

HEALTH, SAFETY AND WELLBEING E-UPDATE



September 2021

Kia ora koutou,

Welcome to Level 3!

Here we are again – flexing through alert levels and trying to chart the best ways to support our community whilst keeping those on campus as safe as we can! However, as we look around the globe and the numbers of cases and deaths due to COVID in other parts of the world (still over 16M cases and 260,000 deaths per month globally), we can appreciate why we are doing this and how fortunate we are! The Prime Minister announced today that Auckland will be moving to Alert Level 3 from Tuesday night, so hopefully we're now on the road to a return to whatever passes for "normal" in these strange times. I'm sure this news will be welcomed by all – the general mood seems to be less tolerant, with many reporting feeling "flat" and others really struggling. There is more on mental health awareness later in this e-update.

Meanwhile, the HSW Team has been extremely busy supporting the COVID Incident Management Team, including leading the contact tracing required for the two cases we had on campus at the start of the current outbreak.

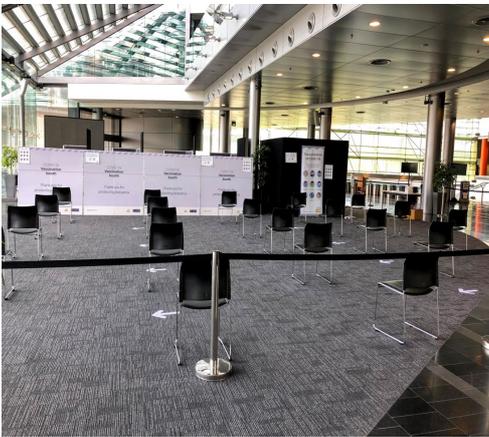
Vaccination Policy

The University is committed to supporting Government initiatives on the vaccination programme, and has prepared a draft policy which is now available for review by staff on the [Consultation page on our Policy Hub website](#). You can provide your responses to vaccination@auckland.ac.nz by 4 October 2021.

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Outreach Pop-Up COVID-19 Vaccination Centre

Just over two weeks ago, under Alert Level 4 conditions, The University of Auckland in partnership with Northern Regional Health and Campus Pharmacy ran a pop-up Outreach Vaccination Centre.



The event was part of the Elimination Strategy, Aotearoa New Zealand's sustained approach to "keep it out, find it and stamp it out".

The vaccination programme is a critical element of building protection against the virus in the community. The outreach vaccination centre provided students in residence, and essential staff on campus, with an opportunity to be vaccinated against COVID 19.

The event was held in the Sir Owen Glenn Building, which proved to be the ideal venue in allowing for physical distancing, natural lighting, air-flow, and parking. Our thanks go to the Faculty of Business and Economics, Property Services, Campus Life and FMHS for their assistance in making the event possible. Over 1000 staff and students took up the opportunity to be vaccinated, which is a fantastic effort.

To complete the process an opportunity for staff and students to receive their 2nd vaccination will take place

on Saturday & Sunday 16th & 17th October 2021, Sir Owen Glenn Building, University of Auckland, Building 260, Level 1, 12 Grafton Road Auckland 1010 [view on map](#).

Bookings can be made via [BookMyVaccine](#). Walk-ins without appointments will also be taken.



Book your free vaccination today at [BookMyVaccine.nz](#)

Te Kāwanatanga o Aotearoa
New Zealand Government

Unite
against
COVID-19

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Have you, or the person you are booking for, had a first dose of a COVID-19 vaccine?

Yes
 No

What type of vaccine was it?

If it was Janssen, you don't need to make any more appointments, you/they are fully vaccinated. For any vaccine not including Pfizer, select 'Other' below.

Pfizer
 Other (for example: Moderna, AstraZeneca, and Novavax)

What date was this first dose given?

Please check your records to be as accurate as you can.

Day: 11 Month: 09 Year: 2021

Choose an approximate time between doses

The standard gap between doses is now 6 weeks or more. The minimum gap between doses is 3 weeks.

6 weeks or more (standard)
 3 weeks or more

[Continue](#)

Choose a location

Enter a location to find a vaccination centre near you.

If you live in a rural or remote area, you may need to enter your closest town or city.

