



June | 2018

In this issue

Beat the flu before it catches you	1
Figtree system access for students	2
Mental Health First Aid Training Course	2
Bowel Cancer Awareness Month	2
Hidden Benefits of Exercise	3
Commencement of Self-Insurance 1 July 2018	4
Winter Wonderland in the Nation's Capital	4
Smoke Free Campus Reminder	5
Reporting Hazards and Incidents	6

Beat the flu before it catches you



Cold and flu prevention

Good hygiene is one of the most important ways to help prevent colds and flu (influenza).

Good hygiene includes:

- > washing your hands on a regular basis with soap and water, particularly after touching your nose or mouth, and before handling food
- > sneezing and coughing into tissues then throwing them away immediately and washing your hands
- > cleaning surfaces such as your keyboard, telephone and door handles regularly to get rid of germs
- > not sharing cups, plates and cutlery
- > when you can, avoid sharing towels with other people and throw disposable tissues and paper towels in the bin immediately after using them.

The flu vaccine is available for anyone from 6 months of age. The best time to get the flu shot is early autumn to allow time for your immunity to be strengthened before the flu season (June to September) starts. It is also important to have the vaccine each year to continue to be protected because your immunity decreases over time and the flu strains change over time as well.

Symptom checker

Is it a cold or the flu?

Select a symptom, answer some questions, get advice.

START YOUR SYMPTOM CHECK

Source: healthdirect.gov.au

Related Resources

- > [Cold and flu \(influenza\)](#)
- > [What causes colds and flu?](#)
- > [Colds and flu symptoms](#)
- > [Cold and flu treatments](#)
- > [Cold and flu types](#)



Work Environment Group / Injury Prevention & Management

injurymanagement@anu.edu.au

Figtree system access for students

Effective 3 April 2018, all ANU students gained online access to the University's incident and hazard reporting tool (Figtree). Students can assess Figtree through the Current Students webpages using the Figtree button featured on the menu bar.

Promotional postcards have been distributed throughout a number of student areas on campus to further generate awareness of the system change. To find out more visit the [Figtree workplace safety incident and hazard reporting tool webpage](#).

Delicious Winter Warmers

Warm up on the chilliest of winter nights with these winter soups, stews and chilis. Filled with hearty ingredients, bowls will be brimming with flavour in every spoonful. Click on the link from [Taste of Home](#) to explore 50 delicious winter soups to trial coming into the cooler months.



Mental Health First Aid Training Course

The next scheduled Mental Health First Aid Training Course is for 16-17 August 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

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

There is no urgent requirement for first aiders to complete the MHFA immediately to comply with the new enterprise agreement arrangements. As long as employees can show registration / waitlist for upcoming training then this would be fine for the requirements to receive the first aid allowance - as it is acknowledged that there needs to be a 'grace' period for the new arrangements, particularly as the new Enterprise Agreement has only just come into place.



Bowel Cancer Awareness Month

Bowel Cancer Awareness Month is an annual initiative of Bowel Cancer Australia running through the month on June (1-30 June), to raise public awareness of a disease that claims the lives of 80 Australians every week.



A highlight of Bowel Cancer Awareness Month is Red Apple Day (Wednesday 20 June 2018), when Australians are encouraged to support the vital work of Bowel Cancer Australia through the purchase of a Bowel Cancer Awareness Ribbon and apple themed fundraising activities. Click [here](#) to order Bowel Cancer Awareness Month resources and for more information visit [Bowel Cancer Awareness Month website](#).



Hidden Benefits of Exercise

We all know that exercise has physical effects on the body, such as weight loss and increasing overall fitness; but what about the positive effects it has on what's on the inside; your mental health and also your bank balance?

Outlined below are some of the hidden benefits of exercise courtesy of Exercise Right.

It saves you money- for instance going on a hike or bike ride is far cheaper than an afternoon drinking with your buddies and much better for your health.

It improves confidence- regular exercise has been proven to make you feel better.

It boosts brain power and memory - regular exercise, in particular aerobic exercise, has been proven to improve memory and thinking skills. You don't even have to go too hard, 20 minutes has been proven to facilitate memory function and processing of information.

It reduces stress and alleviates anxiety- The endorphin's- chemicals released from the brain - during and after a workout are proven anxiety-busters.

It reduces risks/symptoms of chronic conditions - exercise can help to reduce the risk of and alleviate symptoms of a range of chronic conditions.

It improves relationships - exercise is social. Whether alone at a gym or with a group, you'll see familiar faces often and attract positive, like-minded people who are supportive and encourage you to reach your goals.

Source: exerciseright.com.au

The Wellness Show

25 & 26 June 2018

Location: International Convention Centre, Sydney

The Wellness Show is Australia's premier health and wellness expo. Meet the people and companies transforming the whole approach to staying healthy and keeping fit at home and at work.

Learn from wellbeing experts in the Wellness Seminar Theatre, browse Australia's largest wellness bookshop and join in the activities. It's free!

Opening Hours:

Monday 25 June - 10am to 5pm
Tuesday 26 June - 10am to 4.30pm

For more information visit wellnessshow.com.au

Register Now

Attend Australia's premier health and wellness expo. It's free.



Commencement of Self-Insurance 1 July 2018

On 4 December 2017 the Safety Rehabilitation and Compensation Commission (SRCC) formally granted ANU a self-insurance licence with a commencement dates of 1 July 2018.

