

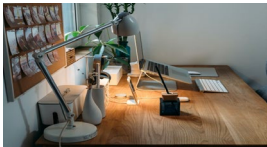


October 2021

October is National Safe Work Month and also Mental Health Month. At UNSW we celebrate October as Health and Wellbeing Month with a wide variety of events across the month. There are plenty of events still to come, so be sure to check it out!

In this October newsletter, we've also got a reminder about how to work safely from home using a laptop and a warning about online sales of laser cutters. WHS Monitor training is now available weekly and we're also asking for feedback on four safety templates. We have information about the hazards of entanglement injuries, an article about the National Return to Work Strategy, and a reminder that you have until 28 October to get your comments in on draft standard AS/NZS2243.3.

Finally, if you're struggling with stress and mood changes relating to COVID-19, a special program at the Traumatic Stress Clinic may be able to help. See our article below on the Positive Mood Program for more information.



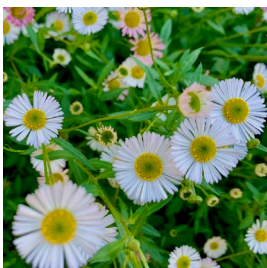
Working from Home from a Laptop

When working from a laptop at home, connecting your laptop to a monitor will help with your posture. Where this is not practical, this simple solution may be:

- A laptop stand (or level stand of books); and
- A separate keyboard; and
- A separate mouse.

This will raise the screen height (you should be looking at the top third of your screen and the screen should be approximately an arm's length away from you), whilst maintaining appropriate positioning of the upper limbs.

- Sit close to the desk and push your keyboard slightly further away from the desk edge, which creates space in front of your keyboard to lightly rest your forearms on the desk.
- Position the keyboard and mouse so that they are within easy reach with the mouse in line with the keyboard.



Health and Wellbeing Month - October 2021

October is Health and Wellbeing Month at UNSW and we have already started with yoga, nutrition consultations, singing, song writing, a workshop on micro pauses and a webinar on the mental health impacts of the pandemic. It's a big month!

Just some of the great events coming up include:

- [Managing Your Financial Wellbeing](#) - learn the ins and outs of investing, how to better manage debt and how to feel less anxious about money at 12pm on Thursday 14 October
- Several [Parents at Work webinars](#) plus the next instalment of our [Family Wellbeing Program](#), Nurturing Family Positivity:

Supporting mental health at home, at 12pm on Thursday 14 October

- A special focus on [nutrition](#), with personal one-on-one nutrition consultations and live interactive cooking demonstrations. Join us for [Lunchbox Makeovers](#) on Thursday 21 October and [You Can Make Friends with Salad](#) on Wednesday 27 October.
- For those who've been enjoying our Desk-Based Stretching classes with Suzie Kellett, you might like to try [Yin Yoga with Suzie](#). There are two more classes to go - [find out more here](#).

Information about all the events on during Health and Wellbeing Month can be found on the [Wellbeing website](#). Events are listed in date order on our [Events page](#).



Entanglement Injury Awareness

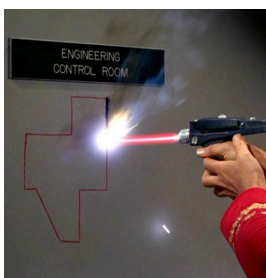
Do you have long hair and do you wear it loose while working? What about loose clothing? And do you like to wear jewellery? Do you also use equipment with spinning/rapidly moving parts?

Apart from long hair, loose clothing and dangling jewellery being able to fall into your work which may result in contamination issues, they can also become caught in unguarded equipment with the potential for devastating injuries, such as crush injuries, amputation, degloving, scalping, significant blood loss and strangulation.

