



**COMMUNICATION.
CHANGE. CARE.
CONNECTION.**

WHAT WE DO

- ❖ Training and advice on duty of care and due diligence
- ❖ Facilitate Mandatory WHS training
- ❖ Information on safety performance data
- ❖ Proactive initiatives for prevention of incidents
- ❖ Facilitate WHS & Wellbeing communication and consultation
- ❖ Provide responses & liaise with regulatory bodies including SafeWork & SIRA
- ❖ Facilitate Operational Risk Assessments
- ❖ Work related and pre-existing injury management
- ❖ Worker's compensation and return to work
- ❖ Ergonomic Assessments
- ❖ Wellbeing initiatives, scheduling and promotion
- ❖ Flu Vaccinations
- ❖ Safety in laboratories – biological, chemical and radiation
- ❖ EAP facilitation and promotion
- ❖ Health monitoring
- ❖ Incident management

HOW WE CAN HELP YOU

- ❖ WHSW for managers and supervisor's in relation to safety and due diligence.
- ❖ Consultation and assistance around all aspects of Risk Assessment.
- ❖ Coordination of staff related physical and psychological injuries and worker's compensation claims.
- ❖ Ergonomic assessment on workstations and manual handling assessments.
- ❖ Creation and implementation of Wellbeing strategies and events including health prevention, promotion and safety.
- ❖ Coordination of flu vaccinations to staff.
- ❖ Safety monitoring and compliance of laboratories.
- ❖ Provide training in areas of biosafety, hazardous chemical awareness, emergency warden, risk assessment and first aid.
- ❖ Employee Assistance Program information, contacts, referrals and programs.
- ❖ Assistance, investigation, monitoring and resolution of incidents and how to fill out the incident report form.

WHS&WELLBEING SUPPORT DURING COVID-19

2020	EMAIL INBOUND	EMAIL OUTBOUND	CALLS INBOUND	CALLS OUTBOUND
MARCH	8,696	5,826	1,214	1,154
APRIL	19,090	10,406	1,634	1,174
MAY	17,275	9,995	1,287	1,125
JUNE	17,158	8,830	891	803
JULY	24,890	11,284	1,113	1,004
TOTAL	87,109	46,341	6,139	5,260

SUPPORTING YOUR MENTAL HEALTH AND WELLBEING

The WHS & Wellbeing unit hosted training workshops and mental health and wellbeing focused programs which have resulted in a 50% increase in attendance/participation when compared to last year. The strategic focus has been on the following topics: Looking after yourself during COVID-19 with an expert panel from NICM, Domestic Violence Training, Link between Food and Mood, Financial Planning Webinar participants, staying calm and connected throughout COVID, Managing Fatigue and Burnout

Links and self help information will be provided after the conference by WHS & Wellbeing.

WHS&WELLBEING SUPPORT DURING COVID-19

- ❖ Whilst maintaining core business activities, the WHS & Wellbeing Unit has also responded to COVID-19 since the 23 January 2020. This includes:
 - ❖ Case management and support of over 1,000 members of the University community who reported illness and who have undergone testing for COVID-19, this support extended to those working and studying from home.
 - ❖ Reviewed over 8,000 campus access forms to date.
 - ❖ Have received and responded to over 88,000 emails from the University community.
 - ❖ The WHS & Wellbeing Unit providing four students with placement opportunities.
 - ❖ 100 return to campus risk assessment.
 - ❖ Personal Risk Assessments for Vulnerable Staff
 - ❖ COVID-19 Mandatory Training completion rate is currently at 98% for the University.



COMING UP

R U OK? DAY!

RUOK? – Is a call to action in the prevention of suicide. WHS&Wellbeing will promote RUOK not just one day but throughout the year. 2020 has presented unique challenges to our way of living, our health, security and wellbeing. There is no better time for us to reach out to those around us, to keep connected, strengthen community and show that we care.

EAP have a pre-recorded half hour webinar for staff to watch together on RUOK day. This can be accessed via the WHS&Wellbeing website.



RESOURCES AND ASSISTANCE VIDEOS

HYGIENE CLIP – Kris Ambrose



https://youtu.be/7tF8Qwc_RFU

WORKING FROM HOME – Jess Nour



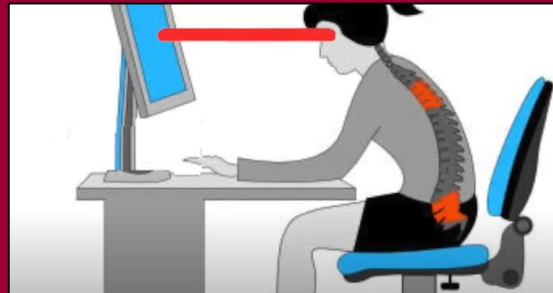
<https://youtu.be/RroeQ3E07FY>

WASH YOUR HANDS - YouTube



<https://youtu.be/Hz6fyfxD4xE>

NECK AND SHOULDER – Matt Barsoum



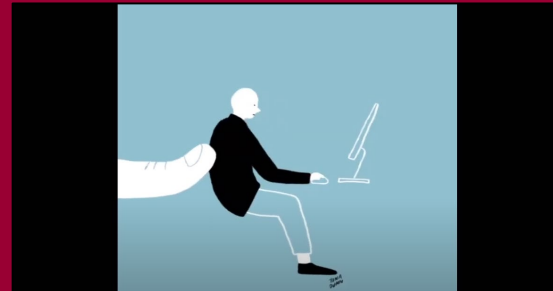
<https://youtu.be/H-2nO4obwJE>

MOVEMENT BREAKS – Matt Barsoum



https://youtu.be/uxTEJMR_DfA

POSTURE - BUTTERFLY – Matt Barsoum



https://youtu.be/Z0pYWNyf_el

LINKS TO YAMMER RESOURCES

Focus Area	Links
Wellbeing	Sleep hygiene
Wellbeing	EAP
Wellbeing	The life changing magic of saying Thank You
Wellbeing	R U Still Ok?
Wellbeing	RUOK Day 2020
Wellbeing	Domestic and Family Violence Training
Wellbeing	Looking after yourself during COVID-19 self care and wellbeing
Wellbeing	Self Care Choice Board (forward from Carolyn Ee)
Wellbeing	Staying connected during COVID-19
Wellbeing	Stress Awareness and Building Resilience Pre-recorded Webinar
Wellbeing	Why you should consider going dry this July Webinar
Wellbeing	Preventing Burnout - 14 July 9:30am - 11am via Zoom
Wellbeing	Staying well during and after cancer treatment: use of complementary therapies
Wellbeing	World Day for Safety and Health at Work and Workers' Memorial Day
Ergonomics	Ergonomic Tips
Ergonomics	Tips on how to set-up your mouse and keyboard
Working from home	Working from home set-up
Hygiene	Hand washing
Hygiene	Cough etiquette
Hygiene	Hand Hygiene
Hygiene	Stop the spread
Injury prevention	Chair falls
Injury prevention	Electrical Safety
Team profile	60 seconds with Work Health, Safety and Wellbeing
COVID-19 specific resources	Accessing correct information



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