

MERRY CHRISTMAS



The Health Safety and Environment team would like to wish all staff, students and contractors a Merry Christmas and a Happy New Year.

We would like to thank those who have assisted HSE, and strived to make the University a safer and healthier place to work, study or visit. In this busy festive period try to maintain your focus on safety. Always take a minute to think about the task at hand this will help ensure everybody goes home safely for the holidays.



TRAVELLING OVER THE BREAK?

Safety When Travelling

- * Check the latest travel advice for your destination
- * Ensure your passport has at least 6 months validity from your planned date of return to Australia
- * When driving, take regular rest breaks
- * Get a good night's sleep
- * Ensure your car is in good condition for the travel

2016

MANAGING STRESS LEADING UP TO CHRISTMAS

Stress

- * Ease Christmas stress by drawing up a budget, shopping early and taking steps to avoid overspending
- * Discuss plans as family and appreciate doing things a little differently this year if your circumstances have changed in 2016

Fatigue

- * Pace yourself and your family
- * Spread out events as much as possible

HEALTHIER END OF YEAR FUNCTIONS

As planning gets underway for end of year celebrations, a reminder to ensure there are healthy choices on offer. Ideas of healthier options can be found on healthy eating web pages:

www.eatforhealth.gov.au

Other things you can do to hold a healthier event include:
Providing sun protection (e.g. shaded areas) where relevant, and/or encouraging participants to wear or bring personal sun protection items
Providing participants with information on active or public transport options. Suggest routes for public transport, walking and cycling.
Providing opportunities for movement or standing as part of your event.



SPREADING THE SAFETY MESSAGE FOR 2017

- * Start planning for safety initiatives
- * Report hazards in the workplace
- * Exercise safe work practices
- * Eat right and exercise
- * Consult on WHS matters
- * Beware of workplace risk
- * Promote workplace safety culture

We all know that this can be a busy time of year for Santa and his reindeer, but that's no excuse for ignoring safety regulations when working at heights and in confined spaces.

Can you spot what the 7 OHS Violations are putting Santa on the naughty list?

Let the HSE unit know

safety@jcu.edu.au

