

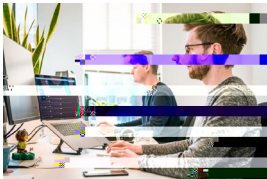


Safety Newsletter

As well as all this, we've got information on security sensitive materials, changes to the Hazard & Incident Reporting Procedure, and Safety Leadership Tours.

staff member intervened and asked the student to stop work. Their prompt actions prevented a potentially serious incident from happening. If you see something that you think is a hazard or an unsafe situation, report this as soon as possible.

If you are comfortable to raise your concerns with the person(s) involved this can often resolve the issue on the spot. If not, report the hazard or unsafe situation to your supervisor. You should also lodge a hazard or incident report in [WHS Monitor](#). For more advice about when and how to report a hazard or incident, you can contact your local HSE advisor or the [Safety team](#).



Mental Health is Everybody's Business

UNSW Health Promotions Unit and UNSW Wellbeing invite UNSW staff to the informative Black Dog Institute workshop for Mental Health March.

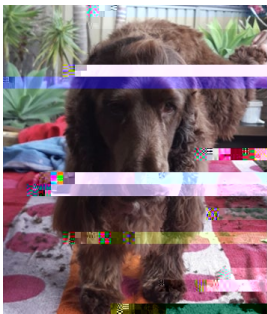
This introductory program lays the groundwork for building mental health literacy, reducing stigma and promoting help-seeking in the workplace.

The one-hour workshop is delivered online by a Black Dog Institute trained lived experience facilitator.

Date: Wednesday 16 March

Time: 12.30pm- 1.30pm

[Please click here to register.](#)



Deadly tick -borne disease confirmed in Queensland

With the current extreme wet weather, ticks are likely to be abundant.

Protect your dog by:

- x Ensuring your dog is on an effective tick prevention and control program
- x Avoid taking your dog into tick-infested areas, such as the bush and to shared dog areas
- x Regularly inspect your dog for ticks and carefully remove any

Talk to your vet immediately if you notice these signs in your dog:

- x Unusual tiredness or fatigue
- x Loss of appetite and weight loss
- x Enlarged glands
- x Cloudy or red eyes
- x Mucky eyes and nose
- x Pale gums
- x Swollen body or limbs
- x Bruising or bleeding under the skin

More information can be found in the [attached link](#).

Security Sensitive Materials

UNSW Safety Team is taking a closer look at the requirement by WHS legislation NSW around the storage and use of explosives, explosive precursor and ammonium nitrate. As a result, UNSW exceeds the storage capacity and will need to register for a security clearance licence. The central Safety team will be reaching out to all levels of the University on how we are going to manage the licence with the overall goal to reduce the storage and use of such chemicals.

Additional information:

[Guide for applying for a security clearance](#)

Security Clearance for handlt BMC 0.165 0.314eTc -0.002 Tw 9 0 q 248.(

Accidental Discharge of a Fire Extinguisher

At a known University, a contractor was transporting tools and a 9kg dry powder fire extinguisher in a wheelbarrow from the work area to their vehicle. The unsecured fire extinguisher fell from the wheelbarrow, discharging its contents as it struck the ground. Staff seated near the discharge attempted to remove themselves quickly from the area, resulting in one staff member falling and injuring their ankle. The contractor cleaned up the dry powder residue immediately.

Timely Reminders:

- x Include access and egress to the work site Risk Assessment
 - x Secure all equipment and materials prior to transport
 - x Consider whether the type and size of emergency equipment are fit for purpose
-

Bully -proof your child

Are you worried about protecting your child from being bullied? If your child was being bullied, would you know what to do? If you've experienced bullying as a child or an adult, then you know how frightening and life destroying it can be.

In this webinar, parenting expert Dr Rosina McAlpine shares how you can help your child to develop the skills they need to be bully-proof. Topics include:

- x What bullying is and isn't
- x The prevalence of bullying and its many harms
- x Why your child might not tell you they're being bullied
- x Practical approaches for parents to help their children overcome bullying
- x Empowering your child with life skills so they become "bully-proof"
- x Question and answer session

Parents and carers will come away with information and practical

Gut Microbiome affects your ability to increase muscle size with weight training.

Participation involves:

- X 12 weeks of free personal training in a private gym
- X 2 body composition scans before and 1 after the program
- X Small stool and blood samples on 4 occasions
- X A 50% chance of creatine supplementation

You may be eligible if you:

- X Are aged 18-50
- X +DYH D QRUPDO %RG\ 0DVV , QGH[”
- X Are currently NOT exercising
- X Did NOT take antibiotics or creatine supplement for at least 8 weeks
- X Have no illness or injury
- X Are not pregnant

If you are interested in participating or have any questions, please contact us at i.desai@unsw.edu.au

Hazard & Incident Reporting Procedure - HS307

The [Hazard and Incident Reporting Procedure - HS307](#) has recently been reviewed for currency and the updated version is now available on the Safety webpage and the Governance site.

The main changes to the Procedure include:

- X Reference to the new online hazard and incident reporting system - WHS Monitor - (Section 3)
 - X The addition of a Roles and Responsibilities section (Section 6); and
 - X Inclusion of Hazard and Incident Reporting flowchart - which simplifies the process (Appendix A)
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Mental Health First Aid for Staff

UNSW Sydney is

Safety Leadership Tours

To enable UNSW to focus on one of the core values in the UNSW Safety Roadmap - visible leadership - the naming of Spot Health Checks has transitioned to Safety Leadership Tours.

The accompanying forms (found on the Safety webpage)

[Safety Leadership Tour Form - Lab/Workshop - HS050](#)

[Safety Leadership Tour Form - Office - HS051](#)

and the tools located in WHS Monitor have been updated to reflect this change.

For existing Spot Health Checks that have been entered into WHS Monitor - the 'type' of inspection has been changed to Safety Leadership Tour.

Personal Electrical Appliance - Electrical Shock

Do you have a personal electric equipment/appliance?

A staff member touched an exposed damaged wire from a personal laptop charger that was being used in the workplace and received an electrical shock. The staff member was treated on site and transported to hospital for further treatment. The staff member was treated for electrical shock and received a medical certificate for 7 days. The staff member was treated for electrical shock and received a medical certificate for 7 days.