

Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service



October 2025

Kia ora Koutou,

Welcome to the October edition of *Te Korowai Whakaruruhau* 🌿—your monthly wrap-up dedicated to health, safety, and wellbeing across our community.

This month, we're weaving together a rich tapestry of updates and insights, from the exciting announcement that nominations for the Vice-Chancellor's Awards are now open 🏆, to practical health and safety tips that help keep our spaces safe and supportive. Whether you're looking to stay informed, get involved, or simply enjoy a few fun facts to brighten your day, there's something here for everyone.

Te Korowai Whakaruruhau—meaning “the protective cloak”—reflects our shared commitment to looking after one another. So, wrap yourself in this kōrero, and let's step into October with knowledge, care, and connection.

In this issue we look at:

- Acknowledging Those Who Step Up
- Vice Chancellor's awards nominations are open
- In the News
- Dates in October
- Courses
- Smiling Is Brain Candy—And It's Free!
- Damstra Reporting
- New Zealand ShakeOut/Whakahaumarū Aotearoa
- Health, Safety and Wellbeing Community of Interest
- Whakatauki

Angus Clark
Associate Director – HSW

☀️ Acknowledging Those Who Step Up

As we move through the TUPU review period, it's a good time to pause and recognise the many people across University of Auckland who help make our workplace safer, healthier and more supportive.

Stepping into a Health, Safety and Wellbeing (HSW) mindset doesn't always mean having a formal role. It's often seen in the small, everyday actions:

- 👁️ The colleague who speaks up when something doesn't look right
- 👤 The leader who checks in on their team
- 📄 The person who takes a moment to report a hazard, acknowledge good work done safely, or share a learning

These simple gestures show care for one another and build the kind of culture we can all be proud of.

☀️ A Shout-Out to Our ☀️ HSW Representatives, Fire Wardens & First Aiders

A big thank you to our Health and Safety Representatives, Fire Wardens, and First Aiders, who continue to go above and beyond to support their teams. 🙌

They're often the go-to people for advice, when we need the first aid kit and organising us during an emergency by helping to:

- Raise awareness of risks ⚠️
- Encourage conversations 🗣️
- Make sure everyone feels included 😊
- Respond calmly and effectively in emergencies 🚒 ❤️

These roles are taken on alongside their regular work, and their efforts don't go unnoticed. The time, care, and energy they give make a real difference 🌱 — connecting people, sharing knowledge, and helping us all stay safe and well every day.

🗣️ Including HSW in Your TUPU Conversation

When preparing for your TUPU review, think about how you've contributed to supporting health, safety and wellbeing over the past year. It might be:

- 🚶 Taking part in a Safety Walk or hazard review
- 🧠 Getting involved in a wellbeing or mental health initiative
- 💬 Encouraging others to engage in safety conversations
- 🔍 Sharing lessons learned after an incident or near miss
- 🙌 Modelling care, respect, and inclusion in your day-to-day work

These are all ways of showing Manaakitanga (care) ❤️ and Whanaungatanga (connection) 🗑️ — values that sit at the heart of who we are as a community.

Vice Chancellor's Awards for Values and Te Ao Māori Principles

The Vice Chancellor's Awards for Values and Te Ao Māori Principles are now open for nominations and will close at 5pm, Wednesday, 5 November.

These awards are designed to support the aspirations of Taumata Teitei and the vision of a values-led culture. They acknowledge not just the extraordinary work our staff do to meet Waipapa Taumata Rau's call to excellence, but also the way they go about that work and the enduring impact our staff create through our shared values.

As these nominations close on 5 November it is now timely to remind your Service Areas and Faculties regarding the [Health, Safety & Wellbeing award](#) for exemplary contributions to, impact on, or leadership of Health, Safety & Wellbeing (HSW) culture. Nominations that highlight people or teams who are contributing to creating an environment where Health, Safety and Wellbeing is a part of how we care for one another.

In the News

Road Cone Update Councils, not contractors, have been "overzealous" in deploying road cones, with Minister Brooke van Velden saying the road cone hotline will be closed once she's satisfied the source of the problem is identified.

Reports to the hotline have halved each month, and Wellington City Council figures show 93 percent of cones assessed following complaints were deployed in line with the Council's own traffic management plan, Newsroom [reports](#). Van Velden says high numbers of cones on the street aren't because contractors are "doing too much, but they are actually following what they were told to do".

Dave Tilton, from traffic management consultancy Parallaxx, notes that just because something is authorised doesn't mean it's not excessive, and that efforts need to be directed to things that will genuinely make a system change.

Transport Minister Chris Bishop has announced councils will be required to adopt a more risk-based traffic management approach or risk losing funding for transport projects.

(Safeguard NZ 13.10.2025)

WorkSafe Q4 2025 Regulator's Report – Summary

Highlights from WorkSafe's [report](#) on its fourth quarter include progress on its reform programme, the release of new guidance material, and a financial surplus due to under-spending its budget.

The reform programme continued, guided by ministerial direction to strengthen engagement. New policies on prosecutions and enforceable undertakings (EUs) were approved, allowing pre-charge EUs. Work began on industry-led ACOP pilots and exploring AI-generated guidance.

Key updates included completion of a revised Forestry COP (awaiting ministerial approval), new guidance for forestry, pesticides, quarrying/mining, and asbestos, and the launch of the road cone hotline, with 181 staff trained in temporary traffic management.