Enter an address, suburb, or postcode

Sir Owen G Glenn Building

[Use your current location](#)

[Continue](#)

2 Appointment 2
Choose a date and time

October 2021						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

32 appointments available
For Saturday October 16, 2021

9:50am	10:20am	10:30am
10:40am	10:50am	11:10am
11:20am	11:40am	11:50am
12:40pm	12:50pm	1:40pm

Choose a location

Vaccination centres nearest to 12 Grafton Road, Auckland CBD, Auckland 1010, New Zealand [Change address](#)

University of Auckland Vaccination Centre
0 ms away
Owen Glenn Building, University of Auckland, Building 260, Level 1, 12 Grafton Road Auckland 1010
[View on map](#)

For those who have not yet received their first vaccination dose again bookings can be made on [BookMyVaccine](#) for any location close to where you live.

Vice-Chancellor's award for excellence in HSW

The Vice-Chancellor's award for excellence in Health, Safety and Wellbeing is a significant opportunity to recognise the individuals or teams who have initiated positive and practical changes to Health, Safety and Wellbeing in their areas of work. Nominations for the 2020/2021 awards will be open online from Monday 4 October to Friday 12 November 2021. Please share this message with staff and students who you believe to have done outstanding HSW work and allow them time to prepare an application. More information is available in the [Vice-Chancellor's Excellence awards](#) webpage.

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Get moving – and this time its personal

Lockdown can really mess with some of the rituals and habits that normally work so well for us – it can be frustrating if you had got into that good exercise routine but now that's being disrupted by the level 3-4 rules. We also know how much working online all day can really reduce the amount we get to move our bodies naturally; and we that we may need to add some new habits to our routine to offset this. Do you need some help figuring out what would work in this lockdown context? Or maybe you've started setting some brand-new intentions for yourself that involve being more active?

Those of you who have been able to tune into our Lockdown Wellbeing series may be inspired by the practical and accessible Actively Well content led by Emma Gillard of the Sport & Recreation Centre. There is now the opportunity to build on this through a free 1:1 with an expert to help you build a plan to get your body moving.

Sport & Recreation have teamed up with Exercise Sciences to offer 30-minute consultations to staff. Normally these sessions cost \$40 with the Rec Centre, but in this level 3-4 lockdown it's free! Our postgraduate students in Exercise Sciences are also on hand to provide specialist assistance to those with existing health conditions. When we return to Levels 1 & 2, we are also able to offer all staff a free 2-week gym trial and 30-minute consult.

Whatever your situation or current exercise level the teams are able to help you and your whānau too.

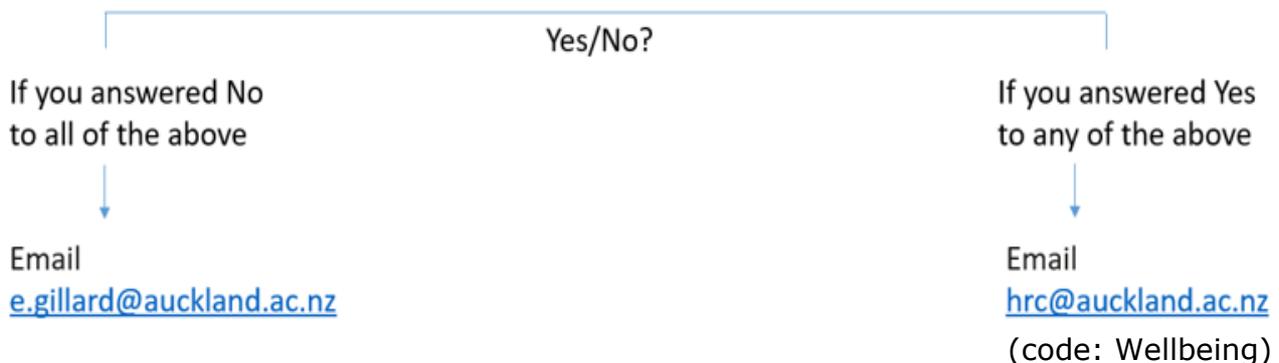
How to book

Your situation will determine which team will support you. Please answer the following questions and contact the relevant team as per the guide below:

- Has your doctor ever said that you have a heart condition or high blood pressure?
- Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?
- Are you currently taking prescribed medications for a chronic medical condition?

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- Do you currently have (or have had within the last 12 months) a bone, joint or soft tissue (muscle, ligament or tendon) problem that could be made worse by becoming more physically active?
- Has your doctor ever said that you should only do medically supervised physical activity?



The Rec Centre team and our registered Clinical Exercise Physiologists postgraduate students are looking forward to supporting you on your journey to being more physically active.

Points to Note

Please note that:

- This is a limited lockdown offer and it's available on a first come first served basis.
- Any information that is collected during these consultations is kept strictly confidential and will not be used together with your staff profile.
- If now isn't the right time for you, but you may be interested in future, see the [Rec Centre for programmes and BAU prices](#) and the [Health and Rehabilitation Clinic](#).

