



Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service



June 2025

Kia ora Koutou,

Welcome to the June edition of Te Korowai Whakaruruhau. As the days grow shorter and the temperatures begin to drop, it's time to turn our attention to staying safe, healthy, and prepared for the winter season. Cold weather brings unique challenges—from slippery surfaces and increased illness risk to heating safety and mental well-being.

Stay warm, stay safe, and let's make this winter a healthy one for all.

In this issue we look at:

- Safety on Campus
- Advice for campus attendance when unwell and displaying symptoms
- From the Regulator WorkSafe New Zealand
- Dates in June
- Hearing and lung function testing
- Health and Safety Rep Community of Interest Group
- Moving vehicles on and around campus
- Courses and training dates
- ACC partnership programme and injury claim management
- Matariki and the winter solstice
- Whakatauki

Angus Clark Associate Director – HSW



Safety on campus

As the days get shorter and winter sets in, it's a good time to be mindful of your surroundings and take sensible precautions when moving around our campuses after dark. You can find practical tips on personal safety, including what to do if you feel unsafe, [on our website](#).

Advice for campus attendance when unwell and displaying symptoms

Protecting our university community from communicable illness and diseases, such as colds, influenza (flu) and other viruses is essential. It helps us to stay safe and to ensure our staff and students can meet their learning and professional goals.

There are several ways we can protect ourselves and others, including vaccination, regular handwashing, mask wearing and staying away from campus when displaying symptoms.

You are at your ***most infectious*** and ***likely to pass on your illness when you start displaying symptoms such as fever, coughing, headache and/or a runny nose***. If you have any of these symptoms, consider studying or working from home instead. If you're unable to do so, you are strongly encouraged to wear a mask on-campus to prevent any infections passing onto your friends and colleagues.

When to Seek Medical Advice

Seek medical assistance if you have any of the following symptoms – even just one or two:

- Headache
- Feeling sleepy/ drowsiness
- Fever
- Stiff neck
- Light sensitivity
- Vomiting
- Joint pain

If you are enrolled with the [University Health and Counselling Service](#), you can make phone appointments.

For information on Covid-19, read the [latest Te Whatu Ora guidance](#).



Vaccination

Many vaccinations are available free within Aotearoa New Zealand. For details, [check the National Immunisation Schedule](#).

The University provides most students and staff with a free influenza vaccination, details of which are on [2025 influenza vaccination for staff and students](#).

From the Regulator - WorkSafe Change In focus

Minister Brooke van Velden has issued instructions to WorkSafe's chair to change the regulator's operational priorities, placing less focus on enforcement activity and more on offering employers guidance on how to comply.

The logo for WorkSafe, featuring the word "WORKSAFE" in a bold, sans-serif font, with "Mahi Haumarū Aotearoa" written in a smaller font below it.

WORKSAFE
Mahi Haumarū Aotearoa

In her [press release](#) she says: "A culture where the regulator is feared for its punitive actions rather than appreciated for its ability to provide clear and consistent guidance is not conducive to positive outcomes in the workplace."

The press release contains a cabinet paper and a letter of expectations to WorkSafe.

Road Cone Digital Hotline

Minister Brooke van Velden's instructions to WorkSafe were accompanied by the launch of the '[road cone digital hotline](#)' and instructions on how to use it.

The hotline is part of a 12-month programme 'aimed at reducing excessive use of road cones', funded through WorkSafe's existing baseline funding.

(WorkSafe NZ)

Dates in June

05 June World Environmental Day
07 June World Food Safety Day
14 June Global Wellness Day
20 June Matariki

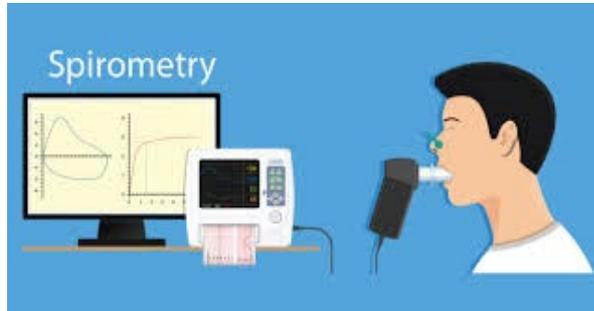
Your HSW team

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



Hearing and Lung Function Testing.... What does it involve?

Lung Function Testing



How is a spirometry test done?

A spirometry test is done using a small machine attached to a mouthpiece, called a spirometer.

The nurse can show you how to blow into the spirometer before starting the test.

