

# Health & Safety Monthly Update

October 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 while providing some information to ensure we are fulfilling our duties of looking after our people. To get in touch with the Health and Safety Team, please email [safety@unitec.ac.nz](mailto:safety@unitec.ac.nz).

### Unitec Health and Safety Reps

Extending a big welcome to our new Reps – check out who is the Rep from your area on the Nest at the [link here!](#)



UPC team of Andrea Thumath, Peter Smeets and Arbin Prasad ready and waiting for students to arrive



### ‘Got Ya Dot’ Campaign

Unitec is one of the tertiary partners in the Got Ya Dot Campaign that Ngāti Whātua, Tāmaki Kapa Haka and our Kura Kaupapa are driving to increase vaccination rates.

[Read more about it here!](#) Great work team.



### How do I access EAP Services?

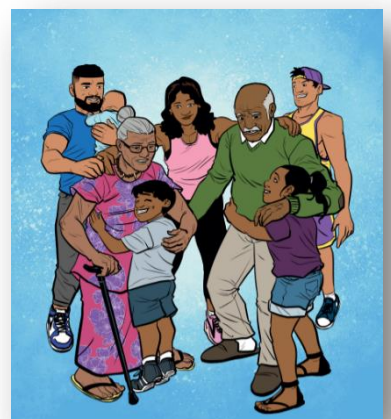
To request a confidential in-person phone, video or e-counselling appointment phone or visit the website:

**NZ 0800 327 669 |**  
[eapservices.co.nz](http://eapservices.co.nz)

**Other resources: need to talk?**  
Free call or text **1737** to talk to a trained counsellor

### COVID-19 Vaccination Info

Getting vaccinated against COVID-19 is the safest and most effective way to protect yourself, as well as your loved ones and community against COVID-19. If you have not received your COVID-19 vaccination yet, check out the [list of centres](#) or [book in today](#). The [Unite Against COVID-19 website](#) has plenty of information, including [how to talk to friends and whānau](#) who may be hesitant about getting the vaccine. Also, if you are already one of the 78% of Aucklanders who has already received your second dose, you can get proof of your vaccination status with **My Covid Record** at [the link here](#). Thank you for doing your part to keep Aotearoa safe.







## Stay Safe This Halloween!

Halloween is on the 31<sup>st</sup> and if you do have kiddos that celebrate the holiday, (or you do yourself), below are a few ways to have some fun while staying safe!

- Try a Halloween-themed scavenger hunt in your backyard. You can meet with one other household, up to a maximum of 10 people – as long as you stay outside.
- Have a Halloween movie night with your bubble. Here is a list of [35 Classic Halloween movies](#), which include some family-friendly ones too. Don't forget the popcorn!
- Decorate your house in a spooky style. Maybe if you have a teddy bear in your window, dress him up!
- Have a virtual costume party with friends and whānau online.

Also, [click this link](#) for some handy info from the SPCA on keeping pets safe during Halloween.

## Onsite Campus Update

Joey Pitovao has kindly shared a few images of onsite house projects activity.

A safety briefing under Alert Level 3 for Tommy Atkins (pictured) and Dean D'Souza's NZCCT building site teams. This was super organised and a great example of health and safety at work with the students.

Wrapping up the end of their half day shift and signing out, Eugene Nehring is on the afternoon shift with his bubble. Chris Stoddard's class is on the afternoon shift on another day.







## Tips and Techniques for Practicing *Self-Compassion*

### **Treat yourself as you'd treat a friend.**

Think about how you would treat others that you care about. Let yourself make mistakes. We can let ourselves off the hook as we might do for others.

### **Become more self-aware.**

Stop being so hard on yourself. Becoming aware of our internal narratives is a positive starting point for changing our self-talk.

### **Write to yourself as you would do to someone you cared deeply about.**

Remind yourself that you are not superhuman or immune from painful feelings.

### **Self-Compassion affirmations to practice.**

Below are affirmations, practice them to replace self-criticism and remind yourself to be kind to number one.

- I accept the best and worst aspects of who I am
- I'm not the first person to have felt this way, and I won't be the last, but I'm learning
- Stop being hard on myself, change is never simple
- I am going to grow and learn from my mistakes
- It's ok to show kindness to myself
- Every day is a new opportunity. I won't let self-doubt or judgment hold me back from the future
- I forgive myself and accept my flaws because nobody is perfect - and move forward with self-love tomorrow
- I deserve compassion, tenderness, and empathy from myself

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## HANDLING SELF-ISOLATION AND QUARANTINE

If you're showing flu-like symptoms, working remotely, or simply self-isolating, here are some specific tips to get your through the next few weeks and months.

- 1. Maintain your routine.** It is important to maintain a sense of normality, where possible. If you're working remotely, check in with colleagues, and try to stick to a typical daily routine. You never know – you might even be more productive than usual!
- 2. Stay in touch where possible.** Whether you use video chats, emails, or voice calls, check in with family, friends, and colleagues regularly. Send each other messages, have virtual movie nights, and keep your spirits up.
- 3. Ask for help.** If you are feeling lonely, or you need help getting supplies during the isolation period, reach out to co-workers and your local community. You'd be surprised how many people are willing to help at a challenging time like this.
- 4. Look after your body.** Don't neglect your body just because you're stuck at home. Try out meditation, yoga, or other at-home workouts, and eat nutritious meals – your body needs all the support it can get right now.

**Conclusion and accessing EAP.** Everyone reacts to stressful situations and changing circumstances differently, and it's natural to feel overwhelmed right now. Your EAP (Employee Assistance Programme) is a go-to source for help and support. Keep us in "top-of-mind" for when the going gets tough with any life concern. Take care of yourself, your family, your friends, and your colleagues, and don't be afraid to ask for help if you need it. Remember, we're all in this together – stay connected to those around you, focus on what you can control, and don't allow yourself to burn-out.

TAKE  
care  
OF  
yourself

