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360Health Virtual Care



MetLife 360Health

Live healthier for longer

UniSuper has teamed up with MetLife 360Health to give employees and their immediate family free access to award winning professional medical services. The services offered are provided virtually and include:

- Mental health support
- Medical
- Nutrition
- Fitness and Mobility
- and online access to quick and easy support from mental health nurses, GP's and paediatricians for general questions.

Virtual Care can be accessed via web, app or phone. **You will need your UniSuper member number to create an account:**

- Online: 360healthvirtualcare.com
- Download the 360Health Virtual Care app in the App Store or Google Play
- Phone: 1800 325 578

Easily access MetLife 360Health online by scanning the QR code:



PSYCHOSOCIAL SAFETY - PSYCHOSOCIAL HAZARDS



Identifying Psychosocial Hazards - a psychological hazard is anything that could cause psychological harm (e.g. harm someone's mental health). The chance that these psychosocial hazards will cause harm, and what could happen if someone is exposed to these hazards is defined as a psychosocial risk.

In the workplace, employees may be impacted by different psychosocial hazards and risks. Some common examples include: work demands being too high, minimal

job control, poor change management, lack of support, poor relationships and unclear roles.

Psychosocial hazards can create stress. This can cause psychological or physical harm. Stress itself is not an injury. But if workers are stressed often, over a long time, or the level of stress is high, it can cause harm. Psychological harm may include anxiety, depression, post-traumatic stress disorder and sleep disorders.

Visit the [UOW Psychosocial Safety](#) page for information on the following:

- *What Psychosocial Hazards Sound Like at Work*
- *Signs of Exposure to Psychosocial Risks*

In next month's newsletter we will explore ***Managing Psychosocial Hazards at Work.***

Psychosocial Safety - University of Wollongong – UOW

SEXUAL HARRASSMENT IN THE WORKPLACE

Everyone deserves to be safe, supported and respected at work. This means that sexual harassment, disrespect, and discrimination have no place in our workplaces. Sexual harassment is treated as seriously as any other WHS concern. If you experience or witness something you're not comfortable with, please reach out and seek support or make a report.

Watch the video below to understand more about sexual harassment and how prevalent it is in Australian workplaces.



For more videos and factsheets visit the [Our Watch Lead the Change website](#) or watch this [short video](#) (2 min) on the role universities can play in creating communities free from gender based violence.

GUIDANCE FOR SUBSTANCE ABUSE



If you think you or a loved one may be struggling with substance use, TELUS Health's July Heartbeat Newsletter has resources to help you recognise warning signs and support you through recovery.

Substance use disorder can be a very serious problem. When someone uses illicit drugs or misuses prescription drugs, alcohol, or cannabis, it can create serious impairment and lead to dependency on the substance. This dependency, in turn, can make it very difficult to stop using. Fortunately, with the right supports it is possible to limit the harmful consequences of substance use disorder, such as health problems and damage to personal relationships.

Knowing the warning signs and where to access available resources is crucial for helping your loved one and others affected by the problem.

You can access the newsletter via the link: [Courage to change: Guidance for substance use-TELUSJulyNewsletter](#)

You can also join the all-access webinar: [Alcohol and Other Drugs](#) on **Thursday, 18th of July at 1pm AEST**. In this webinar, learn about the effects of alcohol and other drugs on a person's life and work. Participants are invited to reflect on their alcohol and other drug use and its effect on their lives. Explore some practical strategies to reduce alcohol and drug use and how to look after their mental health as a way of managing stress.

UOW INFLUENZA SCHEME ENDING



UOW's free flu vaccination scheme for staff members will be finishing up this month. Staff have until the **31st of July 2024** to receive vaccination via the following options:

Option 1 – Staff can book in for a free flu vaccination at the Wollongong Campus Pharmacy using the following link; [UOW Campus Pharmacy](#).

Option 2 - Staff can also book an appointment with their preferred GP or pharmacy then claim a reimbursement through the Australian Vaccine Services (AVS). The process to receive your vaccination is:

1. Contact your preferred GP or pharmacy and book a flu vaccination appointment.
2. Pay for and receive your flu vaccination. Be sure to keep your receipt and ask for a confirmation of your vaccination from the healthcare service.
3. Access the [UOW/AVS](#) portal and submit a claim for reimbursement for the flu vaccination. Note that there is a \$28 cap for reimbursement.

