

ROBINA CAMPUS WELLNESS PROGRAMS FOR STAFF



STATEMENT OF COMMITMENT

TAFE Queensland is a safety first organisation and the health and safety of our staff, students and visitors is paramount - we take every precaution we can to ensure people are safe where they work and study.

SAFE at TAFE is our Work, Health, Safety, Wellness and Environmental (WHSWE) management system, and together with this Statement of Commitment will help us achieve our legal, moral and social obligations and commitments.

Our **leaders will demonstrate their commitment to health, safety, wellbeing and environment by their everyday actions:**

- Showing a visible, active interest and personal commitment to the health and wellbeing of our people, the safety of the work and learning environments, and environmental sustainability
- Supporting our people with early and effective injury management, rehabilitation and wellbeing services
- Complying with all WHSWE legal requirements and implementing a consistent approach to TAFE Queensland's policies and procedures across the organisation
- Assisting our people to understand their health, safety and environment roles and responsibilities through training, information and supervision
- Implementing and resourcing an effective health, safety and environment management framework
- Incorporating health, safety and environment hazard identification and risk management into all organisational planning and activities
- Encouraging and respecting the involvement of our people through effective communication and consultation.

Our **people will demonstrate their commitment to health, safety, wellbeing and environment by their everyday actions:**

- Conducting activities and behaving in a manner that promotes the health, safety and wellbeing of themselves and others, and protects the environment
- Understanding and following WHSWE policies and procedures relevant to their work
- Participating in the management of WHSWE activities, including consultation processes
- Encouraging colleagues, students, contractors and members of the public to act in a healthy, safe and environmentally responsible way
- Recognising and reinforcing positive health, safety, environment behaviours
- Identify hazards and apply control measures to eliminate or reduce the likelihood of harm to people, the environment, and our facilities and equipment
- Participating in ongoing training and learning
- Using the safety and environment equipment and personal protective equipment provided
- Preventing pollution and waste through everyday actions such as avoidance, reduction and control.

Mary Campbell
Chief Executive Officer
TAFE Queensland
October 2022

Jane Seawright
Chairperson,
TAFE Queensland Board
October 2022



Smoke-Free Environment Policy



1. Purpose

Outlines TAFE Queensland's commitment to the health, safety and well-being of its people and environment by being a smoke-free environment.

2. Overview

Policy Intent:

TAFE Queensland is committed to providing a safe and healthy environment for staff, students, contractors, and visitors, including a focus on eliminating risks associated with smoking from TAFE Queensland campuses and sites.

As part of this commitment TAFE Queensland is a smoke-free environment.

Policy Principles:

TAFE Queensland is committed to the following principles:

Principle 1: TAFE Queensland is committed to maintaining a safe and healthy environment.

Principle 2: TAFE Queensland will work to eliminate the adverse effects of smoking and passive smoking by banning all forms of smoking, including tobacco products, e-cigarettes, e-cigars, vapour pens, and personal vaporisers, on all campuses and sites.

Principle 3: TAFE Queensland will communicate its smoke-free environment through appropriate signage and other communication methods.

Accountability:

The Chief Human Resources Officer is accountable for ensuring the management and maintenance of this policy, including ensuring its continued appropriateness to the business, compliance with legislation and periodic review.

TAFE Queensland Executives are responsible for administering this policy for TAFE Queensland, ensuring site based management plans are in place.

3. Audience

3.1 This policy applies to TAFE Queensland's:

- TAFE Queensland All Staff
- TAFE Queensland All Students
- Volunteers
- External Contractors

4. Policy

TAFE Queensland as a Smoke-Free Environment:

4.1 TAFE Queensland is committed to a smoke free environment.

4.2 Smoking is prohibited by staff, students, contractors, visitors, and members of the public on all TAFE Queensland campuses and sites, including:

- (a) All TAFE Queensland campuses (including grounds, buildings, and facilities);
- (b) All TAFE Queensland leased sites used for the delivery of education, training, and other services; and
- (c) All TAFE Queensland owned or leased vehicles, or private vehicles used for business purposes.

