

Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service



February 2026

RE-INDUCTING YOURSELF AFTER THE HOLIDAY BREAK IS A SMART MOVE!

HAPPY NEW YEAR!

Welcome to the first edition of the Te Korowai Whakaruruhau | Health, Safety and Wellbeing Service Newsletter for 2026.

We hope you had a nice break and wish you all a safe, healthy and well year ahead!



Returning to work after a well-deserved break can sometimes feel like jumping into the deep end of a pool. To ensure a smooth transition, taking a moment to re-induct yourself to your workplace is not only helpful but essential. Here's why:

1. Safety Refresher

Workplaces, especially those with hazards, rely on everyone staying safety conscious. Re-inducting yourself helps you re-familiarise with safety protocols, equipment, and emergency procedures that might not be front of mind after time away.

2. Catch Up on Changes

Processes, team structures, or even workplace layouts may have shifted during your break. A quick re-induction ensures you're up to speed on any updates, reducing the risk of errors and/or confusion.

3. Boost Confidence

A brief refresher helps you shake off any post-holiday fog and approach your tasks with confidence. It can clarify expectations and make it easier to dive back into your responsibilities.

4. Foster a Positive Mindset

Re-induction provides an opportunity to reset and re-engage. Revisiting your role and workplace can help rekindle your connection to your team and goals, setting the stage for a safe and productive return.

5. Demonstrate Professionalism

Taking the initiative to re-induct yourself shows your commitment to safety, efficiency, and teamwork. It sets a great example and reinforces a culture of mindfulness in the workplace.

Final Thoughts

A few minutes spent re-inducting yourself can save time, reduce risks, and make your return to work far more seamless. It's a proactive approach that benefits not just you but everyone around you.

Remember, safety isn't just a policy - it's a mindset. Whether you're at work or home, always be aware of your surroundings and take proactive steps to prevent accidents. Wear appropriate protective gear, follow safety protocols, and never hesitate to report hazards. A little caution today can prevent a big accident tomorrow!

Here's to a safe, steady, and uplifting return to work in 2026!

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.

Report injuries, incidents or concerns: Ideagen (formerly known as Damstra)

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](#).

THE REGULATOR'S CORNER

THE HEALTH AND SAFETY AT WORK AMENDMENT BILL

The [Health and Safety at Work Amendment Bill](#) was released earlier this week and has already generated considerable discussion. A range of perspectives are emerging, including commentary from NZISM and others across LinkedIn and other professional forums.

It's worth noting that the Bill is still at an early stage in the parliamentary process. It will need to move through the usual stages, including Select Committee review, before any changes are confirmed. While the Government has indicated an intention to progress the reforms within the current parliamentary term, the current legislative settings remain in place for now.

We will continue to operate in alignment with the current legislative settings, ensuring all processes and decisions remain compliant while we await further updates

We'll keep a close eye on developments and share updates as things become clearer.

The current [Health and Safety at Work Act 2015](#) focuses on proactive risk management to ensure, so far as is reasonably practicable, the safety of workers and others.

THE HAZARDOUS SUBSTANCES REGULATIONS 2017

In January 2026, the Minister for Workplace Relations and Safety announced changes to the Hazardous Substances Regulations 2017 that will enable Universities to comply fully and without compromise to safety.

For 8 years, the University (amongst others) has engaged with WorkSafe and latterly MBIE to influence this change.

It should be noted that the proposal enables an alternative means of complying with the regulations via an Approved Code of Practice that does not yet exist. Members of the HSW Team are already engaged with others in the sector to develop the ACoP.

Managing health and safety

Being safe at work is important. It is a responsibility shared by both the employer and the employee.

Be Safe

Safety Lessons for every business, regardless of industry

Whether you're working with flammable gases, operating machinery, managing heights, or dealing with any workplace hazard, the principle is the same: identify the risk, implement controls that actually work, and make sure people follow them.

Emergency Response Preparedness



The start of the New Year and new term is a good opportunity to review emergency preparedness.

