



Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service



May 2024

Kia ora Koutou

A warm welcome to our latest health safety and wellbeing newsletter. Let's take a glimpse into some work carried out by our HSW team that you might not be aware of; find out about an important compliance mandate from ACC, and what you need to do; learn about this year's flu vaccination campaign; and where to look for some resources available to you at the University of Auckland.

The importance of different areas within a team lies in cohesiveness – their collective ability to leverage diverse skills, promote collaboration, drive innovation, and collectively tackle challenges. Each area of our team contributes unique value, ultimately leading to a stronger and more effective team. As with any other team, we all have unique perspectives and use these to promote health, safety and wellbeing to benefit our university community.

In this issue we look at:

- Out and about with the HSW team
- WorkSafe: charges laid (elsewhere!)
- ACC requirements: Injury management and rehabilitation video
- Courses
- University of Auckland wellbeing resources
- Fostering a supportive work culture
- The importance of the flu vaccination
- Dates in May
- Tips for improving your mental wellbeing

Angus Clark
Associate Director – HSW

Out and about with the HSW team

Many of you may not be familiar with the scope of work undertaken by the HSW Team. This month we share some work being done by our Hazard and Containment team.

Preceding each 6 monthly Ministry of Primary Industry (MPI) audit; the Biosafety Officer, Dr Francesca Casu and the Biosafety Adviser, Dr Erica Zarate, perform several internal verifications around the University Campuses. On this occasion they verified the new Anthropology Transitional Facility accompanied by the current lab manager Caitlin Smith. This is a fascinating facility which operates in laboratories working with sediments, soil and rock samples; archeological and preserved plant material; and archeological, preserved, and fresh animal bone and tissue for DNA analysis.



To the left we see the lab manager, biosafety adviser, and officer (appearing in order) are wearing the required PPE to enter one of the laboratories to perform the inspection.

Personal Protective Equipment, commonly abbreviated to PPE is equipment that is worn to minimize exposure to hazards that cause serious workplace injuries

The below image captures part of the team inside the lab.



The Physical Containment level 3 facility, commonly known as the PC3 facility is part of the Faculty of Medical and Health Sciences (FMHS) containment facility. This facility runs a monthly training session for the Emergency Response team members. This month our Biosafety Adviser, Dr Erica Zarate, had the privilege of joining training provided by the PC3 Manager, Rebecca Marnane.

From this photo we can see that the standard PPE here is different from Anthropology, but is appropriate for the level of hazards in this facility.

WorkSafe: Charges over schoolboy's caving death

WorkSafe has charged the Whangārei Boys High School Board of Trustees for health and safety failures related to the death of a student a year ago.

15-year-old Karnin Petera died on a school trip to Abbey Caves on 9 May 2023. "We acknowledge the profound impact of this tragedy on whānau, friends, and the wider community. A year on, our sympathy and thoughts are with all of those who knew and loved Karnin," says WorkSafe's Head of Inspectorate, Rob Pope.

An extensive WorkSafe investigation has now pieced together the circumstances of this sad tragedy, and charges have been filed in the Whangārei District Court. "We encourage school boards of trustees across the country to reflect on their own systems and processes to ensure they are meeting legal requirements for education outside the classroom. Students should be able to participate safely, and parents must have confidence their rangatahi will be kept safe," says Rob Pope.

The full details from the WorkSafe site can be found [here](#).

ACC Requirement: Injury Management and Rehabilitation Video Can you add the link to watch the video

The University is part of the ACC Accredited Employers Partnership (AEP) programme. As part of this programme, we are required to follow a set of standards against which we are externally audited every year. A short (3-minute) video has been created for managers with direct reports as a reminder of their responsibilities if one of them has a work-related injury.

All managers with direct reports should have received a Career Tools notification and a link to this awareness video. It should also be on their Career Tools home page. Please send an email to hsw@auckland.ac.nz if you have not yet received the notification.

Courses

Health and Safety: Role of a Leader and Manager

This course is aimed at assisting leaders and managers in understanding their roles and responsibilities in the management of health and safety at the University.

As a leader and manager, you have a critical role to play in developing a safe and healthy work environment for your staff and students. This workshop provides information on the University's policy, expectations, and guidance on how to lead and manage health and safety within your areas. Find a session [here](#).

University of Auckland Wellbeing Resources



The University of Auckland offers a variety of resources for everyone! Below are some useful resources to help you navigate your own needs or familiarise yourself with them to help someone else.

Explore tools and information to help you care for your physical, emotional, and spiritual wellbeing [here](#).

Have a look at Change and Resilience for leading self, leading others and managing rumination, real-time resilience practices, personal resilience and wellbeing webinars and much more [here](#).

Fostering a supportive work culture

business.govt.nz in association with the Mental Health Foundation of New Zealand offer some guidance on creating a supportive workplace culture.

Create a supportive workplace

Positive communication based on respect builds trust and collaboration and is a vital part of creating a healthy and safe work environment. Small businesses and teams want to support and protect each other, so may find it hard to ask for help when they need it. Make it okay to talk about stress and what's happening in the workplace.

Be open and flexible

Workplaces can offer a safe space for their people, especially if events outside of work are taking their toll. Talk to staff about how you can support them best. Be open to making changes in duties, flexible hours, opportunities for time out, or other kinds of support for them and their families.

- Listen
- Offer reassurance
- Stay calm
- Be patient
- Try not to make assumptions
- Keep social contact

The importance of the influenza vaccination

Why is it important to be vaccinated against the flu?

Influenza (flu) is a common viral illness where most cases occur during the winter months between May and October in New Zealand. It is easily spread to others through talking, coughing, and sneezing. People are at risk of repeatedly catching influenza because the virus types or strains are constantly changing.

People catch influenza by breathing in virus-containing droplets that have talked, laughed, sneezed, or coughed into the air by a person with the disease or, by touching their mouth, nose, or eyes after touching something that the infected droplets have recently landed on. This is because the virus survives outside the body for a short while.

If you need to get your flu vaccination, phone, or visit our Campus Pharmacy:

Unichem Campus Pharmacy
Level 1, Student Commons,
9 Symonds Street
Phone: 09 377-1991

Dates in May

- Pink Shirt Day 17 May <https://pinkshirtday.org.nz/>
- Road Safety Week 20-26 May
- World Smokefree Day 31 May
- National Physical Fitness and Sports Month

Tips for improving your mental wellbeing



- Try to relax and reduce stress.
- Find ways to learn and be creative.
- Spend time in nature.
- Connect with others.
- Look after your physical health.
- Try to improve your sleep.



Topic of interest?

Do you have a specific topic of interest you would like covered in this newsletter please reach out to Susan Williams via hsw@auckland.ac.nz and together let's cultivate a community that thrives on the principles of care, resilience, collective support, and safety.

HSW Community of Interest Group

To express your interest or join the HSW Community of Interest (CoI) group please email hsw@auckland.ac.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](#)

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

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