To do the test you need to:

- ✚ Sit comfortably
- ✚ You may be asked to wear a clip on your nose to make sure all the air from your lungs goes into the mouthpiece.
- ✚ First do a relaxed breath - it is often described as a big sigh into the machine.
- ✚ Then take a deep breath and breathe out as fast and as hard as you can, for as long as you can, through the mouthpiece.

You will need to blow a few times and put as much effort into the test as you can, to get an accurate result.

Results will be shared with you and if there are any abnormalities the nurse will not pass these results on to your GP. Instead, you will be advised to visit your GP and take your test results with you.

Hearing Test

What to expect at your hearing test...

The whole process should take about 30 minutes, and it's painless.

Most adults who get hearing tests are asked to wear earphones and listen to short tones that are played at different volumes and pitches into one ear at a time.



Whether or not you can hear each sound shows whether or not you can hear high-pitched or low-pitched sounds, quiet or loud sounds, and whether your left or right ear has hearing loss.



During some hearing tests, you may also be asked to listen to speech at different volumes, which will be played into one ear at a time. The voices will be played quietly through your earphones, and you'll be asked to repeat what words were just said. This test is done in a soundproof room, since some people have trouble hearing voices when there's background noise.

What the Results Mean

A hearing test is not a pass-fail exam. But the results can show whether you have hearing loss in one or both ears and how much hearing is gone.

The intensity of sound is measured in units called decibels. When someone whispers in your ear, that's 30 decibels. Normal speech is 60 decibels. Shouting in your ear starts at 80 decibels.

Adults with hearing loss up to 25 decibels have normal hearing. Hearing loss breaks down this way:

- 👂 Mild hearing loss: 26 to 40 decibels
- 👂 Moderate hearing loss: 41 to 55 decibels
- 👂 Moderate-to-[severe hearing loss](#): 56 to 70 decibels
- 👂 Severe hearing loss: 71 to 90 decibels
- 👂 Profound hearing loss: 91 to 100 decibels

You may be surprised if your hearing test results show that you have mild, moderate, or even greater hearing loss -- especially if your hearing loss has crept up on you gradually.

Results will be shared with you and if there are any abnormalities the nurse will not pass these results on to your GP. Instead, you will be advised to visit your GP and take your test results with you.

(Tracey McGall 2023)

HSW Rep conference 2025

🦋 **Save the Date!** 🦋 The HSW Rep conference 2025 is being held 📅 **September 2nd, 2025**. This is a special day dedicated to celebrating and empowering our incredible HSW Reps who volunteer their time to keep our workplaces safe and supportive. More information and how to register coming soon!



HSW Rep Community of Interest Group (CoI)

For those new to the University or who may not be aware the University of Auckland Rep Community of Interest Group currently has over 100 members. The members and the committee represents everyone at the University and brings a level playing field of representation from across the University into the Senior Leadership HSW Committee meetings.



17 June from 12pm-1pm. Tim Signal will host this meeting at the Arts & Education Black Box Studio; Building 201-Room 112

Request to join the HSW Rep Community of Interest Group via hsw@auckland.ac.nz



Moving vehicles on and around campus

As the days draw in, light fades and the weather gets wetter, when people and vehicles (cars, trucks, mobile equipment, e-bikes and e-scooters) operate in the same area there is potential for a serious incident.

It is sobering to note that at least 73% of work-related deaths in New Zealand have involved people working in or around vehicles, the majority of these incidents have been off public roads in places like car parks, site walkways and around construction sites.

What can go wrong?

- Hit or run over, particularly by a reversing vehicle
- Caught between a vehicle and something else
- Hit by something falling off a vehicle
- Falling off a vehicle; particularly while unloading

Take a moment to consider shared spaces. The only truly effective precaution to keep people away from vehicles is by making sure they can't operate in the same place at the same time. If we have to be in an area with vehicles, then stick to marked designated walkways and understand the traffic and vehicle management plan. Consider vehicle movements in any work risk assessments and report incidents and unsafe conditions like vehicles going too fast, poor lighting, poorly marked parking, careless parking, poor segregation of footpaths, poor maintenance, etc. **If something looks unsafe, it generally is!**

(WorkSafe NZ)



ACC partnership programme and injury claim management



The University of Auckland is part of the ACC Accredited Employer Programme (AEP).

Being part of this programme means we 'step into the shoes of ACC' and are directly responsible for managing workplace injuries including coordinating the rehabilitation and return to work of our staff. To do this effectively, the University uses an external provider, Wellnz | Workplace Rehabilitation Specialist, to assist us with case management.