Self-service resources

If you can't wait to start check out these resources now to get you going:

Online fitness:

[Get moving with the Rec centre](#)

[Actively Well Webinar recording & Slides](#)

[Lockdown Wellbeing webinars on the Change & Resilience Hub recording and slides](#)

Contact the Health, Safety and Wellbeing Service for information, guidance and support.

Ext 84896 or hsw@auckland.ac.nz

www.auckland.ac.nz/hsw

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Mental Health Awareness Week 27 September – 03 October 2021

Rather than focus just on one week, our HR team are extending this by developing and facilitating a series of webinars with each week focusing on a different topic.

Topics to date include:

Wellbeing webinar - lockdown part 1

We look at how to challenge and change our mindset around what productivity looks like, and demonstrate a useful tool for grounding yourself.

Moving regularly through the day is key to our wellbeing too, and we introduce you to some amazing online resources from the Rec Centre.

Managing Feelings of Anxiety

We feature our main speaker clinical psychologist Fiona Howard, who explains the anxiety many are feeling and leads us through some strategies to deal with it, including avoiding the word 'should' in our self-talk and reflecting on what has worked for us in the past.

Mindfulness for lockdown wellbeing

A practical introductory session providing 3-4 simple and quick mindfulness practices that can be used to navigate the day and improve wellbeing – especially during lockdown.

Links to the above along with other useful resources can be found in the link and future topics will be posted on the intranet events page [Change and Resilience](#).

If we also consider the theme to this year's Mental Health Awareness Week – Take time to kōrero/mā te kōrero, ka ora – a little chat can go a long way.

During times of uncertainty, MHAW is all about connecting with the people in our lives and creating space for conversations about mental health and wellbeing.

Whether it's checking in with a mate, having a kōrero over some kai (albeit on zoom) or saying hello to a stranger – even if from a distance – a little chat can go a long way. Remember a little chat does not have to be "in person".

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MHAW chose this theme because the little, everyday conversations we have are surprisingly important – and they make a big difference to our mental health – so we want you to take notice of the kōrero that makes you feel good and do it more often. Over time, these small chats create meaningful connections, help us understand each other better and ensure we have people we can count on when times are tough.

There are also a range of resources available on the HSW website:

[Wellbeing](#) [Mental Health and Wellbeing Resources](#)

Other useful sites:

[Like minds, like mine](#)

[The lowdown NZ](#)

[Mental Wealth NZ](#)

Health and safety representatives (HSRs) - making a difference

Health and Safety Representatives are staff at the University who represent and assist us all on health, safety and wellbeing matters. As the voice of University staff, this is an important role in creating and supporting an active health, safety and wellbeing culture. You do not need to be an expert to become a rep. Please see this link to what makes a great rep [Health and Safety Reps - qualities of a great HSR](#) and how to become one at the University here [Health and safety representatives - The University of Auckland](#). Being a rep is a leadership role and the University community is grateful for the contribution you make.

Fire evacuation drills – knowing what to do

The Health, Safety and Wellbeing team observed all of the fire drills completed on Campus in August. At the University we work in over 200 buildings and sites, we have 90 active fire evacuation schemes that require a test drill once every six months to retain approval. Running drills is not just a routine test - it prepares and informs everyone about what to do. We want to acknowledge and celebrate those of you who participated in the recent drills; our overwhelming observation was of people who are alert, engaged and know what to do! It is

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really encouraging to see the quality and creativity of communication in the moment the alarm sounds.

Non-work claim injury management

Non-work related injuries raise questions regarding your salary, compensations, leave entitlements and return to work plans. For more information, please refer to our recently updated webpage [Non-work related ACC injury claims](#).

Laser Safety – lasers transfer notification

Need to move a laser to a different location? Please remember that the transfer of functional restricted lasers (Class 3B and Class 4) within University or outside the University of Auckland, needs to be done via written communication to the Laser Safety Officer (LSO). The receiver should have a viable laser safety programme and a laser safety officer in place before the transfer of the laser can take place. The LSO needs to approve the transfer and update the restricted lasers register. All communications regarding this can be directed to Pooja Yadav at lasersafety@auckland.ac.nz. For more information, please refer to University of Auckland [Laser safety guidelines](#).

This and previous issues of the HSW e-update are available [here](#). As usual, if you have any query on anything related to health, safety or wellbeing, please do not hesitate to contact us on hsw@auckland.ac.nz. Similarly, if you have any suggestions as to topics you would like us to cover in future e-updates, please get in touch.



Angus Clark

Associate Director – HSW