Operationally, 2520 notifications, 3217 assessments, and over 1300 enforcement notices were issued. The permit backlog was reduced by 74%, with a pilot to monitor licensed asbestos activities planned for next quarter.

An Enforceable Undertaking linked to a fatal civil construction incident was completed, contributing to CHASNZ's new guide on the safe use of low loader ramps — described as having "a more significant impact than the sum of its parts."

Smiling Is Brain Candy—And It's Free!

What gives the equivalent level of brain stimulation as up to 2,000 bars of chocolate or receiving up to \$25,000??

The magic stimulus is... a smile. 😊 😊

Science shows smiling boosts mood, reduces stress, and can even lower blood pressure.

Research has demonstrated that when we smile, we are perceived as more approachable or competent. A handy tip for the workplace - to help build trust and engagement.

Under 14% of us smile fewer than 5 times a day (you probably don't want to be in that group). 😬

Over 30% smile more than 20 times daily. And the population that are the champions, racking up as many as 400 smiles a day...Children. 🥳

So here's a reminder — share a smile and notice how it shifts the energy around you. Sometimes the smallest things can make the biggest difference.

Are you smiling now? 😊

(Carol Fraser-Fraser People, October 2025)

Damstra Reporting - UOA Health Safety Wellbeing Reporting Tool



All accidents and incidents, regardless of whether an injury has occurred, must be verbally reported to your manager immediately after they occur, and an incident report must be completed on the same day. This enables prompt investigation and ensures early injury management to begin if required.

When reporting a health and safety incident or injury please ensure you also inform your line manager.

To assist with identification of the person involved, please include their Staff/Student ID number and a contact phone number (if known) in the "What Happened" section.

Please note that the searching of names is via the person's legal name which may differ to their preferred name.

Further information or to report an injury, incident or observation can be found [here](#).

New Zealand ShakeOut/Whakahaumaru Aotearoa 16 October 2025



New Zealand ShakeOut is our national earthquake drill and tsunami hīkoi. ShakeOut 2025 is happening Thursday 16 October!

What is New Zealand ShakeOut and tsunami hīkoi?

ShakeOut is a self-run earthquake and tsunami drill. It takes place across the work to remind people of the right action to take during an earthquake. You can start the drill in whatever way works for you. All you need to do is Drop, Cover and Hold for 60 seconds and practice your evacuation if you are in a tsunami evacuation zone.

What To Do

Drop, Cover and Hold in an earthquake

1. Drop down on your hands and knees
2. Cover your head and neck
3. Hold onto your shelter

Drop, Cover and Hold is the right action to take in an earthquake as it:

- ✓ Stops you being knocked over
- ✓ Make you a smaller taker for falling and flying objects
- ✓ Protects your head, neck and vital organs

DO NOT run outside during earthquake shaking or you risk getting hit by falling bricks and glass.

DO Drop, Cover and Hold if there is earthquake shaking. As soon as the shaking stops, move immediately to the nearest high ground or as far inland as you can out of tsunami evacuation zones. Even if you can't get out of your evacuation zone, go as far or as high as you can. Every metre makes a difference.

If you have a disability or any requirements that may put you at greater risk in an emergency, find advice to get ready [here](#).

Practicing your tsunami hīkoi (evacuation) means you know where to go if there is a Long or Strong earthquake.

More information can be found on getready.govt.nz.

(getready.govt.nz)

HSW Rep Community of Interest Group (CoI)

The University of Auckland Health and Safety Rep Community of Interest Group currently has well over 100 members. It's 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 Health and Safety Committee meetings.



The next meeting will held at the Wharenui Marae Nga Taurira (B113) on 3 December 2025 at 11am. Further information on this meeting will be posted on the HSW Community of Interest MS Teams page closer to the time.

Meetings are hybrid to encourage participation across the University.

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

Dates in October

4-12 October: Mental Health Awareness Week

16 October: Restart a heart day

16 October: New Zealand ShakeOut / Whakahaumaru Aotearoa

17 October: Loud shirt day

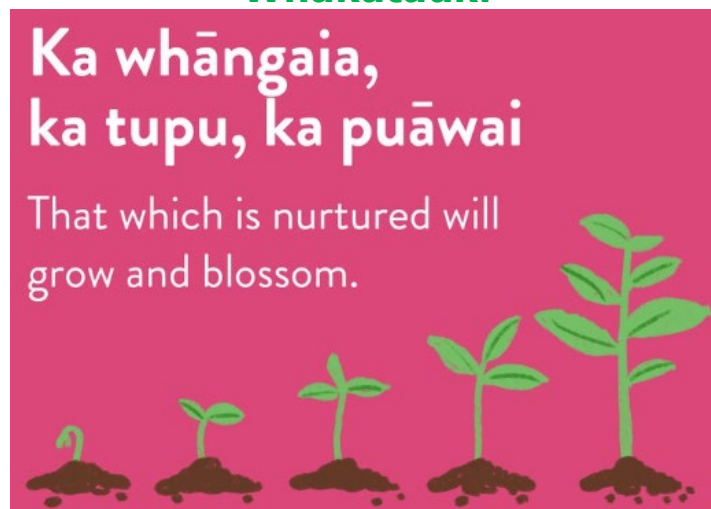
Courses

- [Fire Safety and Warden Training](#)
- [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](#)
- [Health and Safety: Role of a Leader and Manager](#)
- [Risk Assessment](#)
- [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](#)

Your HSW team

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

Whakatauki



(Sparklers)

Thank you for your time reading the Te Korowai Whakaruruhau newsletter.