

October 2016

October is [National Safe Work Month](#) and national [Mental Health Month](#). Workers are encouraged to save lives by having a conversation, sharing stories and raising awareness about work health and safety. See the article below for how UNSW will be supporting these initiatives.



Wellbeing and mental health

October is [Mental Health Month](#) and communities around NSW will be hosting events. UNSW is hosting safety and wellbeing [events](#) throughout the month. There are three weekly events, four special events and three challenges. Staff participating in these events will find themselves physically active, getting more sleep and even eating better, as well as developing important stress relief skills - all of which are important ways to maintain mental health. Please visit the [Safety and Wellbeing Month](#) webpage for more information and to register for events (some have limited spaces). For student activities see the [Student Wellbeing page](#).



UNSW drone operations

Piloting an Unmanned Aircraft System (UAS), or Remotely Piloted Aircraft (RPA), or drone, for UNSW purposes is seen as commercial activity by the Australian Civil Aviation Authority (CASA). As required, UNSW holds a Remotely Piloted Aircraft Operator's Certificate (ReOC). UNSW staff and students intending to use drones should visit the Research Ethics and Compliance (RECS) [drone operation webpage](#), or contact RECS on [insurance](#).



FDA and soap

The US Food and Drug Administration (FDA) recently banned some antibacterial handsoaps that contain the chemicals triclosan and triclocarban and this has raised concerns over products sold in Australia (refer to [news piece](#)). If you buy antibacterial liquid hand soap for your facility please ensure that you check for these ingredients and refrain from buying them.

Note that basic soap and water is as effective at cleaning your hands as any hand disinfectant and are appropriate for most of our research facilities.

Alcohol-based hand sanitisers have limited applications, plus you need to keep your hands on contact with the substance for 2 minutes. If your hands are wet, dirty or sticky it won't work.

Remember that your handwashing technique is more important than the cleaning agent you use, refer to our [handwashing poster](#).



Face fit test

A new protocol and form has been released for face fit testing. If you wear a respirator for your work it's important that you choose the correct one for the job and that it fits correctly. Respirators are not one-size-fits all and changes such as weight loss/gain, facial hair, substantial dental work can affect the fit. A face fit test is used to assess the adequacy of the respirator seal on the individual's face.

For more information refer to
