



Work Health and Safety News

October 2021

October is National Safe Work Month and also Mental Health Month. At UNSW we celebrate October as Health and Wellbeing Month with a wide variety of events across the month. There are plenty of events still to come, so be sure to check it out!

In this October newsletter, we've also got a reminder about how to work safely from home using a laptop and a warning

Supporting mental health at home, at 12pm on Thursday 14 October

- A special focus on [nutrition](#), with personal one-on-one nutrition consultations and live interactive cooking demonstrations. Join us for [Lunchbox Makeovers](#) on Thursday 21 October and [You Can Make Friends with Salad](#) on Wednesday 27 October.
- For those who've been enjoying our Desk-Based Stretching classes with Suzie Kellett, you might like to try [Yin Yoga with Suzie](#). There are two more classes to go - [find out more here](#).

Information about all the events on during Health and Wellbeing Month can be found on the [Wellbeing website](#). Events are listed in date order on our [Events page](#).

Entanglement Injury Awareness

Do you have long hair and do you wear it loose while working? What about loose clothing? And do you like to wear jewellery? Do you also use equipment with spinning/rapidly moving parts?

Apart from long hair, loose clothing and dangling jewellery being able to fall into your work which may result in contamination issues, they can also

Coping through COVID-19 - Positive Mood Program

Have you been experiencing pandemic-related stress? The [Traumatic Stress Clinic](#) is directed by Scientia Professor Richard Bryant, and .4 Tm686 nBT0.005

