

All the right moves

Our Social Work and Nutrition & Dietetics departments have moved into their temporary homes so we can start work on the B3Hub, but they are not losing any time getting into the principles of activity-based working.

Both teams used the move as way to declutter and get rid of paper and waste, ready for the opening on the new B3Hub.

Physio and OT are also getting ready to decant, and they decided to get on board by workshopping a set of etiquettes for their temporary space.

Paper independence is also on the agenda, with all our decanting teams having an opportunity to practise some of the strategies we covered in our workshops.



Above: Tamara and Anna in Social Work, temporarily located in Clinical Services Building level 4



Above: Navnita, Karina, Dearne and Fraulein in Nutrition and Dietetics, now in cancer centre level 3



Above: The Physio and OT team in their etiquette session



Your B3Hub Timeline

We are here

B3Hub | Allied Health Activity-Based Working at Blacktown Hospital

Part of BMDH Project Stage 2 | WSLHD-BMDHProject@health.nsw.gov.au

Contact the project team | Robyn.Campbell@health.nsw.gov.au or Nathan.Ferguson@health.nsw.gov.au

Physio and OT etiquettes

As we are all aware, we cannot bring any peanuts, pine nuts or pistachios and products with nuts (like peanut butter, mixed snacks or meals with nuts) into the shared area in order to keep our work colleague safe.

Work, Health and Safety is everyone's responsibility.



Clear each workstation at the end of the day.

Wipe over the work area with the wipes provided.

Log out when you leave.



It's OK to eat anywhere in the office.



Drinks are OK in any area of the office.



You choose who to share your calendar with.



Wearing headphones or earbuds is up to you, and we understand that means you'd prefer not to be disturbed.



Keep your headphone noise low. If people around you can hear your headphone noise, your volume is too high and could damage your hearing.



NO peanuts

NO pine nuts

NO pistachios

In the shared space at any time

Even the smell of these items can cause a severe allergic reaction.

If you have nuts in your meal, please do not heat them up or consume them in the office.

If you have touched or consumed nuts, please wash your hands and wipe down the workspace before you touch it.



In the meeting/kitchen space

10.30am to 11.00am is reserved for the Physio Morning Tea/ Handover.

12.00 noon to 2.30pm is reserved for lunch only.

Informal meetings can be run outside the times above.

You can use the lunch room for celebrations if it's an all-staff event.

If your event is just for a few specific people, book a separate room.



The fridge is everyone's responsibility - check the instruction on the fridge magnet



Desk phones are at workstations only