



March | 2018

In this issue

Smoke Free Campus	
Lindsay Pryor Walk	2
Mental Health First Aid Course	2
2018 Yoga Big Day Out	3
International Women's Day	4
Working in heat	4
Pedestrian, bike and car safety on campus	5
Harmony Day 21 March	5
Workplace safety incident and hazard reporting tool - Figtree	6

The ANU Smoke-Free Policy prohibits all smoking (including electronic cigarettes) and the use of all tobacco products, subject to exceptions*, anywhere on all of the University's campuses, including buildings, properties, grounds and workplaces.

Work Environment Group/
Injury Prevention & Rehabilitation

injurymanagement@anu.edu.au



There is no safe level of exposure to tobacco smoke

Smoke Free Campus

The need for a smoke-free campus is driven by Work, Health and Safety (WHS) obligations and recognition that smoking has a significant environmental, health and economic impact in Australia.

The ANU Smoke-Free Policy prohibits all smoking (including electronic cigarettes) and the use of all tobacco products, subject to exceptions*, anywhere on all of the University's campuses, including buildings, properties, grounds and workplaces.

The policy prohibits smoking and the use of tobacco products in all vehicles on campus and used for business purposes, and the promotion, and advertising of tobacco products on University's land.

A limited number of Designated Outdoor Smoking Areas (DOSAs) are located on campus. DOSAs are located around the University at residential areas (if permitted by local residence rules) and ANU bars.

People who smoke are advised that many current smoking areas across campus are no longer available and need to consider alternatives to smoking during the working day. For

further information go to [Frequently Asked Questions](#) and www.quitnow.gov.au.

* Exceptions are ANU student and staff residences and ANU licenses bars.

Why 'smoke-free'

It is widely acknowledged that smoking is harmful to health, and there is no safe level of exposure to tobacco smoke.

Evidence shows that a smoke-free environment increases the rate of quitting and reduces the number of people taking up smoking or recommencing smoking if they had preciously QUIT.

More information

- > [Smoke-Free policy](#)
- > [Staff & student support](#)

- > [Frequently asked questions](#)
- > [Promotional material](#)
- > [In the media](#)

Lindsay Pryor Walk on Campus

This self-guided walk among 22 significant tree species celebrates the outstanding contribution made by Lindsay Pryor to Canberra's urban forest. Professor Lindsay Pryor (1915-1998) was a man of trees - he was an eminent Australian botanist; founder of the Australian National Botanic Gardens; Director of Parks and Gardens for the ACT; and the first Chair of the ANU Department of Botany.



Highlights of the Walk include a variety of eucalypts, including Pryor's namesake Eucalyptus pryoriana; a Giant Sequoia grown from a seed from the world's largest tree - California's General Sherman; a Lace-Bark Pine collected by Pryor from the Forbidden City, Beijing; a Parana Pine from Southern Brazil; and a stand of Lombardy Poplars that predate the ANU campus.

The Walk starts just outside the Hancock Library on the Australian National University's Acton campus. You can pick up a map of the walk, with information about all of the trees, from the Hancock Library or the Fenner School. Or download the ANU Walks mobile app, available on iOS and Android, which includes the Lindsay Pryor Walk, as well as many other heritage trails on campus.

Mental Health First Aid Training Course

The next scheduled Mental Health First Aid Training Course is for 12-13 April 2018. Participants attending this two day workshop on campus will learn the signs and symptoms of mental health problems, where and how to get help that has proven to be effective.



The course is designed for all academic and professional staff and at the end of the program participants will be able to:

- > Understand the signs and symptoms of mental health problems
- > Know where and how to get help
- > Know the help that has proven to be effective.

Topics addressed in this course include:

- > Depression
- > Anxiety problems
- > Psychosis
- > Substance use problems

Mental health crises content covered includes:

- > Suicidal thoughts and behaviours
- > Non-suicidal self-injury
- > Panic attacks
- > Traumatic events
- > Severe psychotic states
- > Severe effects from alcohol or drug use.

To apply for this course ANU staff should enrol via [HORUS](#).

More information including course fees are available on the [Mental Health First Aid \(SHHR02\) webpage](#).



Walking

A very pleasant way to get around the ANU campus is to walk.

The [ANU Walks app](#) provides information about outdoor sculptures, heritage and sustainability features on campus and a map to help you plan your walks around ANU.

Staff and students are encouraged to use lighted footpaths when walking at night. The University also operates the On Campus On Demand night bus for travelling around the campus at night. ANU Security and Uni Safe Patrol can escort you from University buildings to car parks, halls and colleges at night. Call 6125 2249.



Vegetarian delights



Need nutritious dinner ideas?

Gone are the days of predictable vegetarian lasagnes and stuffed peppers - try out some fresh ideas provided on the [BBC Good Food website](#).

Go meat-free with tasty recipes that are good for you, including pasta dishes, healthy salads, warm soups and stews.

Events/health links:

- > [Health & Wellbeing Festival](#)
- > [Mind, Body, Spirit Festival](#)
- > [Canberra Food & Wine Expo 2018](#)
- > [World Hearing Day and Hearing Awareness Week in Australia](#)
- > [The Water Challenge](#)
- > [Kidney Health Week](#)
- > [World's Greatest Shave](#)

Namaste!

2018 Yoga Big Day Out!

Now in it's 7th consecutive year, this Canberra-grown, one day mini Yoga retreat is the perfect opportunity to step away from your hectic everyday and reinvigorate your mind, body and spirit.

Set at Canberra's most scenic and spectacular waterfront location, the Yoga Big Day Out is the perfect opportunity to experience all of the benefits of a yoga retreat without having to travel far from home.

