

# Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service

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April 2025

Kia ora Koutou,

Everyone has been working really hard and deserves some time off. April is here, and with it, the mid-semester break and Easter are fast approaching. This is the perfect time to take a well-deserved break, recharge, and prepare for the rest of Semester One. Let's make the most of this opportunity to relax and come back refreshed and ready to tackle the challenges ahead.

In this issue we look at:

- Why Include Risk Management into Plans and Projects
- If you see something, say something
- Flu Vaccinations
- Dates in April
- Snack On Exercise: Boost Your Health In Just Four Minutes A Day
- Firefighting training in the quad
- Whakatauki

Angus Clark  
Associate Director – HSW

## Why Include Risk Management into Plans and Projects

Responsiveness is essential for any business' health and safety procedures, but preventative measures are equally as important.

Under the Health and Safety at Work Act 2015 (HSWA 2015), businesses have a responsibility to;

- (a) to eliminate risks to health and safety, so far as is reasonably practicable; and
- (b) if it is not reasonably practicable to eliminate risks to health and safety, to minimise those risks so far as is reasonably practicable.

## Understanding Risk Management in the Workplace

Workplace health and safety risks arise when people are exposed to hazards. Effectively managing these risks is essential to preventing serious incidents and ensuring a safe environment for your staff and business.

However, risk management goes beyond simply identifying hazards. It is an ongoing process that involves:

- ✓ **Identifying and understanding potential risks**
- ✓ **Assessing risks carefully** to determine their likelihood and impact
- ✓ **Implementing appropriate controls** to manage and mitigate risks
- ✓ **Reviewing the effectiveness** of controls to ensure they remain effective

Start by focusing on your **critical risks**—those with the highest potential for harm—before addressing less severe risks.

**Engaging staff, academic, technical and students throughout the risk management process is also vital.**



Regularly reviewing work and project activities helps identify **new and emerging risks**. Proactively managing these risks not only safeguards people but also strengthens your situation by preventing disruptions and uncovering opportunities for improvement.

For further guidance UOA Risk Management Standard may be obtained from [here](#).

Risk Management Training is available to book using [HONO](#)

Speak with your HSW Manager for Faculty Specific Risk Management Training.



If you see something, say something

# SAFETY OBSERVATIONS

See   Say 

something something

Reporting **OBSERVATIONS** helps keep everyone safe. Your observations, both positive and negative, are vital for improving organisational safety.

Positive observations show what's working well and can inspire others. Negative observations help identify hazards before accidents happen.

By reporting safety observations, we can help:

- Prevent accidents and injuries
- Improve safety procedures
- Build a strong safety culture

Let's all work together to create a safe and healthy environment.



<https://auckland.ac.nz/hsw-report>

## Damstra



[Report Observations, Incidents-No Injury and Injuries](#)

## HSW Rep Community of Interest Group (CoI)

The University of Auckland Health and Safety Rep Community of Interest Group currently has over 100 members. It's members and the committee represent everyone at the University, bringing a level playing field of representation from across the University into the Senior Leadership Health, Safety and Wellbeing Committee meetings.



The next meeting will held in June, date to be confirmed.

Request to join the HSW Rep Community of Interest Group via [hsw@auckland.ac.nz](mailto:hsw@auckland.ac.nz)

## Your HSW team

Should you need to contact the University of Auckland's Health, Safety and Wellbeing Team your contacts can be found [here](#)

## Influenza Vaccinations 2025

Our flu vaccination initiative is being rolled out in various locations across our campuses in 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	Wednesday	7 May	9am-1pm	Staff & Students
	Thursday	8 May	1pm-4pm	Staff & Students
260	Wednesday	30 April	10am-2pm	Staff & Students
	Thursday	1 May	9am-1pm	Staff & Students
402	Wednesday	6 May	10am-2pm	Staff & Students

### Grafton

507	Wednesday	2 April	9am-4pm	Staff Only
	Thursday	3 April	9am-4pm	Staff Only
	Monday	7 April	9am-4pm	Students Only
	Tuesday	8 April	9am-4pm	Students Only
	Wednesday	9 April	9am-4pm	Staff & Students

### Newmarket

903	Tuesday	29 April	10am-2pm	Staff & Students
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### Tai Tonga

6 Osterley Way, Manukau	Thursday	12 May	12pm-1pm	Staff & Students
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Find a location and make a booking [here](#) or simply drop into any of our locations with your Staff or Student ID.

## Dates in April

- International Day of Sports for Development and Peace 6 April
- Daylight Savings 6 April
- World Health Day 7 April
- World Earth Day 22 April
- **Mid-semester Break 14 April – 25 April**
- World Day for Safety and Health at Work 28 April
- **Anzac Day 25 April**



## Snack On Exercise: Boost Your Health In Just Four Minutes A Day

How would it feel to wake up every morning with fantastic energy and vitality? Picture being the most positive, vibrant version of yourself every day.

We all know that exercise is essential for great health but with never-ending to-do lists it can easily end up in the 'too hard' basket. While working in wellbeing for the last 20 years, people have repeatedly told me the biggest reason they don't exercise is a lack of time. But what if you could overcome the time barrier?

Snacking on four minutes of exercise a day can help keep you healthy, happy and strong for life. You wouldn't go for days or weeks without brushing your teeth, right?

Contrary to popular belief, you don't have to slog it out for hours a week. By fitting short sharp bursts of movement into your day that lift your heart rate and/or strengthen your muscles, you can boost your metabolism, increase your fitness and improve your wellbeing.

### Why snack on exercise?

**1. It works:** Research shows that shorter, higher-intensity bursts of exercise can be much more effective at increasing fitness, improving strength and promoting fat loss than longer steady exercise.

**2. It combats the negatives of sitting:** It's the hours of continuous sitting that you need to avoid. Instead, break your day up with 'exercise snacks'. I recommend setting a countdown timer for 25-minute blocks of focused work, and doing a quick dance party, a deskercise routine or a lap of the building each time your timer goes off.

**3. It changes your brain:** Your physiology constantly affects your psychology and active bodies create smarter, happier brains. A short movement break creates a hormonal response, causing the pituitary gland to release neurotransmitters such as serotonin and dopamine, which boost your mood, improve memory and retention, increase accuracy, make you more creative, better at problem solving and more productive overall.

**4. It is doable:** When you think of exercise as something you've got to schedule, go somewhere specific and get changed for, it can create a huge barrier, one that often results in no activity. The goal of the snack on exercise movement is to make exercise an integral and uplifting part of your day.

You can get some ideas to get you started and read the whole article [here](#).

(Lauren Parsons for Good Magazine 2025)





## Firefighting training in the quad



The University of Auckland recently hosted our colleagues from Massey University who are undertaking a research project on "the retention of information and skills following fire-fighting training."

On 19 March, our staff and students had the opportunity to contribute to this valuable research by participating in fire-fighting training, either using a fire extinguisher or through virtual reality.

The day proved an enormous success and was oversubscribed with interest from those wanting to take part.

*Pictured above are Pooja Yadav (Radiation Safety Adviser) and Anthony Fernandes (Health, Safety and Wellbeing Adviser) from the University of Auckland Health, Safety and Wellbeing Team.*

## Whakatauki



(Kāpiti Coast District Libraries)

**Thank you for taking the time to read this newsletter.**