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University

# Health, Safety and Environment (HSE) News

## September

This month the newsletter is jam packed with information including: The Global Challenge-it may be over but don't stop being active. September 13th is R U OK day and we have a great line up of activities planned. We also have an upcycle project organised by Creative Services and Sustainability-find out how you can help. Join us for the next Financial Wellbeing Seminar presented by UniSuper (see below for registrations). Do you have contractors in your area? Check out our new Contractor Management System. We also have some useful information regarding Takata Airbag recall, the Hazardous Chemical Classification update, and tiredness vs fatigue?



### Global Challenge

The Global Challenge is over! Final entries of step counts can be made until Tuesday September 4th, so if you haven't already - get your steps in!!!

By the end of September, we'll know the winner of the Australian University League. However, as much as it is a team event, the Global Challenge is a personal and individual journey. The real winner is anyone who took part and used the opportunity to increase their activity levels and health and fitness. Thank you for all your support, in particular all our Team Captains and Area Managers for the wonderful jobs you've done.



### R U OK? Day

[R U OK? Day](#) is on Thursday September 13th. We have a great line up of events this year including a return of lunchtime Tai Chi on the Library Lawn at 12pm. Other popular events to return are the 2-for-1 coffee offer from Caffe Briosso and the Gratitude Tree in the CLB courtyard. We will also have our very popular free 5 minute massages at the Gratitude Tree! Morning tea will be held in faculties and schools across campus so look out for yours and come and see us in the Commerce Courtyard between 10am and 2pm. You can find more information and the booking link for one of those free coffees on the [UNSW Wellbeing R U OK? Day website](#).

### Training for Supervisors

As part of our HSE Training Strategy we are in the process of reviewing and updating our training courses. Consequently our face-to-face HS for Supervisors (Office Based) Training has been refreshed and renamed as



'Managing Health and Safety @ UNSW' (HSEOSO). In addition, the course is now available on-line and will take approximately 60 minutes to complete.

This course should be completed by all staff responsible for managing or supervising workers, students or workspaces and should be completed within the first month of appointment to such a role. Further we would encourage any Managers or Supervisors who have yet to complete or completed this training prior to 2016 to undertake this course as soon as possible.

Please note this course does not replace the current face-to-face HS Laboratory Supervisor (HSELST) course and is supplementary to this course.

In relation to the Laboratory Competency module, this has now been replaced by the 'Laboratory Safety Awareness' (HSELSO) and 'Hazardous Substances' (HSEHSO) training courses also offered on-line.

To enrol in any of the above mentioned courses please go to our [Training page](#), or to our [registration guide](#). Any further enquiries please email [HSETraining@unsw.edu.au](mailto:HSETraining@unsw.edu.au)

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## UniSuper Presents: Wealth Protection and Estate Planning

Are your loved ones protected in case the unexpected happens to you? Have you planned ahead to protect those you care about when you're no longer here? The simple act of thinking about these questions and making informed decisions can reduce worry and increase confidence.

At the fourth **UNSW UniSuper Financial Wellbeing** seminar, you'll learn about using life insurance to protect your wealth, plus the important considerations when planning your estate. The seminar is relevant to all ages: Whether you have a young family or are on the cusp of retirement.

**Thursday September 27th** at 12.30pm at Colombo Theatre A, Kensington Campus. **Bookings are essential**, [Register today](#).

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## Update to Hazardous Chemical Classification Guide

Safe Work Australia has updated the national guide to classify hazardous chemicals, providing clear, simple and practical information to help businesses classify the chemicals they use.

The guide reflects the requirements under the Globally Harmonized System of Classification and Labelling of Chemicals (GHS) third revised edition, that is now mandatory for workplace hazardous chemicals in Australia.

To find out how this guidance material is applied in your region, contact your [local WHS regulator](#).

For more information [read or download the guide](#).

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## Is your company car a ticking time bomb

As an employer, you have the duty of care to ensure that the vehicles your workers are driving are safe.

The largest vehicle recall in history is now underway-and it involves 60 makes of cars sold in Australia.

The Australian Competition & Consumer Commission (ACCC) has issued a compulsory recall on all vehicles fitted with Takata airbags. In a collision these airbags can explode and spray metal shrapnel all through the car, causing serious injury or even death.

To find out if you're driving a ticking time bomb, check your number plate at [IsMyAirbagSafe.com.au](http://IsMyAirbagSafe.com.au)

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## Contractor Management System

A Contractor Safety Management module has been developed to manage contractors in accordance with UNSW Safety requirements. The management process includes Pre-Qualification, Contractual Agreement, Induction, Verification and Performance Evaluation.

This module applies to equipment service and maintenance contractors along with contractors engaged directly by the Faculty/School/Division. If you have any queries, please contact the relevant [HS contact for your Faculty/Division](#). You can also go to the [Contractors Page](#) or visit our [Health & Safety Page](#) for more information.

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## UNSW Upcycle Project

Creative services in collaboration with Sustainability, is working on an exciting initiative to repurpose out dated or off-brand merchandise for charity, creating items like chemo caps for cancer patients, toys for sick children and blankets for homeless people.

Please take stock of any merchandise that you have and donate anything that is off-brand so it can be 'upcycled' and donated to charity. To help us get an idea of how much and what kind of old merchandise is still on campus, please complete this [short merchandise survey](#), or share it with the appropriate person in your area. If you're unsure if your current merchandise is off-brand, view our [UNSW logo quick guide video here](#). For more information on this initiative, please visit our [webpage](#) or contact [upcycleproject@unsw.edu.au](mailto:upcycleproject@unsw.edu.au)

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## Just Tired or is it Fatigue?

Fatigue is a state of exhaustion (physical and/or mental) that reduces a person's ability to perform work safely and effectively-it's more than just feeling tired. It is caused by activity (mental or physical) that is intense or prolonged, sleep deficiency or disruption of the body clock (circadian rhythm). It can be the cause of work related and/or non - work related issues and can manifest itself in some of the following ways:

- Feeling tired after sleep
- Slow reflexes or reduced eye-hand coordination
- Inability to concentrate or short-term memory problems
- Impaired visual perception or blurred vision
- A need for extended sleep during days off work

Fatigue can be a contributing factor to workplace incidents by affecting alertness, reaction times and sound decision making. So, to avoid incidents caused by fatigue understand and meet your sleep, rest and recovery needs; assess your fitness for work before commencing work; seek medical advice if you are concerned about your health or any condition that may cause/contribute to fatigue; be aware of the signs of fatigue in those you work with and speak with your supervisor or manager if you feel you are experiencing fatigue and develop some management strategies.

Further information can be found in Safe Work Australia's [Fatigue Management - A Worker's Guide](#) as well as the [Guide for Managing the](#)





## Lesson Learnt

Recently a contractor was clearing out an old stores area in a plant room and found several boxes of old smoke detectors. Most of these were photoelectric sensors (electronic), these are safe to dispose of, preferably as e-waste for recycling.

Amongst the boxes of detectors a few of the older ionizing type detectors were discovered (see photo). These are readily identified by a yellow sticker on the back which has a trefoil and a caution notice that it contains radioactive material. These ionizing detectors are safe to handle without any special precautions, if they are intact. If found, they need to be placed into a plastic bag and dispose of through our chemical waste contractor Toxfree. If you have any questions regarding disposal of smoke detectors or radioactive sources contact your local Safety Advisor or our [UNSW Radiation Safety Officer](#).

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