

The Science Safety Snippets

Welcome to this month's edition of the Faculty of Science's Safety Snippets newsletter. This month focuses on the Faculty of Science OHSE Award and the upcoming launch of the Wellbeing at Monash Top End 10,000 Steps Walktober Challenge. Please direct all comments and feedback, including suggestions for articles particularly relevant to your area to Sharon.Lockhart@sci.monash.edu.au

The Dean of Science is again pleased to sponsor the **Faculty of Science Workplace Health, Safety & Environment Award** to encourage and commend those individuals and workgroups in the Faculty of Science who propose innovative and exciting ideas on how to create, improve or maintain a safe and healthy workplace consistent with OHSE policies.

An outstanding proposal(s) submitted by either individuals and/or groups will be selected each year from applications received from across the Faculty of Science on all campuses. Successful proposals will receive funding for the implementation of the initiative **up to the value of \$5000 (to be matched by the associated school or area)**, and a certificate. Should there be more than one worthy initiative, this funding will be divided as deemed appropriate. The successful proposal(s) will be determined by the Dean of Science, the Faculty of Science OHSE Consultant, the Manager of OHSE and the Faculty of Science Finance and Resources Manager.

All applicants with successful proposals will be required to submit a brief, one page report to the selection panel 12 months after receiving the award. This report should provide an update on the implementation of the initiative including any obstacles and the final outcome. Successful applicants will be provided with further details at the time of receiving the award.

Criteria

Applicants will be individuals or groups who propose an initiative to create, improve or maintain a safe, healthy and/or environmentally friendly workplace. Any or all of the following criteria may apply:

- **Excellent in-house health, safety or environmental program** – encompassing broad implementation of safety throughout the workplace
- **Improvement in health, safety or the environment** – demonstrating significant improvement over previous conditions
- **Product/process/practice development and implementation** – special effort given to a specific aspect of health and/or safety and/or environment within the workplace

Further details & an application form can be found at <http://sci.monash.edu.au/safety/awardsnoms.html>

Applications close 4pm Tue 31st October 2007.

Wellbeing at Monash Top End 10,000 Steps Walktober Challenge 2007

Come along and participate in the Wellbeing at Monash Top End 10,000 Steps Walktober Challenge 2007 which for the first time ever, will see international teams from Monash Malaysia and South Africa competing.

On Friday, 21 September, the Vice Chancellor and a *mystery guest* will officially launch the Wellbeing at Monash *Top End 10,000 Steps Walktober Challenge 2007* at the Peninsula Campus. The program will also be launched via a host of activities at other Monash campuses. The Peninsula campus launch will be linked via video conference to some campuses.

Activities will include the opportunity to listen to guest speakers and the chance to win some fun and fabulous prizes! The launch will also serve as an introduction for all Victorian staff, to the University's new **Wellbeing at Monash Online** website – a comprehensive health resource centre of specialist information areas, interactive tools, and information regarding wellbeing activities and events at Monash.

The Monash Top End 10,000 Steps Walktober Challenge 2007 will start on Monday, 15th October 2007, as a virtual walk from **Cape York Peninsula to Katherine Gorge National Park** finishing on approximately Sunday, 25th November 2007. Participants will be encouraged to join teams of 8 (led by a team captain) which can consist of Monash staff, their family or friends, or students.

Team captains will be responsible for registering their team. Alternatively, if a participant does not have a team which they can join, they can ask to be placed into a random team by the challenge co-ordinator.

As a guide, to achieve 10,000 steps in a day, participants will need to couple their usual daily activities together with a 30 minute daily walk. The number of steps walked per day can be counted using pedometers which will be included as part of each participant's \$10 registration fee.

Team progress will be monitored by the challenge co-ordinator and team captains, who will also be responsible for encouraging their team members to reach their daily goals. To assist, weekly progress postcards will be sent to all team captains via email. In addition, to boost enthusiasm, there will be prizes for campuses, teams and individuals.

Registration for the challenge will be available shortly.

For complete details go to:

<http://www.adm.monash.edu.au/ohse/wellbeing/2007>