

August

Keep those steps going, we are almost there! Read how close we are to the leaders in the Global Challenge Update. Also check out the great support for Plastic Free July in the update.

This month's issue is also jammed packed with information including reporting issues, information sheets, recycling polystyrene a microorganism classification app and another great UniSuper presentation. See below for registrations.



Global Challenge Update

We are at the three-quarter mark and all modules of the Global Challenge event are now available - nutrition, balance, sleep and focus. As we enter the last month of the challenge, now is the time to get your step entries up to date. We are currently sitting in 5th position on the Australian University League table, but there are only about 600 average steps per day between us and the leaders - Sydney University - so the title is still definitely ours for the taking! The final Mini Challenge, "Join the Club" starts this Thursday 9th August. Let's get out there and finish strong!



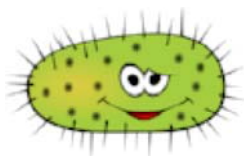
Reporting Facilities Related Issues

When you are at UNSW whether it be as student, staff or guest, be ever on the lookout for hazards. If you see something that you feel could cause an incident, report it. You can report a hazard or incident at the [Health & Safety page](#) or click the Health Safety & Env tile on your Manage My Profile page in the new look myUNSW. If you are the person managing the Hazard/Incident, please make sure the box is ticked that states 'Tick box if action required by Estate Management'.

If you identify a Facilities - Related issue, please report this directly to [UNSW Estate Management](#), this includes issues relating to:

- Lighting (indoor and outdoor)
- Fixtures and fittings (eg flooring, ceilings, doors)
- Bathroom/toilet fittings
- Room temperature (eg too hot or cold)
- Pest control

Although there may be a Health or Safety aspect to these, it will be more efficient to report directly to Estate Management, who will identify if the issue warrants input/investigation from the HSE Team. As always, if there is an injury then this must be reported in myUNSW, [instructions here](#).



Bacteria, Virus, Fungi & Parasite Classification

Do you work with bacteria, viruses, fungi or parasites that are human pathogens? This free BIORAFT sponsored app of the ABSA International Risk Group Database is now available on Apple and Android mobile devices. You can download the Risk Group Database app in the Apple App Store or Google Play Store by searching for "Risk Group Database app". You can also visit their [website](#) for more information.



Guidelines for Visitors - UNSW Health Services

A reminder to any visitors who do not normally work at the University Health Service (HSU) such as contractors and staff from other areas within the University. All visitors to the Health Service are required to report to reception and provide your name and the organisation that you are representing. The reception staff will arrange for the officer that has logged a service request to meet the you at reception. All contractors and UNSW staff (visitors) are required to sign and write their name, record the company and department details and time of arrival. The Health Service has a responsibility to ensure that all visitors to the practice do not enter areas of operation which are hazardous to the visitor's health and safety or any areas which may breach patient privacy and confidentiality. Our goal is to ensure safety for UHS practice staff, patients and visitors at all times.

Do you work with Carbon Fibre - Information Sheet

If you work with Carbon Fibre, you will find this [Information Sheet](#) to be very useful. It includes information about hazards, work practices, required Personal Protective Equipment (PPE), waste disposal and emergency management.



Recycle Polystyrene at UNSW

Estate Management Waste team has set up 3 designated polystyrene [collection and recycle points](#) on campus.

The 3 sites are:

- Upper Campus E26 waste room
- Middle campus TKC waste room
- Lower campus gate 2 Terraces waste room

You can access the map for Kensington Miscellaneous Waste Collection Points [here](#). You can take any manageable quantities of polystyrene waste to the collection points yourself, or for large/bulky items, book a pick up via [Archibus](#). For further information contact emgeneralservices@unsw.edu.au

Digital Detox - Part 2 - Take a week Off Social Media

Social Media use has been associated with an [increased risk of](#)





[depression](#). A [2017 study](#) found that Facebook use results in a reduction in self - reported physical health, mental health and life satisfaction. Former Facebook VP Chamath Palihapi says "The short - term, dopamine - driven feedback loops that we have created are destroying how society works: no civil discourse, no cooperation, misinformation, mistruth." So, from Monday 13th August to Friday 17th August, take a break. Interact with your friends in the real world and stay in the moment. [Email us](#) the following week to let us know how it worked (or didn't) for you.



UniSuper Presents: Wealth Creation - Investing Inside and Outside Super

Do you know what diversification is? Or the Risk/Return trade off? These are core concepts investors in and outside of super should know. However, according to ASIC's Financial Attitudes Tracker, only one - in - three Australians understands them. Unisuper's third Financial Wellbeing seminar, *Wealth Creation - Investing Inside and Outside Super*, will guide you through these and other concepts to help you make informed decisions about your investments. *Wealth Creation - Investing Inside and Outside Super* will be presented on Thursday 9th August 2018 at 12.30pm in the Level 4 Seminar Space at the [Lowy Cancer Research Centre](#) (C25). **Bookings are essential, Register today.**



Plastic Free July update - That Was Just The Beginning

it's been inspiring to see the UNSW community taking action to eliminate single - use plastics during [Plastic Free July](#). BACS (Business and Campus Services) and Sustainability worked together to engage retailers, and 90% supported the campaign by displaying posters and eliminating or reducing availability of single - use plastic items like straws and bags. We also saw a substantial increase in the use of the Return & Earn [reverse vending machine](#), with over 50,000 containers recycled every week - an increase of 20% compared to June.

We'll continue working to reduce waste and eliminate single - use plastics on campus. **What can you do?** BYO bag, coffee cup, water bottle and food container. Say no to drinking straws. It's better for you, your wallet and the planet. For more information contact sustainability@unsw.edu.au



Lesson Learnt: Our Vulnerable Youth

During 2015/2016 in NSW there were 20,335 injury and six fatality claims for young workers, comprising 15% of all claims.

Individuals aged 15 to 24 are most vulnerable to workplace accidents. They often lack experience, are still developing both physically and mentally and are generally eager to please and make a good impression. Accidents within the age group may also occur as a result of a reluctance to ask questions, or perhaps a lack of knowledge, to be able to ask the right questions.

If you manage or supervise young workers (including students or volunteers) it is important that you ensure they receive the correct information, instruction, training and supervision for the task they are undertaking. It is also important that you empower them to stop and ask if they are unsure of something.

Worksafe Qld has a [Young Workers webpage](#) that provides some great information including a [Young Worker Safety Toolkit](#).

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Please provide any feedback to safety@unsw.edu.au

[Health, Safety and Environment](#)

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