

Te Korowai Whakaruruhau

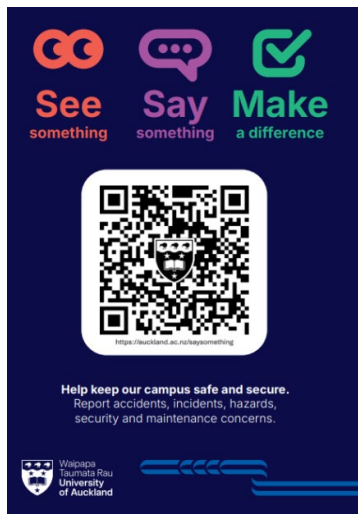
Health, Safety and Wellbeing Service



August 2026

WHAT'S NEW, FOR YOU?

Easier way for health, safety and wellbeing reporting coming early September!



From 1 September staff, students and visitors will be able to make health, safety and wellbeing reports quickly and easily, using **SAY SOMETHING, SEE SOMETHING – MAKE A DIFFERENCE!** QR codes, that will be available on posters across faculties, on e-screens, and lecture theatre screens.

By reporting concerns, incidents, accidents and hazards as soon as possible you can help keep everyone safe. **Just scan the QR code and submit a report!** It only takes a couple of minutes.

Staff can continue to use the University's [existing incident reporting system](#) or use the new QR codes.

Both reporting options ensure reports are sent to the correct team and managed appropriately.

NEBOSH Health and Safety Qualification

Invest in your professional development and gain one of the most respected qualifications in health and safety.

The NEBOSH General Certificate in Health and Safety, delivered by HSE Global and hosted at the University of Auckland, is open for registration.

The course is in person and is fulltime over the periods of 12-16 October and 9-13 November. You must attend both sessions as well as a final assessment day – date to be confirmed)

The NEBOSH qualification is recognised worldwide and provides the essential knowledge and skills expected of health and safety professionals.

- ✓ Internationally recognised
- ✓ Practical workplace focus
- ✓ Career-enhancing qualification
- ✓ Delivered by experienced trainers from HSE Global

Email Training@hseglobal.com for enquiries and to register

WELLBEING DOMAIN

Women's Health Week Resource from Habit Health

Wāhine play an important role in our workplaces, our whānau and our communities. Taking time to look after their health not only benefits them, but also the people and systems around them.

Attached is a digital tile, along with a link to our free Women's Wellbeing Warrant of Fitness Check-in. It offers practical guidance on recommended health checks at every stage of life, helping women stay informed and take small steps towards better health.

Access the Women's Wellbeing Warrant of Fitness Check-in here: [WW-WOF Check In](#)

If you're looking to further support women's wellbeing in your workplace, we would be happy to talk to you about Habit Health EAP's women's [hormonal health support](#) and [workplace wellbeing programmes](#).

New online health hub launched for women

A new online Women's Health Hub designed to make it easier for women across New Zealand to find trusted health information has been launched [early July] by Minister for Women, Nicola Grigg and Associate Minister of Health, Casey Costello.

Developed by the Ministry for Women in partnership with Health New Zealand, the Women's Health Hub brings comprehensive information about common health issues into one place.

"Women have told us they're often overwhelmed by health information and can't find what they need. This hub provides a clear starting point, with practical, reliable information and resources that support women to make informed decisions and take an active role in their health and wellbeing. It's also designed to navigate commonly occurring health needs at different life stages," said Minister Grigg.

It also provides guidance to help women prepare for appointments and make the most of their time with a healthcare provider, and educational videos with healthcare providers sharing practical advice on life stage health considerations.

"The hub makes it easier for women to find information relevant to their life stage. Women's health needs change over time, and it is important they are supported to look after their health, act early when something does not feel right, and know where to find reliable information and support," Ms Costello says.

Women, on average, live longer but spend more of their lives in poor health, and many have fed back they need clearer, more accessible information at key life stages.

"The hub is a practical step toward helping women feel more informed and supported around their health, with information that helps them prepare, ask questions, and make decisions that are right for them," Ms Costello says.

The hub and resources are available

at: www.healthnz.govt.nz/WomensHealth and www.women.govt.nz/womens-health.

(Inside Government, 29 July 2026)

REGULATORS CORNER

WorkSafe coloured sand advice unchanged

WorkSafe says its advice for workplaces around coloured sand products remains unchanged after an initial assessment of research by Associate Professor Dr Terri-Ann Berry at Auckland University of Technology.

