



August 2020

It's the last month of winter! It seems the season is not giving up without a fight though, so why not stay warm and dry inside and grab a hot drink while you read all our Safety news for this month?

The Project Sponsors for Project Salus have recorded a special video highlighting the importance of the project. In other Safety news, we have a warning about keeping backyard chickens, a reminder about the importance of breaks in your day of sitting (I'm turning my 'GET UP!' timer on right now!) information on the operation of the search function in SafeSys and details about a new Risk Group Database app. There is also a valuable Lesson Learned about the importance of using the appropriate equipment to safely transport dangerous materials.

We have the very exciting Australasian University Health Challenge coming up - a step challenge competing against 16 other universities in Australia and New Zealand, with registrations opening on Monday. Get your team together! In other Wellbeing news, the offer for free Fitbit Premium has been extended to December 31, there is a financial wellbeing seminar by UniSuper on this Thursday and there will be a Benestar webinar on Balancing Your Life next Tuesday.



Project Salus Update

In celebration of the importance of Project Salus, our Project Sponsors: Aaron Magner - Director, Safety and Wellbeing and David Ward - VP Human Resources [recorded a video](#) on why they think Project Salus is important and what they're excited about for the roll out of WHS Monitor. [Click here](#) to watch the video. We hope you enjoy it! If you have any questions or would like to find out further information on Project Salus, you can contact the project on salus@unsw.edu.au or alternatively feel free to reach out to your [local WHS contact](#).



Australasian University Health Challenge

With the Local Challenge coming to an end on 24 August, we have something new for all those who would like to increase their physical activity and enjoy a bit of healthy competition at the same time!

The Australasian University Health Challenge (AUHC) is a physical activity challenge undertaken by 17 universities across Australia and New Zealand. It is open to both staff and students. As with the Local Challenge and the Global Challenge before it, it's not about being a supercharged triathlete who works out day and night, but just about making the effort to move more. (And of course, we also want to beat the other universities!!)

The AUHC starts on 31 August and runs until 11 October. Registration opens on 17 August.

For more information and the sign up link, visit the Wellbeing website [here](#).

Benestar Webinar - Balancing Your Life

Benestar will be providing a free webinar available to all staff members on the topic 'Balancing Your Life'. The webinar will show you how to:

- Take stock of your current life balance and evaluate your expectations
- Value yourself, your goals and your priorities
- Understand the issues and risks of being out of balance
- Explore strategies to achieve a realistic life balance

The webinar will be held on **Tuesday 18 August from 10am-11am**.

Registration is essential. [Click here to register](#).



National warning on backyard chooks

The Food Safety Information Council has issued a national warning to people with backyard chickens to always wash their hands after handling the chickens or their eggs. A recent Salmonellosis outbreak in Queensland affected 17 people including 13 children under 11 years, five of whom were hospitalised. In Victoria there were nine cases of the rarer Salmonella Enteritidis, five of which were linked to newly purchased chicks.

With more people buying backyard chickens and chicks during the Covid-19 lockdown, it is important to remember that they can be a source of Salmonella infections which can cause serious illnesses and in some people can lead to chronic conditions such as Reiter's Syndrome or reactive arthritis.

Always look for vaccinated birds from a reputable commercial source and keep them healthy with medications for parasites. If your chickens look unwell, check with a vet.

For simple tips on how to avoid infections from your chickens and their eggs, click [here](#).



Working from Home

As many of us continue to work from home and may have less physical distractions, we may be prone to sitting at our computers for prolonged periods. One of the biggest factors impacting our health when working from home is prolonged sitting. When you sit too much, your blood flows slower, your muscles burn less fat, your metabolism winds down and your brain function slows, which can lead to some serious short and long term impacts.

