

HEALTH, SAFETY AND WELLBEING E-UPDATE



June 2019

Dear Colleagues,

Welcome to the June edition of the e-update from the University Health, Safety and Wellbeing service.

Update to University Emergency Response Procedures

The University has detailed procedures for responding to reasonably foreseeable emergencies. These reflect recommendations from the Police, Fire and Emergency Services, the Red Cross, Civil Defence, and other agencies. We review these procedures from time to time to ensure they follow current good practice, in order that our community is given useful information to cope with a developing situation. The procedures can also be used as a basis for preparatory training.

Feedback from the University community showed the need for expansion of our existing information by adding new sections for the treatment of casualties and dealing with the trauma that can be associated with an emergency. In addition, we have included a flowchart in order to clarify the emergency management process.

Please make yourself familiar with the new version (Version 4) of [Emergency Response](#) booklet and remove any paper or electronic copies of previous versions you hold. Everyone is encouraged to download the recommended apps, and to save the UoA Security Service's 24 hour contact number to their contacts list as "Auckland Uni Security" 0800 373 7550. Remember the emergency number for Fire, Police or Ambulance in New Zealand is 111. Calls are free, even if you have no credit on your phone.

HEALTH, SAFETY AND WELLBEING E-UPDATE

ACC Accredited Employers Program audit

The University is audited on an annual basis by an independent auditor on behalf of ACC, and we currently hold Tertiary Accreditation, which is the highest achievable level.

The audit is to assess and review injury claim management over the previous 12 months. Interviews are conducted with staff, management and some injury claimants, and there will be some workplace inspections.

This year, we are being audited on Injury Management only (last year all aspects of health and safety management were in scope), and the audit will take place in mid-July.

WorkAon (who partner and work with us to manage claims) is involved in the audit and is also subject to additional reviews by ACC auditors.

In the second week of June we held a Self-Assessment Briefing, to which many of the key stakeholders, H&S Reps and Unions were invited.

Further information can be found in the links below.

[ACC Audit Guidelines - Injury Management Practices](#)

[Claims Management and Rehabilitation Manual](#)

Can you offset the Health Risks of prolonged sitting?

A weekly dose of at least 150 minutes of physical activity could substantially reduce or offset the mortality risks in 'high sitters', according to recent University of Sydney research.

Sitting is often touted as 'the new smoking', but it is unclear if it is the sitting itself or the lack of physical activity that causes the harm.

The study, published in leading cardiology publication the [Journal of the American College of Cardiology](#), was a University of Sydney-led collaboration with the Norwegian School of Sport Sciences, Norwegian Institute of Public Health and the UK's Loughborough University.

HEALTH, SAFETY AND WELLBEING E-UPDATE



Key messages from the study, led by Professor Emmanuel Stamatakis from the University of Sydney's Charles Perkins Centre and Prevention Research Collaboration in the School of Public Health, include:

- Physical activity is particularly important for people who sit a lot (over 6 hours per day)
- The most important lifestyle change for such people would be to look for or create opportunities to move more daily
- Replacing sitting with physical activity – but not standing – reduced mortality risk among 'high sitters', people who sit over six hours per day

Professor Stamatakis also suggested:

"In our study, sitting time was associated consistently with both overall premature mortality and cardiovascular disease mortality in the least physically active groups – those doing under 150 minutes of moderate to vigorous intensity physical activity per week, for example, people who were physically inactive and sat for more than eight hours per day had 107 percent higher risk for cardiovascular death compared to those who did at least one-hour physical activity per day and sat less than four hours. But one hour of physical activity per day is not necessary."

"Any movement is good for health but physical activity of moderate to vigorous intensity – that is activities that get people out of breath – is the most potent and most time-efficient,"

"Exercise and sports are a great way to be active but are not the only way – walking fast, climbing stairs, and cycling to get from place to place are only some of the many opportunities everyday life offers to move and even 'huff and puff' sometimes."

(Extracted from an article originally published by the [Safety Institute of Australia](#))



HEALTH, SAFETY AND WELLBEING E-UPDATE

The HSW web page on [Setting up your workstation](#) provides guidelines on how to set-up your computer workstation to reduce ergonomic risks caused by daily basis computer usage.

Spot the difference!



Recently we had an incident reported from a lab area when a yellow paper wheelie bin was used for medical consumables.

To avoid confusion, yellow bins allocated for paper should never be inside a laboratory.

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.

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