



Online Learning

The Online Learning Management System has been developed to assist managers in implementing best practice systems and for improving the OHSW competency of all staff

to manage and participate in the implementation of OHSW. The Online Learning Programs are designed to assist UniSA's goal of providing safe work environments and safe systems of work.

<http://www.unisa.edu.au/ohsw/training-courses.asp>

At UniSA we are serious about health and safety management. A safe work environment not only means fewer injuries but also the increased job satisfaction and productivity through high standards of safety.

Wanting to know what statistics your unit has achieved in the Online OHSW Training? then just click on

[Employee OHSW Training Summary for February 2008](#)

to find out. 5 units have perfect scores of 100% of staff completing at least one course, with 5 units scoring less than 70%. OHSW Services therefore encourages you to complete your compulsory [Online Learning](#) objectives.

BELIEVE IT OR NOT !



YES !! It is a BBQ

(most people just bring a salad or a drink !)

Incident Report Forms

Before an Incident Report form is sent to OHSW Services the Action Plan Section on Page 2 must be completed and signed off by the Supervisor / Manager.

No Smoking Policy

Smokers please comply with the University procedure

The University prohibits smoking in all University buildings, including those rented for University purposes. **This includes access areas such as lifts, stairwells, corridors, entrance lobbies, balconies, links to other buildings, undercrofts, storage areas, toilet areas, and lunch-rooms. Also within 5 metres of any entrance to buildings, air conditioning intakes or open windows.**

OHSW & IM assistance

Our Senior OHSW Consultant Brenton Bellchambers is available to assist with any OHSW issues or if you need OHSW advice. Brenton can be contacted on brenton.bellchambers@unisa.edu.au or 21787

Dianne Dickeson is our Rehabilitation Consultant who you can provide you with information about rehabilitation and assist with your safe return to work.

Di can be contacted on dianne.dickeson@unisa.edu.au or 21709.

OHSW Leadership program

Do you need to clarify your OHSW responsibilities and know how to take a lead role in managing OHSW ?

To help you reach your full potential in OHSW Management , enrol in the OHSW Leadership Program

OHSW Leadership programs have been scheduled for 2008 .There are still vacancies available for this session.

1st April @ 101 Currie Street

To register your interest in attending this program contact Pamela Werchon at pamela.werchon@unisa.edu.au

Do you feel your posture is similar to this ?

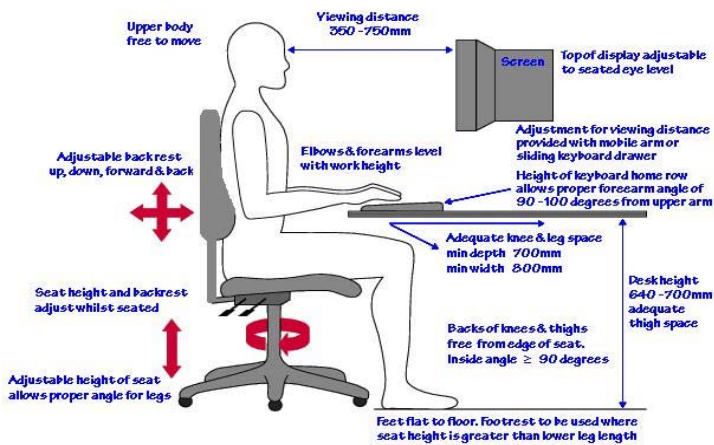
Then turn over the page for some hints on how to prevent it



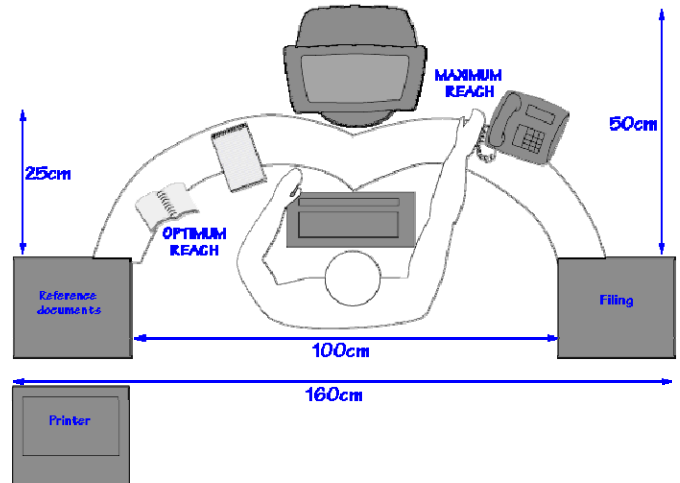
Benefits of Workstation Ergonomics

Good ergonomics is essential for the office-bound worker. There are a number of benefits to working in an ergonomically-correct environment. They include:

- ✓ Peace of mind, knowing you are working in safe, healthy conditions
- ✓ Increased productivity due to an elevated comfort level
- ✓ Lower occurrences of employee absence due to injuries from afflictions such as - RSI and CTS
- ✓ Lower instances of workers compensation claims due to repetitive stress injuries.



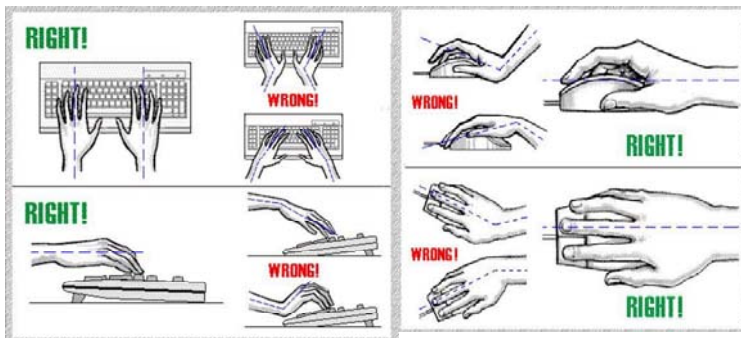
Your workstation should be arranged in such a way that executes good practice in relation to work posture. It should provide adequate flexibility in order to accommodate the needs of different individuals, particularly with multi-user workstations, such as adjustable chairs, monitors and footrests.



WorkPace

University staff can have access to a software based exercise program called 'WorkPace' installed on their computer. The software reminds people that it is time for an exercise break and walks them through the exercise program. Staff only need to complete form OHSW 61 located at: <http://www.unisa.edu.au/ohsw/forms/default.asp> to have the software installed.

The benefits of desk exercises according to the research "facilitates the circulation of blood, elevates the oxygenation of your brain, releases tension from your muscles, gives you a greater capacity for concentration, creates a better mood and decreases cravings for sweets, caffeine and tobacco." Combined with a variety of other risk control measures OHSW risks associated with extended periods of screen-based work and keyboard use.



Take a WorkPace break now.....
You deserve it!