In making the decision, the Commission was satisfied that:

- > ANU has sufficient resources to fulfil the responsibilities imposed upon it under the licence;
- > ANU has the capacity to ensure that claims will be managed in accordance with standards set by the Commission; and
- > The grant of the licence will not be contrary to the interests of the employees of ANU whose affairs fall within the scope of the licence;
- > ANU has the capacity to meet the standards set by Commission for the rehabilitation and occupational health and safety of its employees.

From 1 July 2018, the University will be responsible for managing claims. ANU contracted Comcare to assist us in delivering this service to our staff. Three Comcare staff, including two Claims Managers have been co-located within the Work Environment Group (WEG) as of 29 January 2018 to facilitate the transition to self-insurance. Further information will be published [online](#).

Winter Wonderland in the Nation's Capital

Canberra will once again be transformed into a winter wonderland with an ice rink, toboggan rides, a giant inflatable ice slide and market stalls for Winter Festival in the City.

Taking the Skate in the City event to a new level, Winter Festival in the City will include two new exciting rides - the real snow Toboggan Terror and the Giant Inflatable Ice slide.

Winter Festival in the City will run from 23 June to 17 July 2018 in Garema Place in the Canberra City Centre.

Other events for scheduled over the Winter Festival include:

- > The Truffle Festival - Canberra Region: Until Late August
- > The Butcher, The Baker and The Merrymaker - Pialligo Estate: 1-31 July 2018
- > World Curry Festival: 8-10 July 2018
- > Fireside Festival: 31 July - 31 August 2018
- > Winter Festival at the National Portrait Gallery: 7 August 2018
- > Canberra Writers Festival: 26-28 August 2018

For more information visit visitcanberra.com.au/articles/83/fall-in-love-with-canberras-coolest-winter-festivals

National and State Community Events

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

- > [International Men's Health Week](#) (11-17 June 2018)
- > [Red Nose Day](#) (29 June 2018)
- > [Dry July](#) (1-31 July 2018)
- > [National Diabetes Week](#) (8 - 14 July 2018)
- > [White Ribbon Night](#) (27 July 2018)
- > [Jeans for Genes Day](#) (3 August 2018)
- > [City2Surf Fun Day](#) (12 August 2018)
- > [Daffodil Day](#) (24 August 2018)
- > [Wear It Purple Day](#) (31 August 2018)



Rhubarb and apple pie - a perfect match!

To trial out this winter winning combination visit the [myrecipes](#) webpage for the ingredients list and quick five step instructions.



Spiritual support

ANU offers spiritual support for all students, staff and visitors seeking pastoral care and referrals on a confidential basis. It is a place to be yourself and to have a chat. We promote and support action for justice, peace and the integrity of creation, with no discrimination in respect of racial and/or ethnic background. For more information click on the links provided below:



- > [Places for prayer & comfort](#)
- > [User's charter](#)
- > [Our chaplains](#)
- > [Chaplain's code of conduct](#)

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.

The next course is scheduled on 4 July 2018.

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](#).

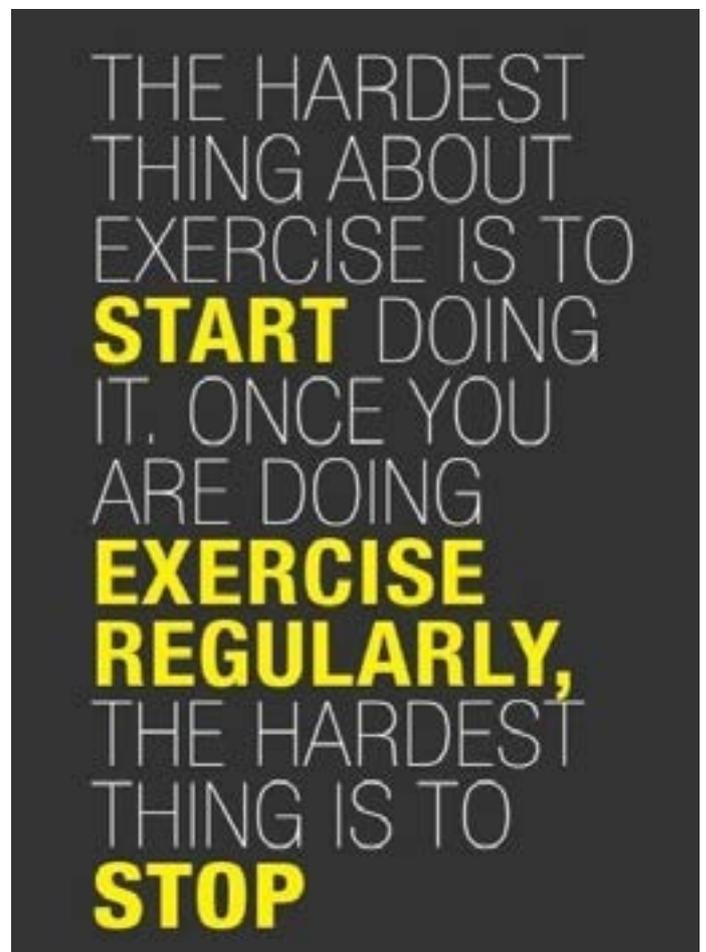
Smoke Free Campus Reminder

Thank you for not Smoking

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



In line with the University's Smoke-Free policy, smoking on campus is not permitted. 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 [quitnow.gov.au](#).





Safety is everyone's responsibility.

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

Use [Figtree](#) to report incidents and or hazards that occur on campus.