Even if you exercise regularly, if you spend the majority of your day sitting, you may be at risk of:

- Higher rates of neck pain

- An increased risk of chronic illness, including diabetes, heart disease and some cancers
- An increased risk of depression

Try to break up your sitting at least every 30 minutes by:

- Standing up and stretching after sending an email or whilst on a telephone call
- Set up a recurring alarm on your phone or a meeting reminder on your online calendar to remind you to stand up every 30 minutes
- Use a small glass of water at your desk and refill it by walking to the kitchen regularly - this will also assist in keeping you hydrated
- Move your bin away from your work area so you have to stand up and move to throw something out
- If running a meeting, schedule a stand-up break in the agenda

Additional information can be found on the [Safety website at Rest Breaks](#), including Pause Break Reminder programs and some simple stretches and exercises which do not require any equipment.



Fitbit Premium - Free

Great news - the special offer for UNSW staff to access Fitbit Premium for free has been extended until the end of the year!

Just download the free Fitbit app from the [Google Play](#) or [App Store](#). Then, to access the premium content, [click here](#). You will need to enter this access code: 693354

You do not need a Fitbit device in order to use the app or access the premium content (though some features such as step tracking will be unavailable).

If you wish to purchase a Fitbit, we've also been given a discount on a range of devices. [Click here](#) to check out the range. You will need to enter this access code: MBUNSW2020. (Please price check your choice against other websites to ensure you're getting the best deal!)

This offer expires on 31 December 2020.



NEW Risk Group Database App

Those of you working with human pathogens can check their risk group using the ABSA International Database App. This is a NEW app, so any old versions will need to be uninstalled before installing the new one. Search for 'Risk Group Database' in the Apple App Store or Google Play store. This app works when your device is not connected to the internet. It consists of international risk group classifications for bacteria, viruses, fungi, and parasites.

Risk groups are based on the pathogenicity of the organism; mode of transmission and host range; availability of effective preventive measures

(eg. vaccines); availability of effective treatment (eg. antibiotics); and other factors, and these can depend on the country and/or organisation.



Managing Your Finances in an Uncertain World

Establishing your financial goals and determining what you want to achieve with your hard-earned money can be difficult. Reviewing your finances and understanding where your money goes and where it should be going is a great place to start.

UniSuper Advice is providing a live webcast 'Managing your finances in an uncertain world' which will cover:

- evaluating how you spend your money
- planning where your money goes
- establishing your financial goals
- important decisions to make
- how UniSuper can help you

The webcast will be held on **13 August 2020 at 5pm**.

During the webcast with Private Client Adviser Adrian Fodera you'll have the opportunity to have your questions answered and you'll have access to a range of helpful resources.

Registration is essential. [Register here](#).



SafeSys - search function reminder

Since the introduction of the search function in SafeSys it has been much easier to find documents such as a risk management form or a safe work procedure or an activity. In recent weeks a number of queries have come through the IT desk about the ability to search not working so the WHS Team thought it would be a good reminder to everyone about when a document search will work.

Once a document has been approved it will not automatically appear within the search function. All approved documents will be searchable through the search function after 6pm on the day it was approved. This is when the system will consolidate that day's approved documents and make them available through the search function - this process is known as 'the crawl'. The Help and Knowledge section is located [here](#) (login required). If you have more questions about SafeSys please do not hesitate to send your questions through to safety@unsw.edu.au or get in touch your Faculty contact located [here](#).



Lesson Learned

A recent incident involved chemicals being transported on a two-shelf flat trolley from one of the campus stores to a laboratory. Although the bottles of chemicals were inside a tub which was secured by a cable tie to the handle of the trolley, a gust of wind pushed it off, snapping the cable tie and causing the bottles to fall out of the tub and smash on the ground. The contents spilled and created a hazardous situation.

Security attended and the incident was reported to SafeWork NSW.

An investigation determined that a flat shelf trolley is not appropriate to transport dangerous or hazardous materials that may need to be banded or double-contained. A more suitable route from the campus stores to the lab is also being investigated in order to avoid the wind gusts which can occur even on only mildly windy days in this area.

For more detail on this incident and examples of suitable and unsuitable trolleys for transporting dangerous materials, please see the [Safety Alert here](#).
