



National Safe Work Month, held in October each year, aims to improve awareness of work health and safety, encourage discussion about safety at work and share positive workplace stories from across Australia. In support of National Safe Work Month, let's all work together to keep each other safe and healthy at work.

Staff from JCU attended a Safe Work Month breakfast forum with program topics covering leadership, culture and return on investment. Queensland Safety Ambassador Shane Webcke spoke about his strong connection and commitment to work safety as his father was killed in a workplace incident. In addition to Shane Webcke's story, Paul Spinks, an Advanced Care Paramedic for Queensland Ambulance and State Trauma Councillor for the Australian Paramedic Association, shared stories where cracks can form in your mental and physical health. Staff were left with a simple notion "Am I micro-managing myself sick? Or micro-managing myself well!"

Tips:

- Stop saying you don't have time - make time, don't eat lunch at your desk
- Mindfulness exercises- To breathe, really breathe
- Restrict, Review, Reboot - service your body
- List your top 5 values and stick to them

Work Safe Month Competition Winners

Competition One - "Moments that matter to us"

The winner of the Nutra Infusion 700 is

Amy Osmond - Research Officer, College of Business, Law and Governance, Division of Tropical Environments and Societies

Competition Two - Safe Work Month Quiz

The winners of the HSE merchandise packs are:

Townsville: Vicki Toci – Administrative Officer, Learning Teaching and Student Engagement

Cairns: Tarneen (Liz) Callope - Australian Aboriginal and Torres Strait Islander Community Engagement Officer

Remote: Ben Stratton, JCU Medicine – Rural Placements, Atherton

Bikes on campus

Cycling On Campus Queensland road rules apply on campus. For cyclists this means you must observe speed limits and wear a helmet. If you are involved in a car or bike crash, it is important you contact JCU Security.

Requirements for cyclists on shared paths include:

- Keep to the left of the path at all times, unless overtaking
- Give way to pedestrians at all times
- Signal early your intentions to turn at intersections
- Slow down when approaching pedestrians
- Ring your bell about 30m behind pedestrians when approaching them
- Please be aware of building entries and blind spots around buildings.



More information on cycling at [JCU click here](#)



Stay up to date with HSE Policy & Procedures

As we approach the end of 2016 it is important that we familiarise ourselves with new or updated HSE procedures in the workplace. New procedures have been developed to improve the University's Health and Safety Management System. HSE procedures can be found in the [JCU Policy Library](#) under procedures tab. Also you can contact your HSE Advisor to find out more.

HSE Training Update

0 Week Training 2017

The HSE unit will be providing staff and students with **Radiation User and ChemWatch** training during this week. If you have not already received an EOI please email the HSE unit to secure your spot [WHS TRAINING](#)



Staff can click on the button below to access other training videos. If you have a HSE training request email [WHS TRAINING](#)



Tobacco Laws in Queensland

Laws in Queensland include smoking bans for indoor and outdoor public places, as well as tough restrictions on the retail advertising, display and promotion of tobacco products. Changes from 1 September 2016 have increased the smoke free buffer to 5 metres at all non-residential building entrances. Smoking is permitted in outside designated smoking areas only.

Over the coming weeks you will notice a change to signage on campus reflecting the new laws.

[Further information](#)

Cyclone Contingency Plans

Queensland's cyclone season officially began on November 1. Given the uncertainty and unpredictability of damage created by individual cyclones, staff are to apply extreme caution with regard to exposing yourself to the dangers associated with cyclones. [More information](#)

Welcome new staff to HSE Unit



Annette Quagliata

*Support Officer
(Emergency)*



Raelene Fewquandie

*Training and
Communications Advisor*



Tania O'Hara

Systems Officer

[Read more about each staff member](#)

Universities Australia Campaign Against Sexual Assault and Harassment

UA launched the Respect. Now. Always campaign on Feb 12 which aims at highlighting and preventing sexual assault and harassment issues that students and staff face in the higher education sector and includes the provision of support services and encourages the reporting of incidents. The campaign coincides with the Australian launch of the US film 'The Hunting Ground'. To report any issues or incidents please contact JCU Human Resources.



Beat the Sun

JCU staff and students working outdoors engaging in activities such as landscaping, fieldwork, surveying and agricultural tasks where they are exposed to the sun. Sun protection is essential to skin cancer prevention associated with exposure to UV radiation (Cancer Council, Australia). Australia has the highest rate of skin cancer in the world. Exposure to ultraviolet (UV) radiation from the sun is the major cause of skin cancer and eye damage.

What can you do to protect yourself?

- Reduce sun exposure as much as possible from 10 a.m. to 4 p.m., when UV rays are the most intense. For example, schedule outdoor tasks in the early morning or later in the afternoon, rotate workers to reduce their UV exposure or move the work indoors.
- Where work has to occur outdoor for extended periods, assess the availability of natural shade from surrounding structures or trees.
- Choose sun protective clothing that covers as much skin as possible. Wear a hat (UPF 50+) with a brim or a flap that covers the face, ears and neck. Close-fitting, wrap around style sunglasses provide good UV protection. Select broad spectrum, water resistant sunscreen SPF 50 + for maximum protection.

It's not possible or practical to avoid the sun completely. However, we can create a healthy and

Safety Alert

[HSE– Alert -008 Use of Gases in laboratories click here to read in full](#)

The Health, Safety and Environment Unit aims to provide the JCU community with notice of safety alerts, product recalls and other health and safety news. To nominate an items for inclusion on this notice board, please contact safety@jcu.edu.au.



JCU HSE Website

Click on to the HSE website for updates on resources including training, forms, events, procedures and information relating to safety at JCU.

[Safety Website](#) [HSE Procedures](#) [Contact Us](#)