



Health and Safety Department

How can we help you?

Emergency



**Occupational
accident**



AED and First Aid



**Report a dangerous
situation**



**Verbal or physical
violence**



Fire extinguishers



Evacuation procedure



**Needlestick, bite, cut
and splash injuries**



Emergency numbers

Work safe: a few examples



Training



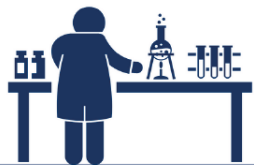
Permits



Work Equipment



**Working with
physical agents**



**Working with
chemical agents**



**Gases (under
pressure/cryogenic)**



Working at heights



Electricity

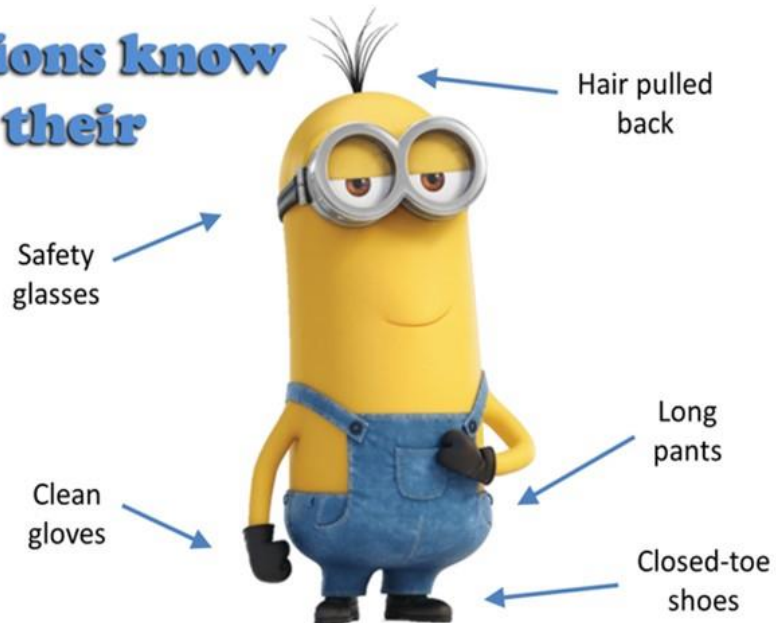
Lunch & Learn: Personal Protective Equipment

Tuesday 22.04.2025 CDE

12:00-14:00 → D.Q.003

Save The Date

**Even Minions know
to wear their
PPE!**



when working with hazardous agents



Physical health



Occupational physician



Ergonomics at work



Pregnancy, maternity and breastfeeding



Flu Vaccination

Reasonable accommodations modify an unadapted working environment, making it **more accessible to a person with a disability.**



Reasonable Accommodations

Psychosocial well-being



Psychosocial well-being



Recognising signs of stress



Stress and burn-out



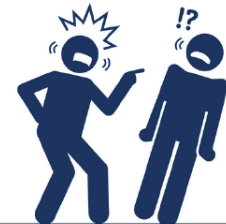
Reporting and support channels



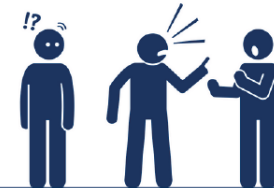
Confidential counsellors



Bullying at work




Verbal or physical violence



Respond as a bystander

Feeling Good Mentally – MINDLAB (PhD students on UAntwerp Payroll)

NOT ENROLLED



6 lessons

Less stress: Next level

0% finished

Have you completed the program "Less stress" and do you want to learn more? Then contin...

NOT ENROLLED



6 lessons

Burnout

0% finished

In this program you will discover what burnout is and how it's caused. You will receive...

NOT ENROLLED



7 lessons

Panick attacks

0% finished

This program offers tools for dealing with panic attacks. By discovering which thoughts...

NOT ENROLLED



7 lessons

Mindfulness and meditation

0% finished

This program will offer you pract tools on how to get started with mindfulness and ...

Step-by-step programs

Offered by



NOT ENROLLED




8 lessons

Feeling great

0% finished

This program covers several topics that all contribute to "feeling great". The program ...

