



Work Health and Safety News

March 2020

Autumn is finally here and aside from the first day or two, we seem to be having some much appreciated cooler weather and rain! We are also heading into virus season so we've got a couple of articles about the importance of hand hygiene in preventing the spread of infections. (There's even a tip on how to make your own hand sanitiser and beat those empty shelves at Coles and Woolies!)

We have lots of Safety news this week including the adoption of the GHS, the introduction of a WHS Amendment (Review) Bill to deter breaches and mitigate workplace risks, a new Asbestos Finder tool launched by the EPA, industrial chemical reforms and a new Guide on Exposure to Solar Ultraviolet Radiation.

In Wellbeing news, the Benestar onsite counselling service is moving to a temporary new venue, we have a new series of Wellbeing at Work workshops running this year and the Global Challenge is back! For one last time. Come to the info session on Tuesday to find out all about it.

lift & traffic light buttons, handrails, keyboards, seating) the infectious particles can transfer onto our hands.

Did you know that we touch our faces, on average, 23 times an hour? Many germs, such as the coronavirus, need to get into our respiratory system to make us sick, and can do this via our mouth, nose and eyes. There are abundant blood vessels in these places, especially the eyes, and it's our eyes that are an important pathway for respiratory viruses to get into our cells.

So, don't touch your face! That's easier said than done because we do this subconsciously and if our hands have coronavirus on them, and we touch our face, then there is a real risk we will get infected!

Stop touching your face and wash your hands! We are not likely to get sick if the virus goes no further than our hands!

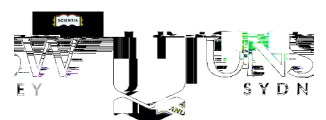
90% of germs.

It should take about 30 seconds to wash your hands adequately (steps 1-9 in link below). the problem is, the remaining bacteria will grow and can double in number in less than 20 minutes! It doesn't matter what you use to wash your hands, if your technique is poor then your hands will not be clean. [Read more.](#)

For a how-to guide to using a hand rub disinfectant that you can print out and stick up in your office, [click here](#). For instructions on how to make a WHO recommended hand rub formulation, [click here](#).

Global Challenge Information Session

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Industrial Chemical Reforms

