

Health & Safety Monthly Update

March 2021



Welcome to this month's edition of the Health & Safety Monthly Update.

This is to inform you of the current Health and Safety issues we are all challenged with and also contains some information to ensure we are all fulfilling our duties of looking after our people.

COVID-19 Alert Level 1

Auckland is currently at Alert Level 1. The basic principles to follow are:

- **Stay home if you are sick.** Call your GP before visiting them or call Healthline on 0800 358 5453.
- **Personal Hygiene** – continue to follow good hygiene practices. Cough/sneeze into your elbow, not your hand
- **Contact Tracing** – scan in via the official COVID tracer app using the QR code posters. Turn on your Bluetooth.
- **Physical Distancing** – it's worthwhile to keep a safe distance from people you don't know while out and about. This will help to minimise the spread of COVID-19 if community transmission returns.
- **Face masks** are a legal requirement on public transport. They are available to purchase from Breaktime in Te Puna. We encourage you to look at reusable, sustainable options. You can check out some options on making your own here on the Nest. [here on the Nest](#).



Free Tai Chi and Meditation classes for both students and staff



Tai chi is a martial art, however it is often considered to be a form of moving meditation, as its movements are usually slow and elegant. Thanks to Catherine, our student volunteer, you can now join a free beginner course to learn 10 tai chi forms. Held at Unitec Sports Centre, there are two weekly sessions to choose from: **Mondays 4:15 – 5:15 pm**, or **Fridays 4:45 – 5:45 pm**

Meditation is the mindful process of training your mind to focus and to redirect your thoughts. Starting 12th March, every **Friday from 12.30pm – 1.00pm**, you can join the popular lunchtime, bite sized, meditation classes with Nirmala (B180-2045). Or, if you would like to take a deeper dive, check out **Tuesday evening classes, 7.30 – 8.30pm**, B159. This is a four week block (March: 9, 16, 23, 30). Committing to all four sessions is not a requirement but is recommended.



How do I access EAP Services?

To request a confidential in-person phone, video or e-counselling appointment phone or visit the website: **NZ 0800 327 669 | eapservices.co.nz**

The EAP service is also available for your family members and is here to help with not just counselling, but also legal, finance and career advice.

Safety Heroes of the Month

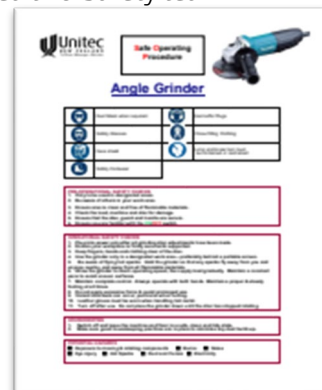


The Safety Heroes this month are Richard Boynton and Inger Anderson from the Trades & Services area. Richard and Inger organised a Whanaunga Tanga Touch & Soccer Competition and BBQ afterwards as part of a team building day. They extended the invitation to the wider Unitec Whanau to come along and join in.

Safe Operating Procedures(SOPs)

A review was carried out of the SOPs used in the Trades & Services area (Mataaho).

SOPs have been put up on Moodle to be used as resource for all lecturers and have been shared with MIT's Health & Safety team.



SHARE YOUR LOCKDOWN BOOGIE



February challenges - the winners

Dance v. Lockdown

We celebrated the end of the lockdown week with a dance-off. Thank you all that submitted their vids and danced like no one was watching! Dave Hicks from Bridging Education and his son won a Warehouse voucher.

Auckland Bike Challenge

26 new riders joined this year's Bike Challenge and Unitec team had 2 winners:

- Howard Norton from Language Studies won a Storm Trooper Waterproof Shell
- Sanjeev Kumar Vellore from Management and Marketing won a mixed case of kombucha from GoodBuzz!



Coming up

- 24th March - [Book Club](#)
25th March - [Ramadan for non-Muslims](#)
31st March - [The Taste Test](#)
14th April - [Speak Up workshop](#)

Join us at
BOOK CLUB

Like reading books and talking about them?
Love cake?
Come along to B112 Staffroom, Wed 3.30-4.30pm to meet others, share ideas and tell us about a favourite book. Starting on Wed 24th and then the last Wed of each month.
For more email Deb Crossan or Sana Saleem at oneplanet@unitec.ac.nz
Everyone welcome!