Gas safety

Gases are chemicals that can present a range of hazards. This may be due to the properties of the gas (such as flammable, toxic), the pressure it is supplied at (resulting in a large leak), how it is supplied (for example cylinders are very heavy). Here are some basic do and don'ts for gas safety, for more information see HS920 Gas and Regulator Safety Guideline.

- Do where possible reticulate gas rather than having cylinders in the lab.
- So only keep in-use cylinders in a lab and of the smallest size practicable.
- Do leave cylinder keys in the valve when in use to allow quick cut-off.
- Do carry out regular leak checks and have regulators on a regular maintenance schedule.
- Do restrain cylinders at 2/3 of the height.
- Do carry out an assessment to determine if gas sensors are needed in the area.
- Don't keep spare or empty cylinders in a lab.
- Don't use excessive force when opening a cylinder valve.
- Don't travel in an enclosed space with a cylinder (for example, a lift).

Move more sit less

Increasingly research has been pointing to concern for the health of sedentary workers. Sedentary behaviours are a known risk factor for cancer, heart disease, diabetes and premature death; thus coining of the phrase "sitting is the new smoking". The average Australian sits for more than nine hours a day. This leads to shoulder, neck and back problems. Below are some tips to move more sit less:

Global Challenge

When the Global Challenge (to achieve 10,000 steps per day for 100 days) opened on 24 May we had 153 teams and 1071 participants, more than double last year's numbers. See our UNSW Global Challenge page for regular updates. Our Launch Day walks were a big hit. Participants visited Coogee Beach, the Fred Hollows Reserve or Centennial Park at lunchtime as well as an early morning walk to work from Central Station. We'll be repeating the lunchtime walks every two weeks during the Challenge, register using this survey link to come along! Even if you are not doing the Challenge, you are still welcome to join in.

Mindful May

Our Mindful Month of May featured an extremely popular Chocolate Meditation on 23 May with over 700 staff registering to take part. Some even did it twice! We also held four mindfulness meditation sessions across the month with Laura Kampel from UNSW Counselling and Psychological Services (CAPS). These sessions were extremely popular and feedback from participants indicates that people really want more mindfulness! If you'd like to be on the mailing list for any future sessions please email Liza Poppert.

June Kindness Month

June is Kindness Month at UNSW and we are giving away prizes - three free 20-minute workplace massages! One each to the top 3 random acts of kindness performed this month. Email your storIes of kindness to Liza Poppert before 22 June and they will anonymously go up on the Health, Safety and Environment (HSE) website. We are also running a "Warm Up Your Morning" free hot tea stall for those who bring their own cup. Drop by the Library Walkway on the morning of Wednesday 21 June for a free cuppa, we might even still have some of those Wellbeivi Wi.n(a)13.3 eso17

reduce energy usage as well as our community engagement and environmental compliance initiatives. our continued experimentation with our campuses as living laboratories has helped boost our international standing and made of a happier and healthier university experience.