

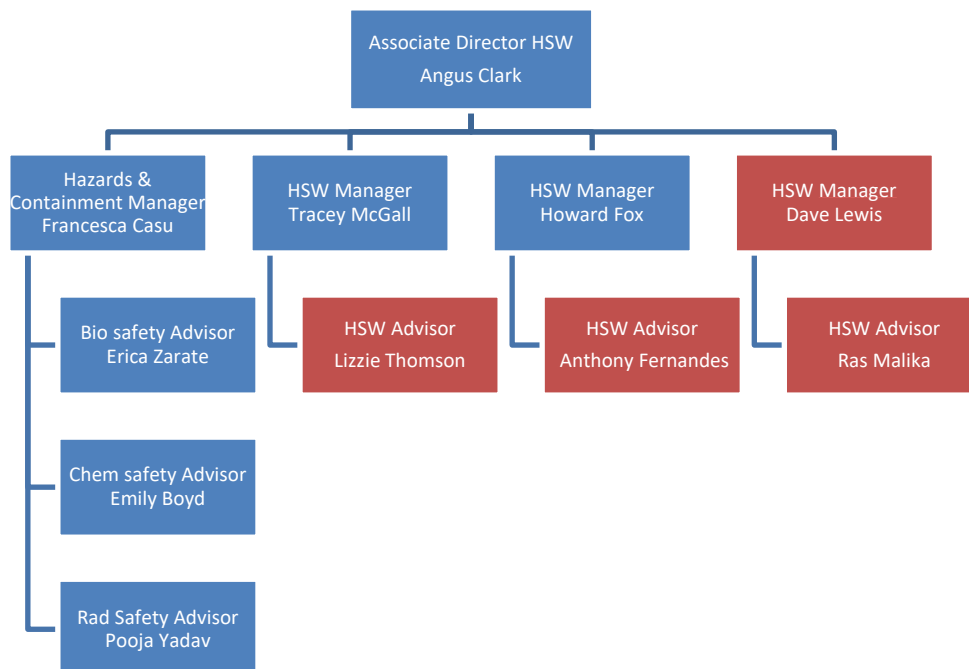
# HEALTH, SAFETY AND WELLBEING E-UPDATE

August 2022

You may have noticed that it has been a long time between drinks since our last update. We have some new faces and a changed structure in which we are all excited to moving forward. Here's what has been happening:

## HSW Team Changes

We have four new members to our team. Dave Lewis joins us in September as a HSW Manager and three new HSW Advisors Anthony Fernandez, Lizzie Thomson and Ras Malika who has been promoted from HSW Coordinator. Well done to Ras for her well-earned promotion and welcome to our newcomers, we are delighted to have you all on board.



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Who is your HSW contact?

Howard Fox & Anthony Fernandes: FMHS, Science, Liggins, Connect, Comms & Marketing, OPI, Planning and Information, Research Strategy

Dave Lewis & Ras Malika: CAI, Arts, EDSW, Gradschool, LLS, Campus Life, Academic Services, and Strategic Engagement

Tracey McGall & Lizzie Thomson: Engineering, Law, B&E, ABI, Property Services, HR, Finance, Māori, Equity, Pacifica & South Auckland Campus, Uniservices

Or simply email the team on [hsw@auckland.ac.nz](mailto:hsw@auckland.ac.nz)

## **ACC Audit**

We are pleased to confirm that ACC has confirmed our Tertiary Accreditation following a full audit. Thank you to everyone who helped with the audit process. This is always a big piece of work but this result attests to the HSW focus across the university. Our continued successful audit result gives us all confidence that we continue to provide a safe and healthy place to work.

## **FREE Flu Vaccinations**

If you haven't had your Flu shot, it is not too late and it is FREE, pop into the Campus Pharmacy. This scheme is open to students and staff this year and we encourage you all to take up this opportunity. No bookings are required, for more information click [here](#).

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## Fire Evacuation Drills

If you have been on campus over the last couple of weeks, chances are you will have taken part in our latest round of successful fire evacuation drills. The University has more than 200 buildings and sites and 90 active fire evacuation schemes that require a test drill once every six months to retain approval. Overall, fire wardens mobilised their buildings and communicated well to ensure everyone knew what was going on and what they needed to do – nice work!

One of the challenges we faced this year was that with many teams working in a hybrid work pattern some fire wardens were not on campus during the drills. In these scenarios we ask that everyone take control of their work area, do a “sweep” of the floor and make sure everyone exits safely. We are all fire wardens and need to look out for one another.

