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# Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service

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MAY 2026

## OUT AND ABOUT WITH HEALTH AND SAFETY

### Flu Vaccination Pop-Ups Bring Health (and Connection) to Campus

Each year, our flu vaccination pop-ups make it easier for eligible staff and students to look after their health, and this year was no exception. Running from mid-April through to 11 May, the on-campus clinics provided a convenient, accessible way to get vaccinated right where our people work and study.

The pop-ups were held across multiple locations; including the City, Arts and Education, Business and Economics, Engineering and Design; FMHS Grafton, Newmarket, and Tai Tonga South Auckland; ensuring wide coverage across the University. Thank you to all the faculties, facilities people and volunteers who assisted us, for their support of this vaccination project.



Beyond convenience, the vaccination sessions offered something a little unexpected: connection. While flu shots aren't usually considered a social event, the pop-ups created opportunities for colleagues and students to see one another in person, catch up, and share a few laughs -proof that even health initiatives can bring people together.

Many may not realise that these clinics are delivered by our Campus Pharmacy, who come on site to administer the vaccines. Their professionalism, efficiency, and friendly approach play a huge role in the success of the programme, and we are very lucky to have their ongoing support.

Thank you to everyone who took part and helped make this year's flu vaccination pop-ups such a positive experience. By looking after our health, we help protect not just ourselves, but our wider campus community as well.

(Susan Williams)

# WELLBEING DOMAIN

## Menstrual Health Week 25-29 May

Menstrual health is a key part of overall wellbeing, yet it often remains sidelined in daily conversation. This week is our dedicated time to change that - by raising awareness, working to break down stigma, and ensuring that everyone at UoA has the education, support, and dignity they deserve.

Check out the poster for the schedule! For more information and to register for MHW events, please see <https://forms.office.com/r/emvpQhaeLY>.

Whether you menstruate or simply want to be a better ally and more informed peer, we encourage you to join the conversation. Let's work together to create a campus culture where periods are understood, not hidden.



### The Power of Story

Sharing stories helps normalise imperfections, encourages near-miss reporting and builds psychological safety, says Heidi Lance, director of Real Learning NZ. It also makes safety more relatable – less an abstract risk, more a human experience.

During an ecoPortal webinar, Lance urged attendees to stop leading with data alone and to use real stories instead.

*"We've been leading with data for a long time, and it hasn't got us where we want to be."*

And she adds: "Story telling isn't woo-woo. Stories activate more areas of the brain than data. People are 22 times more likely to remember a story than cold facts."

She traced her focus on storytelling to work undertaken with Fletcher Building following a series of fatalities pre-Covid. Five workers died in a short period, prompting the company to reassess its safety approach. A safety perception survey identified that employees did not feel leaders cared about them and did not feel safe at work. Lance, and Real Learning NZ, were brought in to build leadership capability.

Wendi Bains, Fletcher Building chief safety officer, set a clear outcome: people needed to believe injuries were preventable. That meant connecting safety to employees' personal reasons for going home safe and sharing experiences rather than relying on abstract messages or cold data.

*"We could see straight away that powerful storytelling really started to influence people's behaviours. Every person within the business heard stories regularly and learned how to tell them."*

However, Lance says there's a clear difference between a token "safety share" and storytelling that creates change. The first starts with 'Anyone got a safety moment?' Someone mentions seeing a cyclist without a helmet. Everyone nods gravely. Then the meeting moves on and nothing changes. The second paints a scene, names what happened and lands on a clear lesson people can take back to the job.

To support this, Lance uses the OWL framework:

- Outline the scene, so listeners can picture who was there and what was going on. Be descriptive.
- What happened? – "Again, be really descriptive."
- Learn from safety, linking the story to the learning you want to reinforce. This, Lance says, is the piece that often gets forgotten.

She says OWL is simple and quick, making it suitable for frontline settings. She admits it can be hard for leaders to share stories of "the messy bits" where something went wrong. Starting small, and providing the OWL framework for structure, can help.

So how do you start? Don't demand drama. A 60-second learning about fatigue, distraction or a near-miss works. Use OWL. Role-model it. Leaders go first. And don't force it, making it the "safety share of the day" with no follow-up.

The impacts, she says, show up in leading indicators – Fletcher Building saw a "massive" increase in near-miss reporting – alongside richer conversations during safety walks and pre-starts, with more reflection, questioning and sharing.

