



Work Health and Safety News

July 2021

It's been a while since our last newsletter and much has changed. We begin this July edition with a huge thank you to Adam and Alecia, who both left us at the beginning of July after an astonishing 50+ years of service between them. Thank you both!

WHS Monitor is now live after a monumental effort on the part of the Project Team and the entire Safety team. See the article for how to access WHS Monitor and arrange training.

win a prize!

A thank you to Adam and Alecia

The Safety and Workers Comp teams wish to thank Adam Janssen and Alecia Ford for their years of service to UNSW.

Adam and Alecia have taken voluntary redundancies and left UNSW on 1

Alecia, you took the

For further details, [see the Alert](#).

See also [HS328 BSC Guide](#)

Environmental Sustainability Survey

Estate Management are running a survey about environmental sustainability and UNSW's own targets and initiatives. The results will be used to evaluate the success of the current

Ensure your workstation is setup correctly.
Complete [HS114 Workstation Checklist](#) - sometimes minor changes or adjustments can make a significant difference.



Desk-Based Stretching

Do you sit in a chair for most of the day?

UNSW Wellbeing has arranged a series of desk-based stretching classes to run online each Monday and Wednesday afternoon for the next five weeks.

In these classes, you will learn a series of simple stretches that you can perform at your desk, no equipment necessary. The class will break up the routine of sitting in the same position for hours on end and help to stretch your aching muscles and move your joints.

Equipment required - none!

The classes will take place online on the following dates:

- [Wednesday 28 July](#)
- [Monday 2 August](#)
- [Wednesday 4 August](#)
- [Monday 9 August](#)
- [Wednesday 11 August](#)
- [Monday 16 August](#)
- [Wednesday 18 August](#)
- [Monday 23 August](#)
- [Wednesday 25 August](#)

All classes are from 2.30pm-3pm.

To register, click the dates in the list above or visit the Wellbeing website [Events page](#).



Safe Work Australia - Grant Opportunity

Are you a researcher interested in psychological health risks in the workplace?

Safe Work Australia has released a grant opportunity to fund high-quality research projects into interventions to manage work related psychological hazards, to answer important questions like:

- What strategies work best to manage psychological risks in the workplace?
- Are current approaches to managing psychosocial hazards effective?
- What barriers do employers face in implementing best-practice interventions, and how can these be overcome?

See [GrantConnect](#) for information.

Family Wellbeing Program

Managing work and family can be challenging and stressful, especially during a lockdown! To help support our parents and families, UNSW Wellbeing has arranged for a six-month Family Wellbeing Program to be available to all staff members through Benestar.

Each month, a live 30-minute webinar will provide practical solutions to enable you to embed sustainable wellbeing practices into family life. For each webinar, you can choose to either attend live where you can ask questions, or access the replay in the Resource Centre after the live session.

Upcoming sessions:

- 19 August - Family Wellbeing: Nutrition, exercise and sleep
- 16 September - Managing Screen Time: Simple strategies for the whole family
- 14 October - Nurturing Family Positivity: Supporting mental health at home
- 18 November - Building Resilience: Navigating life's ups and downs
- 9 December - Family Wellbeing: Nutrition, exercise and sleep

control measures to minimise the risk of chemical exposure to UNSW staff and students.

SafeWork NSW Top 10 Hazardous Chemicals in NSW

[Acrylamide](#)

[Benzene](#)

[Carbon Monoxide](#)

[Chromium \(VI\)](#)

[Crystalline Silica](#)

[Dichloromethane](#)

[Formaldehyde](#)

[Isocyanates](#)

[Methy bromide](#)

[Xylene](#)

For more information, please visit the SafeWork NSW [Hazardous Chemicals webpage](#).

Formaldehyde - a Priority Chemical