



Safe Steps Campaign

During this time of festivities please note the following services and information for safety whilst on campus.

If you have to walk to a parked car or near-campus residence, a Security staff member can provide an escort up to 2.5km from the University. Contact the Security Office before you leave your building to arrange a time and place to meet.

For emergency situations the following phone numbers should be stored in your mobile, diary or wallet:

Campus Security Emergency	8303 6044
Campus Security Escort	8303 5990

Please see the link below on keeping yourself safe when on campus alone

<http://www.adelaide.edu.au/security/students/campus.html>

Jane Knipe
Acting Manager OHS

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Festive Season and Responsible Drinking

With the festive season upon us, Linda Knobben reminds staff to drink responsibly. Alternate between alcoholic and non-alcoholic drinks. This healthier option will leave you feeling better in the morning. Other activities to reduce the risk to your health include: eating before drinking, quenching your thirst on water or soft drinks, trying low-alcohol alternatives, planning ahead - choose a designated driver, catch public transport, or book a taxi. Don't drink and drive. To stay within the legal limit, as a general guideline, men can consume 2 drinks in the first hour and then one drink per hour, women can consume 1 drink in the first hour and then one per hour.

Further information is available at Drug & Alcohol Services South Australia
<http://www.dasc.sa.gov.au/>

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Services and Resources 2007 Awards for Excellence

Congratulations to the WorkCover Self Insurance Project Team for winning a 2007 Award for Excellence for Most Effective Work Unit in the Division of Services and Resources. The team consisted of Jane Knipe, Deb Coulls, Kelly Stewart, David Burford, Kevin Newton, Stewart Allan, Kerrie Barrett, Ian Linke, Peter BerrySmith and Elysia Ryan.

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Water Consumption over the Summer Months

Humans continually lose water through general activities of daily living and if you do not replace it you will become dehydrated. **Kerrie Barrett** says every system in **your body depends on water** from regulating body temperature to keeping your kidneys functioning. Water also helps with wrinkles by keeping cells plumped out and ensures the mucous membranes in you eyes nose and throat are moist so you can breathe easily and efficiently. If possible, try to drink one litre of water per 25kg of body weight per day and increase this amount if the weather is particularly hot or if you are doing heavy physical work.

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December 10th Human Rights Day
<http://www.amnestyusa.org/events/northeastern/humanrightsday.html>
(keep checking for more websites)

December 18th International Migrants Day
<http://web.amnesty.org/pages/refugees-migrantsday-eng>
<http://www.december18.net/web/general/start.php>

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2007 Training Schedule

If you haven't already registered there are still several training courses available for staff to attend for the remainder of 2007. Please see the link below or contact Biancamaria Duke on 35726 or biancamaria.duke@adelaide.edu.au
<http://www.adelaide.edu.au/hr/development/ohstrain.html>

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This week our OH&S Officer profile is on **Andrew Wright**, Laboratory Manager for the School of Chemical Engineering.

For Andrew, safety in the workplace is a team effort that should involve all staff and students continually working together to monitor equipment and structures in order to prevent accidents. Andrew believes that one way of developing a safety culture in the workplace is through careful consideration of all the possible hazards and dangers prior to conducting experiments and procedures. One way he is able to do this is by assisting students with risk assessments and safe operating procedures to ensure they are aware of any issues surrounding their work. Andrew's commitment to health and safety in the workplace is evident through his induction programs with undergraduate and postgraduate students, new staff and visitors to the School of Chemical Engineering as well as through the inspections he conducts throughout the course of each year.

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