



June 2019

Looking out the window today it's hard to believe it was only a few newsletters ago that we were talking about heatwaves! Warm your heart this winter by joining our new Workplace Volunteering Program and get involved in teaching ethics to primary school children. This month we also launch our Workplace Wellbeing Survey, which only takes 10 to 13 minutes and could win you a prize! Finally, we have an important update on SafeSys, an update on the Global Challenge and reminders about eye safety and correctly sorting your recycling.



SafeSys Update

As you may be aware, a number of activities have occurred in relation to SafeSys in recent weeks:

- Coordination of workshops to understand current system risks and mitigating strategies as well as user experience and system performance issues
- Implementation of a system configuration change intended to support the expected growth in record numbers and extend the life of SafeSys until a replacement can be implemented
- Securing additional resources to facilitate the exploration of a strategic (long-term) solution and facilitate Business Case development.

IT have also committed to work on improving the search function, and to provide data to enable a review of the nature of documents held within SafeSys. It is anticipated this information will assist in the identification and implementation of appropriate document management practices.

SafeSys support has now transitioned to a different team within IT and all support requirements must be raised directly with the ITU Service Centre (9385 1333). This will ensure a more controlled and consistent approach to issue resolution, allow for the monitoring of support trends and the identification of any issues that require broader communication.



Workplace Wellbeing Survey

Do you get enough sleep, eat enough veggies, feel fit and active? UNSW Wellbeing is committed to understanding and improving the wellbeing of UNSW staff members. The first annual Workplace Wellbeing Survey opens on 13 June and will help our team to identify how staff at UNSW are faring and which areas we need to focus on in our Wellbeing Strategy and Plan. The Survey will take 10-13 minutes to complete and we're offering some great prizes as extra incentives for participating. [Click here](#) to find out more and access the link to the survey.

Volunteering Program - Primary Ethics

Would you be willing to spend your lunch break once a week helping others? Did you know that people who volunteer are happier, healthier, better looking, sleep better and live longer than those who don't? Do you know I only made one of those up?!

UNSW Wellbeing is launching a Workplace Volunteering Program this June with a new partnership with Primary Ethics - the sole provider of ethics classes in NSW public primary schools.

Do you have what it takes to be an ethics teacher? The program is open to both professional and academic staff. No prior teaching experience is required as all training will be provided free as part of the program.

An information session will be held on Wednesday 12 June from 12pm-1pm in the Chemical Sciences Building, Room M10. [Book here](#) to attend and [visit our website](#) to find out more about the program.



Eye Exposures

There have been several eye-exposures reported recently from UNSW laboratories and other facilities. We would like to remind everyone that where there is a risk of exposure to your eyes, no matter what facility you're working in (laboratory, research facility, maker-space or workshop etc.) appropriate eye protection must be worn. Also please consider other people in the vicinity as they may also be at risk from your work were an incident to occur. They may need to be wearing the same protective eyewear, clothing and equipment as you. If you are not sure, check with your supervisor, the risk management procedure or safe work procedure for the task. See also [HS659 Personal Protective Equipment Guideline](#).



Resilience at Work

UNSW Wellbeing has been providing Resilience at Work workshops conducted by Rita Holland since February this year.

Open to all staff, the workshops build your own resilience strategies to use in the workplace and cover the following topics:

- Understanding what wellbeing, wellness and resilience at work means
- Help identifying stressors, stress and burnout in yourself and others
- Creating personal strategies, practical tools and commitment to build wellbeing and resilience
- Creating a support network

The workshops have been very popular and are always booked out with a waitlist. Although the June session is fully booked, we do have places still available for the remaining months of 2019, up until November. [Book in here on our Eventbrite page](#) to secure your spot at one of the remaining sessions!

-  BMI (Body Mass Index)
-  Body fat
-  Blood pressure
-  Heart rate

Health Kiosk

In October 2018, we hosted the Medibank Health Kiosk as part of Health and Wellbeing Month. Now it's back for all of June! The Health Kiosk is about the size of a photo booth and is located near the lifts on Level 2 (the level you enter on from the Library Lawn). The Health Kiosk allows you to conduct a health self-check that takes about 5 minutes. You will find out your height, weight, BMI, body fat percentage, blood pressure and resting heart rate. You can have these details emailed or texted to you or receive a printout on the spot. Using the Health Kiosk is totally free and you can use it as many times as you like during June!



Global Challenge 2019

The Global Challenge is underway! We have 195 teams participating, which represents well over 1,300 staff members joining together to improve their health and wellbeing. Our collective step-count is currently sitting at 13,501 steps per day, which is impressive!

On Wednesday 12 June, the Nutrition module of the Global Challenge will open with a weight tracker, food calculator and great tips on healthy eating. Make sure you check it out!

Don't forget to enter your steps every day to see your progress and keep your team travelling together. For further information visit our [Global Challenge website](#).



Lesson Learned

A recent incident happened inside the compactor unit of the paper and cardboard recycling truck in February 2019 which resulted in a fire in the back of the truck. The cause is suspected to have been a foreign object discarded in the recycling bin which when compressed in the compactor ignited setting fire to the paper and cardboard. It took several minutes and the use of multiple fire extinguishers to control and extinguish the flames. As a result, the incident was reported to the Regulator and an investigation carried out to determine the cause.

This is a reminder of the importance of correctly separating recycling material from other forms of waste and placing the correct waste in the bins provided.

For more information visit the [Recycling](#) section of the [Sustainability](#) website.