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# Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service

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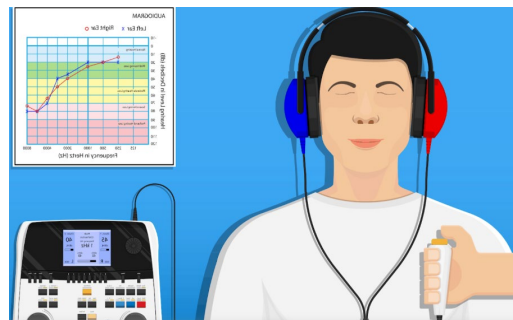
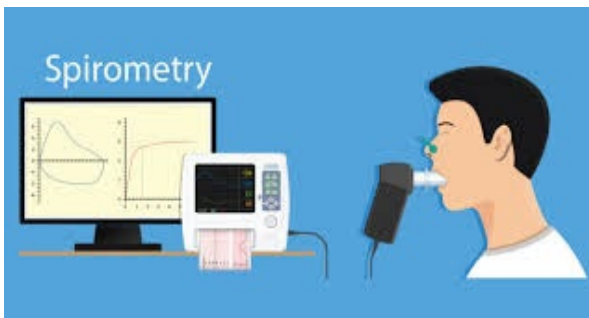


June 2026

## WHAT'S NEW, FOR YOU?

### Occupational Health Checking at the University

**Hearing and Lung Function checking begins 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).



The University has a duty of care to protect the health and safety of its workers by implementing appropriate occupational health monitoring. This includes providing regular hearing and lung function checks where there is a risk of exposure to noise, dust, fumes, or other respiratory hazards, to ensure early identification of harm

### Health and Safety Rep Community of Interest Group (CoI)

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.

Information on meetings 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](mailto:hsw@auckland.ac.nz)

# OUT AND ABOUT WITH HEALTH AND SAFETY

## 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.

### 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 the notice 2026 influenza vaccination for staff and students now available.

### 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

You can get free phone advice from Healthline – call 0800 611 116

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](#).

## Extended Pharmacy Services Offering

Extended Pharmacy Services (EPS) are now available at Unichem Campus Pharmacy!

The services most relevant to our university staff & students:

- Emergency contraception (women under 25 years) FREE
- Acute uncomplicated urinary tract infections (women aged 16–65 years)

Patients can access funded assessment and treatment for:

- Acute analgesia and fever management (children under 14 years)
- Acute oral rehydration (children under 14 years)
- Acute conjunctivitis (children under 14 years)
- Head lice treatment (children under 14 years, plus affected household/whānau members)
- Scabies treatment (children under 14 years, plus affected household/whānau members)

All these services as offered free of charge for Children, \$5 (Community Service Card holders) \$20(non-Community Service Card holders).

Virtual consults are accepted - so parents can call or pop in and get medicines for their kids or families too based on pharmacist discretion to treat or refer.

Headlice combs are offered complimentary, as well as measuring devices for analgesics.

**Get care  
close to home**

↗

Your local pharmacy can  
help with care and treatment  
for common health conditions

**Health New Zealand**  
Te Whatu Ora

This schedule provides an overview of approved health needs and the corresponding medications available to support their management. It is designed to promote safe, consistent, and informed decision-making, ensuring that individuals' health requirements are appropriately recognised and supported while maintaining overall wellbeing and safety.

