

Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service



March 2026

In March, we reflect on a successful external radiation verification and provide essential guidance on emergency evacuation procedures, alongside other key updates, and points of interest.



Flu vaccinations are now available at the Campus Pharmacy. The University popups commence 20 April and run through to 11 May.

THE REGULATOR'S CORNER

WorkSafe drives horticulture safety improvements

A WorkSafe New Zealand initiative has enabled hundreds of horticulture businesses to address critical safety gaps before they result in life-changing injuries. This is relevant to us because many areas of the University are also involved in similar high-risk activities.

Between July and September 2025, WorkSafe inspectors assessed 659 horticulture businesses across the country, including rural contractors. The focus was on high-risk activities such as working around vehicles, machinery, and chemicals.



Insights are now available from proactive visits to 659 horticulture businesses nationwide, including rural contractors, carried out between July and September 2025. The focus was on high-risk activities such as working around vehicles, machinery, and chemicals. Read the [full media release](#).

OUT AND ABOUT WITH HEALTH AND SAFETY

External Radiation Verification Offers Assurance

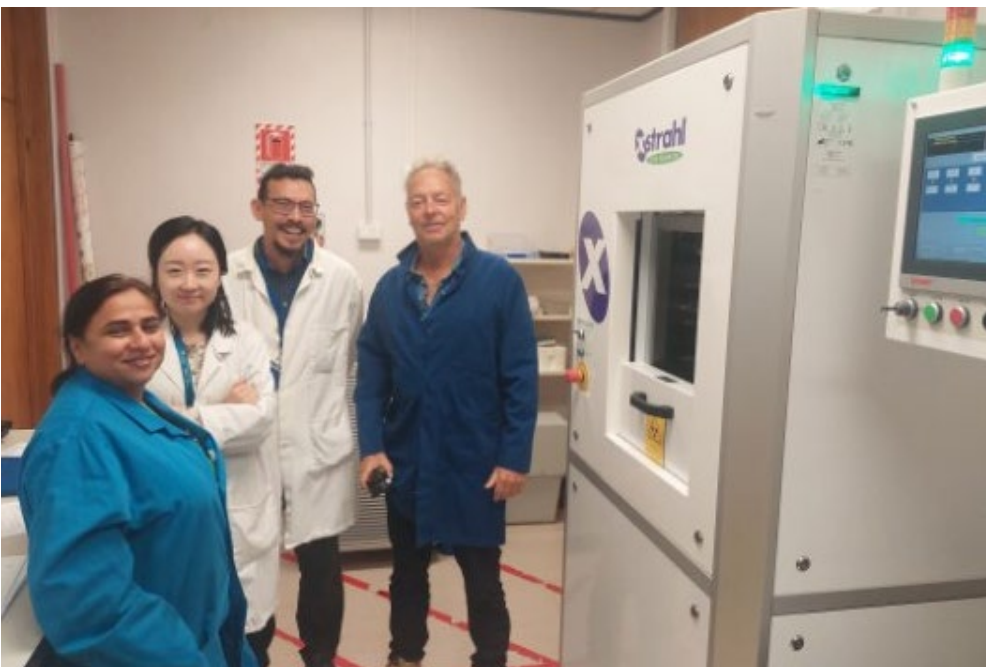
In late February an external verification, undertaken by the Office of Radiation Safety, confirmed that the high-risk gamma and X-ray sources at the Grafton campus are being managed to a consistently high standard.



Dr. Pooja Yadav, University of Auckland, Radiation Safety Adviser, says that *“although these sources represent the highest-risk category within our radiation portfolio, the assessment validated the effectiveness of our internal controls, risk-mitigation measures, and routine verification processes.”*

Having an independent third-party external verification by Senior Scientist Cris Ardouin, on behalf of the Office of Radiation Safety, Ministry of Health provided us with an additional level of assurance, demonstrating that our systems are robust, independently assessed, and fit for purpose. Cris Ardouin is the Science Leader (Radiological Protection) at the National Centre for Radiation Science and an experienced nuclear scientist from Public Health and Forensic Science (PHF Science).

pictured from left: Cris Ardouin and Alhad Mahagaonkar



These verification outcomes validate the effectiveness of our existing controls while reinforcing our commitment to continuous improvement through ongoing review.

