



May

Welcome to the Mindful Month of May. This month we have a range of wellbeing activities planned so scroll on down and read how to get involved in the meditation event, mindfulness chocolate session and other wellbeing activities. It's also not too late to participate in the Global Challenge - get those feet walking on the path to self-improvement! Don't miss your flu shot this month, let's all do our bit to help prevent a dose of the flu this flu season.



UNSW Staff Influenza Clinic

The annual staff influenza clinic for 2018 has commenced. This service is provided on behalf of the Director, Campus Life (Health and Wellbeing Strategy), and is free to all staff. The most effective way of minimising the effects of Influenza is via a comprehensive vaccination program. Influenza Clinic dates range from 17th April - 24th May 2018, 9.15am - 1pm. To make an appointment you will be required to register online via [UNSW Health Services](#). Please note the clinic does NOT operate from the Health Service but is nearby - Quadrangle Building Room G0033.

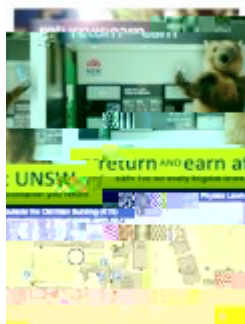


Fume Cupboard Efficiency Sticker Project - Uni wide roll out

Based on the trial completed in the School of Chemistry last year, a University wide roll out of the Fume Cupboard Sticker project is underway. It includes installing environmental and safety notification stickers on fume cupboards. Using the traffic light colour scheme, the sticker advises users of the best location for the fume cupboard sash, for both environmental efficiency and safety reasons. Relevant lab managers and nominated officers will receive communication from EM Energy and Environmental Sustainability team in coming days requesting assistance in fume cupboard measurement and sticker installation. This project has been modelled on a [study](#) completed by the U.S. Department of Energy. For more information about the Uni wide roll out contact sustainability@unsw.edu.au

New digs for RVM @ UNSW

Our bottle return facility has moved. To minimise disruption to college



"Mindfulness 101" is a one-hour learn at lunch session that will cover the following topics: Understand what mindfulness is, Learn the benefits of mindfulness to all aspects of your life, Help you to start building mindfulness into your life and Learn how to be mindful in everyday tasks. If you are interested book [here](#).



Lesson Learnt - WHS Prosecution

February 26th, 2018 saw judgement handed down in NSW's first category one prosecution under the *Work Health and Safety Act 2011 (Cth) (WHS Act)*, in which the company and worker were fined. This [article](#) outlines what happened with the installation of an electrical switchboard and the issue of recklessness. This is a timely reminder regarding the consequences that can arise because of workplace incidents.

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