



October 2019

There's so much going on at UNSW in October, it's hard to fit it all in! We've got a jam-packed Health and Wellbeing Month full of yoga, tai chi, mindfulness meditation, nutrition seminars and our annual Safety and Wellbeing Celebration - to name just a few of the events on offer. This newsletter also features an update on SafeSys and quite a few amended WHS codes of practice, important tips on how to avoid silicosis and a lesson learned on how not to look after worker safety.



Health and Wellbeing Month

October is [Health and Wellbeing Month](#) at UNSW and we have already kicked off with free Tai Chi, Mindfulness Meditation, a seminar on nutrition and the return of the Health Kiosk to the Library. In total, there will be 17 events during the month, including [seven special events](#), [three weekly events](#) and [seven seminars](#).

We will have a special focus on nutrition throughout the month with [five seminars](#) to be provided at lunchtime:

- Healthy Food Choices
- Healthy Eating on a Budget
- Is Sugar Not So Sweet?
- The Supermarket Sleuth
- Menu Planning

There will also be a cooking demonstration with our partners at Kenvale College, and a nutritionist available to answer all your questions in front of the Library on the morning of Wednesday 16 October.

For the first time this year, we are lucky to have [four free yoga sessions](#) across the month provided by UNSW's own Paul Dobing. Paul practices and teaches in the Hatha yoga style and will offer slow and gentle classes which are great for beginners while offering more experienced practitioners the chance to build on their technique.

Finally, we will end the month in style with the launch of the UNSW Urban Growers Teaching and Research Garden on Thursday 31 October. Come along from 11am to get your hands dirty planting, or just come for the formal launch by Professor Merlin Crossley at 1.15pm. The Garden is in The Cage, NE Corner of the Barker Street Carpark. For more information on all these events, visit the [Wellbeing website](#).



Beyond SafeSys Update

At the recent HR Divisional Program Board (HRDPB) meeting it was agreed that a project team would be established to work toward:-

- Identifying and managing activities necessary to maintain SafeSys until a solution is implemented
- Reassessing and managing Safesys (residual) risks
- Undertaking necessary activities associated with disaster recovery planning

- Recommending a strategic solution

In addition, it was determined that project assurance would be achieved by the project team working with user representatives, reporting to a Steering Committee and then through relevant HR System Portfolio Boards.

It is anticipated that the project will commence in the coming weeks as final IT approvals are obtained, resources secured and terms of reference established.



Financial Wellbeing Seminar #3

UniSuper presents: Protecting Wealth - Insurance and Estate Planning

Are your loved ones protected in case the unexpected happens to you? Have you planned ahead to protect those you care about when you're no longer here?

At the third UniSuper Financial Wellbeing seminar, you'll learn about using life insurance to protect your wealth, plus the important considerations when planning your estate. Whether you're single, have a new family or are on the cusp of retirement, this seminar is relevant to all ages.

Protecting Wealth - Insurance and Estate Planning will be presented on Tuesday 15 October, at 1pm in Colombo Theatre B, Kensington Campus.

Bookings are essential. Visit unisuper.com.au/wellbeing-unsw



Safety & Wellbeing Celebration

The annual Safety & Wellbeing Celebration will be held on Tuesday 29 October from 12pm - 2pm in the Mathews Pavilions. The Celebration is our way of saying thank you to all Health & Safety representatives, those staff who are members of a building emergency team and our Wellbeing Champions. This year we also celebrate our ethics teaching volunteers and those who participated in the Global Challenge.

The Awards Ceremony and prize draw begins at 1pm including prizes for the most improved individual, most improved team and more.

Fantastic lucky door prizes are to be won and a lovely lunch will be provided. Registration is essential to enter the lucky door prize draw and registrations will close on Tuesday 22 October.

[Register here.](#)



Blood Sampling for Research Projects

Does your research require blood samples to be taken from volunteer research participants?

A reminder that Human Ethics approval, and Donor Informed Consent must be in place before samples can be taken. Importantly, the person collecting the blood must be appropriately trained in the technique/s of either finger prick, venepuncture or cannulation, depending on the sampling technique being used. Cannulation and venepuncture can be carried out by any health professional with a current Statement of Attainment from a recognised RTO. Such health professionals would include a Medical Practitioner, Veterinarian, Dentist, Nurse or Exercise Physiologist. If no-one in your School has the appropriate training, you can contact the RECS unit for direction to other qualified people on campus, you could hire a Venepuncturist/Phlebotomist, or you could undertake the relevant training yourself.

The Research Ethics Compliance Support unit (RECS) is currently looking into approved educational institutions to provide a short, competency-based training, which includes recognition of infection control for the injection site, as well as infection protection for the person collecting the blood. You would require a current First Aid certificate in order to receive your Statement of Attainment.

