



## May 2017

From 1 May 2017 the Safety and Sustainability team move from Campus Life and Community Engagement into Human Resources (HR). We look forward to working more closely with HR in the future. See article below for more information.



### Get Healthy at Work

The Get Healthy at Work program has begun! UNSW Art & Design is the first faculty to take part in the program, with face-to-face Brief Health Checks taking place for staff at Paddington campus this week and more scheduled next week. All staff members who participate in the Brief Health Checks will go into a draw to receive a free 20-minute workplace massage. The program will move to Kensington campus in the coming weeks - look out for updates in the next newsletter or on our [UNSW Get Healthy at Work webpage](#).



### Global Challenge

Registrations for the [Global Challenge](#) will close next week, on Wednesday 10 May. We've had an amazing response from the UNSW community this year, with 117 teams, that's over 800 people signed up so far for the challenge to achieve 10,000 steps per day for 100 days. This represents over 10% of the UNSW staff community signed up for this important health and wellbeing event. Word on the street is that the other universities are gunning for us after last year's UNSW win and desperate to steal the title of most active university this year. It's going to be an exciting competition! If anyone still has a team to register, go to <http://gcvp.co/UNSW> as soon as possible!



## Car park lifts

Lifts are being installed in Kensington campus Barker Street and Botany Street parking stations to improve campus accessibility. This will also reduce manual handling risks, when items need to be carried to and from the car park. These lifts will provide an alternative route for less mobile people. There have been a number of slip/trip/fall accidents in the car park stairwells on campus, particularly after heavy rain, and the lifts provide a risk reduction measure. However, taking the stairs is good for your health therefore if you are fit and healthy and have a free hand to hold the rail, we encourage you to continue to use them.

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## Hand health

New liquid soap has been supplied to many laboratories via the Upper Campus Store, however there has been some negative feedback relating to skin allergies, sensitivities and scent. For those experiencing difficulties with the soap, it has been confirmed with a Pharmacist that suitable alternatives are the QV and Cetaphil ranges of liquid cleansers. These cleansers don't make suds but the handwashing procedure is the same - approximately 20-30 seconds of gentle frictional rubbing of the hands (reference the [Good Handwashing Technique](#) poster). In the meantime, Upper Campus Store is investigating liquid soaps that are non-allergenic, including non or low perfumed. There is still some stock of the previously supplied soap (Microshield) available from Upper Campus Stores if anyone would like to use it in the meantime.

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## Online chemical waste form

UNSW Facilities Management (FM) have an online chemical waste disposal form available, as an alternative to HS014 waste Inventory - Chemical. FM will accept either format for chemical waste disposal. You will need to set-up an account for the online system and then can use it for future chemical waste needs. The information collected is used to notify the chemical waste contractor of the location, type and volume of waste to expect during their collection; this ensures your waste is collected efficiently. The online form can be found at this link: [Online Chemical Waste Disposal Form](#).

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## False fire alarms

UNSW Facilities Management have been distributing posters for kitchen areas across the Kensington campus on how to reduce false fire alarms. 15% of false fire alarms are caused by burnt food, toast or rice. Do not leave toasters, sandwich presses, microwaves or ovens unattended. Cooking should only be carried out in designated kitchen areas. For more information see the FM information page on [reducing false fire alarms](#).

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## Mindful May

May has begun and with it our program of mindful activities. We are hosting four mindfulness meditation sessions throughout the month, these booked out almost immediately. If you would like to go on the waiting list, please email [Liza Poppert](#).

On 23 May we are running a Chocolate Meditation event across the University. You do not need any previous experience to take part. We supply the chocolates and a guided meditation audio file. Teams can undertake the exercise together at a time and place that suits them. If your unit is interested, please complete this short [online form](#) to book your chocolates!

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## Safety and Sustainability

Safety and Sustainability has changed reporting lines, now to Human Resources, however there has been no staff reductions across the Health and Safety, Workers Compensation and Injury Management, UNSW Sustainability or UNSW Wellbeing teams.

We're confident this organisational change will accelerate ongoing system improvements to professional services across health, safety and environmental management, and enable an expansion of staff and student wellbeing services. A range of operations alignment opportunities have already been identified between Human Resources and Safety and Sustainability. The change will enable the team to work in a more coordinated, effective and technology-enabled way, bringing efficiencies and helping UNSW achieve its ambitious 2025 transformation program. If you have any questions please contact your [Health, Safety and Environment Coordinator](#).

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## Wellbeing champion

[Professor Ross Harley](#), Dean, UNSW Art & Design is one of our senior leadership champions of health and wellbeing initiatives at the workplace. Not only is Ross supporting the pilot of the Get Healthy at Work program, he has also endorsed a 30-day Barefoot Yoga program for staff and signed up for the Global Challenge.

Ross acknowledges the importance of promoting safe and healthy work practices, work-life balance and solid team relationships in the workplace. He feels these elements "are essential for a creative, innovative and productive work environment".

As a keen cyclist, surfer and bushwalker, Ross is looking forward to leading the Global Challenge for Art & Design and is looking forward to challenging his Art & Design colleagues and other UNSW Executive Team members.

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## Lessons learnt

An audit was carried out recently of the upper campus biological waste store and a number of errors were found. These included waste being put into the incorrect waste stream, containers leaking and incorrect/no/dangerous labelling of waste. Laboratories users are reminded that we are responsible for our waste until it is destroyed, so you could be liable for any damaged or injury sustained by our waste contractors during the handling of our waste. Please refer to the [HS321 Laboratory Hazardous Waste Disposal Guideline](#) for clarification on waste streams or check with UNSW Health and Safety.

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