
Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service



September 2026

WELLBEING DOMAIN

NZ Shakeout 2026

NZ ShakeOut is New Zealand's national earthquake drill and tsunami hīkoi (evacuation practice). It is coordinated by the National Emergency Management Agency (NEMA) to help people practice the correct actions to take during an earthquake and, where relevant, a tsunami.

Don't wait for an earthquake to learn the right actions to take.



Last year, over 765,000 New Zealanders took part in ShakeOut, our national earthquake drill and tsunami hīkoi (evacuation walk).

This year's ShakeOut day is **21 October at 1:30pm**, but you can run your ShakeOut drill at a time and date that suits you.

The key earthquake response taught in ShakeOut is:

1. **Drop** to your hands and knees.
2. **Cover** your head and neck and get under sturdy furniture if possible.
3. **Hold** on until the shaking stops.

Other things to think about:

- Tie down heavy outdoor objects that can be broken or picked up by strong winds. Bring inside anything that could become airborne.
- Bring pets indoors. They can be unsettled by storms, and it is more comforting and safer for them to be with you.
- Know which paddocks are safe if you have livestock. To prevent risks from wind, move livestock away from power lines and isolated trees.
- Make a plan for power cuts and remember to treat all lines as live. More information on getready.govt.nz/prepared/household/impacts/no-power
- Phone 111 if your life is in danger.

For more information and ways to get involved, check out **Get Ready**

(getready.govt.nz, 2026)

Mental Health Awareness Week

12-18 October 2026

The 2026 theme - Belonging Matters

Belonging is all about feeling connected. It is a fundamental part of our wellbeing and plays an important role in maintaining good mental health.

Supportive relationships, connection to community, and trust in others all contribute to improved wellbeing and overall health. Connection works at many levels, whānau, friends, workplaces, schools, community, country. It is a two-way street, we need to reach out and we need to invite people in. All this builds connectedness, belonging, trust and wellbeing. [Read more](#)

Increase in Influenza A – protect yourself and our University community

There has been an increase in Influenza A across the motu, with particularly high levels being seen in Auckland. Safeguarding the health and wellbeing of our staff and students is a priority for Waipapa Taumata Rau, University of Auckland. With the current surge of influenza A currently circulating in our community, we encourage everyone who has not yet had their flu vaccination this year to consider doing so.

Safeguarding the health of our staff and students is a priority for Waipapa Taumata Rau, University of Auckland. As we approach the winter months, we encourage all of you to get the flu vaccination. The cost of this for our students and eligible staff will be paid for by the University.

Eligibility

- All students currently enrolled
- All staff with a permanent or fixed-term employment agreement

Availability

All eligible staff and students can obtain their University-funded flu vaccination from:

Unichem Campus Pharmacy on City Campus
Kate Edger Information Commons
9 Symonds Street (corner of Symonds Street and Alfred Street)
Level 1, next to Campus Books and Esports Arena

About the vaccine

Te Whatu Ora Health New Zealand have information about the flu vaccine on their [Influenza](#) page.

WHAT'S NEW, FOR YOU?

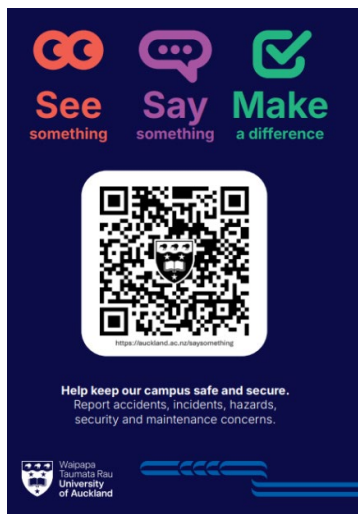
Vice-Chancellor's Award for Health, Safety and Wellbeing

Reintroduce a Vice-Chancellor's Awards article/blurb in Health, Safety and Wellbeing communications/newsletters.

Nominations for the [Vice-Chancellor's Award for Health, Safety and Wellbeing](#) are open. 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. These nominations highlight people or teams who are contributing to creating an environment where HSW is as part of how we care for one another.

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



Staff, Students and Visitors are now able to make health, safety and wellbeing reports quickly and easily, using **SEE SOMETHING, SAY SOMETHING – MAKE A DIFFERENCE!** QR codes, that are 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.

REGULATORS CORNER

Take a fresh look at machine guarding

Machine guarding is one of the most important controls for preventing serious injuries when working with machinery. Guards are designed to create a physical barrier between people and hazardous moving parts, helping to reduce the risk of entanglement, crushing, cutting, or amputation injuries. While guards may seem simple, they play a critical role in keeping workers safe and should always be in place, maintained, and checked before equipment is used.

The following WorkSafe case serves as a powerful reminder of the devastating consequences that can occur when machinery guarding is absent or damaged. As you read this article, take a moment to reflect on the machinery used in your workplace and consider: Are all guards in place, in good

WORKSAFE
Mahi Haumaru Aotearoa

condition, and routinely checked before use?

