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Dreaded fever season ahead!

ACHOO! Bless You.

If you suffer from allergies, the good news is that you are not alone. Allergies are one of the world's most common health conditions. Fortunately, for most people, they can be managed, treated or even prevented.

When is Pollen Season in the ACT?

Pollen from grasses, weeds or trees can trigger symptoms of allergic rhinitis (commonly known as hay fever) and asthma. While grass pollens are highest in the spring, the pollen season can last for several months in our region, starting as early as July and extending through to February.

Pollen allergy causes hay fever

The Nations Capital has the highest rate of hay fever in Australia - affecting one in four residents.

Hay fever is an allergic reaction to allergens, like pollen, breathed in through the nose - this causes an immune response in the lining of the nose where the nasal passages become red, swollen and sensitive.

Common symptoms may include:

- > Runny, itchy, congested nose
- > Irritable, itchy, watery and red eyes; and
- > Itchy ears, throat and palate.

Hay fever symptoms may start with an itch at the back of your throat that you just can't scratch, then you develop

streaming, red, puffy eyes, followed by constant sneezing. Click on the following link to read more about [10 natural ways to control hay fever symptoms](#) presented by AustraliaWide First Aid.

Types of allergies

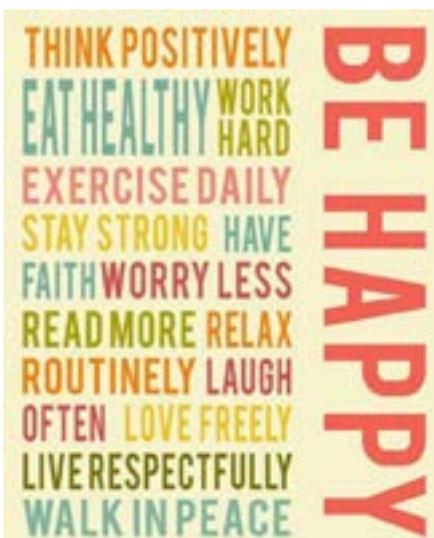
Allergy types are classified by the offending allergens, such as:

- > Pollen - from grasses and trees
- > Dust mites - in bedding
- > Mould spores - touched and inhaled
- > Pet dander - fur and pet hair, shed skin
- > Food - peanuts, eggs and dairy
- > Insect stings - insect venom
- > Medicines, latex and more.

If in doubt seek medical professional advice.

More information

- > [The Kleenex Guide to Hay Fever and Allergies](#)
- > [ACT Health - Asthma, Hay fever and the ACT Pollen Season](#)
- > [Healthdirect - Hay fever prevention](#)
- > [Pollen Calendar Australia](#)
- > [AusPollen](#)



Work Environment Group/
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The human body can last weeks without food, but only days without water. With the body being made up of 50 to 75 per cent water it is vital to ensure that you're well hydrated each day.

Importance of water

Water is needed for most body functions, including to:

- > maintain the health and integrity of every cell in the body
- > keep the bloodstream liquid enough to flow through blood vessels
- > regulate body temperature through sweating
- > carry nutrients and oxygen to cells
- > aid digestion and prevent constipation
- > moisturise the skin to maintain its texture and appearance
- > reduce the risk of cystitis by keeping the bladder clear of bacteria
- > moisten mucous membranes such as those of the lungs and mouth
- > serve as a shock absorber inside the eyes, spinal cord and in the amniotic sac surrounding the fetus in pregnancy.

As the body can't store water we need fresh supplies each day. The amount we need depends on our body size, metabolism, the weather, the food we eat and our activity levels.

To find out more visit the [Better Health Channel website](#).

Mental Health First Aid Training Course



The next scheduled Mental Health First Aid Training Course dates are:

- > 6-7 September 2018
- > 20-21 September 2018
- > 4-5 October 2018
- > 27-28 November 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; and
- > Substance use problems.

Mental health crises content covered includes:

- > Suicidal thoughts and behaviours
- > Non-suicidal self-injury
- > Panic attacks
- > Traumatic events
- > Severe psychotic states; and
- > 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](#).