Before working with equipment with rotating or rapidly moving parts:

- Check that guards are in place and any auto-stop is working
- Know the location of the equipment's emergency 'off' button
- Remove or secure hair (including long beards) or clothing that may get snagged
- Don't wear jewellery, including rings, while working with such equipment

For more information visit [Potential Entanglement Injuries](#)



Laser Cutters

Online vendors are selling high powered lasers capable of causing devastating eye injuries. These can be easily obtained despite being illegal to possess without licensing in several Australian jurisdictions. Warnings provided by the vendors are often inadequate and "safety" glasses supplied with the lasers seldom comply with Australian requirements. Unenclosed class 3B and 4 lasers must be approved for use by the UNSW Radiation Safety Committee. Laser cutters with housing compliant with IEC60825.1 are safer, because lasers present a hazard if not fully enclosed or if incorrectly classified.

For laser information, contacts and approval processes, see the [RECS website](#). Check the compliance with the UNSW Laser Safety Officer before you purchase your laser cutter (from a reputable Australian vendor). [More here from Curtin University](#).



Coping through COVID-19 - Positive Mood Program

Have you been experiencing pandemic-related stress? The [Traumatic Stress Clinic](#) is directed by Scientia Professor Richard Bryant, and the Clinic is currently offering a mental health program for those experiencing stress and mood changes relating to COVID-19. If you would like to participate in a trial of the online program, which has been shown to reduce anxiety and depression, visit the [Coping through COVID-19 Positive Mood Program](#) for more information.

WHS MONITOR



WHS Monitor Training

Recently WHS Monitor went live as our new online Incident and Hazard reporting system. We are happy to announce that we now have weekly online sessions providing guidance on a range of related 'How To' topics. If you are interested in attending these sessions, please [click here](#) to access the WHS Monitor webpage and refer to the heading, Weekly Online Training Sessions. If you have questions or problems with registration, please contact [Emilio Saliba](#).



National Return to Work Strategy

Every day, Australians go to work in a variety of workplaces and every year more than half a million Australians experience a work-related injury or illness. This can have a big impact on the worker, their families and their community, as well as their colleagues.

Getting back to work is not always easy. Everyone needs to work together - workers and their employers, health practitioners, rehabilitation providers, insurers, claims managers and more.

The National Return to Work Strategy supports workers in their recovery and return to work. See how you can make a difference. Download a copy of the National Return to Work Strategy [here](#).



SafeSys and Beyond - Review of Current and New Templates

There is still time to provide feedback on four safety templates - two existing and two new: Risk Management Form (RMF), Safe Work Procedure (SWP), Plant and Equipment Template, Activity Template.

Anyone who is interested can [click here](#) to access the WHS Monitor webpage and refer to the heading Safety Documents Template Review. Feedback is open until COB this Friday 15 October.

If you have questions or problems with the forms, please contact [Emilio Saliba](#).



Safety chat over a cuppa

October is [National Safe Work Month](#). Time to make WHS a priority! Whether you are working on site or from home, [have a safety chat over a cuppa](#) and commit to a healthier and safer workplace.

Follow these simple steps to take part in National Safe Work Month:

1. Download our simple [Safety Chat checklist](#)
2. Promote your chat by [downloading our editable poster and bunting](#)
3. For online meetings, [download our National Safe Work Month video background](#) and share with your colleagues
4. Upload a picture of your 'Safety chat over a cuppa' on your socials using the hashtags **#ThinkWorkBeSafe** and **#safeworkmonth**

Remember, think safe, work safe and be safe. Make work, health and safety part of your workplace culture this National Safe Work Month.

[More here.](#)



Draft Standard Open for Comment

Here it is! Draft AS/NZS 2243.3 has now opened for a third (and hopefully final) round of public comment! Please note that the closing date for comments is 28 October.

The draft standard is available to individuals to view and directly comment on via the Standards Australia public comments system: DR AS/NZS 2243.3:2021 Safety in laboratories, Part 3: Microbiological safety and containment, [using this link](#).

You can view the draft and provide your own feedback by 28 October, or you can send your comments to safey@unsw.edu.au with DR AS/NZS2243.3 in the subject line, by COB Monday 25 October, to allow Safety time to complete the UNSW online feedback form by 28 October.
