



June 2017

This month marks the beginning of our name change from UNSW Health and Safety to "Health, Safety and Environment", with an easy "HSE" acronym. This reflects the increased incorporation of environmental compliance into the UNSW Health and Safety Management System.



Report environmental incidents

Over the last few years the UNSW Health and Safety Management System has incorporated environmental compliance into its systems. For example, the workplace inspection checklist has a section on sustainability and all safety committees have a standing item for discussion of environmental issues. We also remind you to ensure that you report any environmental issues through [myUNSW](#), in the same way that you would report an accident/injury, examples of environmental issues worth reporting include:

- Chemical spill near a drain.
- A constantly dripping water tap.
- Lack of recycling facilities.
- Electrical equipment left on overnight unnecessarily.

See [HS713 Guide to reporting hazards and incidents](#).



Equipment design and modification

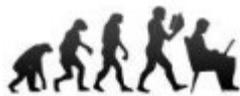
If you design and/or modify equipment for use in the workplace you are responsible for ensuring that the equipment is designed without risks to those who use, store or are affected by the equipment. This may identify the need for emergency stop buttons, warning devices, spill control, gas sensors and other safety devices. A new form has been generated to help with the initial design or modification: [HS928 Design and modification checklist](#). Staff and students can use to help identify hazards associated with equipment.



Gas safety

Gases are chemicals that can present a range of hazards. This may be due to the properties of the gas (such as flammable, toxic), the pressure it is supplied at (resulting in a large leak), how it is supplied (for example cylinders are very heavy). Here are some basic do and don'ts for gas safety, for more information see [HS920 Gas and Regulator Safety Guideline](#).

- Do where possible reticulate gas rather than having cylinders in the lab.
- So only keep in-use cylinders in a lab and of the smallest size practicable.
- Do leave cylinder keys in the valve when in use to allow quick cut-off.
- Do carry out regular leak checks and have regulators on a regular maintenance schedule.
- Do restrain cylinders at 2/3 of the height.
- Do carry out an assessment to determine if gas sensors are needed in the area.
- Don't keep spare or empty cylinders in a lab.
- Don't use excessive force when opening a cylinder valve.
- Don't travel in an enclosed space with a cylinder (for example, a lift).



Move more sit less

Increasingly research has been pointing to concern for the health of sedentary workers. Sedentary behaviours are a known risk factor for cancer, heart disease, diabetes and premature death; thus coining of the phrase "sitting is the new smoking". The average Australian sits for more than nine hours a day. This leads to shoulder, neck and back problems. Below are some tips to move more sit less:

- Vary work tasks during the day to change posture.
- Promote a standing-friendly culture, stand during meetings and catch-ups.
- Arrange meetings away from your desk so that you need to walk to the venue.
- Use stairs instead of a lift.
- Go for a short walk at lunch time. Walking the circumference of UNSW Kensington campus takes about 30 minutes. Refer to [UNSW walking routes](#) for more options.

For more information see the Blueearth initiative to [move more sit less](#).



Global Challenge

When the Global Challenge (to achieve 10,000 steps per day for 100 days) opened on 24 May we had 153 teams and 1071 participants, more than double last year's numbers. See our [UNSW Global Challenge](#) page for regular updates. Our Launch Day walks were a big hit. Participants visited Coogee Beach, the Fred Hollows Reserve or Centennial Park at lunchtime as well as an early morning walk to work from Central Station. We'll be repeating the lunchtime walks every two weeks during the Challenge, register using this [survey link](#) to come along! Even if you are not doing the Challenge, you are still welcome to join in.



Mindful May

Our Mindful Month of May featured an extremely popular Chocolate Meditation on 23 May with over 700 staff registering to take part. Some even did it twice! We also held four mindfulness meditation sessions across the month with Laura Kempel from UNSW [Counselling and Psychological Services](#) (CAPS). These sessions were extremely popular and feedback from participants indicates that people really want more mindfulness! If you'd like to be on the mailing list for any future sessions please email [Liza Poppert](#).



June Kindness Month

June is Kindness Month at UNSW and we are giving away prizes - three free 20-minute workplace massages! One each to the top 3 random acts of kindness performed this month. Email your stories of kindness to [Liza Poppert](#) before 22 June and they will anonymously go up on the Health, Safety and Environment (HSE) website. We are also running a "Warm Up Your Morning" free hot tea stall for those who bring their own cup. Drop by the Library Walkway on the morning of Wednesday 21 June for a free cuppa, we might even still have some of those Wellbeing Meditation chocolates left!



Sustainability report

The [UNSW Sustainability Report](#) is now live. This report measures progress and celebrates the way we live, learn and work at UNSW. We are pleased to see continued improvement in our environmental and social performance and deeper engagement with sustainability in our research and education programs. We have recently been recognised with a ranking in the top 15% of global universities for sustainability performance. The assessors highlighted UNSW's innovated programs to

reduce energy usage as well as our community engagement and environmental compliance initiatives. our continued experimentation with our campuses as living laboratories has helped boost our international standing and made of a happier and healthier university experience.



Lessons learnt

Recently UNSW Sustainability and UNSW Security trained all security staff in handling spills in outdoor areas to prevent pollution on campus and provided them with large spill kits. Last month that training came in handy when an oil leak was reported on Kensington campus. Security guards, trained in handling such a situation, attended the site and through quick thinking made use of the spill kit. This contained the spill and stopped the oil from reaching the drain. The leak was reported to Facilities Management and fixed shortly after. This is a great example of how well executed training and support can make a difference. For further information on this contact sustainability@unsw.edu.au.