4. You should receive an email confirmation of your claim and receive reimbursement within 2 weeks. Please direct any enquiries to AVS on 1800 FLU VAC (358 822).

For more information on Flu Vaccinations, please check out the [NSW health page](#).

Free seasonal influenza vaccines are also funded under the National Immunisation Program (NIP). The vaccination is also available for free for groups at a higher risk of complications from influenza. The eligibility criteria can be found [here](#).

UPDATED EMERGENCY CONTACT POSTER



The revised [Emergency Contact](#) poster is available online.

Please ensure that the old poster is replaced and that your team are aware of the emergency procedures and contact listed.

For a full list of emergency procedure guidelines, you can refer to the WHS Safe at Work [Emergency Procedures Guide](#) page.

UOW WHS Emergency Procedures Guide

WELLBEING WEBINARS FOR JULY



Mindarma and TELUS Health are offering some great wellbeing webinars this month that you may be interested in. If you would like access to your free Mindarma subscription to register for the Mindarma webinar, you can contact the WHS unit on WHS-admin@uow.edu.au. The TELUS Health webinar can be accessed without a subscription.

Mindarma - How to Get a Good Night's Sleep

Presented by Associate Professor in Sleep Health, Nicole Lovato has extensive experience in insomnia and circadian physiology, with close to 100 peer-reviewed publications. Her research is focused on the development of new, innovative therapeutic interventions and models of care for the management of chronic insomnia and circadian rhythm sleep disorders and associated chronic mental and physical ill-health.

Discover the big, brain-boosting benefits of sleep and gain practical tips to help you get more of the good stuff..

Wednesday 24 July 2024

Time: 12:00pm – 12:30pm AEST

TELUS Health – Alcohol and Other Drugs

Alcohol and other drugs can be used at different times by individuals across all settings and environments as a way of managing stressors. In this webinar, we learn about the effects of alcohol and other drugs on a person’s life and work. Participants are invited to reflect on their alcohol and other drug use and its effect on their lives.

We explore some practical strategies to reduce alcohol and drug use and how to look after their mental health as a way of managing stress.

Thursday 18 July 2024

Time: 1:00pm - 1:30pm AEST

Recordings of the webinar will also be available for registered users unable to make this time. To register or find out more, click [here](#).

RECIPE - NO BAKE LEMON SLICE



Make the most of citrus season by making use of those lemons with this easy and delicious no bake lemon slice.

Ingredients:

Lemon coconut base:

- 300 grams (roughly 3 cups) plain sweetened biscuits eg. Arnott's Marie, Milk Arrowroot or Digestive biscuits.
- 100 grams (1 cup) desiccated coconut
- Zest of 2 lemons, finely grated
- 60 grams (1/4 cup) unsalted butter, melted and cooled
- 240 ml (1 cup) sweetened condensed milk
- 2 -3 tablespoons of fresh lemon juice (roughly 1 lemon)

Lemon icing:

- 125 grams (1 cup) icing sugar or powdered sugar, sifter
- 2 tablespoons of fresh lemon juice
- Lemon zest to decorate

Instructions:

1. Line an [8-inch square pan](#) with baking or parchment paper. Place biscuits into a food processor and pulse until you have fine crumbs. *(If you don't have a food processor, put them in a sandwich or zip lock bag and give them a good bash with a rolling pin – it's effective and a little therapeutic!)*
2. Pour biscuit crumbs into a [large mixing bowl](#). Add coconut and lemon zest and stir to combine.
3. Pour over melted butter, sweetened condensed milk and lemon juice and quickly stir to completely coat the biscuit crumbs. Mixture should resemble wet sand.

4. Transfer crumbs to prepared pan. Press down firmly using the back of a spoon to form one even layer.
5. Place slice in the fridge for at least 1 hour to set before making the lemon icing.
6. Combine sugar and lemon juice. Stir until smooth.
7. Pour icing over cookie base and put back in the fridge for at least another hour. To serve, sprinkle with fresh lemon zest and cut into squares. Store slice in the fridge.

SOURCE: [Lemon Slice \(Easy No-Bake Recipe\) - Sweetest Menu](#)

SAFE AT WORK UOW

WELL AT WORK UOW

SAFETYNET LOGIN

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whs-admin@uow.edu.au

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