Upcoming National and State Events



To read more about upcoming national and state community events click on the links below:

- > [Women's Health Week - \(3-7 September 2018\)](#)
- > [Lifeline Canberra Bookfair - \(7-9 September 2018\)](#)
- > [RU OK? Day - \(13 September 2018\)](#)
- > [Shimano Mountain Bike Grand Prix - Stromlo](#)
- > [Canberra Times Fun Run - \(23 September 2018\)](#)
- > [Floriade - \(15 September 2018 - 14 October 2018\)](#)
- > [Floriade Nightfest - Commonwealth Park - \(26-30 September 2018\)](#)
- > [A wild night out at Tidbinbilla](#)
- > [Find out why Canberra is fast becoming the Nordic Walking Capital of Australia - \(27 September 2018\)](#)
- > [Cooking with Edible Natives \(6 October 2018\)](#)
- > [Cheese Masterclass with Sam Studd - \(13 October 2018\)](#)
- > [Ocoober - \(1-31 October 2018\)](#)
- > [National Carers Week - \(14-20 October 2018\)](#)
- > [Health Fitness & Wellbeing Expo - \(20-21 October 2018\)](#)
- > [Oktoberfest - \(26-28 October 2018\)](#)
- > [Self Defence, Health & Fitness Expo \(1 November 2018\)](#)
- > [2018 Capital Fitness Challenge - \(3-4 November 2018\)](#)
- > [November \(1-30 November 2018\)](#)



My Health Record

My Health Record is an online summary of your health information. You control what goes into your record, and who is allowed to access it. Share your health information with doctors, hospitals and other healthcare providers from anywhere, any time.

Having a My Health Record means your important health information including allergies, current conditions and treatments, medicine details, pathology reports or diagnostic imaging scan reports can be digitally stored in one place.

Every Australian will be offered a My Health Record, however you will have a choice to opt-out during the three month period from 16 July to 15 October 2018.

More information about My Health Record can be found at www.myhealthrecord.gov.au



Working safely with your computer

Once your workstation is suitably adjusted for you, it is important to use safe working habits and techniques to prevent injuries developing. Follow these guidelines below for healthy work practices.

Chair and posture

Sit with your bottom back on the chair rather than sitting on the front edge. Periodically check your posture to ensure you are not sitting with your chin poked out.

The longer you sit the poorer your posture is likely to be - be diligent in taking your breaks.

Desk

Sit close to the desk when working at the computer so that your arms are by your side with your elbows near your waist.

Keyboard

Poor typing skills can lead to neck and arm pain. Improve your skills with an online touch typing course if necessary. Don't pound the keys ([Touch typing tutorial](#)). Log into Pulse and select Personal learning plan/Other Desktop IT/Type IT - select lessons.

Use a free floating posture for keying - do not fix wrists to the desk.

Keep the keyboard flat for straighter wrists.

If you are reading your screen and not keying rest your hands in your lap or by your side rather than keeping them on the keyboard.

Mouse

Your hand should be relaxed on the mouse in a neutral position. Do not grip the mouse tightly.

Don't leave your hand on the mouse if you are not using it.

Use keyboard short-cuts to reduce the amount of mousing you do.

Do not fix your wrist to the desk when moving the mouse. Rest your wrist on the desk when not moving the mouse.

Learning to use either hand to mouse and periodically changing between hands is good practice.

Gel wrist supports

These supports can be useful to assist a straight wrist position but they also have the potential to aggravate injuries if used incorrectly. Ensure the gel support is not higher than the keyboard or mouse, and do not rest wrists on these while keying and mousing.

Monitor

Check that you are working with your screen directly in front of you.

Document holder

Place any documents you need to view while working at screen on a document holder rather than on the desktop.

Telephone

If you have frequent telephone use or need to use the computer while on the phone use a headset. Do not cradle the phone between your shoulder and your ear.

Breaks

Take a posture and movement breaks for a few minutes every 30 minutes of seated computer work.

