



Work Health and Safety News

November 2019

service! Read on below to find out more.

Go Home on Time Day - Wednesday 20 November 2018

Go Home on Time Day is on 20 November this year.

Whilst going home on time should be the norm rather than the exception, this is not the case for everyone. Working excessively long hours is detrimental to both physical and mental health. Additionally, fatigued workers are less productive and more likely to make mistakes and have accidents.

So, in the interests of safety, wellbeing and work-life balance, let's all make a special effort on Wednesday 20 November to finish work on time and go do something we enjoy!

Bushfires: Major Critical Incident Response

For the first time since new fire ratings were introduced in 2009, catastrophic fire danger was forecast for Sydney for Tuesday 12 November. For staff affected by these devastating fires and in need of psychological and emotional support, Benestar is available on 1300 360 364.

New Benestar Onsite Service

In 2019, UNSW renewed its contract with Benestar as our Employee Assistance Program provider. As part of the new contract, a Benestar counsellor will be available to staff for appointments at the Kensington campus for half a day every fortnight. This is in addition to the existing services which are available over the phone (1300 360 364), online, through the [Benestar app](#) and via face to face appointments at the Benestar offices.

The new service will run in Room G033 in The Quad, from 9am - 1pm every second Wednesday from 27 November onwards, continuing throughout 2020. Some of you may know this venue as the flu vaccine clinic room. (During the flu clinic, the counselling service will move to a different venue.)

Gabrielle McCorry will be our regular Benestar onsite counsellor. Appointments with Gabrielle can be booked by calling 1300 360 364 (bookings can be made from Friday 15 November onwards). It will also be possible to book in on the day for any appointments which remain free, by going to the room and putting a cross next to your

frequently or adequately. In fact those who do wash their hands on average do so for only around 10 seconds which at best will remove about 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.](#)

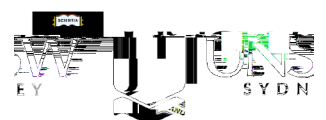
Medibank Massages and One -on-one Consultations

UNSW Wellbeing is arranging for Medibank to provide free 10-minute massages to UNSW staff members in November. We are also arranging for one-on-one consultations so staff can make an appointment to discuss their health insurance needs with a consultant.

Dates and other details are currently being locked in. [This page](#) will be updated when dates and booking links become available so be sure to keep an eye on it!

NSW Halving Exposure Limit to Silica

The NSW Government has announced plans to halve the exposure limit to silica from 12.7 mg/m³ to 6.35 mg/m³.



[Here](#) is an article relating to evidence that some nanomaterials are harmful.

While not endorsing any products in particular, nanoparticle safety containment cabinets are available on the market and the purchase and use of these should be considered as part of your risk management plan. See [here](#) for an example of a nano cabinet.

End of Year Parties

As we approach the festive season don't let your end of year party be spoilt by an incident. Familiarise yourself with the UNSW [HS825 Alcohol and Drugs Procedure](#) including the UNSW No Open Container Code. Also, the UNSW Code of Conduct sets out the principles for behaviour. Top tips for a fun (and safer) party: Set a definite start and end time, make sure that everyone has a safe way to get home, check the venue in advance for any obvious hazards, ensure there is plenty of substantial food and water available, have a designated person who can deal with any issues, don't give offensive secret Santa gifts.