Independent assurance of this nature supports sustained compliance and ensures radiation risks continue to be managed to a consistently high standard.

pictured from left: Pooja Yadav, Tet Woo Lee, Cho Hong Rong, and Cris Ardouin

2026 INFLUENZA VACCINATIONS

2026 Staff & Student Influenza Vaccination Details

Safeguarding the health of our staff and students is a priority for the University. As we approach the winter months, we encourage all of you to get the flu vaccination.

Eligibility, Access and Process

All staff with a permanent or fixed term employment agreement are eligible for a vaccination, to be paid for by the University.

More information on the flu vaccine can be found by following this link.

<https://www.tewhatauora.govt.nz/for-health-professionals/clinical-guidance/diseases-and-conditions/influenza>

All students currently enrolled are also eligible for free flu vaccination.

City Campus Flu Vaccination

Staff and Students can obtain the flu vaccination from Unichem Campus Pharmacy with no upfront cost.

Campus Pharmacy Only

Bookings are not required though if you would like to secure a specific booking time, please follow this link, bookings can be made now for dates after 1 April.

1. <https://bookmyvaccine.health.nz/>
2. Filling out details
3. Choose a location: select " **Unichem Campus Pharmacy**" or "**9 Symonds Street**"
4. Select appointment date and time

Choose a location

Sites nearest to Student Commons Level 1/9 Symonds Street, Auckland CBD, Auckland 1010, New Zealand.
[Change address](#)

Filter locations

Tags: Select tags Within: 75 Km

247 locations found

Unichem Campus Pharmacy

1 metres away

Level 1 Student Commons, 9 Symonds Street Auckland 1010
[View on map](#)

Open 8:15am - 5pm Mon-Thu, 8:15am - 4:30pm Fri

Free onsite parking in level 4

[Accessible toilets](#) [Flu vaccine](#) [Group Booking](#) [Onsite parking](#) [Wheelchair access](#)

Choose your appointment dates and times

Choose a location

Sites nearest to 9 Symonds Street, Auckland CBD, Auckland 1010, New Zealand.
[Change address](#)

Filter locations

Within: 75 Km

248 locations found

Unichem Campus Pharmacy

35 metres away

Level 1 Student Commons, 9 Symonds Street Auckland 1010
[View on map](#)

Open 8:15am - 5pm Mon-Thu, 8:15am - 4:30pm Fri

Free onsite parking in level 4

[Accessible toilets](#) [Flu vaccine](#) [Group Booking](#) [Onsite parking](#) [Wheelchair access](#)

Choose your appointment dates and times

If you have any questions, you can contact Campus Pharmacy on 09-377-1991 or Email campus.pharm@xtra.co.nz.

Location 9 Symonds Street, Kate Edger Information Commons

Students registered with University Health & Counselling Service can obtain vaccinations from:

University Health & Counselling Service
Level 3, Kate Edger Building
2 Alfred Street
Auckland 1010

Throughout City, Grafton, Newmarket and Tai Tonga campuses, pop-up vaccination centres will be held on the following dates:

○ Grafton Campus Building 507	Staff only 20 & 21 April 9am-4pm	Book Here
○ Grafton Campus Building 507	Students 22 & 23 April 9am- 4pm	Book Here
○ Grafton Campus Building 507	Staff & Students 28 April 9am-4pm	Book Here
○ City OGGB Building 260	Staff & Students 29 April 10am-2pm	Book Here
○ City OGGB Building 260	Staff & Students 30 April 9am-1pm	Book Here
○ City Arts & Edu Building 201	Staff & Students 4 May 9am -1pm	Book Here
○ City Arts & Edu Building 201	Staff & Students 5 May 1pm -4pm	Book Here
○ City Eng & Design Building 402	Staff & Students 6 May 10-2pm	Book Here
○ Newmarket Campus Building 903	Staff & Students 7 May 10am- 2pm	Book Here
○ Tai Tonga – South Auckland	Staff & Students 11 May 12-1pm	Book Here

These pop-up centres are open to all cohorts across each campus

Tai Tokerau Campus Kensington Pharmacy Whangarei - 4 Kensington Ave

Eligible staff and students may obtain their flu vaccination from the pharmacy with no upfront cost, just present your staff or student ID.

