

Human Resources Newsletter

News and Information for Staff of
The Flinders University of South Australia
from the Manager, Human Resources Division

June 2004

OCCUPATIONAL HEALTH & SAFETY

<http://www.flinders.edu.au/ohsw/index.html>

Wellness Programme – free events Feldenkrais and Tai Chi

The OH&S unit offers free programmes throughout the year to promote health and wellbeing at work.

Eight Feldenkrais lessons are provided in each semester and there are usually four Sections of Tai Chi each term, each Section offering nine lessons.

Bookings are open for Tai Chi classes in term 3, commencing week beginning 19 July.

Tai Chi Section 1 (for beginners) - Friday 23 July – 17 September, 12.10pm-12.55pm

Tai Chi Section 3 at Sturt - Tuesday 20 July – 14 September, 12.10pm to 12.55pm

Tai Chi Section 3 at Flinders - Wednesday 21 July-15 September, 12.10pm to 12.55pm

Tai Chi Section 6 at Flinders - Wednesday 21 July-15 September, 1.10pm to 1.55pm

Previous students are welcome to attend any class for a refresher course, bookings are essential as places are limited, email, chris.euripides@flinders.edu.au, or phone chris on X13024. If the class is booked out your name will be placed on a waiting list.

All classes run for 9 weeks, Flinders classes will be held in the Geoff Harrison Meeting room and Sturt classes will be held in the Sturt Gym.

Please see our web site for details of current classes and a description of what is involved <http://www.flinders.edu.au/ohsw/SidebarContents/services.html>

Feldenkrais and Tai Chi are not available through the Sports Centre or Students Union.

Chris Euripides, administrative assistant

FREE Relaxation Yoga for beginners was offered on a **limited trial basis** during June.

In order to test the response, the offer was initially made only to people who have attended the free Tai Chi classes. The response was such that the 20 places available were taken within a

few days of the offer being made, so it was not extended to a wider group.

The aim was to introduce staff to the practice of Yoga and to the teacher, Hannah Drew. Hannah has been teaching Yoga for the Students Union for over 30 years.

Regular Yoga classes are available for staff and students at the Students Union and the Sports Centre but those classes are not sponsored by the OH&S Unit. If you wish to attend classes at those venues you will need to pay to attend.

The OH&S budget for relaxation is limited, and priority is given to relaxation options that are not available elsewhere on campus (i.e. Tai Chi and Feldenkrais).

Information about the Students Union / Sports Centre classes is available on the websites for those organisations.

The OH&S Unit will offer 5 more free sessions during October – but if you attended the 5 free sessions during June you will **not** be eligible to join the free October group.

Details on day / time / venue will be made available later in the year via Newsletter, payslips, Faculty email and the OH&S web site.

Please register your interest with Chris Euripides in the OH&S Unit. You can email Chris.Euripides or call Chris on 13024.

Confidential Counselling for staff

Three free confidential counselling sessions are available for staff. Sessions are conducted off campus by psychologists in private practice. You may consult them for work related or private issues.

Contact details can be seen at

<http://www.flinders.edu.au/ohsw/EAP.html>

Jennie Cumming, Head OHS Unit

Summary Accident/Incident Statistics for 1st quarter 2004

During the 1st quarter of 2004 there were 28 accidents and incidents reported to the

Occupational Health and Safety Unit, 25 from staff members and 3 from students. The largest group of accidents university wide resulted in injuries from trips and falls and manual handling. In 14 of the 28 matters reported by staff, prevention would have been 'reasonably practicable'. Of the 14 that could have been prevented, 8 occurred because correct procedures were not followed.

Twelve accidents/incident reported required medical attention and therefore resulted in a compensation claim.

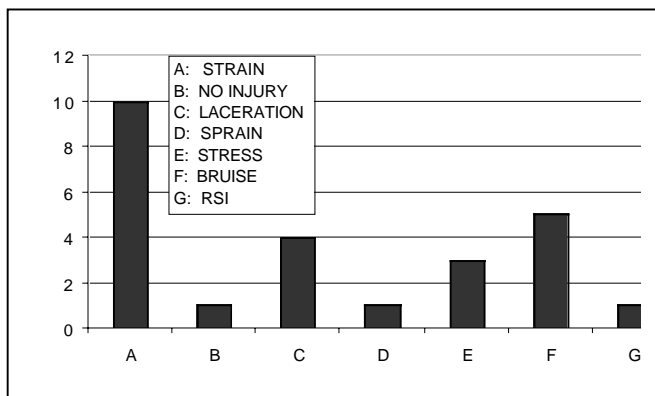
Comparison of staff accidents/incidents for 1st quarter of year over a 4 year period

Organisational Unit	2001	2002	2003	2004
Central Administration	15	15	11	10
The Library	2	4	-	3
Faculty of Social Sciences	1	2	1	3
Faculty of Health Sciences	6	6	1	1
Faculty of EHLT	3	8	4	5
Faculty of Science and Engineering	4	9	5	3
Total	31	44	22	25

Mechanism of accident/incident in each major cost centre during 1st quarter of 2004

Mechanism	CA	LIB	SS	HS	EHLT	SE
Caught Between/In	1	1				
Fall or Slip	1			1	2	2
Fire	1					
Human Contact	1					
Manual Handling	4	1	1			1
Other Events		1				
Repeated Movement	1				1	
Stress			2		1	
Strike Against/Step On	1				1	
Total	10	3	3	1	5	3

Nature of Injury



Workers Compensation Costs

The costs listed below are for wages and medical expenses only (medical consultation, medication, medical reports, surgery, physiotherapy and so on).

Lump sum payments from Unisure to staff members to compensate them for permanent disabilities are not included in these figures.

Cost Centre workers compensation costs for 1st quarter

Cost Centre	Compensation Cost
Central Administration	\$16,019
Library	\$2,036
Science & Engineering	\$272
EHLT	\$8,085
Health Sciences	\$10,341
Social Sciences	\$350
Total	\$37,103.00

Comparison of workers compensation costs for 1st quarter of year over a 4 year period.

Year	Reports	Claims	Cost
2001	31	9	\$37,024
2002	44	13	\$17,505
2003	22	13	\$22,295
2004	25	12	\$37,103

Chris Euripides, Administrative Assistant