 <p>First Aid</p>	<p>Do you, staff and students always have access to a first aider?</p> <ul style="list-style-type: none"> To find out more about first aid and medical and first aid emergencies, follow this link
 <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?</p> <ul style="list-style-type: none"> To find out more about AEDs, follow this link
 <p>Evacuation</p>	<p>Are you, staff and students prepared and able to evacuate if necessary?</p> <ul style="list-style-type: none"> - Do you know the location of all the evacuation routes and exits from all the buildings you work in? - Do you know the location of assembly points? <ul style="list-style-type: none"> 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>Fire Safety</p>	<p>Do you, staff and students:</p> <ul style="list-style-type: none"> - Know the location of your fire alarm call points? - Know what actions to take if you discover a fire? <p>Do you have a sufficient number of fire and building wardens to ensure that at least one is available at all times?</p> <ul style="list-style-type: none"> To find out more about fire safety, follow this link To book onto Fire Safety and Warden training, follow this link
 <p>Risk Assessment</p>	<p>One of the ways to evaluate your emergency preparedness is to undertake risk assessments. These help 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, including their wellbeing, or damage to property and equipment.</p> <ul style="list-style-type: none"> To find out more about risk assessments and to book onto a workshop, follow this link
 <p>Injury Management</p>	<p>Do you know what to do if you have a work-related injury and what support is available to you?</p> <ul style="list-style-type: none"> To find out more about work-related injuries, follow this link For an injury management poster to display in your workplace, follow this link

Evacuation Instructions

In the event of an evacuation, leave the building immediately via the nearest safe route or as directed.

Immediate Actions Upon Exiting the Building

- **Continue moving away from the building**
Do not stop or linger near entrances or exits.
- **Disperse rather than gather**
Do not form large groups, as this can cause congestion and create secondary risks.
- **Use open spaces and multiple pathways**
Disperse naturally into safe outdoor areas such as footpaths, pedestrian zones or parks.

Maintaining Situational Awareness

- **Remain alert to your surroundings**
Maintain awareness of your surroundings including people, vehicles or any potential hazards.
- **Listen for official announcements**
Follow directions from Campus Security, Fire Wardens or Emergency Services.
- **Avoid distractions**
Refrain from using headphones, phones or becoming absorbed in digital devices.

Wait for instruction from the Building Warden or Fire and Emergency before re-entering the building. Do not re-enter when the alarm stops sounding.



WELLBEING DOMAIN



HIDDEN DISABILITIES SUNFLOWER

Ratonga Hauātanga Taurira | [Student Disability Services](#) (SDS) has introduced the Hidden Disabilities Sunflower initiative to make disability support more accessible on campus.

Taking the Hidden Disabilities Sunflower training provides significant benefits for both organizations and individuals, primarily by fostering an inclusive environment that supports approximately 1 in 6 people worldwide living with a disability. The training, which typically takes 2 hours, educates participants on identifying the Sunflower symbol, understanding non-visible disabilities, and providing appropriate support to wearers.

What is the Hidden Disabilities Sunflower?

If you see someone wearing a Hidden Disabilities Sunflower with a green background, they may have a disability, condition or chronic illness that is not immediately obvious. It indicates that a person may have additional support needs which cannot be easily seen.

This initiative is part of a global movement which aims to support people with hidden disabilities with access in their community. This is most often seen in environments such as airports, shopping centres and, more recently, educational institutions. [Find out more](#)

Register your interest through HONO Learning: [Hidden Disabilities Sunflower workshop](#)

Please note that Faculty/Business Unit-specific learning can be organised and tailored to meet specific needs, subject to a minimum of 20 participants by contacting [Student Disability Services](#).

HOW GARDENING NURTURES YOUR HEART



We often think of getting fit as hitting the gym or pounding the pavement, but the best path to a stronger heart might be right outside your door. Gardening is more than just a relaxing hobby; it can also be an excellent form of physical activity.

From turning the compost to tending a small herb patch, gardening engages both your mind and body, significantly contributing to your overall wellbeing.

