

October 2017

Throughout this month of October, we will be hosting a range of events for Health and Wellbeing Month, we hope that you can find the time to come along and improve your wellbeing, check out the article below for more information.

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## Health and Wellbeing Month

October is Mental Health Month in New South Wales. At UNSW it will be Health and Wellbeing Month and we are celebrating with a variety of events across the month. Special events include a visit from the Mobile Mood Lab, a Cider Vinegar Gut-Brain Connection Stall, the annual Wellbeing Celebration Lunch and a SafeWork NSW Seminar. We will have weekly Tai Chi and Mindfulness Meditation and there will be two challenges - Random Acts of Kindness and a Scavenger Hunt, with prizes! Several events require registration (and will book out quickly) so please visit our [Wellbeing website](#).

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## Nanomaterial Guideline

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1nm and 100nm, examples include zinc oxide, silver, carbon nanotubes. Nanomaterials are regulated under the Work Health and Safety Regulations 2017 as hazardous chemicals. Prior to working with nanomaterials at UNSW the hazards must be identified and appropriate control measures implemented. The guideline is accompanied with a risk control banding information sheet, to help with determining appropriate control measures.

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## R U OK? Day

We had a fantastic R U OK? Day, despite nearly been blown away by high winds! The Tai Chi, Gratitude Tree and 5-Minute Massages were all a big hit, with Lara (our masseuse) having a queue for her services for most of the day. SafeWork NSW gave away lots of prizes and our Lego competition proved popular with some lucky winners. The key message of R U OK? day, to maintain connections with friends, family and colleagues, is an important one to take home. We hope that many meaningful

conversations have and will continue to take place as a result of highlighting this message. Visit the R U OK? website for hints and tips on [how to ask R U OK?](#)

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## HSE Expectations Framework

[UNSW Expectations Framework](#) provides guidance on setting goals as part of the UNSW myCareer process, to ensure goals are relevant to the 2025 Strategy and provides an opportunity for employees to drive their own career development. This framework now includes [Health, Safety and Environment expectations](#). This sets out basic expectations for different types of employees such as a worker, supervisor/manager, Head of School. Examples of HSE behaviours include completing safety training, participating in a workplace inspection, review a risk management form, consult with staff.

appropriate). To access ChemAlert visit the [UNSW Health, Safety and Environment website](#).

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New campus security