| Approved Health Need                                | Medication/Treatment Aid                                | Funded brand (as of June 2026)  | Eligibility Criteria  |
|---|---|---|---|
| <b>Acute dehydration</b>                            | 2 x 500mL Compound electrolytes with glucose [Dextrose] | Pedialyte   | Funded for people under 14 years old  |
|   | 50 x Compound electrolytes powder for oral solution     | Electral  |   |
| <b>Acute Bacterial Conjunctivitis</b>               | Chloramphenicol 0.5% eyedrops 10mL                      | Chlorafast  | Funded for people between 2 years and under 14 years old                      |
|   | Chloramphenicol 1% eye ointment 5g                      | Devatis   |   |
| <b>Scabies</b>                                      | Permethrin 5% Lotion, 30mL                              | A-Scabies   | Funded for people under 14 years old and their whanau with the same condition |
| <b>Headlice</b>                                     | Dimethicone 4% 200ml                                    | healthE Dimethicone 4% Lotion   | Funded for people under 14 years old and their whanau with the same condition |
|   | Metal-tooth head lice comb                              |   |   |
| <b>Acute Analgesia and Fever Management</b>         | Paracetamol 120mg/mL oral liquid                        | Paracetamol Ethics  | Funded for people under 14 years old  |
|   | Paracetamol 250mg/mL oral liquid                        | Pamol   |   |
|   | Paracetamol 500mg tablets                               | <ul style="list-style-type: none"> <li>• Pacimol</li> <li>• Noumed Paracetamol</li> </ul> |   |
|   | Ibuprofen 20mg/mL oral liquid                           | Ethics  |   |
|   | Medication oral syringe                                 |   |   |
| <b>Emergency contraception</b>                      | Levonorgestrel 1.5mg tablet                             | Levonorgestrel-1 (Lupin)  | Funded for women under 25 years old   |
| <b>Acute uncomplicated urinary tract Infections</b> | Nitrofurantoin 100mg MR capsules                        | Macrobid  | Funded for women aged 16 to 65 years old                                      |
|   | Trimethoprim 300mg tablets                              | TMP   |   |

# WELLBEING DOMAIN

## Trade the Scroll: Better Ways to Spend the Hour Before Sleep

For some of us, the hour or so before bed may be the only real downtime in the day. Unfortunately, many favourite “me time” activities aren’t great for winding your body down for sleep, and for sleep hygiene it is recommend stopping using screens an hour before bed.

If turning off the TV feels like a struggle, here are some enjoyable, low-stimulation alternatives that are both relaxing now and rewarding for future you.

### 1. Stress buffering with mindfulness practice

Taking time for mindfulness practice is another way to “pay it forward” to your future self. Regular mindfulness can help reduce your response to stress and improve your resilience. Studies have indicated mindfulness may even have physical health benefits such as reducing chronic pain.

### 2. Playing a musical instrument

Learning to play a musical instrument is the ultimate multitask for your time. It is both a rewarding hobby, and acts as brain training by combining sensory and motor skills that may protect against dementia.

### 3. Maker hobbies

Learning a new hands-on skill is good for your mind, and the best part is having something tangible to show for your work. Making something for someone else provides a feel-good motivation to finish it. It could also open social opportunities if you find others who do the same thing. Find something that speaks to you, for example jewellery-making, upcycling projects, engraving, scrapbooking, rock painting, 3D printer pen creations, pyrography, embroidery, or brainstorming ideas to fulfil in the University’s Makerspace

<https://www.auckland.ac.nz/en/cie/locations/unleash-space/makerspace.html>

### 4. Balance and joint mobility exercises

Practicing balance and keeping your body flexible and mobile is important to improve your quality of life and reduce your risk of falls and injury. Yoga is a great way to combine this with mindfulness practice. Alternatively, try a stretching and gentle strengthening exercise programme while listening to a podcast.

### 5. ‘Meal prep’

Pre-packaging some nutritious lunches is a simple way to show future-you kindness by:

- eliminating ‘decision fatigue’ of having to decide what to have for lunch
- preventing yourself from making poorer nutritional choices when you’re busy and hungry.

It can be as simple as combining a cooked protein, cooked whole grain, and frozen mixed veggies with a sauce of choice. Package up a few lunch-size portions to freeze.

By swapping screen time for these calming, purposeful activities, you can create a bedtime routine that not only helps you sleep better tonight but also supports your wellbeing for the long run.

(Emily Boyd, 4 June 2026)

## ACC partnership programme and injury claim management

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



He Kaupare. He Manaaki.  
He Whakaora.  
prevention. care. recovery.

The University is an accredited employer in the ACC Partnership Programme. This means that we can manage workplace injuries and co-ordinate the rehabilitation and return to work of injured employees more effectively.

This means we have stepped into the shoes of ACC to manage our employee work-related injury claims. To assist us with this process we have contracted Wellnz to manage the registration and lodgement of claims.

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.

