

July 2022

Well, maybe I shouldn't have asked in our last newsletter about what the rest of 2022 had in store for us. Apparently the answer is torrential rain with no end in sight! If you're feeling the strain of the constant miserable weather, you may like to attend our Dealing with Anger webinar from Benestar. If you'd like to see this month's newsletter, like DON'T EAT IN LABS, make sure your trailer is attached to your vehicle safely

before you head off, take regular breaks when working from home and also please ensure you are disposing of chemical waste containers correctly. There's an important online panel presented by the Black Dog Institute on managing psychosocial risk factors at work, and the Recognise and Respond suicide prevention training from Black Dog is still available to both staff and students.



LEAF - A new approach to sustainability in laboratories at UNSW

It's time to improve the efficiency and sustainability of science at UNSW.

The Laboratory Efficiency Assessment Framework (LEAF), is an internationally recognised certification with an easy-to-use online system for improving sustainability in laboratories while building a culture of sustainability with improved engagement and collaboration in laboratories around the world.

LEAF can help you:

- cut down on waste
- improve efficiency
- reduce emissions, and,
- achieve financial savings

LEAF is open to all research labs, workshops, and teaching labs to sign up.

Find out more on the [LEAF at UNSW website](#) or contact the UNSW LEAF team at LEAFlabs@unsw.edu.au.

Rest Breaks

When working from home, we may not have the distractions that we have at the workplace, such as getting up to go to a meeting, walking to the printer, meeting a colleague etc. Without distractions, we may be inclined to sit for hours at our desks without taking a break.

It is important to remember to take regular Pause Breaks throughout the day - a minimum 1-2 minute break every 30 minutes. To remind us to take regular pause breaks:

- set up an audible reminder, such as setting the alarm on your mobile phone for every 30 minutes
- install an application on your computer which provides tailored

Panelists:

- Dr Aimee Gayed, Postdoctoral Research Fellow, Black Dog Institute
- Christine Turner, Quality & People Manager, South Western Sydney PHN
- Ian Firth, State Inspector, SafeWork NSW

The webinar will be held on **Monday 25 July from 12pm - 12:45pm.**

[Click here to register.](#)

Is Your Trailer Safely Attached?

If you tow a trailer behind your vehicle, it's important to check that the connection between the vehicle and trailer is completed correctly according to the manufacturer's instructions before you commence the journey. In a recent incident involving UNSW personnel, a boat trailer became partially detached from the vehicle towing it and ran down a slope and into the back of the vehicle causing significant damage to the vehicle. It was determined that a pin wasn't inserted correctly into the coupling latch to lock in the connection mechanism for the trailer to the vehicle. It is

- recognising the signs of suicide
- having a conversation with and supporting the person
- providing help to the person
- self-care

For more information and to register, visit the information page [HERE](#).
