







A new world-class Research Centre for Work Health and Safety recently opened in Gosford as a NSW government initiative to promote smarter more innovative harm prevention measures. It will use the latest data, research and insights to help protect workers across the state. It has four key streams: insights and analytics, research science outreach and business support.

Initial projects include carrying out a comprehensive work health survey, predictive modeling for future health and safety challenges and investigating ways to reduce crane incidents. More information is available at [Centre for Work Health and Safety website](#).

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A contractor at UNSW had a serious injury when he fell from a mobile scaffold. UNSW employs a large number of contractors who carry out a wide variety of work across our campuses. If you see a contractor exhibiting unsafe behaviour or using inappropriate/faulty equipment, notify UNSW Estate Management at EMAssist +61 (2) 93855111, [estate@unsw.edu.au](mailto:estate@unsw.edu.au), so that it can be followed up.

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UNSW Nutritionist Dr Rebecca Reynolds gives us [3 nutrition tips](#) for Christmas!

1. Savour: Enjoy what you eat, even if it may be a bit unhealthy at this time of year.
  2. Listen to your body: Before you opt for seconds, ask "Am I still hungry?" How will you feel if you stuff yourself to the brim? Chances are you're no longer physically hungry, and the feeling after overeating can be rather unpleasant.
  3. Eat more vegetables (Not potato chips!): Most of us don't eat enough veggies, so pack your plate full of oven-roasted carrots, green salad and BBQ capsicum.
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We will be reviewing our Health, Safety and Environment Management System in 2018 in light of upcoming changes to the self-insurance licence model. The changes will allow us more flexibility to tailor the system to meet UNSW changing needs. Next year we will run consultation sessions on opportunities to streamline our system. If you would like to get involved please express your interested at [safety@unsw.edu.au](mailto:safety@unsw.edu.au).

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Recently at UNSW a substantial flood was caused by a hole that appeared in a hose (pictured). The water spread a significant distance and reached the building elevator causing damage and rendering it inoperable for over a week. The flood occurred when a hose with a sprinkler head was used to clean-up, the sprinkler head was left in the off position, so no water could flow, however the tap supplying the hose was left on. The constant application of water pressure in the hose over time (about 24 hours) caused a rupture in the hose generating a small hole. This went unnoticed over a weekend period and enough water was released from the hole to cause a substantial flood in the surrounding areas. The area is installing a commercial water cut-off after 20 minutes, this engineering control is a better solution over administrative controls such as instructions and signage to turn off taps.

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