Communication of TAFE Queensland as a Smoke-Free Environment:

Signage:

REDUCE STRESS

BREATHING TECHNIQUES

A path to calm and meditation

Start 2023 with breathing techniques to help you cope with stress, and understanding how these techniques can lead to meditation.

All students and staff are invited



Wednesday 15th February



The Anna Rose Room - Level 4



12.05pm - 12.45pm



3KM WALK FOR CHARITY

Darkness to Daylight 2023 Challenge



Wear your walking shoes and join us in your lunch break for a 3km guided walk around Robina.

Every step counts. Help us raise awareness and end domestic and family violence by donating a gold coin to the Darkness to Daylight fundraiser.



Wednesday 31st May



TAFE Queensland, Robina Campus
Meet at Customer Service Counter



12.10pm - 12.45pm



Register your attendance here!



HANDSTAND WORKSHOP

COME ALONG AND HAVE SOME FUN

LEARN HOW TO **ACHIEVE OR IMPROVE**

YOUR HANDSTAND

REGISTRATIONS ARE ESSENTIAL

Monday, 6 March 2023

12.00pm - 1.00pm

The Anna Rose Room, Level 4

TAFE Queensland Robina campus

Featuring

TAFE Queensland Fitness

Alumni from Sweden

Elin Härkönen

Scan the QR code and complete the registration form



@breakitandyouwillmakeit

Come dressed in your comfortable fitness gear. Bring your own exercise mat, towel and water bottle. Please be advised this handstand workshop will be photographed and filmed for marketing purposes.

tafeqld.edu.au/international

RTO 0275 | CRICOS 03020E | HEP-PRV13003



LUNCHBOX LECTURE

Active Transport & Walk to Work Day

Presented by City of Gold Coast
Free to attend, just rock up!

- ! Friday 2nd September
- 📍 Lobby – Digital library
- 🕒 12pm-1pm

MEDITATION & MINDFULNESS

INTRODUCTION TO BREATHWORK

GUIDED BY PROFESSIONAL ROBBIE WEIR

FREE YOUR MIND & CONNECT WITH YOUR HEART
THIS EVENT IS NOT TO BE MISSED!
SCAN THE QR CODE TO REGISTER NOW!

- 📅 Friday 9 September
- 📍 Rm 208 & 209 (level 2)
- 🕒 12pm-1pm



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IN SUPPORT OF SUSTAINABLE DEVELOPMENT GOALS

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THE PUSH-UP CHALLENGE

Join the TAFE Queensland Gold Coast team to get fit,
have fun and fundraise for mental health awareness

To join the TAFE Queensland Gold Coast team follow these steps:

- Scan the QR code below and click 'join us'
- Create your account by completing the form
- Download the **Push for Better App** on your phone, log in and start pushing!

The goal is 3,144 push-ups over 23 days.

Ask your family and friends to donate to this worthy cause!



Scan the QR code to join the team



WHITE RIBBON WEEK



Robina Campus Ground Floor



Thursday 17 November 2022
12:00pm to 1:30pm



Join us for a BBQ to raise awareness for White Ribbon Week, symbolising unity against domestic violence and in particular men saying 'NO' to violence against women.

TAFE Queensland supports the White Ribbon initiative.

There will be a pledge board where you can write your message of support, as well as selfie-boards promoting this great cause. So come along, have a sausage and show your support.

RECYCLE YOUR UNWANTED MOBILE PHONES
- These will be donated to DV SAFE PHONE.



ZERO DISCRIMINATION DAY

Discussion with a TAFE Qld Counsellor

Everyone has the right to live a full and productive life - and live it with dignity. Join us for a discussion about what is discrimination, how to deal with it and what help is available. Discrimination can be experienced anywhere and by anyone. Zero Discrimination Day is helping to create a global movement of solidarity to end all forms of discrimination.



Wednesday 1st March



The Anna Rose Room - Level 4



12.00pm - 12.45pm

