started to be rolled out across the University. Health checks take approximately 15 minutes and involve a few short questions and a waist measurement. No blood or other samples are required. Participating staff will receive immediate information and advice and have the opportunity to ask questions and chat about healthy lifestyle options with a trained health practitioner. Look out for updates on when the free health checks are coming to your faculty or division. Email wellbeing@unsw.edu.au if you wish to organise health checks for your Faculty/Division.



Emergency Control Organisation

The Emergency Management Team are currently conducting fire evacuation drills across campus. It is a requirement of AS:3745 that the occupants of buildings participate in an evacuation drill annually. This is a minimum standard for the occupants and the Emergency Control Organisation (ECO).

The ECO are made up of Chief/Deputy Warden, Floor/Area Wardens and First Aiders. The ECO team can be identified by their coloured caps and high visibility vests. Each major building on campus has their own ECO. During the building evacuation the Chief Warden oversees the building and the occupants until the arrival of emergency services. All staff and students must follow the directions given by the ECO.

ECO's and occupants that demonstrate they can safely evacuate their building and make their way to emergency assembly points will be assessed competent.

To greater increase skills of competent ECO's the Emergency Management Team are planning on running different scenarios in the second part of the year. These scenarios may include hazardous chemical spills, armed offender, radiation breach or structure collapse.

Your ECO play an important role in managing all types of emergencies and are trained to keep you safe so please follow their instructions. They are volunteers who do a great job so during your next emergency drill or real evacuation take the time to say thank you!

Photo attached - Toby Jackson (Chief Warden Chemical Sciences) and Rick Minter (Major Incident and Emergency Manager)



Lesson Learnt

Did you know walking whilst using phones can significantly interfere with your gait, enough to cause accident? This was found by a study conducted by a New York University, to read more go to [here](#). Along with injury to self, accidents involving pedestrians and vehicles is also on the rise. This Australian [article](#) from the Canberra Times highlights the dangers of crossing roads while using a phone. Please be aware of vehicles while walking in and around UNSW.

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