



R U OK? Day is on Thursday 12 September and this year we are reminded that we can all make a difference in someone's life by noticing the signs that something has changed and taking the time to ask "Are you okay?"

September also brings us a new Financial Wellbeing seminar from UniSuper, the preliminary results of the Workplace Wellbeing Survey, and quite a few important safety reminders. There's information about the decommissioning of ChemAlert, use of pressure equipment, engaging individuals from labour hire agencies, safe work procedures, the Red Eye Clinic and the importance of filling in your own risk assessments.

Lastly, let's not forget that despite the crazy weather it is actually spring! SEXtember is here to promote sex positive behaviours and offers free STI checks to staff and students.

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### R U OK? Day

[R U OK? Day](#) 2019 is on this Thursday September 12.

This year we will see the return of lunchtime [Tai Chi](#) on the Library Lawn at 12pm and the Gratitude Tree in the CLB courtyard from 10am – 2pm. Caffe Brioso (the coffee cart on the Library Lawn) is once again generously supporting R U OK? Day. To claim two coffees for the price of one to share with a colleague or friend, just come together to visit our R U OK? Day team in the Central Lecture Block Courtyard from 10am to retrieve a stamped ticket. Whilst you're there, you can enjoy free 5-minute massages at the Gratitude Tree from one of three massage therapists.

Morning or afternoon tea will be held in faculties and schools across campus, so look out for yours. You can find more information and the booking link for Tai Chi on the [UNSW Wellbeing R U OK? Day website](#).

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### Beyond SafeSys

Quay Consulting have delivered an Analysis and Design Insights document which outlines recommendations surrounding the implementation of a HSE system and supporting practices with a strategic emphasis. In summary, recommendations are as follows: -

- x Revalidation of operating model
- x Review of WHS policy and procedures
- x Implementation of a change management program
- x Transfer of WHS knowledge and expertise
- x Provision of resources/tools to enable safety performance measurement
- x Implementation of a commercial off-the-shelf solution (COTS)

Further information will be forthcoming once approvals, project



## Workplace Wellbeing Survey - Preliminary Results

The UNSW Workplace Wellbeing Survey was launched on 13 June and closed on 31 July 2019, with 1,486 surveys completed. A huge thank you to everyone who completed the survey! The prize draw has been conducted and winners have been notified by email.

A preliminary analysis of results shows that the majority of UNSW staff find the University to be an engaging place to work (62%), feel supported by their managers (70%) and have good working relationships with their colleagues (88%). However, stress levels and fatigue are high (73% are stressed and 58% fatigued) and nearly half of our staff are not taking breaks away from their desks even at lunchtime. On the upside, 94% of staff are interested in increasing their physical activity, and 74% think that UNSW cares about their wellbeing.

A more thorough analysis of the Workplace Wellbeing Survey results will be available in the coming months.

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## The Red Eye Clinic

If anyone experiences an eye related incident while on campus, the Red Eye Clinic (School of Optometry and Vision Science near gate 14) is available to provide a fast response for acute eye care. Because the Clinic is on campus, it may provide quicker treatment than a normal medical practice.

x Opening hours: Monday to Friday 9am – 5pm

(Examinations are conducted by final year Optometry students under the

[conducting a business or undertaking Guide.](#)

code of conduct. Consequently, such actions may result in injury or disciplinary action, including the termination of any work or study relationship with UNSW.

[HS027 Writing Safe Work Procedures](#)

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Medibank One -on-One Consultations