Berry's research confirmed some of the recalled sand products can release respirable asbestos fibres into the air.

WorkSafe [says](#) its advice has consistently been that any recalled or suspected affected coloured sand product in a workplace must be managed and removed as friable asbestos-containing material until proved otherwise. It says it has engaged with over 300 retailers and distribution centres and observed a high level of compliance, with no enforcement action required.

(Safeguard 7 July 2026)

New Guidance from WorkSafe

Working at height

The guidance has been updated to better reflect the Health and Safety at Work Act (HSWA), adds current WorkSafe notification and notifiable-event requirements, and introduces newer content and examples around risk management, safety decking, worker engagement, competency, and contemporary control expectations.

[Working at height in New Zealand](#)



Safe use of machinery

The *Safe use of machinery* good practice guidelines has been updated to refer to the hierarchy of controls for managing risk, and to reflect current legislation and standards. It now includes separate sections on topics such as lockouts and isolation procedures as well as a checklist for businesses identifying hazards, based on industry feedback.

[Safe use of machinery](#)



Planning for first aid and medical services at events

This new quick guide will help you make sure you have the right level of first aid and medical services at an event. It might also be useful if you:

- own or manage venues where events are held
- provide first aid and health services for events.

[First aid and medical services at events](#)



Tertiary containment systems:

For pooling substances in above ground stationary tanks

This new guidance helps businesses and organisations understand their obligations and good practice when using tertiary containment systems to contain pooling substances.

Tertiary containment systems



Guide to working with occupational hygienists

If you know your work involves exposure to health hazards such as dust, noise and fumes but aren't sure about the level of risk your workers are exposed to, you might choose to engage an occupational hygienist.

This new guide helps you decide:

- when to seek specialist help
- how to find and choose a competent occupational hygienist
- what to expect when you hire an occupational hygienist – their services and standards.



(WorkSafe August 2026)

Safety alert: structural steel assembly

WorkSafe has issued a [safety alert](#) following an incident where a steel fabricator on a commercial construction site suffered significant injuries when a structural steel I-beam fell on them after another worker moving mobile plant hit the I-beam causing it to tip and fall.

The alert warns that structural steel beams assembled on the ground can become unstable and fall without warning, and that site-specific risk assessments are required before starting work to identify instability risks and put controls, such as props, cradles and exclusion zones, in place. Plant movement should also be minimised and work sequencing considered to minimise exposure.

(Safeguard 13 July 2026)



SAFETY MOMENT

The Hidden Danger of Inappropriate Heating: Lessons from a Preventable Tragedy

The recent coronial inquest into the death of 12-year-old Jesse Samuel serves as a sobering reminder that heating and hot water systems must be installed, certified, and used correctly. Jesse died from carbon monoxide poisoning while showering at his family's holiday home in Haast in 2018. The coroner described the circumstances surrounding his death as "plainly unlawful" and is examining what changes are needed to prevent similar tragedies in the future.

According to evidence presented at the inquest, a gas water heater had been installed in a bathroom environment where it was not intended to be used. With the bathroom window closed during cold weather, carbon monoxide accumulated in the confined space, ultimately causing Jesse's death. Carbon monoxide is colourless, odourless, and tasteless, making it virtually impossible to detect without appropriate monitoring equipment. Read the full article [here](#).

Appropriate Heating is More Than Comfort

As temperatures drop, many rely on heating and gas-powered appliances to provide warmth and hot water. However, the choice and installation of these systems can mean the difference between safety and catastrophe.

Appropriate heating involves:

- Using appliances only for their intended purpose.
- Ensuring equipment is installed according to manufacturer instructions.
- Maintaining adequate ventilation.
- Having all gas fitting work completed and certified by suitably qualified practitioners.
- Conducting regular inspections and maintenance.
- Understanding the risks associated with combustion-based heating appliances.

These requirements are not simply best practice; they are fundamental safety controls designed to protect lives.

Understanding the Risk of Carbon Monoxide

Carbon monoxide (CO) is produced when fuels such as LPG, natural gas, petrol, diesel, wood, or coal do not burn completely. Because it cannot be seen, smelled, or tasted, it is often referred to as the "silent killer". Once inhaled, it reduces the blood's ability to carry oxygen, potentially leading to unconsciousness and death within minutes at high concentrations.