From 8:30am - 4:00pm you'll be expertly guided through a range of both strong and gently restorative yoga and meditation practices to help you get you feeling more like yourself than you have all summer!

Fully catered with delicious, healthy vegetarian food sourced from the local region from the renowned Boat House by the Lake chefs, the Yoga Big Day Out is a great way to seasonally update your diet, deepen your understanding of Yoga and enjoy some relaxing time out in the stunning surrounds of the iconic Boat House, overlooking Lake Burley Griffin.

8 easy ways to maintain your healthy habits over Easter

With Easter just around the corner it's difficult to avoid the obligatory binge: chocolate (anything) but just remember portion control. Ultimately, everything is fine in moderation.

Did you know that while it can take three seconds to consume a 200g Easter egg, it can take up to a three-hour run to counteract the sugar content?

Below are 8 simple tips to guide you through this Easter season.

- 1. Portion control** - ultimately, everything is fine in moderation.
- 2. Quality control** - Step away from the cheap-clad bunny and exchange it for some dark, good quality chocolate.
- 3. Feast** - make sure you start the day with a protein-rich breakfast and filling fibre so you aren't reaching for a chocolate an hour later.
- 4. Think outside the box** - rethink the basket of eggs and swap it for a basket of beautiful local fruit.
- 5. Snack regularly** - snack on something small and healthy every 3-4 hours, this will help balance your blood sugar levels and potential reduce cravings.
- 6. Plan ahead** - stock fridge with healthy on hand options.
- 7. Hydrate** - research has shown that by increasing water consumption by 1.5 liters a day, you can burn an extra 17,400 calories per year.
- 8. Burn off a bunny** - to counterbalance the extra calorie intake over Easter it is important to exercise every day.

Source: [mybody+soul](#)

Details:

Sunday 18 March (8:30am - 4:00pm)

**The Boat House By The Lake
Grevillea Park
Menindee Drive, Barton ACT**

**For more information visit
[2018 Yoga Big Day Out!](#)**





International Women's Day

International Women's Day is coming - 8 March 2018

International Women's Day is a global day celebrating the social, cultural, economic and political achievements of women.

The International Women's Day 2018 campaign theme is #PressforProgress.

The day also marks a call to action for accelerating gender parity. ANU staff are encouraged to celebrate International Women's Day by holding an event at your local area.

How will you #PressforProgress in 2018?



Selfie card resources

- [I will maintain a gender parity mindset](#)
- [We will maintain a gender parity mindset](#)
- [I will challenge stereotypes and bias](#)
- [We will change stereotypes and bias](#)
- [I will forge positive visibility of women](#)
- [We will forge positive visibility of women](#)
- [I will celebrate women's achievements](#)
- [We will celebrate women's achievements](#)
- [I will influence the beliefs and actions of others](#)
- [We will influence the beliefs and actions of others](#)

Working in heat: Stay safe as temperatures spike

As the temperature spikes, it's time to access the workplace to make sure you and your fellow colleagues stay safe.

Staff in control of the workplace, such as managers and supervisors, and workers all have duties under work health and safety laws to manage risks to worker health and safety, such as those associated with working in heat.

Heat is a hazard in many Australian workplaces, whether work is performed indoors or outdoors and Safe Work Australia have published a [new guide on working in heat](#).



21 March is Harmony Day

Our diversity makes Australia a great place to live. Harmony Day is a celebration of our cultural diversity - a day of cultural respect for everyone who call Australia home.

Held each year on 21 March the day coincides with the [United Nations International Day for the Elimination of Racial Discrimination](#).

The message of Harmony Day is 'everyone belongs', the Day aims to engage people to participate in their community, respect cultural and religious diversity and foster sense of belonging for everyone.

How to celebrate?

Lets come together as a campus community to celebrate our diversity on and beyond 21 March. For more information refer to the [Workplace Event Planning Kit](#) online.

Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. Staff are welcome to wear something orange on 21 March to show their support for cultural diversity and an inclusive Australia.

More information and resources:

- > [www.harmony.gov.au](#)
- > [Posters](#)
- > [Postcards](#)
- > [Invitations](#)

Senior First Aid - Refresher (WHHR16)

The one day course, facilitated by PARASOL, provides participants with the skills and knowledge required to provide first aid response, life support, management of casualty(s), the incident and other first aiders, until the arrival of medical or other assistance.

Refresher training is only available to staff who have previously undertaken the 'Senior First Aid' training course.

The course is designed for staff members and students who are required to provide an emergency first aid response in a workplace.

Topics addressed in the course include:

- > DRSABCD Action Plan
- > Managing the Unconscious Casualty
- > Cardiopulmonary Resuscitation (CPR)
- > Medical emergencies
- > Trauma emergencies
- > Bites and stings

To apply for this course; ANU staff should enrol via [HORUS](#) and students via [ISIS](#).



To view upcoming national and state community events click on the button below.



Safety reminder for pedestrians, cyclists and motorists on campus

A timely reminder at the commencement of the academic year for all motorists and pedestrians to abide by the [road rules](#) when on the ANU Campus, be vigilant of other commuters, observe a safe speed, and never exceed the University campus speed limit (40 km/h).

Cyclists within ANU shall:

- > ride according to the road rules when on the ANU Campus
- > wear a helmet when riding
- > alert pedestrians (e.g. sound their bell) to avoid collisions
- > ride in a predictable manner or in a way that is visible to other commuters
- > maintain a function and legal bicycle and obey 'cyclist dismount' signage in congested areas.

Refer to [Procedure: Bicycle management](#)

Safety is everyone's responsibility.

We can all do our part to
contribute.

Use **Figtree** to report
incidents and hazards.