Leigh, Goldie, UniServices (remote) and other Staff only

Unfortunately, we are not able to offer flu vaccinations at these locations, therefore eligible staff working at Leigh, Goldie and UniServices (remote) are able to obtain the vaccine off campus at their local medical centre or pharmacy and claim reimbursement using Concur.

All permanent staff and those with fixed-term employment agreements are eligible for reimbursement. The standard refund amount is \$35.

A full set of Concur guides relating to reimbursement is available [here](#). Please use this link to log directly into [Concur](#) and claim your reimbursement.

Other vaccines available to eligible staff and students include:

COVID 19 Booster, MMR- Measles Mumps Rubella, Boostrix (tetanus, diphtheria, and whooping cough - pertussis), HPV, Meningococcal- MenQuadfi- MenB- Shingles

Evacuate Smart: Follow the Most Current Guidance

Evacuation is often assumed to be straightforward—until it has to happen for real. In an emergency, time pressure, uncertainty, and human behaviour can quickly expose gaps in planning and understanding. Recent incidents and research have led to clearer, more practical guidance on how evacuations should be planned, led, and supported. This article summarises the most current evacuation guidance, focusing on what is proven to work when people need to move quickly and safely.

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

7 Great Reasons to exercise

1. Exercise can make you feel happier

It's true! Exercise can improve your mood and make you feel happier, by producing changes in the part of the brain that regulate stress and anxiety. Exercise can increase the production of endorphins, which are known to help produce positive feelings. You don't even have to do anything strenuous to get these effects, even gentle exercise can lift your spirits.



2. Exercise can help you lose or control your weight

Exercise plays an important role in a healthy metabolism and helps you burn more calories per day. Regular exercise also plays a part in maintaining healthy muscles and bones and assists with weight loss.

3. Exercise can reduce your risk of health conditions and disease

Lack of regular exercise is a contributor to many health conditions including [Type 2 diabetes](#), [heart disease](#), [high cholesterol](#), [high blood pressure](#) and many [cancers](#).

4. Exercise can increase your energy levels

There are fantastic heart and lung health benefits when you exercise regularly. Aerobic exercise boosts the cardiovascular system, which can significantly help with energy levels.

5. Exercise helps you sleep better

Regular physical activity can help you sleep better and give you more energy during the day.

6. Exercise can help put the spark back into your sex life

Doing regular exercise can strengthen your heart, improve blood circulation, tone muscles, and enhance flexibility – all of which can improve your sex life. It can also decrease the risk of erectile dysfunction in men.

7. Exercise can help your brain health and memory

Regular physical activity improves blood flow to the brain and helps brain health and memory. It can help protect mental function for older adults.

Best of all, exercise can be FUN and social! Physical activity is a great way to foster connection, meet up with whānau and friends, and share common interests.

(Healthify He Puna Waiora; Hauora Wellbeing)

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.

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

[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](#)
- [Incident Management & Investigation course](#)
- [Hidden Disabilities Sunflower workshop](#)

REO SPACE

reo māori challenge



Pai



Pouri



Makariri



Hiamoe

Kei te pehea koe?

(How are you)



Wera

Kei te _____ ahau. Me koe?

(I am _____ . And you?)



Hiakai



Harikoa



Maiui



Hiainu



Riri

Whakatauki

He aroha whakatō,
he aroha puta mai

If kindness is sown, then
kindness is what you shall receive.

[Read Previous Issues of this Newsletter](#)