



November 2017

Last month was a very busy month with many events held around mental health and wellbeing. The month culminated in the annual Wellbeing Celebration where UNSW was presented with the Global Challenge's "Most Active University in Australia" award. This month the contribution of UNSW's Battery Recycling Program has been acknowledged along with a number of activities and reminders as we approach the end of the year.



Health and Wellbeing Month

October was Mental Health Month in NSW. UNSW celebrated Health and Wellbeing Month with a variety of events across the month. Special events included a visit from the Mobile Mood Lab - part of UNSW Art and Design's Big Anxiety Festival. A Cider Vinegar Stall explored the connection between gut health and mental health, the annual Wellbeing Celebration was very popular and we hosted a SafeWork NSW Seminar exploring the mental health of young workers. There were weekly Tai Chi and Mindfulness Meditation sessions and two challenges took place - Random Acts of Kindness and a Scavenger Hunt - with prizes! To learn more visit the [Health and Wellbeing](#) website.



Global Challenge

The Global Challenge is a health and wellbeing event that encourages participants to complete at least 10,000 steps a day for 100 days and includes modules devoted to sleep, nutrition and life balance. The 2017 Global Challenge finished on 31 August. For the second year in a row, UNSW won the title of "Most Active University in Australia". We had 153 teams and 1,071 participants; the largest entry of any university in Australia. By the end of the Challenge, 76% of participants were achieving 10,000 steps per day (up from only 18% before the challenge).



Green Gown Award

Earlier this month UNSW was presented with a Green Gown award by the Australasian Campuses Toward A Sustainability Association. The award acknowledged UNSW Sustainability's recycling program which annually diverts a tonne of batteries away from landfill. This program is managed by both staff and student volunteers and supports the recycling of approximately three quarters of the batteries at an e-waste recycling facility, with the remainder used to conduct research into advanced battery recycling methods at the Sustainable Material Research and Technology (SMaRT) Centre. More information can be found at [UNSW Newsroom](#).



HSE Consultation Course

Places are available for the last HSE Consultation Course in 2017. Details are as follows:-

Date: 20th - 21st November

Time: 9:30am - 4:00pm

Required training for: Health and Safety Representatives (HSR's)/ Health and Safety Committee Members.

Enrol via MYUNSW: Course Number - HSECON



Wellbeing Survey

The School of Public Health and Community Medicine and UNSW Wellbeing are conducting a survey to help in the development and planning of the Workplace Wellbeing Program at UNSW. The survey should take up to 20 minutes to complete and we would greatly value your input.

You can find more information about the Wellbeing survey by visiting the [Wellbeing website](#).



Go Home On Time Day

This year Go Home On Time Day has been designated as Wednesday, 22 November. It is a day where you can acknowledge your work time contributions as well as the time you devote to life outside of work. So, take the opportunity to value your time and your work-life balance by leaving work on time. A couple of tips to assist you include:-

- deciding what time you are going to leave work before you go to work
- scheduling some activities after work

More information about this initiative can be found at the [Go Home On Time Day website](#).



End of Year Celebrations

As we approach the festive season don't let your end of year party be spoilt by an incident. Familiarise yourself with the UNSW [HS825 Alcohol and Drugs Procedure](#) including the UNSW No Open Container Code. Also, the UNSW [Code of Conduct](#) sets out the principles for behaviour. Top tips for a fun (and safer) party: Set a definite start and end time, make sure that everyone has a safe way to get home, check the venue in advance for any obvious hazards, ensure there is plenty of substantial food and water available, have a designated person who can deal with any issues, don't give offensive secret Santa gifts.



Working During Shutdown

If you get an exemption to work on campus over the Christmas/New Year shutdown period, this is considered "after-hours" work and therefore you must follow the [HS322 Working Alone or After Hours Guideline](#). Being on campus during this time has an increased risk due to:

- Reduced availability of immediate assistance e.g. UNSW Emergency
- Lack of first aiders and floor wardens in buildings
- Reduced UNSW security patrol
- Consequences of unattended experiments or equipment
- Consequences of working with hazardous substances or equipment with less support available

People working in labs or workshops carrying out medium to high risk activities should complete the [HS703 Working Alone or After Hours Approval Form](#) and have a buddy system in place. The buddy system means that you have a communication link with another person with whom you maintain regular contact and any emergencies can be quickly identified.

