

June 2018

It is another big Wellbeing month with lots of Wellbeing Activities. June being Kindness

Working With Chemicals

Safe Work Australia has updated the Hazardous Chemical Information System to ensure the available information is up to date. This update has included the addition of more than 750 chemicals along with amendments to over 600 currently listed chemicals. For more information see the recent Safe Work Australia [Newsletter](#).

We have recently included a Liquid Nitrogen Course to our suite of online courses. To enrol yourself in this course go to myUNSW, Learning & Development and search for the course name.

Global Challenge

The Global Challenge 2018 launched on Wednesday 23rd May! We are off on our 100 day journey of fitness and fun. This year there will be 223 teams and well over 1500 UNSW staff members taking part in this important health and Wellbeing event. During the Global Challenge we will be running Lunchtime Walks every 2 weeks to get everyone out and moving together. To register for these walks please click [here](#). The walks are not restricted to Global Challenge participants only, so bring your friends and colleagues with you!

Student Training Self Enrolment via myUNSW

Our recent system upgrade has included the ability of students to now enrol themselves into both online and face to face courses. To enrol students should visit the [Health & Safety home page](#) or follow these [instructions](#)

YMCA Gym Offer

UNSW Fitness & Aquatic Centre has a special Offer for all UNSW staff where you can enjoy full access to the Centre until July 31st for just \$99! The offer is only valid for a limited time so join now to ensure you do not miss out. The sooner you join, the more you save! For more information please contact Reception.UNSW@ymcansw.org.au or call 9385 4881

Benestar Seminar

Benestar are hosting a seminar on June 26th from 12pm to 1pm. This is the second of our Benestar Short Seminars for 2018. "Communicating Clearly for Results" is a one hour learn at lunch info session that will cover the following topics: Explore some of the theories of communication and why they are important, recognise the impact of verbal and non-verbal communication, understand the effect of values, attitudes and self -

incident where you have tripped on site recently or in the past and report any trip hazard you know of on site. Please remember if you are the nominated supervisor you must log into myUNSW and select the EM checkbox. The collection of this information is important so we can initiate programs to immediately fix problems and for future planning.

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