



## December 2017

We wish you a happy and safe shutdown period. The team is busy planning our major targets for improving your health, safety and environment in the year ahead and are looking forward to sharing these with you in 2018

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### Working during shutdown

If you get an exemption to work on campus during the end-of-year shutdown, this is considered 'after-hours' work and therefore you must have safety measures in place due to the increased risk associated with lack of emergency response support. People working in labs or workshops carrying out medium to high risk activities must have an approved [HS703 Working Alone or After Hours Approval Form](#) and have a buddy system in place. Full details are in the [HS322 Working Alone or After Hours Guideline](#).

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### Chemical labelling grace at an end

From January 2018 the enforcement of chemical labelling compliance is likely to be invoked when inspectors find non-compliant labelling of hazardous chemicals. Where you have hazardous chemicals with very old 'non-code' labels they must be disposed of or relabelled to GHS. Note the following:

- Existing hazardous chemicals with correct NOHSC and/or ADG Code label do not need to be relabelled.
- Agricultural and Veterinary (AgVet) medicines listed in Schedule 8 of the Standard of Medicine and Poisons (SUSMP) do not require GHS labelling.
- AgVet medicines listed in Schedule 4 of SUSMP that are in the form and packaging consistent with direct administration to animals do not require GHS labelling.

For more information visit [SafeWork NSW](#) and [Labelling of Hazardous Chemicals Guideline](#).

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## Regulator safety priorities

A 5-year project to improve safety standards, work practices and hazardous substances legislation has been launched by NSW Government. This is to protect workers against injuries and diseases from dangerous dusts and chemicals in the workplace.

Top priority has been given to [crystalline silica](#) and [formaldehyde](#) as hazardous substances that are of greatest risk to workers. To learn more about these including where they may be used, where they can be found and how to protect yourself and others from their harmful effects, visit the [SafeWork NSW website](#).

UNSW will be taking part in a baseline exposure monitoring study for these substances and typical laboratory solvents. If you would like to take part in free monitoring contact [safety@unsw.edu.au](mailto:safety@unsw.edu.au).

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## Move more!

UNSW Law has committed to encouraging staff to move more by offering a sit-stand desk to all staff. This initiative is funded by the faculty as a perk for their staff. It's important to stay active to maintain a healthy mind and body. You can achieve more movement throughout the day by organising walking meetings, set a reminder to do simple stretches every 30 minutes, stand-up while on the phone, avoid sending emails if you can walk and speak to the individual, use your lunch period for activities, take the stairs instead of the lift. Here are a list of [13 easy ways to be more active at work](#) and see our [sit-stand workstations webpage](#).

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## 2018 HSE Training

The 2018 Health, Safety and Environment (HSE) face-to-face training dates are now available for booking into in [myUNSW](#). Training offered includes Health and Safety for Supervisors, Laboratory Safety Awareness, Hazardous Substances, Biosafety for PC2 and more. To book the training go to myUNSW>My Profile>Learning and Development>Request Training Enrolment. All dates can be seen in the [2018 HSE Training Calendar](#). Throughout 2018 we will be working towards more blended learning options with more online training and reducing the time required for face-to-face training. See our [HSE training webpage](#) for more information.

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## Safety Research Centre

A new world-class Research Centre for Work Health and Safety recently opened in Gosford as a NSW government initiative to promote smarter more innovative harm prevention measures. It will use the latest data, research and insights to help protect workers across the state. It has four key streams: insights and analytics, research science outreach and business support.

Initial projects include carrying out a comprehensive work health survey, predictive modeling for future health and safety challenges and investigating ways to reduce crane incidents. More information is available at [Centre for Work Health and Safety website](#).

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## Watch out for contractors

A contractor at UNSW had a serious injury when he fell from a mobile scaffold. UNSW employs a large number of contractors who carry out a wide variety of work across our campuses. If you see a contractor exhibiting unsafe behaviour or using inappropriate/faulty equipment, notify UNSW Estate Management at EMAssist +61 (2) 93855111, [estate@unsw.edu.au](mailto:estate@unsw.edu.au), so that it can be followed up.

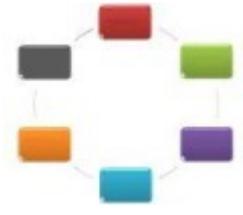
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## Holiday nutrition

UNSW Nutritionist Dr Rebecca Reynolds gives us [3 nutrition tips](#) for Christmas!

1. Savour: Enjoy what you eat, even if it may be a bit unhealthy at this time of year.
  2. Listen to your body: Before you opt for seconds, ask "Am I still hungry?" How will you feel if you stuff yourself to the brim? Chances are you're no longer physically hungry, and the feeling after overeating can be rather unpleasant.
  3. Eat more vegetables (Not potato chips!): Most of us don't eat enough veggies, so pack your plate full of oven-roasted carrots, green salad and BBQ capsicum.
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## HSE management system

We will be reviewing our Health, Safety and Environment Management System in 2018 in light of upcoming changes to the self-insurance licence model. The changes will allow us more flexibility to tailor the system to meet UNSW changing needs. Next year we will run consultation sessions on opportunities to streamline our system. If you would like to get involved please express your interest at [safety@unsw.edu.au](mailto:safety@unsw.edu.au).

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## Lessons learnt

Recently at UNSW a substantial flood was caused by a hole that appeared in a hose (pictured). The water spread a significant distance and reached the building elevator causing damage and rendering it inoperable for over a week. The flood occurred when a hose with a sprinkler head was used to clean-up, the sprinkler head was left in the off position, so no water could flow, however the tap supplying the hose was left on. The constant application of water pressure in the hose over time (about 24 hours) caused a rupture in the hose generating a small hole. This went unnoticed over a weekend period and enough water was released from the hole to cause a substantial flood in the surrounding areas. The area is installing a commercial water cut-off after 20 minutes, this engineering control is a better solution over administrative controls such as instructions and signage to turn off taps.

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