

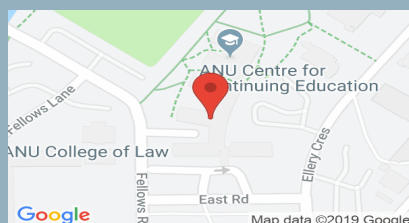


February | 2024

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Safety and Wellbeing
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Health and Wellness

Get prepared for the upcoming autumn and winter season by protecting yourself from colds and flu and COVID.

Colds and flu are particularly prevalent in winter. More than 200 viruses cause the common cold. Influenza is caused by a different group of viruses.

Influenza is a more serious condition and in very severe cases can lead to death. Antibiotics are not a suitable treatment for colds and flu because antibiotics target bacteria, not viruses.

COVID Safe Practices

The University continues to encourage COVID safe practices for staff, students, visitors, and contractors as per advice provided by ACT Health.

COVID Smart behaviours are the things you can do to help prevent spread and to reduce your chances of becoming severely unwell:

- staying up to date with your vaccinations;
- washing and sanitising your hands regularly;
- physically distancing;
- wearing a mask in public indoor places; and
- testing for COVID-19 if you have symptoms. Even if the test is negative, remain at home until you are feeling better.

Staff and students who test positive for COVID-19 are no longer required to complete the ANU notification form.

Masks, hand sanitiser and RATs are available for staff and students from the ANU Medical Centre.

For further assistance and advice contact whs@anu.edu.au

Pedestrian and Bicycle Safety on Campus

Be safe on our paths and roads.

It is exciting and heartening to watch our ANU community return to our Acton campus! This brings with it an increase in pedestrian, vehicular and cycling traffic – and their consequent implications for safety on our roads and paths.

The ANU Pedestrian, Cyclist and Motor Vehicle Safety Advisory Group would like to remind all members of our community to be aware of the risks presented by the increase in traffic flows. There are also useful ANU resources available with regards to safe e-scooter use, cycling and walking/ANUOK. It is our hope for 2024 that our community will continue to benefit from mutual considerations of respectful and safe road use within and around our campus!



Campus footpaths

There are some areas on campus where cyclists have to dismount and walk their bicycle. Look out for signs before riding through any pedestrian areas.



Bicycle Safety

In the ACT, bicycle riders have to follow both the general road rules and specific guidelines for cyclists. While these rules are enforced through ACT law, there are other everyday safety tips you can follow to keep safe while you ride.

Be predictable: Ride in as straight a line as possible. Keep to the left in a lane, but don't hug the gutter and don't weave around parked cars or obstacles.

Signal: If you are turning right, signal by extending your right arm sideways from your bicycle. It's a good idea to signal left as well.

Be aware: Never text or listen to headphones while riding. Regularly scan the road in front of you and behind you. Watch for cars entering from driveways and side streets. Keep your eyes and ears on the traffic.

Keep left: Keep as far to the left as reasonably possible. For cyclists this means leaving space for unexpected potholes and car doors! On two-lane roads, you can travel in the right lane when necessary (e.g. to make a right-hand turn).

Shared paths and footpaths: Slow down and sound your bell when you approach pedestrians. When you ride past pedestrians, pass them on the right.

Public footpaths: Cyclists are allowed on public footpaths unless there are signs stating otherwise. Keep left and give way to pedestrians.

Bicycle Safety - Links and Resources

<https://police.act.gov.au/road-safety/share-road/cyclists>

<http://www.amygillett.org.au/itsatwowaystreet>

<http://www.cyclesafetyaustralia.com.au/rules/act-cycling-road-rules/>

<http://www.pedalpower.org.au/about/>

<https://www.transport.act.gov.au/about-us/active-travel/active-travel-in-the-community/cycling-in-canberra/guide-to-sharing-roads-and-paths>



Pedal Power ACT is the largest cycling organisation in Australia's Capital Territory, providing rider's insurance for members anytime they are on a bike, anywhere in the world.

Starting the Year in a Mindful Way

- To keep ourselves and others safe and well, as we start another busy academic year, begins with mindfully paying attention to what is happening within and around you.
- This includes being respectful and courteous in behaviour or speech to others on campus, treating others fairly and using professional communication.
- **Mindfulness** is a state where you focus on the present, without judging or being distracted. It involves paying full attention to what is happening both within you and around you, **moment by moment**, without any form of judgment.

Here are some key aspects of mindfulness:

- **Observation:** Mindfulness encourages you to observe your thoughts, feelings, and physical signs and those of others.
- **Being Present:** Mindfulness anchors you in the present moment, rather than dwelling on the past or worrying about the future.
- **Non-Judgmental Awareness:** allows you to observe what is happening without judgment and show empathy and respect for others.

