

Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service



March 2025

Kia ora Koutou,

As we welcome our students back to campus, we are excited to see the energy and enthusiasm that fills our university. With the campus bustling with activity, it's important to stay mindful of our surroundings and prioritise safety.

This newsletter aims to provide you with essential tips and updates to foster a safe and healthy environment for everyone. Let's make this busy time successful and enjoyable for everyone!

Stay safe and take care!





In this issue we look at:

- Emergency response preparedness
- UoA Alert App
- Flu Vaccinations
- HSW Rep Community of Interest Group (CoI)
- EAP: Health and Wellbeing Calendar
- Vice Chancellor Award Congratulations
- WorkSafe: Charges over schoolboy's caving death
- Mental Health 101 – In person Workshop
- UoA Staff Shine at Round the Bays Event
- Whakatauki

Angus Clark
Associate Director – HSW

Emergency Response Preparedness

Are You Prepared for the New Year?

 <p>First aid</p> <p>First Aid</p>	<p>Do you, staff and students have access to a first aider at all times? To find out more about first aid and medical and first aid emergencies, follow this link</p>
 <p>AEDs</p>	<p>Do you know the location of your nearest Automated External Defibrillator (AED)? Is it working and is someone responsible for checking it on a regular basis? To find out more about AEDs, follow this link</p>
 <p>Evacuation</p>	<p>Are you, staff and students prepared and able to evacuate if necessary? Do you know the location of all of the evacuation routes and exits from all of the buildings you work in? Do you know the location of the assembly point(s)? Are people with restricted mobility able to safely leave your building in an emergency? (You cannot leave someone in a building which requires evacuation and expect Fire & Emergency NZ to rescue them) To find out more about evacuation, follow this link To find out more about assisting people who may require additional assistance in an evacuation, follow this link</p>
 <p>Fire Safety</p>	<p>Do you, staff and students: Know the location of your fire alarm call points? Know what actions to take if you discover a fire? Know what actions to take if you discover a fire Do you have a sufficient number of fire and building wardens to ensure that at least one is always available at all times? To find out more about fire safety, follow this link To book onto Fire Safety and Warden training, follow this link</p>



Risk Assessment

One of the ways to evaluate your emergency preparedness is to undertake risk assessments.

An assessment helps you focus on the risks that really matter in your workplace or during activities. Some risks have the potential to cause real harm to people and their wellbeing, or damage to property and equipment.

To find out more about risk assessments and to book onto a workshop, [follow this link](#)

UoA Alert App

The UoA Alert App is the official emergency and safety app of the University of Auckland. The app will send you important safety alerts and provide instant access to campus safety resources, information and other useful links.

UoA Alert features include:

- **Safety Notifications:** Receive instant notifications and instructions from University of Auckland when on-campus emergencies occur.
- **Emergency Contacts:** Contact the correct services for the University of Auckland campuses in case of an emergency or a non-emergency situation.
- **Safety Links:** Enhance your safety with the set of tools provided in one convenient app.
- **Damstra:** Report injuries, incidents or concerns
- **Campus Maps:** Navigate around the University of Auckland campus areas.
- **Emergency Plans:** Access campus emergency documentation that can prepare you for disasters or emergencies. This information can be accessed even when users aren't connected to Wi-Fi or cellular data.



Guides to download the UoA Alert App can be found on this [page](#)



EAP: Health and Wellbeing Hub and Calendar

You might already be aware that EAP Services are part of the wider Habit Health Group. As all UoA staff are eligible to use EAP, you are also now able to access Habit Health's Wellbeing Hub: [Sign Up | Habit Health Wellbeing Hub](#)

EAP are also organising a series of free wellbeing-related webinars throughout the year. Further details are below.



eapservices

Focus on Wellbeing in 2025

Keep an eye out for our newsletters, free webinars and e-learning modules to enhance the health and wellbeing of your team.



<p>February Finances</p> <p>Take charge of your financial wellbeing. Build financial confidence with our habithealth+ app.</p> 	<p>March Neurodiversity</p> <p>Embrace the power of different thinking. Create spaces where every mind can thrive with our webinar.</p> 	<p>April Fatigue</p> <p>Protect yourself and your team by managing fatigue. Improve your sleep with the habithealth+ app.</p> 
<p>May Pink Shirt Day</p> <p>Are you an upstander or a bystander? Stand up to bullying and take action with our e-learning module.</p> 	<p>June Diversity & Inclusion</p> <p>Celebrate diversity, unity and new beginnings this Matariki. Embrace diversity and inclusion with our webinar.</p> 	<p>July Connection</p> <p>Strong relationships are the cornerstone of mental health. Encourage connection with others through our e-learning module.</p> 
<p>August Women's Health Awareness</p> <p>Learn about women's health at every stage of life. Check your health with our self-check Warrant of Fitness.</p> 	<p>September Mental Health Awareness Week</p> <p>Focus on your wellbeing at home and in the workplace. Join in daily Mental Health Awareness Week activities.</p> 	<p>October Food & Mood</p> <p>What you eat fuels how you feel. Improve your nutrition with our e-learning module and habithealth+ app.</p> 
<p>November Men's Health Awareness</p> <p>Encourage men to prioritise their mental and physical wellbeing. Learn more with a webinar and self-check Warrant of Fitness.</p> 	<p>December Seasonal Challenges</p> <p>Navigate seasonal challenges and minimise stress. Prioritise your wellbeing with our e-learning module.</p> 	<p>Prioritise your wellbeing with habithealth+</p>  <p>Download from the app store today.</p> 

(eapservices)

Vice Chancellor Award Congratulations



Congratulations to **Erica Zarate** and **Francesca Casu** on their Vice Chancellor's Award for living our Values and Te Ao Māori Principles in Health and Safety.