Your eyes need a visual break every 20 to 30 minutes where your focus changes from your screen to a distance of at least three metres away.

Lighting

Adjust blinds as necessary to keep even light levels around your screen.

Visual health

Have an optometry assessment every two years to prevent problems related to visual strains.

Safe storage

Stand to access heavier folders on shelves above your desk rather than reaching and lifting at shoulder height. Keep heaviest and most frequently used items on shelves around waist height (between shoulder and mid-thigh).

Senior First Aid - Refresher

Designed for: All staff members and students who are required to provide an emergency first aid response in a workplace.

This 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 - Initial](#) training course.



Spokes Nutrition

Whether you want to manage your weight, gain nutrition support for a medical condition or to simply learn how to enjoy a healthy lifestyle – Accredited Practising Dietitian, Bridget Spokes can help you!

Learn more about the services offered [here](#).

Click [here](#) to book an appointment online.

A sample of services offered include:

Individual Dietitian Nutrition Consultations

Providing individualised nutrition advice to support clients to reach their goals or manage a health condition. Consults can be booked by phone, email or via the website -

www.spokesnutrition.com

Nutrition Seminars and Workshops

Interactive and informative nutrition presentations or demonstrations. Sharing evidence-based nutrition information in the form of practical tips or cooking demonstrations. Perfect for an after-work information session or a team breakfast. List of seminar and workshop topics is available on request.

Nutrition Booths

Interactive nutrition displays providing hands on learning opportunities. Displays are supervised by a dietitian who is available to answer nutrition questions and start conversations around nutrition issues.

Supermarket tours

Spend an hour touring a local supermarket with an Accredited Practising Dietitian. Learn practical tips to shop cheaper and healthier. Build your confidence in making healthy choices and receive a nutrition tool kit to continue developing your skills.

For more information email Info@spokesnutrition.com

Daylight saving time starts

7 October 2018

Safety
IS **no**
accident.



A reminder to all staff and students that all hazards and or incidents that arise on campus should be reported in [Figtree](#), the University's online safety incident and hazard reporting tool.

Staff and students can all contribute to a safe and healthy working and learning environment on campus.

For more information click [here](#).

ANU a smoke free campus

A reminder to all staff, students and visitors that ANU is a smoke-free campus.



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 previously QUIT.

For more information visit the [Smoke-free campus web-page](#) or refer to the [Smoke free policy](#).

Mindfulness at ANU

[Mindfulness](#) is borrowed from the traditional meditation practice but not in the sense that we may expect. The nature of mindfulness is:

- > becoming more aware
- > become more intentional
- > becoming more participatory in your own life and experiences; and
- > becoming more present and alive in each moment you live.



LGBTI Ally Training (EDHR05) - 30 October 2018

This workshop is offered as part of the University's commitment to providing a diverse and inclusive campus where all people can safely work and study free of harassment and discrimination.

The half day workshop will be facilitated by Pride in Diversity, a specialist employer support program for LGBTI workplace inclusion, which is dedicated to improving the health and wellbeing of LGBTI people by reducing exclusion, invisibility, homophobia and stigma in the workplace. For more information about Pride in Diversity please refer to their website at www.prideindiversity.com.au

Participants who complete the training will be able to join the ANU Ally Network. For more details or to register for the workshop click on the following link - [News and events>>LGBTI Ally Training \(EDHR05\)](#)



Swooping Season Ahead

For most of the year birds are a wonderful feature of life in the bus capital.

From July through to November each year, birds including magpies build their nest and raise their young in a limited area known as a territory. When there are eggs or young in the nest the male birds defend their territory from intruders. Some birds do this by swooping.

Swooping tends to occur for around six weeks.

- > Only a few birds see people as a threat. Most will not swoop you.
- > Birds see cats, dogs and other magpies as intruders, it's not just people they swoop.
- > Harassment by humans causes some birds to start swooping. Please do not chase birds or through things at them.
- > Picking up a fledging bird (young bird that has just left the nest) could be seen by the parent bird as threatening its young and it may trigger swooping behaviour.
- > Sometimes the colour of people's clothing, a noise they make or the speed they are travelling at, triggers a bird to swoop.