*"Storytelling is not the outcome. It is a lever to help us."*

(Safeguard 4 May 2026)

## WHAT'S NEW, FOR YOU?

### Fire safety standard

The University has introduced a new [Fire Safety Standard](#) which sets out the safety measures to minimise the risk of incidence of fire and minimise the impact of fire on life, safety, delivery of service, the environment and property.

**Remember:** Fire safety is a shared responsibility and protects lives: Everyone on campus plays a part by knowing the evacuation procedures, keeping exits clear, reporting hazards, and responding quickly when an alarm sounds. Simple actions taken by individuals can make a critical difference in keeping people safe during an emergency.

## Risk Management Standard Review

As part of the review of the [Health and Safety Risk Management Standard](#), several updates are proposed to strengthen how risk is managed across Waipapa Taumata Rau | University of Auckland.

Key changes include:

- A stronger focus on people and participation, recognising that staff and students may experience and respond to risk differently, and should feel supported and confident to raise concerns.
- The introduction of independent review for higher-risk work, providing additional assurance and supporting more consistent decision-making.
- A more targeted approach to risk registers, with greater focus on extreme risks, permit-to-work activities, and injury and illness trends.
- Clearer expectations for managing high and extreme risks, including when work must stop and the responsibilities of leaders.
- More practical guidance on who completes risk assessments, led by someone familiar with the work, while considering the experience, influence, and confidence of those involved.

Overall, the proposed changes aim to move beyond a purely compliance-based approach towards a more engaged, risk-informed, and supportive system that better reflects how work is carried out across the University.

We welcome your feedback to help ensure the standard is clear, practical, and works well across the diverse environments we operate in.

Please share with your Health, Safety Wellbeing Committee members so we have a broad and representative range of feedback to help ensure the standard is practical, clear, and works well across all areas.

**Feedback is requested by email by 3 June 2026 via your HSW Manager.**

# EMERGENCY INFORMATION

## 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. We would encourage everyone to familiarise themselves with this information so you're prepared if an emergency situation arises.



## REGULATORS CORNER



### Former Ports of Auckland chief found guilty over worker's death has had his appeal dismissed.

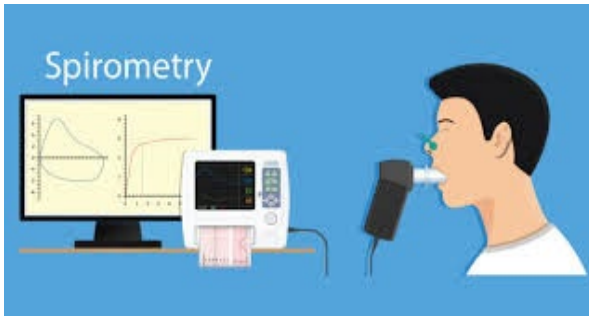
The High Court has dismissed an appeal from former Ports of Auckland CEO Tony Gibson in relation to the death of a worker.

This upholds the verdict and sentence handed down in 2024 in a high-profile case which highlighted the responsibilities of CEOs and other Officers of a PCBU. Read the full story [here](#).

## OCCUPATIONAL HEALTH CHECKING

### 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)

**Occupational health checking will start on 1 July.** These hearing and lung function checks are relevant to staff members, lecturers and PhD students who may be exposed to health hazards such as excessive noise levels, dust, fumes, and powders. This is particularly relevant for those who regularly work in workshops, grounds, early childcare settings, or supervise/teach music and dance classes where the volume often exceeds 82 dB(A).

# 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](#)
- [Mental Health 101](#)
- [Health and Safety Representative: Initial Training](#)

## New Offering

Phil Jackson is now able to offer train the trainer sessions for the Evac Chairs we have installed.

The cost of the session is \$750 + GST, with a maximum of 8 people per session. Anyone wishing to become a trainer must have received training in the use of the chair prior to attendance.

If you know anyone who wishes to deliver Evac Chair training in-house, let us know via email [hsw@auckland.ac.nz](mailto:hsw@auckland.ac.nz) and we'll set up a session.

## REO SPACE



### Au, Koe, Ia – Me, You, Him/her



- Ko wai au? – Who am I?
- Ko wai koe? – Who are you?
- Ko wai ia? - Who is he/she?

## Whakatauki



(Adventure Specialties Trust)

[Read Previous Issues of this Newsletter](#)