



Work Health and Safety News

June 2019

Looking out the window today it's hard to believe it was only a few newsletters ago that we were talking about heatwaves! Warm your heart this winter by joining our new Workplace Volunteering Program and get involved in teaching ethics to

Volunteering Program - Primary Ethics
Would you be willing to spend your lunch



Health Kiosk

In October 2018, we hosted the Medibank Health Kiosk as part of Health and Wellbeing Month. Now it's back for all of June! The Health Kiosk is about the size of a photo booth and is located near the lifts on Level 2 (the level you enter on from the Library Lawn). The Health Kiosk allows you to conduct a health self-check that takes about 5 minutes. You will find out your height, weight, BMI, body fat percentage, blood pressure and resting heart rate. You can have these details emailed or texted to you or receive a printout on the spot. Using the Health Kiosk is totally free and you can use it as many times as you like during June!

Global Challenge 2019

The Global Challenge is underway! We have 195 teams participating, which represents well over 1,300 staff members joining together to improve their health and wellbeing. Our collective step-count is currently sitting at 13,501 steps per day, which is impressive!

On Wednesday 12 June, the Nutrition module of the Global Challenge will open with a weight tracker, food calculator and great tips on healthy eating. Make sure you check it out!

Don't forget to enter your steps every day to see your progress and keep your team travelling together. For further information visit our [Global Challenge website](#).

Lesson Learned

A recent incident happened inside the compactor unit of the paper and cardboard recycling truck in February 2019 which resulted in a fire in the back of the truck. The cause is suspected to have been a foreign object discarded in the recycling bin which when compressed in the compactor ignited setting fire to the paper and cardboard. It took several minutes and the use of multiple fire extinguishers to control and extinguish the flames. As a result, the incident was reported to the Regulator and an investigation carried out to determine the cause.