

HEALTH, SAFETY AND WELLBEING E-UPDATE



September 2018

Dear Colleagues,

The feedback received for the previous e-update was very positive and I thank those who came back to us with their comments. We will try to live up to your expectations and provide a consistent approach through our future e-updates. You all are welcome to contribute or suggest HSW topics you would like to read in future HSW e-updates.

The only negative comment was on availability. We are working on this internally; however we are constrained by the communication media currently available to us. In the interim, we would request the recipients of this e-update to cascade it through your teams to inform as wide an audience as possible.

Fire Alarms, Headphones and Bags

We would like to thank everyone for their participation in the recent round of Fire Drills. They went very well, but one thing that stood out for us was that **active noise cancelling headphones** are becoming popular within the University. It has been proved that good quality headphones will cancel out alarm sounds to the user, so this means that people wearing them may not react to alarms or audible warnings.

To ensure everyone evacuates in an emergency, all members of the University community are requested to note when their colleagues are using headphones. If an alarm sounds, they should politely tap the user on the shoulder and make them aware of the need to vacate. Fire wardens also need to be alert to people wearing headphones and be thorough in their floor clearance checks.

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We were also asked whether it is OK to carry bags and other items during an emergency, as it may be difficult or impossible for people to retrieve personal items if there has been a fire. The answer is “Yes you can” – but within reason. The items should be easily accessible and not delay your evacuation, and they must not make it difficult for others to use stairs and exits. **On no account** should you re-enter the building or try to move against the evacuation flow in order to retrieve items. Handbags, wallets, passports, tablets and phones are all OK, but suitcases, loose or bulky items and bicycles are not. Drinks and food must also be left behind as they can cause a slip hazard if they are dropped on stairs or floors, or injury if spilled on someone.

National Earthquake Drill

ShakeOut, our national earthquake drill, is taking place on Thursday 18th October 2018 at 0930 am and it is a great opportunity to remind our people of the right actions to take during an earthquake. All members of the University community are requested to carry out the drill at 0930, even if it is during a meeting, lecture or class.

The drill is: **Drop, Cover and Hold** - and if you are in a coastal area, carry out a tsunami hīkoi (evacuation) once the shaking has stopped (**If it's long and strong, get gone**).

Information about Shakeout is at <https://www.shakeout.govt.nz/> and the official [Shakeout Video](#) is an excellent way to get the message across during the drill. If you live or work near the ocean, download the [Tsunami Map](#) for your area, and make yourself aware of your safe evacuation point – remember, roads may become rapidly congested, so the best method of transport to high ground is by foot or by bike.

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Mental Health Awareness Week (MHAW) – from 8 to 14 October

2018 theme - **Let nature in, strengthen your wellbeing – Mā te taiao kia whakapakari tōu oranga!**

This is run each year by the mental health foundation and in New Zealand it usually coincides with the [World mental health day](#) which, this year, is on 10th October.

Mental Health is defined by the WHO as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Unfortunately, although around 1 in 5 of the world's children and adolescents have mental disorders or problems, awareness of the [issues](#) is not high, and many of us remain unaware until someone close is affected. This week is all about raising that awareness.

If needed, additional help can be found [here](#).

HSW workshops

HSW has an ongoing programme of [Health and Safety workshops](#). Please encourage and facilitate your colleagues to enrol on these workshops, which are bespoke to the University community.

We will catch up again with our next e-update. In the meanwhile, if you have any HSW queries, issues and ideas please get in touch via hsw@auckland.ac.nz. We are here to help.



Angus Clark

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