

Have you had the flu yet? No? Good! There's still time to get the vaccine before flu season really hits. May is also a month of mindfulness at UNSW and we have meditation with and without chocolate on offer! Also in this month's newsletter is another update on SafeSys, a new procedure for using drones and a handy reminder about storing your Schedule 8 & 9 drugs. Lastly, we're giving you a bit of a preview of our new



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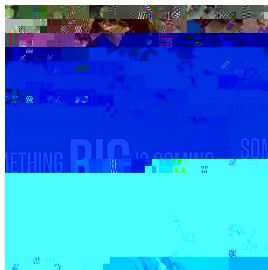
## **UNSW Staff Flu Clinics 2019**



## Schedule 8 & 9 Drugs: Storage and Record Keeping

Researchers are reminded that storage and record keeping of Schedule 8 & 9 drugs must comply with the [Poisons and Therapeutic Goods Regulation 2008](#). The [Research Ethics & Compliance Support website](#) provides further guidance to researchers on the process for obtaining an authority from NSW Health, maintaining a drug register and disposal requirements and more. In addition, researchers are also reminded that Pentobarbitone Sodium (ie. Lethabarb) must be stored and recorded in the same manner as a Schedule 8 drug as outlined in the Regulation. For further information, please visit the [website](#).

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## Global Challenge 2019

The Global Challenge commences in two weeks! We currently have 192 teams registered, which represents over 1300 staff members about to step out and join their colleagues on a 100-day health improvement journey.

May 22 is launch day and we will be undertaking launch day walks to the [Fred Hollows Reserve](#) and [Coogee Beach](#) at lunchtime for anyone who wants to join us. Walks will leave from the Library Lawn and the Michael Birt Lawn at 12pm. [Book here](#).

Once again, we will be providing t-shirts at the bargain price of \$5 for the Global Challenge. If you'd like to buy a t-shirt, please come to Committee Room 3 in The Chancellery between 12.30pm and 2pm on Wednesday 15 May.

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## Volunteering Program - Primary Ethics

Would you be willing to give up your lunch break once a week to help others? Did you know that people who volunteer are happier, healthier and sleep better than those who don't?

UNSW Wellbeing is launching a Workplace Volunteering Program this June with a new partnership with Primary Ethics - the sole provider of ethics classes in NSW public primary schools. Do you have what it takes to be an ethics teacher? No prior teaching experience is required as all training will be provided free as part of the program. An information session will be held in June for anyone interested in finding out more. [Book here](#) to attend and [visit our website](#) to find out more about the program.

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## Identifying and Managing H&S Risks

I did a risk assessment of the harm that could result from not doing a risk assessment and decided it wasn't worth it...

Did you know that UNSW expects all employees to identify and manage H&S risks?

Have you identified the hazards and risks related to your business unit's undertakings? [Click here](#) for further information.

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## **Lesson Learned**

Late last year, a notice went around the University that asbestos (Tremolite) had been found in some heat resistant gauze ceramic mats used in labs at UNSW. After seeing this notice, the School of Chemistry asked for their own (30-40 yr old) heat resistant wire mats to be tested for all potential asbestos including Tremolite. Their mats did not fall into the same category, but they consulted an expert nonetheless.

When he collected a sample for testing, the expert said that these mats were most likely fine and probably wouldn't contain asbestos. However, on testing the sample with a stereomicroscope, the expert found that the fibre cement sheet within the frame of the mat did indeed contain asbestos. Even the experts can be fooled on first glance. However, as everyone followed the correct procedure, the best outcome was achieved and dangerous substances were removed from use.

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