For further information, go to the [RECS unit website](#) and the [Frequently Asked Questions](#) on the Human Research Ethics page.



WHS Codes of Practice Updated

The following Codes of Practice were varied with amendments of a technical and readability nature:-

[Abrasive blasting](#); [Confined spaces](#); [Construction work](#); [Demolition work](#); [Excavation work](#); [Hazardous manual tasks](#); [How to manage work health and safety risks](#); [How to manage and control asbestos in the workplace](#); [How to safely remove asbestos](#); [Labelling of workplace hazardous chemicals](#); [Managing noise and preventing hearing loss at work](#); [Managing the risks of plant in the workplace](#); [Managing the risk of falls at workplaces](#); [Managing risks of hazardous chemicals in the workplace](#); [Managing the work environment and facilities](#); [Managing electrical risks in the workplace](#); [Managing the risk of falls in housing construction](#); [Preparation of safety data sheets for hazardous chemicals](#); [Safe design of structures](#); [Spray painting and powder coating](#); [Welding processes](#); and [Work health and safety consultation, cooperation and coordination](#).

The [First Aid Code of Practice](#) was also amended to include provisions for asthma inhalers, spacers and EpiPens, all considered important for high-risk workplaces where workers are exposed to allergens, asthmatic conditions or working in remote locations.

Codes of Practice are designed to assist in understanding what is required to comply with health and safety legislation. They are useful resources that translate how the legislation applies at a practical level. Codes of Practice are also considered evidence of what is known about a hazard, risk or control, and can be relied upon by a court of law to determine what is 'reasonably practicable' in the circumstances.

You should review any of the above Codes of Practice if they relate to

your work and/or workplace and contact your [HSE Coordinator if any changes are relevant to your area.](#)

Please note any required changes to existing HSE procedures will be made progressively and in accordance with existing practices.



Local Volunteer Opportunity: Mentors at Kenvale College

As part of the Culture pillar of the Wellbeing Strategy, UNSW Wellbeing is always on the lookout for opportunities for our staff to volunteer with organisations local to the University.

Our neighbours at Kenvale College run a Personal Mentoring Program for their students. It focuses on support/well-being as well as personal development in areas such as communication, temperaments, and emotional intelligence.

The time commitment involves 2 x 1.5 hour training sessions; and then 3 x 1 hour meet ups with the student.

If you would like more information contact Bernie McFarlane, Head of Industry Liaison and

Mentoring mcfarlaneb@kenvale.edu.au <https://www.kenvale.edu.au/>



How to Avoid Silicosis

Silicosis is a lung disease caused by breathing in tiny particles of silica. When products containing crystalline silica are cut, sanded or drilled into, a very fine dust is created. Inhaling this dust can lead to silicosis and can be fatal within five to 10 years – even for people as young as 20 or 30.

If you can, avoid working with products and materials containing silica. If you cannot avoid working with them then you must:

1. Use ventilation
2. Use dust capture
3. Cut with water
4. Wear a mask
5. Use a vacuum

Workers at significant risk of exposure to crystalline silica must be offered regular health monitoring by their employer. For more information see the crystalline silica page on the [SafeWork NSW website](#). For further information contact your [HSE Coordinator](#).



Medibank One-on-One Consultations

Medibank consultants will once again be available for one-on-one appointments for staff interested in reviewing their health insurance on the following dates in October:

Kensington Campus

9 October – 9am – 5pm – UNSW Medibank retail outlet, Blockhouse

10 October – 9am – 5pm – Penny Lane Meeting Room

30 October – 9am – 5pm – UNSW Medibank retail outlet, Blockhouse



Paddington Campus

9 October – 9am – 5pm – Phone appointments

CBD Campus

29 October – 9am – 5pm – Euro Room, Level 14, 320 Pitt Street, Sydney

Any staff who are interested in discussing their health insurance needs or reviewing the policy they already have are invited to make an appointment. UNSW employees are entitled to a 9% discount on the Medibank Corporate Inc product suite.

[Click here](#) to make an appointment for a one-on-one consultation.



Lesson Learned

An employer was recently convicted for over-reliance on verbally instructing workers about the dangers of equipment used following a severe injury to a worker.

Although it was noted that workers were made aware of the dangers of the equipment and workers learned how to use the equipment through informal on-the-job-training, the employer was in breach of discharging its duty of care (to eliminate the risk). Specifically, it was found that guarding could have been installed relatively simply and at no cost, thereby eliminating the risk and preventing the injury.

When working with equipment or processes that can cause harm to yourself, your workers or your students, ensure you take reasonably practicable steps to eliminate (or reduce) any risks by completing risk assessments and implementing controls, developing and providing training in safe work procedures and conducting competency assessments.

If you have any questions about [this case](#) or reducing risks, please contact your [HSE Coordinator](#).