Why this matters: Effective machine guarding can mean the difference between a near miss and a life-changing injury. Taking a few moments to inspect guards before starting work is a simple but vital step in protecting ourselves and those around us.

Unguarded farm machinery can change lives in seconds

WorkSafe is reminding farmers to make sure all machinery guards are in place and regularly checked after a farm worker suffered life-changing injuries when he became entangled in an unguarded power take-off (PTO) shaft on a Wairarapa dairy farm.

The worker lost an arm and suffered multiple serious injuries after his clothing was caught in the unguarded PTO shaft while operating a tractor connected to a feed mixer in January 2025.

Shady Farming Limited pleaded guilty to a charge under the Health and Safety at Work Act 2015 and was convicted and fined an end total of \$60,000 and ordered to pay reparation of approximately \$96,000.

PTO shafts are one of the most hazardous parts of farm machinery. They rotate at high speed and when unguarded, can catch loose clothing in an instant, causing serious injuries or death.

WorkSafe's Central Region Manager, Nigel Formosa, says the incident highlights why guarding machinery must be treated as a critical safety control.

"Farmers know PTOs are dangerous, yet we continue to see workers seriously injured by machinery that isn't properly guarded.

"Guards are the last line of defence between a worker and a rotating shaft. If a guard is missing or damaged, the consequences can be devastating."

The farm's risk register recognised the high risk of entanglement with machinery and its safety management system required PTO shafts to always be guarded – no exceptions.

WorkSafe's investigation found that the tractor and feed mixer were being operated without any guarding in place on the PTO shaft. Compliance with an adequate pre-start check and maintenance process was not effectively monitored. That process should have included checking guards were present and addressing any wear or damage by replacing damaged guards

"This incident shows that having rules on paper is not enough. Farmers need systems that ensure guards are actually present, in good condition, and checked before machinery is used," says Nigel Formosa.

Regular inspections are particularly important because PTO guards can become damaged through normal farm operations and may need replacing.

WorkSafe is encouraging farmers to:

- check PTO shafts and other moving machinery parts are fully guarded
- inspect guards regularly for wear, damage, or missing components
- repair or replace damaged guards immediately
- include guarding checks in documented pre-start inspections
- ensure workers are trained to identify and report damaged or missing guards
- keep well clear of PTO shafts and disengage machinery before approaching it.

Agriculture remains one of New Zealand's highest-risk industries, and machinery-related incidents continue to cause serious harm.

"No job on the farm is so urgent that it justifies taking risks around moving machinery. A few minutes spent checking guards can prevent injuries that affect workers and their families for the rest of their lives," says Nigel Formosa.

(Worksafe 26 August 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)

OUT AND ABOUT WITH HEALTH AND SAFETY

Health, Safety and Wellbeing Team Connects at Aspire Conference

The Health, Safety and Wellbeing Team was proud to host a stand at the Aspire Conference, providing a great opportunity to engage with attendees throughout the day.



Several members of the team spent time at the stand, sharing knowledge, exchanging stories, and connecting with colleagues from across the University. The event fostered valuable conversations about health, safety and wellbeing, while also creating opportunities to meet new people and strengthen existing relationships.

Thank you to everyone who stopped by. The team enjoyed the opportunity to connect, learn from others, and contribute to the positive and collaborative atmosphere of the conference.

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.

If you have thoughts on how you would like this Community of Interest shaped, please reach out to Tim Signal - Chairperson

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

GROW YOUR LEARNING

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.

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](#)

REO SPACE



What is kōanga?

Kōanga is the Māori season which coincides with spring.

Its translation is directly related to digging and planting. In fact, part of its name 'kō', refers to a digging tool.

This season is all about growth, renewal, and reconnecting with the land. It's a time for planting, harvesting and preparing for the warmer months ahead.

What's happening to NZ nature in spring?

Spring (or kōanga) is a crucial period in the growth cycle of New Zealand's native flora:

- **Seed germination and growth:** As temperatures rise, seeds from various native plants start to germinate, taking advantage of increased sunlight and moisture.
- **Bud break:** New Zealand's few native deciduous trees (like mountain houhere and kōtukutuku) begin to burst into flower, with fresh growth marking the end of winter dormancy.
- **Roots:** Below the surface, the root systems of plants and trees are growing vigorously, helping to support the coming surge of above-ground growth.
- **Pollination:** Native bees and butterflies like the kahukura (red admiral) become more active. They're vital for pollination, ensuring the propagation of species for the next cycle.

(Trees That Count Te Rahi o Tāne, Sep 2024)

WHAKATAUKI



E koekoe te tūī, e
ketekete te kākā, e
kākū te kererū

'This whakatauki reminds us that every bird sings its song, just as each person communicates in their unique way.'

Source: New Zealand
Speech-language
Therapists' Association

[Read previous issues of this newsletter](#)