Helpful links: [Injury management](#) and [Annual update on ACC work-related injury management](#)

## REGULATORS CORNER

### Preventable death triggers call for action on industrial machine safety

WorkSafe New Zealand is renewing its call for businesses to act on machine safety, as a court case concludes over the preventable death of a Gisborne worker.



*The unguarded waste shredder at M E Jukes and Son in Gisborne.*

A 47-year-old became entangled in an industrial waste shredder while working at M E Jukes and Son Limited in April 2022. The company was found guilty in December 2025 and has now been sentenced by the Gisborne District Court. The court found M E Jukes and Son should have installed a perimeter guard with an interlocked gate. This type of guard automatically shuts the machine down when the gate is opened. Installing it would have cost under \$20,000.

"The non-installation of the relatively low-cost engineering step... constituted a serious and elementary breach," said Judge Warren Cathcart.

WorkSafe says the case represents a watershed for machine safety.

“[The employee] was not found to have done anything wrong, but the court did find that the company failed [them]. **The law places the primary duty of care on the business to manage risk.** That means putting systems in place that protect people regardless of what is happening around them,” says WorkSafe’s central regional manager, Nigel Formosa.

“When workers are operating dangerous machinery, **businesses cannot rely on training and procedures alone to keep them safe.** In this case, the court found that automatically stopping the machine when a worker got too close was a straightforward, affordable fix. There was no good reason not to do it.”

Mr Formosa says the incident should prompt every business operating industrial machinery to take a hard look at their own sites.

“If your machinery can still run while workers can reach dangerous parts, that needs to change.”

If you’re unsure where to start, take a few minutes to walk the floor and look at each machine from a worker’s point of view – then fix what you find as soon as possible:

- Check your guarding. If a worker can reach dangerous parts of a machine while it is running, that needs to change now.
- Get advice if you’re unsure. A qualified machinery safety expert can tell you whether your guarding is up to standard.
- Don’t rely on procedures alone. Rules and training matter, but they are not enough on their own. Physical guards that prevent access, or stop the machine automatically, must come first.

For more information, please read the [practical guidance for keeping workers safe with machine lockouts](#)

(WorkSafe 27 May 2026)

## GROW YOUR LEARNING

### Fire Warden Information Sessions Strengthen Preparedness at Grafton Campus



Fire wardens across Grafton Campus recently participated in an information session led by Amie Straker (from the faculty of Medical and Health Sciences), focused on reinforcing their critical roles and responsibilities in emergency situations.

The session provided wardens with an overview of expectations, including evacuation procedures, communication protocols, and ensuring the safety of building occupants during incidents. It also offered an opportunity to align understanding across areas and strengthen confidence in responding to emergencies.

Recognising the hybrid nature of work across the University, the session covered the importance of flexibility in emergency response. A key feature supporting this approach is the “grab a jacket” procedure. In situations where a designated fire warden is not present, any staff member can step in by taking a clearly marked warden jacket and following the simple, visible and laminated instructions provided.

Fire warden jackets and guidance materials are strategically located throughout university spaces, ensuring they are easy to find and use when needed. This practical approach helps maintain coverage at all times and supports a coordinated response, regardless of onsite staffing levels.

Overall, the session reinforced The University of Auckland’s commitment to safety, preparedness, and shared responsibility in protecting staff, students, and visitors. We are thankful to Amie for leading this initiative.

## Courses

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

### ➤ [Mental Health 101](#)

The Mental Health 101 course gives people the confidence to recognise, relate and respond to people experiencing mental health challenges and reducing stigma and discrimination toward people with mental health challenges.

## 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

## Matariki 2026

**Theme:**

Matariki Herenga Waka – For Everyone

**Focus:**

Inclusion, unity, and shared celebration

**Host:**

Ngāti Whātua Ōrākei, Auckland

**Date:**

Public holiday on 10 July 2026

**Purpose:**

Reflection, remembrance, celebration, preparation, and sharing of knowledge

This theme invites all people to connect, learn, and celebrate together, reinforcing the enduring values of Matariki while embracing the diversity of modern Aotearoa

# WHAKATAUKI



(Living by The Stars with Professor Rangī Matamua, 2022)

[Read Previous Issues of this Newsletter](#)