

## June 2018

It is another big Wellbeing month with lots of Wellbeing Activities. June being Kindness month, let's start with gracious gift of Random Acts of Kindness! Other wellbeing activities include the Global Challenge walks, great gym offer and Wellbeing seminar Communicating Clearly For Results.

Due to an increased demand for First Aid Training we have organised additional training course dates over the next couple of months. Big development on training front, students now have the ability to enrol themselves into online and face to face training courses via myUNSW.

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### First Aid Course

There has been a high demand for First Aid Courses this year, because of this we have now been able to include some more sessions. We have now included Thursday July 5th and Wednesday September 5th. You can enrol into these and other sessions that are available via myUNSW. Log into myUNSW, go to My Staff Profile, click Learning & Development tile.

Search by course number. For First Aid it is FIRSTA and the CPR update is HSEFAR. Remember if you have a certificate gained in 2017 or 2016 you only need to complete CPR Update (HSEFAR). If you have no certificate, its expired or you received it in 2015 or earlier you need to complete First Aid Course (FIRSTA).

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### Safety Around UNSW

Consideration and mutual respect are important when moving around shared spaces at UNSW, regardless or whether you are a pedestrian, skateboarder, bike rider or driving a car. Remember on campus, pedestrians have right of way. This [staying Safe](#) website produced by NSW Government provides an easy to understand guide on both road rules and things to consider when out and about. If whilst moving about at UNSW you see or are involved in an incident, unsafe practice or see a hazard please report these through myUNSW (go to My Staff/Student Profile, click Health Safety & Env tile, select Report a Hazard/Incident). Remember Security can be contacted on 9385 6666 for emergency assistance.

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## Working With Chemicals

Safe Work Australia has updated the Hazardous Chemical Information System to ensure the available information is up to date. This update has included the addition of more than 750 chemicals along with amendments to over 600 currently listed chemicals. For more information see the recent Safe Work Australia [Newsletter](#).

We have recently included a Liquid Nitrogen Course to our suite of online courses. To enrol yourself in this course go to myUNSW, Learning & Development and search for the course name.

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## Global Challenge

The Global Challenge 2018 launched on Wednesday 23rd May! We are off on our 100 day journey of fitness and fun. This year there will be 223 teams and well over 1500 UNSW staff members taking part in this important health and Wellbeing event. During the Global Challenge we will be running Lunchtime Walks every 2 weeks to get everyone out and moving together. To register for these walks please click [here](#). The walks are not restricted to Global Challenge participants only, so bring your friends and colleagues with you!

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## Student Training Self Enrolment via myUNSW

Our recent system upgrade has included the ability of students to now enrol themselves into both online and face to face courses. To enrol students should visit the [Health & Safety home page](#) or follow these [instructions](#)

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## YMCA Gym Offer

UNSW Fitness & Aquatic Centre has a special Offer for all UNSW staff where you can enjoy full access to the Centre until July 31st for just \$99! The offer is only valid for a limited time so join now to ensure you do not miss out. The sooner you join, the more you save! For more information please contact [Reception.UNSW@ymcansw.org.au](mailto:Reception.UNSW@ymcansw.org.au) or call 9385 4881

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## Benestar Seminar

Benestar are hosting a seminar on June 26th from 12pm to 1pm. This is the second of our Benestar Short Seminars for 2018. "Communicating Clearly for Results" is a one hour learn at lunch info session that will cover the following topics: Explore some of the theories of communication and why they are important, recognise the impact of verbal and non-verbal communication, understand the effect of values, attitudes and self-esteem on communication along with learning strategies to improve your communication skills in one-on-one and group situations. Click [here](#) to register for this and other Benestar short seminars.

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## Kindness Month

June is Kindness Month at UNSW and we are running a Random Acts of Kindness Challenge. Here's how it works: 1: [Pledge](#) to perform two Random Acts of Kindness during the month of June. 2: Perform your two Random Acts of Kindness. 3: [Email us](#) your kind deeds by June 30th and

you will qualify for the draw to win one of five 20 minute workplace massages! Make your June Kindness Pledge [here](#).

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## Setting Financial Goals

Financial goal setting involves understanding the options available and the decisions you need to make. If you need information about where to start, join UniSuper for the second UNSW Financial Wellbeing Program seminar - Setting Financial Goals.

At this seminar, you'll learn about goal setting using SMART principles, planning for changing circumstances and consideration for those with a family.

Attendees will receive information from UniSuper about the services and support available and a Wellbeing Program guide to learn at your own pace.

Setting Financial Goals is on Tuesday July 3rd at 12:30pm. Booking are essential at the [registration page](#).

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## Amended Codes of Practice

Safe Work Australia has updated 10 national model WHS Codes of Practice to incorporate a number of amendments "agreed to in 2017 as part of a technical and usability review", and previous changes. The Amended Codes are:

[Managing risks of hazardous chemicals in the workplace](#)

[Managing the risks of plant in the workplace](#)

[Construction work](#)

[How to manage work health and safety risks](#)

[Managing the work environment and facilities](#)

[Preparation of safety data sheets for hazardous chemicals](#)

[Work health and safety consultation, cooperation and coordination](#)

[First aid in the workplace](#)

[Welding processes](#)

[Abrasive blasting](#)

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CODE OF  
PRACTICE



## Emergency Management Network

Rick Minter joined UNSW earlier this year as the Emergency & Major Incident Manager. A key goal of his has been to establish a network of likeminded professionals in Emergency Management. To read more about his objectives and how this will benefit you go to [Health & Safety News](#) Page, or for more information about the association email [emergency@unsw.edu.au](mailto:emergency@unsw.edu.au)

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## Lesson Learnt

Recently a UNSW staff member fell and injured themselves on campus. The staff member correctly reported this through myUNSW. Slips, trips and falls represent a large proportion of our incidents, to address this we will be reinvigorating a past project using myUNSW data to identify hot spots on site. In the lead up to this project, Safety & Wellbeing are requesting the following be reported through myUNSW, report any



incident where you have tripped on site recently or in the past and report any trip hazard you know of on site. Please remember if you are the nominated supervisor you must log into myUNSW and select the EM checkbox. The collection of this information is important so we can initiate programs to immediately fix problems and for future planning.

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Please provide any feedback to [safety@unsw.edu.au](mailto:safety@unsw.edu.au)

[Health, Safety and Environment](#)

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