

Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service



March 2024

Kia ora Koutou

2024 is just flying by 🏹 and already we are well into March! While we continue working, it is crucial to keep our focus on maintaining a safe and healthy workplace environment. Our collective commitment to safety not only ensures the well-being of each of us but also contributes to the overall success and productivity of the University.

In this issue topics include:

- Hydration, Nutrition and Sleep
- Flu Vaccinations
- Fire Evacuation Exercise
- ACC Workplace Injury Prevention Grant
- HSW Upcoming Courses
- Dates This Month
- Closure of the Asbestos Exposure Register
- Microbreaks



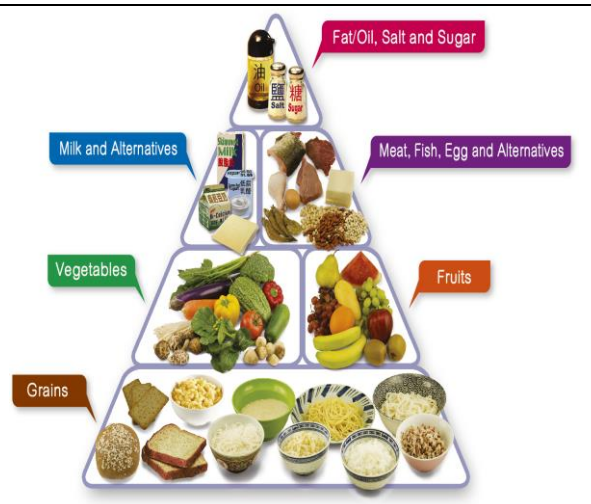
Angus Clark
Associate Director – Health, Safety, and Wellbeing

Hydration, Nutrition and Sleep

Food and water are your body's fuel. Look after your body with the best fuel available, and you will be on your way to beating fatigue.

A lack of water is one of the main causes of tiredness and low energy levels. Aim to drink 1.5 litres of water per day.

For nutrition combine carbohydrates and protein and avoid sugar and fat as these will make you hungrier.



😴 Good sleep improves your brain performance, mood and health to help you do well and feel better.

Influenza Vaccinations 2024

Our flu vaccination initiative is being rolled out in various locations across campus over late April and May. The flu is a respiratory illness caused by influenza viruses that infect the nose, throat and sometimes the lungs. The best way to prevent flu is by getting a flu vaccine each year.

This year we are maximising your opportunity to come into a pop-up vaccination clinic that is close to you. This is **FREE** for students and staff – so please remind your colleagues.

City

201	Tuesday Thursday	30 April 2 May	9am-1pm 1pm-4pm	Staff & Students Staff & Students
260	Wednesday Thursday	16 April 17 April	10am-2pm 10am-2pm	Staff & Students Staff & Students
402	Wednesday	8 May	10am-2pm	Staff & Students

Grafton

507	Thursday	18 April	9am-4pm	Staff Only
	Friday	19 April	9am-4pm	Staff Only
	Monday	22 April	9am-4pm	Students Only
	Tuesday	23 April	9am-4pm	Students Only
	Wednesday	24 April	9am-4pm	Students Only

Newmarket

903	Wednesday	1 May	10am-2pm	Staff & Students
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Tai Tonga

6 Osterley Way, Manukau	Thursday	9 May	12pm-1pm	Staff & Students
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Fire Evacuation Exercise

As most of you will be aware, the University of Auckland has a legal obligation to run fire evacuation procedures twice every year. In doing this we aim to evacuate a very busy campus and ensure that the drills look realistic. These drills are

structured to familiarise everyone with the necessary steps to take when a fire emergency takes place with the main goal to promote quick, orderly and safe evacuation of everyone while avoiding the risk of injuries.

Observations by Dave Lewis (HSW Manager)

Overall, all drills went well, although as per the previous semester, the time taken for occupants to evacuate their buildings is increasing. Please remind everyone to leave their building immediately when the alarm sounds. Delays could result in the loss of life in a real fire event.

