



This is our last Healthy University for 2007. We hope you have found this newsletter a helpful tool for your safety roles as well as enjoyable to read. On behalf of the OH&S Unit I'd like to take this opportunity to wish you all a happy and safe Christmas. We look forward to bringing more health and safety news in 2008.

Jane Knipe  
Acting Manager OHS

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### **Strategic Review of OH&S and Injury Management - Stage 2**

Please refer to the web link below for the latest report:

<http://www.adelaide.edu.au/hr/ohs/>

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### **Penalties for Workplace Safety Breaches to Treble in 2008**

From 1 January 2008 the penalties for breaches under the Occupational Health, Safety and Welfare Act have been increased. The maximum penalties for businesses will rise to \$300,000 for first offence and \$600,000 for subsequent breaches.

There is also a new offence of reckless endangerment which will apply to any person or business proven to have demonstrated a knowing or reckless disregard for workplace safety. The reckless endangerment provision can attract fines of up to \$1.2 million for businesses, while individuals face a maximum fine of \$400,000 or imprisonment of up to 5 years.

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### **Events Management**

Deb Coulls from the central OHS Unit is currently working with a small team of representatives from Property Services, Marketing and Strategic Communications, Development and Alumni and the Union to draft new templates for Events booking and risk management.

The templates will assist the University to manage areas such as access and egress, traffic flow, amenities, first aid, arrangements for people with disabilities, crowd control/security and emergency management. The arrangements will include the requirements for appropriate communication with any areas which may be impacted by the event.

If you require any further information, or wish to be a part of this working group, please contact Deb on ext 30174.

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## **Surviving the Christmas Season**

While the Christmas period is a time to relax and celebrate the festivities with family and friends it can sometimes be anything but joyous for some people. Stress, anxiety and depression are common during the festive season. If nothing else, reassure yourself that these feelings are normal. Below are some tips to help you cope with both Christmas Day and the holiday season:

- If you are lucky enough to be hosting family or friends in your home on Christmas day, remember that you don't need to do everything yourself, delegate tasks. Ask family members to bring their specialty dishes to share. Have everyone pitch in to help with the clean up.
- Don't expect miracles. If you and certain family members bicker all year long, you can be sure there'll be tension at Christmas lunch. Avoid known triggers. For example, if politics is a touchy subject in your family, don't talk about it. If someone brings up the topic, use distraction and quickly move onto something else to talk about.
- Use relaxation techniques, such as deep breathing or focusing on your breath, to cope with anxiety or tension.
- Family members involved in after-lunch activities (such as cricket on the back lawn) are less likely to get into arguments. Plan for something to do as a group after lunch if necessary.
- People under stress tend to 'self-medicate' with alcohol, cigarettes and other drugs. Try to remember that drugs can't solve problems or alleviate stress in the long term.
- The Christmas period can also create feelings of isolation and loneliness for many people in our community. The elderly are especially at risk of loneliness during this time of year. Lifeline is available 24 hours a day, 7 days a week.

[http://www.lifeline.org.au/find\\_help/staying\\_balanced\\_over\\_the\\_christmas\\_perio  
d](http://www.lifeline.org.au/find_help/staying_balanced_over_the_christmas_period)

<http://www.beyondblue.org.au/index.aspx>

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## **Realistic New Year's Resolutions**

It's that time of year again to start thinking about making New Year's resolutions for yourself. In order to successfully achieve your resolutions it's a good idea to set realistic mini-goals that outline each step of the 'big goal' you may be hoping to reach.

### Popular New Year's Resolutions:

- Increase your fitness
- Weight loss
- Quit smoking
- Enjoy life more
- Get out of debt
- Learn a new skill
- Volunteer
- Improve your organisation
- Spend more time with family and friends

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### Fun Holiday Activities for Children and Adults

The start of the Christmas period also heralds in the long summer holidays. With school age children on holidays until the end of January this can be a great time of year to explore some of the fantastic museums and parks that South Australia has to offer. Click on the link below for some good ideas.

[http://travel.yahoo.com/p-travelguide-2748308-adelaide things to do-i; ylt=A](http://travel.yahoo.com/p-travelguide-2748308-adelaide+things+to+do-i;+ylt=A)

<http://www.eventspool.com/cgi-bin/deep.pl>

<http://www.southaustralia.com/home.aspx>