Common warning signs of carbon monoxide exposure include:

- Headaches
- Dizziness
- Nausea
- Fatigue
- Confusion
- Shortness of breath

Unfortunately, these symptoms can easily be mistaken for illness or tiredness, delaying recognition of a serious hazard.

Read and Follow Product Labels and Instructions

One of the simplest yet most important safety controls is taking the time to read and follow the manufacturer's labels, warnings, and operating instructions. Appliances are designed for specific environments and uses, and safety information is provided to help prevent injury or death.

Before using any heating or hot water appliance:

- Read all warning labels and operating instructions.
- Check where the appliance is approved to be installed and operated.
- Follow ventilation requirements carefully.
- Never modify, relocate, or use equipment in a manner not intended by the manufacturer.
- If instructions are unclear, seek advice from a qualified installer or technician.

The tragedy highlighted in this inquest serves as a powerful reminder that seemingly small decisions, such as using equipment in an unsuitable location or overlooking installation requirements, can have devastating consequences. Understanding and following the information provided with appliances is a critical step in protecting ourselves, our families, and our workmates from preventable harm.

([worksafe.govt.nz](https://www.worksafe.govt.nz))

OUT AND ABOUT WITH HEALTH AND SAFETY

Mountain-Level Dedication



A special shout-out to Marco Hidalgo for his commitment to his occupational health.

Proving that where there's a will, there's a way, Marco booked his occupational health appointments while trekking on a glacier through the Tian Shan Mountains of Kyrgyzstan.

Most of us manage it from our desks. Marco did it from a mountain with some help from a fellow trekker via star link.

Thanks, Marco, for showing that no location is too remote when it comes to looking after your health and wellbeing!

Reappointment to Radiation Advisory Council

Dr Pooja Yadav has been reappointed to a second term on the Radiation Advisory Council, reflecting the high regard for her expertise and contributions in the field. In addition, she has been appointed Deputy Chair of the Council, a significant leadership role that supports the Ministry of Health in providing expert advice on radiation safety and protection matters.

Vice-Chancellor's Award for Health, Safety and Wellbeing

Nominations for the **Vice-Chancellor's Award for Health, Safety and Wellbeing** open at the end of this month. This is a great time to start thinking now about colleagues or teams who champion a safe, healthy workplace.

This award is for exemplary contributions to leadership of Health, Safety and Wellbeing (HSW) culture. Nominations that highlight people or teams who are contributing to creating an environment where HSW is as part of how we care for one another.

Health and Safety 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.

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

GROW YOUR LEARNING

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](#)

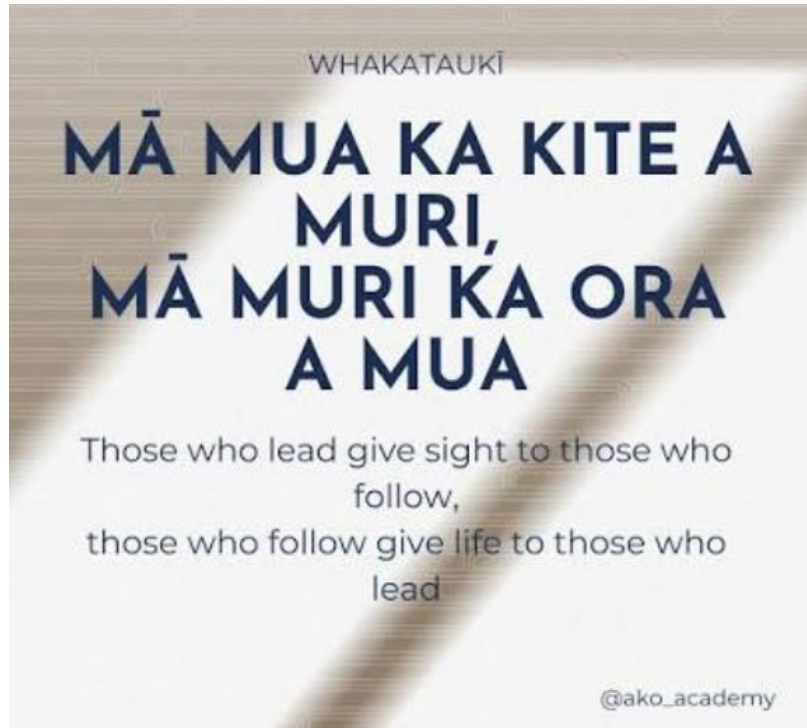
Evacuation Chair Training

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 and we'll set up a session.

REO SPACE

WHAKATAUKI



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