



Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service



July 2024

Kia ora Koutou,

Welcome to the July health, safety and wellbeing newsletter. As we move into the heart of winter there has been an increase in the rate of respiratory illnesses. I would like to reaffirm our commitment to everyone's health and safety and emphasise the importance of staying home in you're feeling unwell; rest up and look after yourself.

In this issue we are again pleased to share some of the photo highlights from our team's live training sessions, update you on some of the government's new initiatives and provide some tips which we hope will help to enhance your health, safety and wellbeing.

In this issue we look at:

- Fire Extinguisher training at FMHS
- WorkSafe priorities
- Hearing and Lung Function testing
- Wellbeing Strategy survey
- Virtual commuting to work
- Vaccinations available
- Courses

Angus Clark
Associate Director – HSW



Fire Extinguisher training at FMHS

Fire extinguisher training isn't just about teaching employees how to use a fire extinguisher—it's about ensuring that in the event of a fire, everyone knows what to do and has the confidence to do it safely. This is fundamental to everyone's safety as well as the protection of business assets.

Fire extinguisher training uses the Intelligent Training System which is LPG powered and remote controlled to simulate different types of fire as well as the difficulties involved with them.

Here are some photos from our recent live-fire extinguisher training which took place at FMHS



Click on the link to find out more about [Fire Extinguisher training](#).

WorkSafe priorities

Psychosocial health and musculoskeletal harm will not be priority focuses for WorkSafe NZ as the regulator goes "back to basics" and focusses on high risk sectors, with some commentators warning that New Zealand's "awful" health and safety statistics won't reduce quickly on the back of the regulator's new priority plan.

More than 200 people attended a WorkSafe NZ 'Ask Me Anything' webinar where interim CEO Steve Haszard outlined WorkSafe's revised strategy, with its tighter focus on key risk areas of agriculture, forestry, manufacturing and construction. Three "evidence-based" priorities will be identified for each priority area, backed by initiatives and activities...

Haszard says 80% of resources and efforts will be focused on those four sectors alongside with permit processing for specific risks, and the organisational health of WorkSafe.

If evidence and information shows an emerging area needs more focus and funding, he says WorkSafe will quickly pivot to that.

The focus on major risks means WorkSafe's work on wellbeing and psychosocial risks will be largely parked.

"We're not abandoning it, it's just not a focus for us because compared to some other risks it is not as serious," he said.

Components of it will live on, with Haszard noting psychosocial risk is a big factor when it comes to agricultural harm.

"But we're not looking at having a widespread influence [in psychosocial and wellbeing]."

Musculoskeletal disorders is another area Haszard says may have to be compromised to put more resource into serious risk and harm.

"But we are not the only regulator on the field when it comes to this," he said, noting ACC has a focus on some of the less serious harm in workplaces.

The operational plan to back the strategy is expected to be released in the coming weeks, with incoming chief executive Sharon Thompson leading the charge on implementation.

When it comes to measuring the regulator's effectiveness, Haszard says it will be about the effectiveness of its influencing as opposed to the system outcomes themselves, he said.

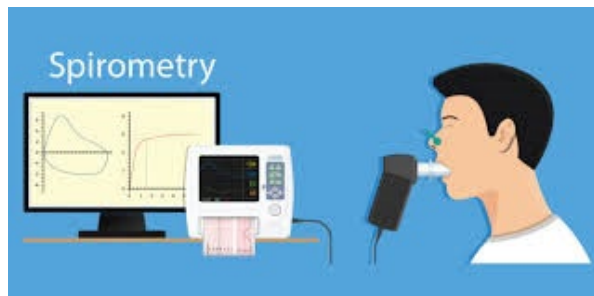
"There is obviously going to be a significant lag between us doing a really good job in our influencing activity and the awful statistics that we have in our system changing to a far more acceptable level."

(Safeguard Update 01.07.24)

You can view the full WorkSafe Strategy [here](#).

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.

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 2023)

Wellbeing Strategy survey

We are currently refreshing our Health, Safety and Wellbeing Policy and are developing a strategy for 'wellbeing'. As part of this, we are seeking to better understand what 'wellbeing' means to our staff.