A few other points to note were:

Warden Availability: Several areas and buildings did not have wardens available to respond to the alarms and meet the fire service. Managers are reminded that they must ensure that area and building wardens are always available whenever their premises are operational.

Refusal to leave the building: On more than one occasion staff members refused to leave their buildings. These specific issues have been escalated further.

Congregating outside building entrances: Please remember that entrances/exits must be kept clear to allow everyone to safely leave the building and for Fire & Emergency to enter the premises.

Staff staying in the building on phone calls: On several occasions, staff were observed remaining inside the building using the phone. Again, everyone is reminded to immediately leave the building when the alarm sounds.

Training and Resources

Area and building warden action cards and evacuation checklists are available to be downloaded and personalised for each area/building; you can find these [here](#). These detail the actions to be taken by staff who may undertake the role of a warden and are designed to act as an aid memoir and not a replacement for training.



The University provides [Fire Safety and Warden Training](#), which is a session to equip staff with the knowledge of general fire safety measures as well as how to respond to a fire and act as the area or building warden.

ACC Workplace Injury Prevention Grant

ACC's fifth and final round of injury prevention grant applications for good work design initiatives opens on 4 March. \$22 million is being invested to help create safer workplaces by partnering with businesses and industry groups. The focus is on improving health and safety in the manufacturing sector. ACC is looking for

initiatives that can eliminate or significantly reduce hazards and lower injuries through good work design approaches or the adoption of effective technology and/or engineered solutions.

Courses

The following HSW courses are currently available for enrolment:

[Risk Assessment](#)

[Health and Safety - Role of a Leader and Manager](#)

[Comprehensive First Aid Course \(with Online Pre-Learning\)](#)

[First Aid Refresher](#)

[Health and Safety Representative Training - Stage 1](#)

[Health and Safety Representative Training - Stage 2](#)

[Incident Management and Investigation course](#)

[Moving & Handling](#)

[Chemical Safety Management in Laboratories](#)

***POPULAR* Mental Health 101**

This course gives people the confidence to recognise, relate and respond to people experiencing mental health challenges. Reducing stigma and discrimination toward people with mental health challenges.

Topics covered in this course include stress and wellbeing, mental health challenges, suicide, trauma, supportive language, and perspective, building a connection, sharing your concerns, when to get help and local support.

Find a date and time for MH101 [here](#)

Dates This Month

National Women's Day Friday 8 March

Good Friday 29 March

Neurodiversity Week 18-24 March

Closure of the Asbestos Exposure Register

From 6 December 2023 WorkSafe will no longer accept new registrations to the asbestos exposure register. This was a self-reporting database where workers notified if they thought they may have been exposed to asbestos-containing material. We will continue to hold the information currently on the register securely and are working on a solution for how this information will be managed in the future. Information in the register is only accessible by the WorkSafe registrar and the client/person on the register. If you have queries about your personal information in the register, please email AERRegistrar@worksafe.govt.nz.



Microbreaks

Taking breaks is one of the easiest ways to remain focused and productive. Microbreaks are short breaks, typically lasting 3-5 minutes, that are taken during work or study. These short breaks can help you to clear your head and come back to your tasks with renewed enthusiasm. Microbreaks help increase performance, including increased productivity, accuracy, and creativity. There's no universal formula on how long the perfect micro break should be, or how

often you should take them, so it's up to you to discover what works best for you. Following best practice for computer work, you could try taking a short break once per hour to do something else or try 2-3 minutes a couple of times an hour. Play around with it and find out what works for you.

HSW Community of Interest Group

To express your interest or join the HSW Community of Interest (CoI) group please email the Health, Safety and Wellbeing Team via hswteam@team.auckland.ac.nz

Do you have a safety success story that you would like to share? We would love to hear about it and celebrate your milestones!

Thank you for taking the time to read your HSW Newsletter

