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UNIVERSITY  
OF WOLLONGONG  
AUSTRALIA



# SAFE & WELL UPDATE

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## HEATER SAFETY AT UOW



The return of the cooler weather has prompted the use of portable heaters around the university. If you use a portable heater please ensure that it is used safely and efficiently to prevent the risk of fire and to reduce unnecessary electricity consumption.

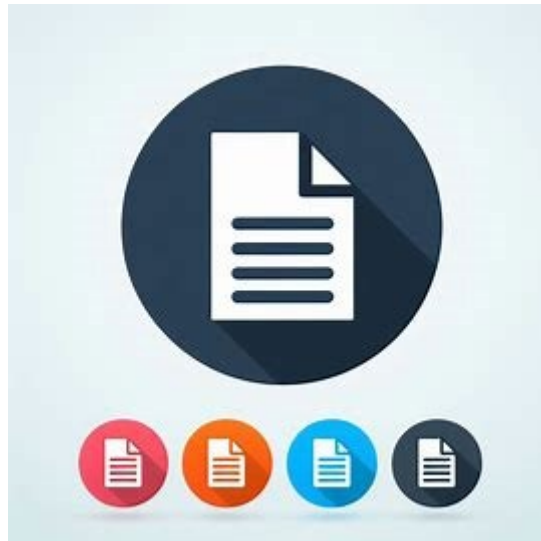
- Do not leave your heater on overnight or unattended.
- Remember to turn your heater off when you leave your office.
- The use of heaters should be done in a manner that is as safe and efficient as possible and not impact others in the work area.
- Portable heaters should not be used in air-conditioned areas as they interfere with the air-conditioning temperatures in the rest of the area.

For guidance on the safe and efficient use of heaters at UOW, please refer to the info page below.

**[UOW HEATER USE IN OFFICES PAGE](#)**

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# NEW AND RECENTLY UPDATED DOCUMENTS



Details of new and recently updated WHS documents can be found on the WHS Unit's [Document Review webpage](#).

To subscribe to the recently updated documents monthly communication please email us at the [WHS Unit](#).

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## WELLBEING WEBINARS FOR JUNE



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](mailto:WHS-admin@uow.edu.au). The TELUS Health webinar can be accessed without a subscription.

### **Mindarma - How to Eat for Good Mental Health**

Presented in conjunction with Mood Food Nutrition, this webinar will allow you to digest the latest science on nutrition and mental health. Cut out the confusion and get some great tips, along with simple, tasty, brain-boosting recipes.

**Wednesday 12 June 2024**

**Time: 12:00pm – 12:50pm 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](#).

### **TELUS Health - Responding to a Workplace Critical Incident**

Join us for an all-access webinar, where we explore the varying responses and reactions to trauma, how to normalise these reactions, and how to empower individuals with practical strategies and support options.

**Thursday 20 June 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](#).

**Mindarma - How to Get a Good Night's Sleep**

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**

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

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**FLU SEASON - HAND HYGIENE**

# How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB



Did you know that researchers estimate that if everyone routinely washed their hands, 1 million deaths a year could be prevented?

June is quite a germmy time, and can be dangerous, especially for those living with children and young people. Washing and sanitising your hands is a very simple and often overlooked way of stopping the spread of disease.

You should wash or sanitise your hands when you arrive at and leave from work, and before and after every mealtime or snack. If your hands are visibly dirty or if you touch a public surface such as a handrail on public transport, it is also a good idea to give your hands a quick sanitise.

Above (and linked below) is a hand-washing procedure created by the WHO that you should seek to follow every time you wash your hands.




**WHO Hand Washing Procedure**

# OFFICE FIRE SAFETY



## STANDARD FIRE ORDERS

### ACTIONS TO BE CONSIDERED ON DISCOVERING A FIRE:

<b>R</b>	<b>"Rescue"</b> any person/s in immediate danger, <b>only if safe to do so.</b>	
<b>A</b>	<b>"Alarm"</b> Raise the alarm by contacting UOW Security on 4221 4900 or Emergency Services on 000.	
<b>C</b>	<b>"Contain"</b> Close doors to contain the fire.	
<b>E</b>	<b>"Extinguish"</b> Attempt to extinguish the fire <b>only if you are trained and it is safe to do so.</b>	

Evacuate the building and follow the directions of Building Wardens.

HRO-WHS-PRO-158.9

Standard Fire Orders Feb 2023

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The winter is one of the most dangerous months for office fires as our air conditioners are cranked to the max and more heating electrical items are used. Especially as we are heading into the colder months, knowing the evacuation plan for your building can easily make all the difference in an emergency and can help you to assist yourself and others in escaping any danger.

The evacuation response at UOW campuses when the alarm sounds or after instruction by a building warden is to:

1. Proceed to the nearest fire exit if safe to do so and proceed to the assembly area designated for the building.
2. In case of fire use stairs (do not use lifts).

3. Use paths that are clear (do not enter areas where you encounter heat and/or smoke or other hazards).
4. Follow instructions of Building Wardens, Security and Emergency Service personnel.
5. Re-enter the building once ALL CLEAR is given or instructed to do so by a Building Warden, Security or Emergency Services Officer.

We also advise to use the R.A.C.E acronym to assist you in an emergency, which is explained in the picture above and is also linked below.

You can find your evacuation point on the [UOW Emergency Procedures page](#).

**RACE - UOW Standard Fire Orders**

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## **RECIPE - ANTI-INFLAMMATORY GOLDEN SOUP**





This creamy, dairy-free golden soup boasts anti-inflammatory properties thanks to turmeric, ginger and cinnamon, and it's packed with nourishing ingredients to provide a satisfying, comforting winter meal.

**Ingredients:**

- 1 tbsp olive oil
- 1 leek, cleaned and sliced (or 1 medium onion)
- 1 C fennel, chopped (use 1 small head)
- 3 C carrots, chopped
- 1 C butternut squash, peeled and chopped
- 2 garlic cloves, minced
- 1 tbsp grated fresh ginger
- 2 tsp cinnamon
- 1 tbsp turmeric powder
- Salt and pepper to taste
- 3 C low-sodium vegetable or chicken broth
- 1 can coconut milk
- Optional garnish: plain yogurt, pumpkin seeds and/or flaxseeds

**Instructions:**

1. Heat the olive oil in a large dutch oven or saucepan. Add the chopped fennel, leeks, carrots, and squash. Sauté for 3 - 5 minutes, until the veggies start to soften. Add the garlic, ginger, turmeric, salt and pepper, and sauté for a few more minutes.
2. Add the broth and coconut milk. Bring the mixture to a boil, then cover and simmer for 20 minutes.

3. Once the vegetables are fork tender, blend the soup with an immersion blender or in a traditional blender (working in batches if needed) until creamy. Taste and adjust seasonings as needed.

*SOURCE: TELUS Health*

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**SAFE AT WORK UOW**

**WELL AT WORK UOW**

**SAFETYNET LOGIN**

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