

HEALTH, SAFETY AND WELLBEING E-UPDATE



FREE Flu vaccinations available to UoA Staff and Students

The leaves are falling along Symonds St and we are underway to deliver influenza (flu) vaccines across the university. The flu can be a serious illness and at least can disrupt plans for a seamless semester of study (and good times!).

Our aim has been to remove barriers to vaccination by maximising the opportunity to walk in to a number of pop up vaccination clinics close to you. It is FREE for students and staff – so remind your colleagues, committee members, meeting attendees, lecture theatres and people sharing the lift to come along.

Epsom Campus

Monday 8 May 10-1pm

Newmarket Campus

Tuesday 9 May 11-2pm

Tai Tonga Campus

Wednesday 10 May, 11-2pm

Tai Tokerau Campus

We are delighted to have partnered with Kensington Pharmacy (4 Kensington Ave, Whangarei 0112) to offer UoA students and staff the opportunity to walk into

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Kensington Pharmacy, present your staff ID or Campus Card and receive a FREE influenza vaccine. No booking required.

The partnership with Kensington Pharmacy will increase the availability of influenza vaccines to all our colleagues and students in Northland.

PLUS – Campus Pharmacy is vaccinating for Flu and COVID boosters from their campus dispensary, simply walk in with your Campus Card or Staff ID

Watch your step!

As we move into Autumn and more of us are on Campus, slips and trips reports have traditionally increased.

This year is no different.



Please be careful and report any incidents and observations of slipping and tripping hazards. We all have a responsibility to prevent harmful slips and trips. This is no different from our responsibility to follow good practice in the prevention of any harm. You can play your part in working with us - mainly by good 'housekeeping' but also by considering slips and trips in any workplace risk assessments.

Here is a link to our guidance on [Slips and trips at the University of Auckland](#).

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First Aid Kits

There are a variety of sizes, shapes and ages of First Aid Kits around the university. Look around, where the closest first aid kit to you? Open it up and see what's inside ... looks a little bare?

If you need a new First Aid kit this is what one the HSW Team recommends:

- Wound Dressings (large and medium)
- Triangular Bandage
- Eye Pad
- Finger Dressing
- Plasters
- Gloves
- Tape
- Cleansing Wipes
- Burn Dressing
- Resuscitation Face Shield
- Saline Wash Pods
- Shears
- Foil Blanket
- Conforming Blanket



And we have made it simple to top up supplies with links to university approved suppliers [First aid kits and defibrillators - The University of Auckland](#)

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Weekly Injury Monitoring

If you are a manager or supervisor you are required to maintain **weekly** contact with injured employees during their absence and ongoing rehabilitation.

It has been demonstrated that maintaining frequent contact assists with motivation, sets out clear expectations and addresses perceived concerns or anxieties. A phone call, face to face catch up or a TEAMS meeting are preferred for both parties to connect and understand the nature of the injury and steps towards returning to work.

To help we have put together a clear and simple form to follow and it's super easy to submit.

This form MUST be completed weekly.

Find the Weekly Monitoring Form at the bottom of this page: [Rehabilitation - The University of Auckland](#)

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Fire Evacuation Training

It was great to see a room full of people at University House, 19 A Princes St the other week to sharpen their fire evacuation skills. This training communicated clearly (through Dave’s Welsh accent!) that we can all put on the building or floor warden jacket on in the event of an evacuation.

Everyone should feel empowered and confident to take on the role and look after all people to get out of the building safely.



Flexible working arrangements mean that building and fire wardens may not be on campus when an evacuation siren sounds. Fire Warden Action Cards, Building Warden checklists are available here: [Area and Building Wardens - The University of Auckland](#)

Get going! – update, customise and laminate the cards and be ready.

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What are we discussing in the HSW team?

TVNZ's Sunday showed a 60 minutes story about silicosis [The renovation dream killing Australia's young tradies \(nine.com.au\)](#) earlier this month, the story shone a light on the dangers of dust particles in construction.

Silicosis is a chronic lung disease caused by breathing in too much crystalline silica dust ([Silicosis | Health Navigator NZ](#)). Silica dust can be found in sand, stone, concrete and mortar and can be found in kitchen bench tops, bricks, tiles and some plastics. It is the fine dust, which is created when these products are grinded, cut and sanded. This dust can lodge itself into lungs and create damage, some silica dust is so fine that it is not visible.

What is WorkSafe's position and advice? [Silica dust in the workplace | WorkSafe](#)

In Australia there are calls for engineered stone to be banned. There is growing political pressure in New Zealand to ban it here too.

Interesting perspectives include:

- [Curtin University study calls for stone benchtop ban as silica dust causes lung cancer \(smh.com.au\)](#).
- [Death by dust: New Zealand may be on the cusp of a silicosis epidemic | Stuff.co.nz](#)

We are watching this topic with interest.

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HSW Training coming up

- [Risk Assessment](#) 18 May (morning session)
- [Health and Safety: Role of a Leader and Manager](#) 7 June (90 mins)
- [Fire Safety and Warden Training](#) Pick a time and location! (90 minutes)
 - B902.402 Eng faculty (Newmarket) Thu, 15 Jun 2023, 10:00 - 11:30
 - B260.321 OGGB Mon, 17 Jul 2023, 10:00 - 11:30
 - B405-222 Eng faculty (City) Thu, 24 Aug 2023, 10:00 - 11:30
 - B405-222 Eng faculty (City) Wed, 20 Sept 2023, 10:00 - 11:30
 - B902.402 Eng faculty (Newmarket) Thu, 19 Oct 2023, 10:00 - 11:30
 - B260.325 OGGB Mon, 13 Nov 2023, 10:00 - 11:30
- [Comprehensive First Aid Course \(with Online Pre-Learning\)](#) 17 May (1 day)
- [First Aid Refresher](#) 16 May (1 day)
- [Health and Safety Representative Training: Stage 1](#) 2 May (2 days)
- [Health and Safety Representative Training: Stage 2](#) 16 May (2 days)
- [Mental Health 101 \(MH101\)](#) 28 June (1 day)
- [Chemical Safety Management in Laboratories](#) 24 May (3 Hours)
- [DLP Containment Workshop](#) 22 June (3 hours)

Online Courses

- [Creating Health and Safety Awareness](#) 20 minutes
- [Health and Safety Awareness for Triage Co-ordinators](#) 15 minutes
- [Health and Safety Awareness for Line Managers / Academic Leaders](#) 20 minutes