Living with swooping birds

If there is a swooping bird in your neighbourhood, take these simple measures to protect yourself and others:

- > walk through the bird's territory quickly, don't run
- > take a different route next time;
- > protect your head with an umbrella, hat or helmet;
- > wear glasses to protect your eyes;
- > watch the birds while walking away quickly from the area - magpies are less likely to swoop if you look at them;
- > attach a flag or streamers on a stick to your bike or backpack; and
- > walk your bike through the bird's territory, don't ride.



To find out more click on the following link - [Living with magpies.](#)

About National Safe Work Month

No industry should be unsafe to work in and no death or injury is acceptable. And, because the whole community bears the financial cost of poor WHS, evidently safe and healthy work benefits all.

During the month of October each year, Safe Work Australia encourage and ask all workers and employers across Australian to commit to building a safe and healthy workplace for all Australians.

To read more about National Safe Work Month click [here](#).

Safe Work Australia had provided graphics available for promotional use to show your commitment to safety in your workplace this October. Click [here](#) for more information.



Sit-to-stand workstation recommendations

Working in varied postures has metabolic advantages. Standing increases blood flow and leads to the physiology of active blood sugar breakdown and upsurge in energy around the body. This occurs when standing is balanced with other positions such as sitting and exercise (stretching, walking, cycling, jogging, swimming or moving in some way). However, if standing becomes the main position we adopt while working, then postural overload is a likely result. Standing all day is bad for your health, as is sitting. It has been shown that varying postures throughout the day can improve workers' ratings of comfort, health & productivity.

If you are new to a standing workstation, please consider your own medical history when trialling standing postures. Introduce standing work gradually to assess your tolerance and if you feel comfortable, please complete the Pulse module "Office Ergonomics Essentials", then seek assistance from your OSLO or WEG.

Workstation ergonomics

These factors apply to both sitting and standing work:

- Desk height: with forearms resting on desk, elbows should be bent 90-100° and shoulders relaxed. Desk shouldn't touch thighs at all while sitting or wheeling. If discomfort, consult your local OSLO.
- Keyboard: approximately 15cm from edge of desk to allow forearm rest when not typing, 'B' in front of bellybutton, keep flat to avoid wrist strain. If discomfort, contact WEG to try other styles.
- Mouse: as close to torso as possible to avoid shoulder/neck strain, use arm movements to slide mouse not hand movements to avoid wrist/forearm strain. If discomfort, contact WEG to try other styles.
- Monitor: your eyes should align with the top toolbar (ie where you'd type a web address), monitors should be arm's length in front of you, if multiple monitors are used adjust work practices to avoid excessive neck movements where possible. The monitor height may need to be adjusted when changing between sitting and standing postures due to leg length.

Tips for sit-to-stand workstations

- Use Workrave break software to prompt you for change from sitting to standing and to take breaks.
- Wear suitable, supportive footwear for standing work. Consider foam insoles for extra support.
- Change posture regularly but also remember to take regular breaks away from your workstation to move your muscles, get fresh air and rest your eyes away from your screen.

REMEMBER the best posture is your next posture, so just keep moving!

Chair trailing room

ANU staff are welcome to visit the Work Environment Group chair trail room between (8:30am and 5pm weekdays), no appointment necessary.

Location:

Chancery Building 10B Lower ground (entry via the Ellery Crescent side of the building. Staff are advised to follow the signs to the training room (through the big grey door on the left) then the chair trailing room is on the right.

Five tips for building relationships with workmates

[RU OK? Day](#) has become synonymous with checking in on the mental health of family members, friends or work colleagues for one special day a year. However, shouldn't checking in with people become as much a part of our daily routine as having a morning coffee?

Below are five easy ways to make this part of your daily working life. RU OK? Day is an excellent opportunity to share these ideas with your employees so you can all be looking out for one another. For more tips click on [Five tips to engage with you colleagues every day](#).

Source: [SuperFriend News](#)