More information can be found at <https://www.anu.edu.au/students/health-safety-wellbeing/feeling-well/mindfulness>

A range of other resources for staff on wellbeing topics is available at link <https://services.anu.edu.au/human-resources/health-safety/injury-prevention-advice/injury-prevention-information-sheets>

For further assistance and advice contact injurymanagement@anu.edu.au



ANU is 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 webpage <https://services.anu.edu.au/human-resources/wellbeing/smoke-free-campus> or refer to the Smoke free policy <https://services.anu.edu.au/human-resources/wellbeing/smoke-free-campus/smoke-free-policy>



World No Tobacco Day - 31 May 2024

**DON'T LET TOBACCO
TAKE YOUR BREATH AWAY**

CHOOSE HEALTH NOT TOBACCO

31 MAY WORLD NO TOBACCO DAY #NoTobacco

TOGETHER LET'S BEAT TOBACCO

FCTC WHO FRAMEWORK CONVENTION ON TOBACCO CONTROL

World Health Organization

Need help to Quit Smoking?

Finding your own strategy for quitting is important. Different methods suit different people. Choose a quitting method you feel comfortable with that suits your lifestyle. Once you've found the quitting strategy that best suits you, you'll feel more in control of your quitting attempt.

Research has shown that when you quit smoking, your health starts to improve within days. After 48 hours, your ability to taste and smell improves. After 72 hours, it's easier to breathe. Your lung function improves by 10 percent after 3 months, and after a year, your risk of heart attack is half that of a non-smoker.

The Quit three-step plan <https://www.quit.org.au/tools/your-quit-plan/> can help you prepare to step plan will help you:

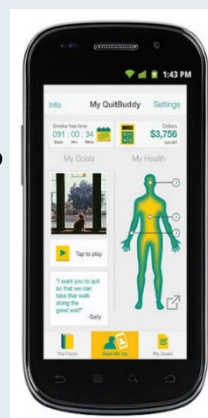
- Identify the reasons you want to quit
- Create your quitting plan
- Put your plan into action

There are a number of resources that can help you get started!

<http://www.quitnow.gov.au/>

<https://www.icanquit.com.au/>

<https://www.cancercouncil.com.au/113395/uncategorized/resources-to-help-you-quit-smoking/>



Safety is no accident! Report incidents within 24 hours

All hazards and or incidents that arise on campus should be reported in Figtree <https://services.anu.edu.au/information-technology/software-systems/figtree-workplace-safety-incident-hazard-reporting-tool>, the University's online safety incident and hazard reporting tool.



University staff, students, visitors and contractors shall report incidents and hazards **immediately** to their supervisor and through the online Workplace safety incident and hazard reporting tool with as much detail as possible without delay.

Where a staff member or student is unable to report an incident due to incapacity, hospital stay, computer access issues etc., the supervisor or first aid officer should complete as much information as possible via the online WHS incident notification. When this is not possible please call the Safety and Wellbeing Team (02 6125 2193).

When a serious incident has occurred it is very important that the incident scene is preserved and must not be disturbed for any reason following the emergency response. Scene preservation of a serious incident or injury is the responsibility of the local area supervisor, following advice from the local area Safety Officer and a member of WEG. The scene cannot be returned until the Deputy Chief People Officer, Safety and Wellbeing, has received confirmation from the respective Regulator (or police, emergency services agency or coroner) that it can be returned to operation. A significant fine / penalty could be issued to the University or supervisor for failure to preserve the scene as per Comcare Penalties.

Need help with submitting a safety incident or hazard notification? A range of Figtree user guides are available.

- Figtree User Guide 1 - How do I report an incident or hazard notification?
<https://services.anu.edu.au/files/system/NEW%20Figtree%20User%20Guide%201%20-%20How%20do%20I%20report%20an%20incident%20or%20hazard%20notification.pdf>
- Figtree User Guide 2 - Supervisors initial review
https://services.anu.edu.au/files/system/Figtree%20User%20Guide%202%20-%20Supervisors%20Initial%20Review_0.pdf
- Figtree User Guide 3 – Definitions & Symbols
https://services.anu.edu.au/files/system/Figtree%20User%20Guide%203%20-%20Definitions%20%26%20Symbols_1.pdf

Workstation Ergonomics



Keeping you safe and comfortable at your workstation is an important reminder as we start the 2024 academic year. Below are some useful information and links to get set up for the year.