When you're gardening, you're often doing functional movements that use your whole body. For example, the bending, stretching and pulling involved in weeding, composting and digging can strengthen muscles all throughout your body.

Regular gardening can also help reduce blood pressure and manage cholesterol levels, as well as improve balance and flexibility.

In fact, consistently spending time in the garden, like 25 minutes a day, is a great way to achieve the Heart Foundation's physical recommendation of at least 150 minutes of moderate physical activity each week.

For more information on gardening exercising and the benefits of growing your own produce, you can read the full article [here](#).

(Heart Foundation, 12 Dec 2025)

OTHER BITS & PIECES

[HSW Rep Community of Interest Group \(Col\)](#)

The University of Auckland Health and Safety Rep Community of Interest Group currently has over 160 members. The purpose of the group is to represent everyone at the University, bringing a level playing field of representation from across the University to the Senior Leadership HSW Committee meetings.

The next meeting will held in March. Further information will be posted on the HSW Rep Community of Interest MS Teams page.

Meetings are hybrid to encourage inclusivity and participation across the University.

Not a member? - request to join the HSW Rep Community of Interest Group via hsw@auckland.ac.nz

[Radiation Safety Community of Interest Group](#)



A New Collaborative Platform for Safety Excellence

The newly constituted Radiation Safety Community of Interest (Col) held its inaugural meeting, bringing together radiation safety subject matter experts and use licensees from across the University. This initiative is designed to foster collaboration between academic and professional staff, creating a shared space for dialogue, learning, and continuous improvement in radiation and laser safety.

With strong cross-faculty participation, the Col aims to move radiation safety beyond compliance—toward a proactive, community-led model. The first meeting focused on harmonizing procedures, sharing best practices, and identifying opportunities for strategic alignment with evolving regulatory standards.

We look forward to growing this network and embedding a culture of stewardship, innovation, and shared responsibility in radiation safety across Waipapa Taumata Rau.

Emergency Information changes

The Health and Safety Emergency Response Booklet has now been retired. It has been replaced with a comprehensive [Emergency Information](#) page on the University of Auckland internet.

GROW YOUR LEARNING

- [Fire Safety and Warden Training](#)
- [First Aid Refresher](#)
- [Comprehensive First Aid Course \(with Online Pre-Learning\)](#)
- [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](#)
- [Hidden Disabilities Sunflower workshop](#)

Fire Warden e-Learning only for remote locations

The University of Auckland provides Fire Safety trainings 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.

An online Fire Warden training has been organised for **Friday the 6th of March 2026 from 10.00 to 11.30am** for our staff at remote locations.

Attendees are required to have access to a webcam, which must remain on for the duration of the session to ensure full participation.

If you are based at a remote site, please enrol via the Hono Learning site by searching for 'Fire Safety and Warden Training'

<input type="checkbox"/>	Fri, 6 Mar 2026, 10:00 am New Zealand Time (Auckland)	Fri, 6 Mar 2026, 11:30 am New Zealand Time (Auckland)	Virtual
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Note: Staff from the City, Grafton and Newmarket campuses are expected to attend the classroom training sessions held at those locations.

REO SPACE

REO MĀORI CHALLENGE



Tēnā
koutou

Kia ora everywhere!



Mōrena

Can we fill our week with greetings in te reo Māori



Tēnā
kōrua



Tēnā
koe



Ata
mārie

Use a reo sign-off in one email or message each day

Ngā mihi – Regards / Thanks

Ngā mihi nui – Kind regards / Many thanks

Noho ora mai – Stay well

Kia ora – Cheers / All the best

Nāku noa, nā – Yours sincerely

Nāku, nā – Yours faithfully

Ngā manaakitanga – With warm regards / Best wishes

Bonus wero!

Teach one greeting to someone else

Use “Te Kūaha” app to master vowels and consonant clusters; listen and repeat daily for 10–15 minutes.



WHAKATAUKI

KĀHORE TAKU TOA I TE TOA TAKITAHU, HE TOA TAKITINI.

We cannot succeed without the support of those around us.

@moathanwords

Previous Issues of this newsletter can be found [here!](#)