Any recommendations for your building will be communicated via your HSW Manager.

## Masks

As colleagues travel internationally and relay images of pre-pandemic life without the use of masks – a reminder that face masks in New Zealand are still required by government mandate in some locations on campus such as pharmacies, health and disability services and retail outlets.

Face masks continue to provide a simple, proven and effective way for us to protect ourselves and others, particularly those who are vulnerable to Covid-19 and other respiratory illnesses.

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All staff, students and visitors are expected to wear face masks on campus in lectures and other teaching spaces, bathrooms and lifts, and wherever physical distancing is difficult to maintain. If you need more detail click [here](#).

We get it. Wearing a mask can be tiresome, but it is important for staff to lead the university and maintain mask wearing to continue protecting our immune compromised friends and colleagues as well as protect ourselves from any airborne nasties.



## What is coming up?

**Mental Health Awareness Week (MHAW) 26 September -2 October**



**RECONNECT**

With the people and places that lift you up.

Mental Health Awareness Week 26 Sept – 2 Oct  
[www.mhaw.nz](http://www.mhaw.nz)

The poster features a family of three (a woman holding a baby, a man, and a large purple starburst graphic with the word 'WHANAU' written across it) against a purple background.

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Mental Health Awareness week is for everyone.

The theme for this year's mental health awareness week is "Reconnect with people and places that uplift you". Living through the past couple of years has been tough, let's take the opportunity to stop, take a breath and reconnect with colleagues, ourselves and special places that are meaningful to us. A text, a coffee catch up, a group walk, mindful breathing exercises on your own – we encourage you to take the first step.

During MHAW why not work with your team? Add it to your team meeting agenda and step through the week by using the MHAW framework to;

- **Monday: Reconnecting with yourself**
- **Tuesday: Reconnecting with a friend, loved one or colleague**
- **Wednesday: Reconnecting with a place**
- **Thursday: Reconnecting with the community**
- **Friday: Reconnecting with nature**

Or gather all those ideas together and meet up with a colleague you haven't seen for a while over lunch, outside in nature in Albert Park. We are so lucky to have so many open spaces on campus to connect or contemplate and we encourage you to take advantage of them during the MHAW 2022.



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Find the guide [here](#), now is a good time to remember to look after yourself and those around you. Start the conversation.

***Mā te whakarongo, ka mōhio***  
**through listening, comes knowledge**

***Mā te mōhio, ka mārama,***  
**through knowledge, comes understanding**

***Mā te mārama, ka matau,***  
**through understanding, comes wisdom**

***Mā te matau, ka ora***  
**through wisdom, comes wellbeing**

The Mental Health Foundation have planned a number of online and in person activities throughout the country, find them [here](#).

## **FREE Staff Wellness Clinics**

The Faculty of Medical and Health Science and the University's Nutrition and Dietetic clinics have paired up to offer free wellness clinics for staff and postgraduate students. Clinic dates are:

- Wednesday, September 7, 2022
- Wednesday, September 14, 2022
- Wednesday, September 21, 2022
- Wednesday, September 28, 2022

Have a personalised discussion about a range of health concerns and your health goals. Student dieticians will share their affordable, evidence based dietary advice. Find out information [here](#).

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## Health and Safety Representative Courses

Take the opportunity to sign up Health and Safety Rep courses before the end of the year. We have organised Peter Simnovich from the EMA to come back to run both Stage 1 (26 Sept) and Stage 2 (17 Oct) two-day courses. Peter is an engaging, personable and knowledgeable trainer, who uses real life examples to facilitate group discussion, links to career tools below:

[Health and Safety Representative Training: Stage 1](#)

[Health and Safety Representative Training: Stage 2](#)

## FREE Beer!

That grabbed your attention!

In common with the HSW Service, this publication will shortly be changing. So we are open to suggestions as to a new name! We'll publish the most imaginative or amusing suggestions, and might even throw in a box of RATs or masks if we use your suggestion as the final title.

Over the years we have received a lot of feedback on the e-update – most of it favourable – but we are conscious that we have kept the same format for 7 years now. Technology and styles have moved on, so we've decided to practise what we preach and are currently reviewing the way we communicate with you. The next edition may well look very different!

As ever, if you have any HSW-related articles you'd like to see included, or topics you'd like to see covered, please contact us – [hsw@auckland.ac.nz](mailto:hsw@auckland.ac.nz)



Angus Clark, Associate Director – HSW