



Te Korowai Whakaruruhau

Health, Safety and Wellbeing Service



February 2024

Kia ora Koutou

Welcome to your first health, safety, and wellbeing (HSW) newsletter for 2024.

I hope that this year proves to be very successful for everyone and that the content within this newsletter will help point you towards a healthier lifestyle, a safer workplace a more fulfilling on campus daily experience. From wellness tips that resonate with your daily routines to safety practices that create secure environments, our HSW team aim to be your trusted companion.

Throughout the year, should you wish to have a specific topic of interest 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.

Topics covered in this issue include:

- HSW Community of Interest (CoI)
- Emergency Response Preparedness
- HSW Courses
- The Health, Safety and Wellness Team
- Semester One Schedule
- Sun Health

Angus Clark
Associate Director – HSW

HSW Community of Interest (CoI)

In response to a large general interest in a Health, Safety and Wellbeing Community of Interest (CoI) Group a Committee has now been appointed. With over 100 current members this group represents everyone at the University and brings a level playing field of representation from across the University into the HSW Committee meetings.

HSW Community of Interest Committee



Chair | Shem Marigold
Vice Chair | Brody Radford
Representatives | Tim Signal and Yantao Song

To express your interest or join this group please email the Health, Safety and Wellbeing Team via hswteam@team.auckland.ac.nz

Emergency Response Preparedness

Are You Prepared for the New Year?

The start of the New Year and new term is a good opportunity to review your emergency preparedness.

 <p>First Aid</p>	<p>Do you, staff and students have access to a first aider at all times?</p> <ul style="list-style-type: none"> To find out more about first aid and medical and first aid emergencies, follow this link
 <p>AEDs</p>	<p>Do you know the location of your nearest Automated External Defibrillator (AED)? Is it working and is someone responsible for checking it on a regular basis?</p> <ul style="list-style-type: none"> To find out more about AEDs, follow this link



Evacuation

Are you, staff and students prepared and able to evacuate if necessary?

- Do you know the location of all of the evacuation routes and exits from all of the buildings you work in?
- Do you know the location of assembly points?
- To find out more about evacuation, [follow this link](#)
- To find out more about assisting people who may require additional assistance in an evacuation, [follow this link](#)



Fire Safety

Do you, staff and students:

- Know the location of your fire alarm call points?
- Know what actions to take if you discover a fire?
- Know what actions to take if you discover a fire

Do you have a sufficient number of fire and building wardens to ensure that at least one is always available at all times?

- To find out more about fire safety, [follow this link](#)
- To book onto Fire Safety and Warden training, [follow this link](#)



Risk Assessment

One of the ways to evaluate your emergency preparedness is to undertake risk assessments.

An assessment helps you focus on the risks that really matter in your workplace or during activities. Some risks have the potential to cause real harm to people and their wellbeing, or damage to property and equipment.

- To find out more about risk assessments and to book onto a workshop, [follow this link](#)



Injury Management

Do you know what to do if you have a work related injury and what support is available to you?

- To find out more about work-related injuries, [follow this link](#)
- For an injury management poster to display in your workplace, [follow this link](#)

Courses

***NEW* Incident Management & Investigation Course**

This course will equip individuals responsible for conducting incident investigations with the skills needed to effectively manage an incident scene and conduct effective investigations. Find a date and time [here](#)

***POPULAR* Mental Health 101**

Topics covered in this course include stress and wellbeing, mental health challenges, suicide, trauma, supportive language and perspective, building a connection, sharing your concerns, when to get help and local support. Find a date and time [here](#)

Your HSW Team

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

Semester One Schedule

Orientation 19-23 February

Semester One begins 26 February

Good Friday 29 March

Easter Monday 1 April

University Closed 2 April

Mid-semester Break 29 March – 12 April

Anzac Day 25 April

Graduation 6-8 & 14 May

Semester One Lectures End 27 May

King's Birthday 3 June

Study Break 2-4 June

Examinations 6-24 June

Matariki 28 June

Semester One Ends 24 June

Inter-semester Break 25 June – 12 July

Keeping safe during this hot weather

Kiwis have one the highest melanoma rates in the world so it is important to protect your skin and embrace the shade! 🧡 Remember to stay sun safe: wear sunscreen, a hat (preferably wide-brimmed), and sunglasses. Seek shade during peak sun hours, and stay hydrated. Most people need about eight glasses of water a day, but if you're working in the heat, you'll probably need more and your skin will thank you!

Let's see what Tiger (The Cancer Society Prawn) has to teach us [here](#)

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

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