



# Safety Newsletter

## June 2022

Is everyone enjoying the coldest start to winter for over 30 years?! Yep, it's not just you. We haven't had a first week of June this cold since 1989. Back then, Bette Midler was at the top of the charts with 'Wind Beneath My Wings' and The Simpsons, Seinfeld and Baywatch were all just getting started. Later that year, the Berlin Wall came down. I wonder what the rest of 2022 has in store for us?!

For the remainder of June, we have a couple of webinars from Benestar -





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## **The Push-Up Challenge**

Help shine a spotlight on the number of Australians who died by suicide in 2020.

You can help push for better mental health from 1st-24th June by going solo or grabbing some mates and challenging yourself to do 3,139 push-ups over 24 days in June. Use y our challenge to fundraise for one of three beneficiaries: Lifeline, Movember or Push For Better. Fundraising is optional but is a great chance to support critical mental health services across Australia.

## **Do you have high blood pressure?**

Would you like to improve your physical fitness?

The School of Population Health and Lifestyle Clinic at UNSW are looking for volunteers to participate in a new study looking at improving the health of people who have been clinically diagnosed with hypertension.

### **What is involved?**

- Measure your body composition and complete baseline assessments online
- Wear a blood pressure monitor on your wrist for 7 days
- Randomly selected participants will take part in a free 3-month personalised fitness program with an Accredited Exercise Physiologist
- Receive a \$100 gift voucher as thanks for participating
- Invited participants can join



- An individual trips on a cable located on the floor but is not injured
- An individual wearing the correct PPE is exposed to acid splatter but is not injured

Examples - Hazards:

- An unsecured item located at a height has the potential to fall causing injury or damage
- An unsecured cable located on the floor has the potential to cause a fall injury
- Presence of a hazardous chemical has the potential for exposure causing skin, eye and lung injuries as well as damage to metal items.

For further information, see [Hazard & Incident Reporting Procedure - HS307](#), or contact your local [Safety Business Partner/Coordinator](#) or Advisor.

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## **WHS Monitor Training**

Online training videos are available for WHS Monitor [here](#).

If you have watched them and still need some assistance navigating WHS Monitor, you're welcome to book a session for yourself or your team [here](#).

If you have questions or problems with registration, please contact