AEP covers employees of the University of Auckland and UniServices, including casual and part-time staff who have suffered a work-related accident resulting in injury.

For more information, here are a couple of useful links for more information: [ACC partnership programme](#) and [Injury management](#).

Courses and training dates

➤ [Fire Safety and Warden Training](#)

The University of Auckland offers Fire Safety training to equip our employees with the skills needed to effectively prevent and respond to fires, reducing the risk of property damage, injury, and loss of life.



Fire Warden e-Learning will be available on August 26, 2025, from 10am-11:30am **for those in remote locations** unable to attend the in-person sessions. Attendees to the online course are required to have access to a webcam, which must remain on for the duration of the session, to ensure full participation. Staff from the City, Grafton and Newmarket campuses are expected to attend the classroom training sessions taking place on campus.

➤ [Risk Assessment](#)

University staff and students often work in situations where they can be exposed to risk. Effective risk assessments are essential to ensuring the health, safety and wellbeing of staff, students, contractors and visitors. This workshop will assist staff in understanding how to undertake a successful work-related risk assessment for activities and locations. This course is suitable for members of staff and postgraduate students involved in the risk assessment process.



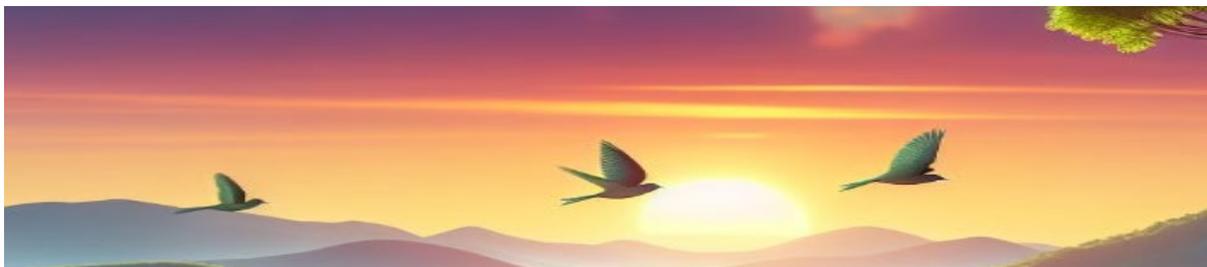
➤ [Health and Safety: Role of a Leader and Manager](#)

Managers are legally responsible for keeping the workplace safe for students and staff.

This workshop will outline how to develop a proactive culture of health, safety and wellbeing, and aim to assist leaders and managers in understanding their roles and responsibilities in the management of health and safety at the University.

As a leader and manager, you have a critical role in developing a safe and healthy work environment for your staff and students. This workshop will provide information on the University's new policy, expectations, and guidance on how to lead and manage health and safety within your areas.

- [First Aid Refresher](#)
- [Comprehensive First Aid Course \(with Online Pre-Learning\)](#)
- [Health and Safety Representative Training: Stage 1](#)
- [Health and Safety Representative Training: Stage 2](#)
- [Moving and Handling Training \(Manual Handling\): On-demand sessions](#)
- [Chemical Safety Management in Labs](#)
- [An Introduction to Personal Safety & De-escalation: On-demand sessions](#)
- [Mental Health 101 \(MH101\)](#)
- [Incident Management & Investigation course](#)





Waipapa
Taumata Rau
University
of Auckland

Matariki and the Winter Solstice

Celebrating the Change of Season

As the winter solstice approaches in the Southern Hemisphere, many Māori and New Zealanders alike are preparing to celebrate Matariki, a significant event in Māori culture. Matariki, also known as the Pleiades star cluster, is a collection of seven stars that appears in the sky during late May or early June, marking the start of the Māori New Year. It is a time to reflect on the past, acknowledge the present, and plan for the future. In this blog post, we will explore the significance of Matariki and the winter solstice

The Significance of Matariki

Matariki has a deep cultural significance in Māori culture, as it represents the start of a new year and a time to honour the past and look towards the future. It is a time to reflect on the cycle of life and the natural world, as well as a time to celebrate renewal, growth, and change. Traditionally, Matariki was used to determine the quality of the harvest and the coming year, based on the brightness and position of the stars.

(Matariki.co.nz)

Whakatauki

**Ko Puanga te kairūri i te tau tawhito,
Ko Matariki te kaiuaki i te tau hou**

Puanga draws the line to end one year,
Matariki opens the door to the new year

(NAIA on LinkedIn)

Thank you for taking the time to read this newsletter.