



Work Health and Safety News

July 2019

We've got a bumper edition of the Safety newsletter this month with so much happening in July. The Workplace Wellbeing Survey closes soon and this is your last chance to participate and possibly win a prize! July also features National Diabetes Week - take 2 minutes to check your risk - and Plastic Free July. The Global Challenge has reached the half-way point, with three milestones in July. And just to make sure we don't all overdo it, we're running a Digital Detox to relax and recharge. You'll also find an update on SafeSys, some important safety reminders, a really useful set of links to SafeWork NSW videos and a reminder that the peak of flu season is coming up and you can still get vaccinated on campus at the Health Service.



Workplace Wellbeing Survey - Last Chance!

The first annual [Workplace Wellbeing Survey](#) will close soon. Don't miss this chance to participate and improve wellbeing at UNSW as well as claim a great prize!

Prizes include:

- 10 x 1-week YMCA gym trial passes
- 1 x 3-month YMCA membership (worth \$420)
- 1 x book, autographed by Michael Mosley
- 4 x double-walled keep cups sustainably made from rice husks
- 1 x

To [view the survey](#) click on the link below.

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UNSW's Trade Waste Contract

UNSW's Trade Waste Contract is a key document for all trade waste generators on campus. It outlines the requirements for the safe and legal disposal of trade waste. The contract is available on the UNSW website.

For more information, please contact the Environmental Health and Safety team.

period, all UNSW lab personnel are required to depart from the current waste disposal process and instead follow the below process:

1. Chemicals to be disposed of shall be poured into a container
2. A first and final rinse can be poured down the drain

If you have any questions please contact [Greg Kaplan](#) and [Russell Druce](#).

Plant and Equipment Safety

Improper use of plant and equipment is a frequent cause of injury. However, equipment related fatalities, amputation, crush, burn and fracture injuries can all be prevented.

To ensure your safety whilst operating plant and equipment it is important that you:

- Identify common hazards and machine parts that need safeguarding
- Remove the hazards and/or control the risk
- Ensure you keep a safe distance
- Ensure appropriate guards and barriers are in place
- Consider other issues such as:
 - o Noise
 - o Hazardous chemicals
 - o Airborne contaminations
 - o Hazardous manual tasks
 - o Clothing/hair entanglement
 - o Pinch points

Further information on machine safety including operator safety tips can be found on the [SafeWork NSW website](#).

Flu Vaccination Still Available

Although the annual staff flu clinic has finished, the Health Service on campus still has plenty of stock of the flu vaccine and are still providing free vaccinations to staff members. You may have to wait a bit longer than during the annual flu clinic depending on how busy the Health Service is with other sick or injured patients, but with the peak of flu season still ahead of us it is definitely worth taking the time to get vaccinated. Important information:

- You cannot book online - phone 9385 5425
- Please book an appointment with the nurses (not with a doctor)
- They will try to see you on the day you call
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Digital Detox

We love technology, but sometimes we all need to take some time away from technology to recharge our own batteries. This is the first in a two part Digital Detox Challenge. In Part one, we are asking staff to take the weekend off. From COB Friday 12 July until the morning of Monday 15 July - no sending work emails, no checking work emails. Have a whole weekend to yourself and see how you feel. [Email us](#)

UNSW Fitness and Aquatic Centre

Did you know that UNSW staff members are eligible to salary sacrifice their membership of the on-site UNSW Fitness and Aquatic Centre? The Centre is managed by the Y NSW and promotes healthy living not just for students but also for staff. UNSW staff membership exclusives include private group fitness sessions, a private training space for team building and group education seminars and workshops - in addition to the option to salary sacrifice your membership fees. UNSW staff members can receive full access to the Centre from as little as \$16.50 per week.

[Click here](#) to find out more.

Further information regarding responsibilities can be located in the [HS336 Responsibility, Authority and Accountability Procedure](#). For information about online training for supervisors, [click here](#).

Plastic Free July is here!

This July choose to refuse single-use plastics. UNSW is partnering with [Plastic Free July](#), joining a global movement that helps millions of people be part of the solution to reduce plastic pollution.

Action to reduce single-use plastics supports the [University's Environmental Sustainability Plan 2019-21](#), which commits to reducing general waste per student by 10% and to minimising waste, improving

SafeWork NSW Videos

In recent times, [SafeWork NSW](#) has developed a number of resources designed to promote safety in a number of areas. Some videos that may be of interest and/or worthy of discussion at team meetings or HSE Committee meetings include:

- [Hazardous manual tasks](#)
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