Francesca (pictured centre) is the HSW Hazards and Containment Manager and Erica (pictured left) is the HSW Biological Safety Adviser for the University.

When faced with a challenging audit, Francesca and Erica protected the laboratory teams from undue criticism and workload by securing lasting changes in regulatory approach, whilst demonstrating excellent risk management practices. Their leadership secured the continuation of biological research at the University.



Congratulations also to **Paul Caiger** who won the award in the HSW Category:

Paul has completely redeveloped the University's diving program and provided a clear pathway for staff and student researchers alike to become occupational scientific divers. Through his excellence and leadership, marine research under the sea can carry on at pace within the university, while upholding stringent health and safety requirements.

WorkSafe: charges over schoolboy's caving

On 6 May 2024 WorkSafe has charged the Whangārei Boys High School Board for health and safety failures related to the death of a student a year ago.

15-year-old Karnin Petera died on a school trip to Abbey Caves on 9 May 2023.

"We acknowledge the profound impact of this tragedy on whānau, friends, and the wider community. A year on, our sympathy and thoughts are with all of those who knew and loved Karnin," says WorkSafe's Head of Inspectorate, Rob Pope.

An extensive WorkSafe investigation has now pieced together the circumstances of this sad tragedy, and charges have been filed in the Whangārei District Court.

"We encourage school boards of trustees across the country to reflect on their own systems and processes to ensure they are meeting legal requirements for education outside the classroom. Students should be able to participate safely, and parents must have confidence their rangatahi will be kept safe," says Rob Pope.

On 27 September 2024 WorkSafe reported that they had uncovered multiple failures that contributed to a teenager's death on a school caving trip in Northland last year.

Sixteen other students on the trip and their two supervisors were lucky to survive.

A full day before the group ventured in, MetService had issued an orange weather warning forecasting heavy rain. The school's own risk assessment for the caving trip noted it would be cancelled in the event of heavy rain warnings. However, WorkSafe found there was no shared understanding among organisers and decision-makers of exactly what heavy rain meant, or when trips would be cancelled.

Overall, the school Board had ineffective oversight of high-risk activities and critical decisions, and its emergency planning failed to identify the risk of rising water trapping students while caving. The Board fully cooperated with WorkSafe throughout the entire investigation.

"Outdoor education plays a crucial role in providing students with valuable, real-world learning experiences that enhance their overall education. However, there must be gold standard risk management whenever schools take rangatahi into the great outdoors.

This drowning should be a moment for every school board in the country to ensure its oversight of outdoor education is robust – and if you're at all unsure, get an expert involved," says Rob Pope.

Education outside the classroom (EOTC) safety management systems should be regularly reviewed by school boards.

Schools must manage their risks under the Health and Safety at Work Act 2015. WorkSafe is proactively engaging with the Ministry of Education, Education Review Office, and Education Outdoors NZ to raise awareness of the issues and drive improvements across the sector.

To read the full articles refer to [charges laid](#) and the [prosecution and sentencing](#) on the WorkSafe website.

(worksafe.govt.nz)

MH101 – A full day workshop

MH101 workshops gives people the confidence to recognise, relate and respond to others experiencing mental health challenges, and reduce stigma and discrimination toward people with mental health challenges.

Topics covered in MH101 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.



UoA Staff Shine at Round the Bays Event



On Sunday, March 2nd, several enthusiastic staff members from the University of Auckland (UoA) participated in the annual Round the Bays event, an 8.4km walk/run that brought together part of our community for a day of fitness and fun.

The event was made even more special by the wonderful surprise awaiting the participants at the finish line. Volunteer students and teachers from the **UoA Department of Exercise Sciences Physiotherapy Team** were on hand to offer much-needed massages to the weary but triumphant staff members.

This thoughtful gesture was met with immense gratitude and appreciation from all who took part.

This initiative idyllically showcased the spirit of University of Auckland Citizenship, highlighting the supportive and caring community within the university. The staff who participated were overjoyed and wanted to extend a heartfelt thanks to the Physiotherapy Department for their incredible efforts and dedication.

**Thank you so much,
UoA Physiotherapy Department,
you are all stars!**



Whakatauki

**Hei te tau hou, me
whakapakari tō tinana,
kia pai ai tō oranga**

*In the new year,
strengthen your body, to
enhance your well-being*

(Te Rau Ora)

Thank you for taking the time to read your HSW newsletter.