For those of you who have not had the opportunity to attend a workshop or complete this survey, I would encourage you to share your voice, have your say and complete it now.

We'd love to hear your feedback and have set up a questionnaire with six short questions on Qualtrix and your responses are anonymous. [Start the survey now.](#)

HSW Community of Interest Group (CoI)

The next meeting will be held at the Arts Black Box Studio Building 201, Room 112 from 2pm-3pm on the 20 August.



This meeting will also be available online via Teams for those who cannot make it.

To join the group please email the Health, Safety and Wellbeing Team via hsw@auckland.ac.nz

Virtual commuting to work

Remember when you started working remotely and no more commute meant you saved time allowing you to get your work done? But then, you noticed that even though you had this extra time back, you were feeling burnt out!

This is due to the boundaries between your work and home life being blurred. Ironically, one solution might be reestablishing a virtual commute to help you transition into and out of work. Transitioning from personal to professional life and back again requires a shift in roles and mindsets and the time we spend commuting can help you make these shifts more easily.

In preparing to be productive, people choose all types of ways to virtually commute: do some physical activity like walking which increases your heart rate, spend some time organising your workspace, or take time to catch up on and read relevant industry news.

Vaccinations

As we head into the depths of winter and colds/ flu/ covid/ RSV all becoming more prevalent, you can still protect yourself with vaccination.

Flu vaccinations continue to be available free for eligible staff and students at Campus Pharmacy – no appointment necessary. The friendly staff will be able to advise on which vaccination is recommended.

The Unichem Campus Pharmacy also offer a range of other vaccinations including:

Meningococcal – This is free for all first-year students living in halls. Find out more about meningococcal disease and immunisation [here](#).

Measles Mumps Rubella – MMR free for all students

Tetanus, diphtheria, whooping cough vaccine (Boostrix)

Find out more about these vaccines [here](#).

Dates in July

July is Mindfulness Month. <https://mindfulnessmonth.co.nz/>

Your HSW team

Should you need to contact the University of Auckland's Health, Safety and Wellbeing Team your contacts can be found [here](#)

Courses

Incident Management & Investigation course

This course will equip individuals responsible for conducting incident investigations with the skills to effectively manage an incident scene and conduct effective investigations. Upon completion, delegates will possess the necessary skills to conduct comprehensive and concise investigation reports, contributing to a safer and more informed work environment.

Key Content

On successful completion, participants will:

- Be able to explain why workplace accidents need to be reported and investigated.
- Gain insight into the importance of incident investigation, barriers to reporting and how to overcome them.
- Understand the legal, financial, and moral aspects of investigating workplace incidents.
- Understand how to safely manage an incident scene.
- Understand the concepts of multiple causation and root-cause analysis.
- Be able to detail an incident investigation process using a hypothetical incident.
- Produce an incident investigation report based on a documented incident.
- Understand what is a Notifiable Event and what actions to take if one occurs

This course is suitable for all members of staff who are required to undertake incident investigations and health & safety representatives

Risk Assessment

This workshop will assist staff in understanding how to undertake a successful work-related risk assessment for both activities and locations.

Key Content

By the end of this session participants will be able to:

- Know the definition of terms such as hazard, risk, likelihood, consequence
- Know how to approach the 5 steps of the risk assessment process
- Understand the importance of good preparation
- Identify significant hazards
- Identify the people who may be harmed
- Be familiar with the hierarchy of control and evaluate the suitability of existing control measures
- Know how to calculate the risk level attached to a particular hazard
- Be able to break down processes into tasks
- Understand how to communicate the risk assessment findings and the importance of doing this well
- Recognise the conditions prompting a review of risk assessment.

This risk assessment course is suitable for members of staff and postgraduate students involved in the risk assessment process. For students who would like to attend this course, pls send your name, student ID number and the faculty name to od@auckland.ac.nz



(Ora Gallery, Nelson)

Thank you for taking the time to read your HSW Newsletter!