

October

Well done UNSW for being Global Challenge Most Active University winners! Read on to see how to join us in our celebration. October is Health & Wellbeing month and we have lots of great activities including Mindfulness Challenge, Health Kiosk, Smoothie Bikes, Ride2work Day and Tai Chi. We are also holding some more informative presentations by both Benestar and UniSuper, register below.

Do you know what you need to notify us regarding an injury or illness? find out how, to whom and what is notifiable below.

Workers compensation can be confusing, read on to find out what is claimable in journey to work claims.



Global Challenge

The final results are in, UNSW has won the Global Challenge!! For the third year in a row, we are the Most Active University in Australia. Well done everyone who took part!

In particular congratulations to all the hard working Area Managers and Team Captains who motivated staff members to join up for the event and keep the momentum up over the 100 days.

Global Challenge prizes will be awarded at the annual Safety and Wellbeing Celebration on Wednesday 24 October. Nominations are open for the People's Choice Award. If you have a colleague you'd like to nominate for the award please click [here](#) and complete the Global Challenge survey.

Register [here](#) to attend the celebration.



Health and Wellbeing Month-Special events

October is Health and Wellbeing Month at UNSW and we are celebrating with a variety of events across the month. Special events include:

- PIP Mindfulness Challenge-challenge your stress and learn how to calm yourself:
 - Chancellery Committee Room 2, 10am-3pm, Wednesday 31 October
- Health Kiosk-Conduct your own health self check:
 - Mathews Pavilions from 10 October
 - Law Building Foyer from 25 October

- Smoothie Bikes-Whip up a smoothie on a bicycle, outside the Library, 10am-12pm, Tuesday 16 October
- Ride2Work Day Breakfast-outside JG's, 8am-10am, Wednesday 17 October

Please see the [Wellbeing website](#) for full details of these special events.



Health and Wellbeing Month-Weekly Events

Tai Chi and Mindfulness Meditation will be run over four weeks during October.

Anglea Zhu, accredited Tai Chi instructor, will lead lunchtime Tai Chi from 12pm-1pm on Tuesday 9, 16, 23 and 30 October. We have selected indoor locations in a range of upper and lower campus rooms so everyone has a chance to make it. Please visit our [Eventbrite page](#) for venue details and to book in.

Laura Kampel from CAPS is once again running her popular Mindfulness Meditation classes on four Wednesdays in October-3, 10, 17 and 31. Classes run from 1.30pm-2.30pm in room 2008 in the Quad, Book [here](#)



Benestar Short Seminar

On 18 October from 12pm-1pm in Central Lecture Block 3, Benestar will host a seminar on "Getting a Good Night's Sleep". This is a fascinating one-hour learn at lunch info session that will cover the following topics:

- Learn some facts and beliefs about sleep and understand particular sleep problems
- Overcome blocks to achieving a good night's sleep
- Discuss practical strategies that will aid good sleep patterns
- Learn relaxation skills and other hints for success

Click [here](#) to register



UniSuper Financial Wellbeing Seminar

To make the most of superannuation, you need to choose the right product, determine your contribution and investment strategy, set up insurance and nominate beneficiaries. But where do you start? Where can you get help? These questions are the focus of UniSuper's fifth Financial Wellbeing Seminar: Your Super & Demystifying Financial Advice. This seminar is designed to help you take control of your super. It's relevant if you're starting out, starting over or just want to check if you're on track.

Your Super and Demystifying Financial Advice will be held on Wednesday 31 October 2018 at 12.30pm in Webster Theatre A, Kensington Campus. Bookings are essential, [book here](#).

Workers Compensation Claims

Journey injuries are not reportable, or claimable under Workers Compensation, as Workers Compensation Legislation was amended 19 June 2012 where journey claims are no longer compensable unless there is a "real and substantial" connection between the journey and employment.

"A real and substantial" connection between employment and the accident



or incident means that some work element must be present for any injury incurring to or from a worker's place of abode to be compensable. The fact of being on a journey between an injured employees place of abode and place of employment, of itself, does not satisfy section 10(3A) of the Workers' Compensation Act 1987.

For further information you can contact the Workers Compensation Unit (General enquiries 9385 1107) and/or visit SIRA (State Insurance Regulatory Authority) [website](#) regarding journey injuries to an from work.



At Risk Workers Strategy

SafeWork NSW are launching an At Risk Workers' Strategy 2018-2022. This strategy recognises that our workforce is diverse, made up of people with different ages, backgrounds, skills, experience, and as a result have different needs to ensure they understand workplace health and safety issues.

It focuses on four groups of workers who are most at risk of workplace injuries and illnesses and developing new management approaches to better support and protect them.

Shortly they will be releasing the 2018-19 action plan for each worker group, which outline the priority of activities for the first year of work.

UNSW will be looking at a plan to incorporate relevant activities.

For more information, or to talk to them about getting involved in the activities, please contact: interventiondesign@safework.nsw.gov.au



H&S Consultation Course - Last for the Year!

Places are still available for the last H&S Consultation Course for 2018, details are as follows:

Date: 23rd and 24th October

Time: 9.30am-4.30pm (both days)

Required training for: Health & Safety Representatives (HSR's) and Health & Safety Committee Members

Enrol via myUNSW: Course Number HSECON



Green Campus Day 2018

To celebrate [World Green Building Week](#) and the Australasian Campuses Towards Sustainability (ACTS) [Green Campus Day](#) on Tuesday 25 September 2018, UNSW opened its doors for all. UNSW EM Sustainability, with help of Energy Team and School of Photovoltaic and Renewable Energy Engineering, organised a tour of the multi-award winning 6 star Green Star Certified [Tyree Energy Technologies Building](#). The Green Building Council approved tour was offered free to all [ACTS member](#) university staff and students. The initiative was very well received and appreciated with the great turnout of staff and students, see some great photos of the event [here](#).



Lesson Learnt - Nail It

Recently a student sustained a crush injury whilst using a manual pan brake to fold a sheet of metal. During the process the student lowered the clamping bar on their thumb damaging their thumb and nail bed to the extent that hospitalisation and surgery was required.

Whilst the injury was the result of operator error, it is a timely reminder of

the importance that injuries can be prevented through the ongoing promotion of:

- Appropriate equipment selection
- Completion of relevant training
- Awareness of equipment pinch points
- Awareness of hand placement during equipment use
- Reminders to observe SWP's and ensure fingers/limbs are clear before operating equipment
- Warning labels that are intact and located near hazards (eg pinch points)

You only have one pair of hands, nail it by keeping them safe.

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

[Health, Safety and Environment](#)

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