- Workstation self-assessment checklist
<https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fimagedepot.anu.edu.au%2Fwhs%2F3.11%2520Manual%2520Handling%2520and%2520Ergonomics%2520Safety%2520Management%2FWorkstation%2520Self%2520Assessment%2520Checklist.docx&wdOrigin=BROWSELINK>
- To arrange an OSLO assessment information is available at <https://services.anu.edu.au/human-resources/health-safety/occupational-strains-liaison-officer-network>
- If working from home, ensure that you submit your Off Campus Workstation Assessment (OCWA) through HORUS <https://services.anu.edu.au/information-technology/software-systems/hr-online-remote-user-system/individual-flexibility>
- Use a Break Timer as a reminder to stand, stretch and move
 - For PC <https://breaktimer.app/>
 - For Mac <https://apps.apple.com/us/app/time-out-break-reminders/id402592703?mt=1>

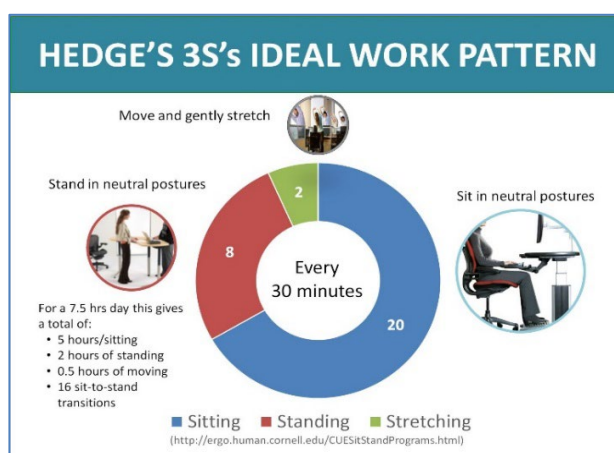
Useful injury prevention resources:

<https://services.anu.edu.au/human-resources/health-safety/injury-prevention-advice>

<https://services.anu.edu.au/human-resources/health-safety/injury-prevention-advice/workstation-assessments>

http://www.comcare.gov.au/virtual_workplaces/office

<https://www.headsup.org.au/>



Health and Wellness Facilities on Campus

With the completion of the Kambri Precinct, the ANU now has Health and Wellbeing facilities <https://kambri.anu.edu.au/health-wellbeing> that bring a comprehensive range of medical and fitness services to campus.



Pool & Gym

Kambri's new gym and pool complex offers a wide range of facilities, including:

- 25 metre lap pool
- Smaller program pool for swimming lessons
- Spa, dry sauna and steam room
- Group fitness timetable
- Cardio, free-weights and strength equipment.

For further details contact Club Lime <https://www.clublime.com.au/locations/?Club=View&CN=50>

Health and Medical facilities

The Health and Wellbeing centre will enable students and staff to receive the healthcare they need in a centralised space.

ANU Sport and Fitness Centre

ANU Sport <http://www.anu-sport.com.au/> is a thriving student and community sport and recreation organisation at the Australian National University. They offer a diverse and exciting range of activities including the fitness centre, social sport competitions, competitive sport opportunities, elite athlete support, and 35 sporting clubs.



AFL



Aikido Aiki Kai



Aikido JTS



Badminton



Basketball



Caving



Cheerleading



Cricket



Cycling



Fencing



Football (Men's)



Football (Women's)



Employee Assistance Program

ANU offers a choice of counselling and advisory services for our staff members and their immediate families.

Our Employee Assistance Program (EAP) providers can help you work through a broad range of personal and work-related issues. You don't need to struggle and face them alone.

They're qualified, experienced and independent and the service is free and confidential. Staff and family members can choose from:

Assure - 1800 808 373

Relationships Australia - 02 6122 7100

Alternatively, the Adviser to Staff provides free, confidential and professional counselling and advice to staff on-campus in dealing with work-related or personal issues that may be affecting their work.

For more information visit the Wellbeing page at <https://services.anu.edu.au/human-resources/wellbeing>



Staff Respect Consultant

The Staff Respect Consultant, is available on campus to provide free and confidential support to ANU staff experiencing issues that may impact your wellbeing, work experience, engagement and career development. This could include, but is not limited to, ableism, sexism, racism, discrimination, harassment, bullying and sexual harassment.

The Staff Respect Consultant has experience and training in supporting vulnerable communities in university and not-for-profit settings. The Consultant also has education and experience in supporting mental health, including mental health first aid and suicide intervention training, as well as skills working with people in crisis. The priority is to work from person-centred and trauma-informed practice frameworks. This means that you will be treated with dignity and respect and will receive a transparent and confidential service that will empower you to make choices and connect with others.

If you would like to discuss a matter with **Claudia Munnings**, the Staff Respect Consultant, please contact staffrespect@anu.edu.au. Emails are responded to within 48 hours. If you would like to remain anonymous, please call the Consultant between 9am and 4pm, Monday to Friday, on extension 56763 and note that you would not like to provide identifying information. Alternatively you can book a confidential appointment via the booking link

<https://outlook.office365.com/owa/calendar/StaffRespectBookings@ANU365.onmicrosoft.com/bookings/s/VO1GXKoNwUi-jATOBcYy0A2>