NOT ENROLLED



9 lessons

Self-image

0% finished

This program provides an incentive to work on your self-image. Do you suffer from low s...

NOT ENROLLED



7 lessons

Depression

0% finished

Are you struggling with feelings of depression or do notice a low mood that you are not...

NOT ENROLLED



8 lessons

Health anxiety

0% finished

Being afraid of getting ill is normal, but when it takes hold of your personal, social ...

NOT ENROLLED



2 lessons

Dealing with emotions

0% finished

This short introduction will give you a taste of what Mindlab's programs have to offer...

NOT ENROLLED




7 lessons

Self-care

0% finished

As a society, we have become collectively obsessed with the idea of self-care. Who woul...

NOT ENROLLED



8 lessons

Sleep better

0% finished

Cognitive behavioral therapy (CBT) is the gold standard in the treatment of sleep probl...

IN PROGRESS



7 lessons

Less stress

67% finished

This program provides an introduction to some very effective tools and techniques to be...

Fire compartments: prevent worse in case of fire

Importance of fire doors

Fire compartments e.g. fire CST

Fire door
on side of flames



Fire door
on the "safe" side



During the fire

- the door was closed
- the fire extinguisher was in the correct place



Fire compartments – a simulation with open and closed doors

<https://www.youtube.com/watch?v=bSP03BE74WA>

Start@ 1minute 38 seconds



What can you do to make UAntwerp a safer workspace?

Some fire doors are opened with a magnet in normal conditions (marked “Branddeur”)

- Do not hinder the proper functioning/closing of these fire doors.



Some fire doors are closed in normal circumstances

- Keep the doors closed.
- photo: a wedge and a fire extinguisher are used to keep the doors open.



What can you do to make UAntwerp a safer workspace?

Some fire doors are closed in normal conditions but will automatically open in case of fire alarm. → Do not block these fire doors with boxes, ...



Evacuation can be learned. Watch the video

- An annual evacuation drill teaches you how to act decisively in case of fire.
- This way, you are prepared and know what to do in case of an emergency.

- INSTRUCTION FILM:

<https://what to do when you hear a fire alarm>

This short film will guide you through our evacuation procedure in less than two minutes and gives an overview of the main principles.



Reporting accidents

Reporting an occupational accident for employees/PhD-students on UAntwerp Payroll

Via **Peoplesoft**

Also for registration of first aid interventions and reporting near misses, incidents, ...



Reporting an occupational accident for PhD-students, not on UAntwerp Payroll

Via the Studentportal

 Studentportal

[Home](#) [My education](#) [Campus life](#) [Support & coaching](#) [ICT](#) [Library](#) [Announcements](#) [Contact](#)

Campus life

[Dashboard](#) > [Campus life](#) > [Health and safety](#) > [Accident insurance](#)

Accident insurance

Student accident

Internship accident

Student accident

The student must report an accident by e-mail to the insurer Ethias. Use the declaration form for this:

- Click on this [link](#) and save the PDF document.
- Open the PDF document in the Acrobat Reader program (not via the browser!) and fill in the form.
- Click on the 'send' button. You can only send the form if all mandatory red-bordered fields have been completed.

If you do not have access to the declaration form, please report the accident to ongevalsaangifte@uantwerpen.be.

Download the [blank medical certificate](#) to take with you to the doctor/hospital.

Communication

Communication from Health & Safety Department

- **Urgent information via e-mail from:**
 - preventiedienst@uantwerpen.be (safety-related)

- **Specific personal communication**
 - arbeidsarts@uantwerpen.be
 - secretariat (!) (for an appointment with the occupational physician)
 - ongevalsaangifte@uantwerpen.be (accident-related)

- **Other communication e.g. safety-related courses/ Lunch&Learns**
 - Pintra Carousel / **Pintra Newsletter** / **ADS Newsletter** / Screens / Blog / ...



Contact details of Health and Safety Department

Health and Safety Department

	Name	Phone	Email
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Information management / communication	Peter Roef	03 265 9639	peter.roef@uantwerpen.be
Process and quality coordinator	Pascal Coppens	03 265 1849	pascal.coppens@uantwerpen.be



Environmental department

March 2025



Why Carbon accounting?



Science based, data driven



Leadership role

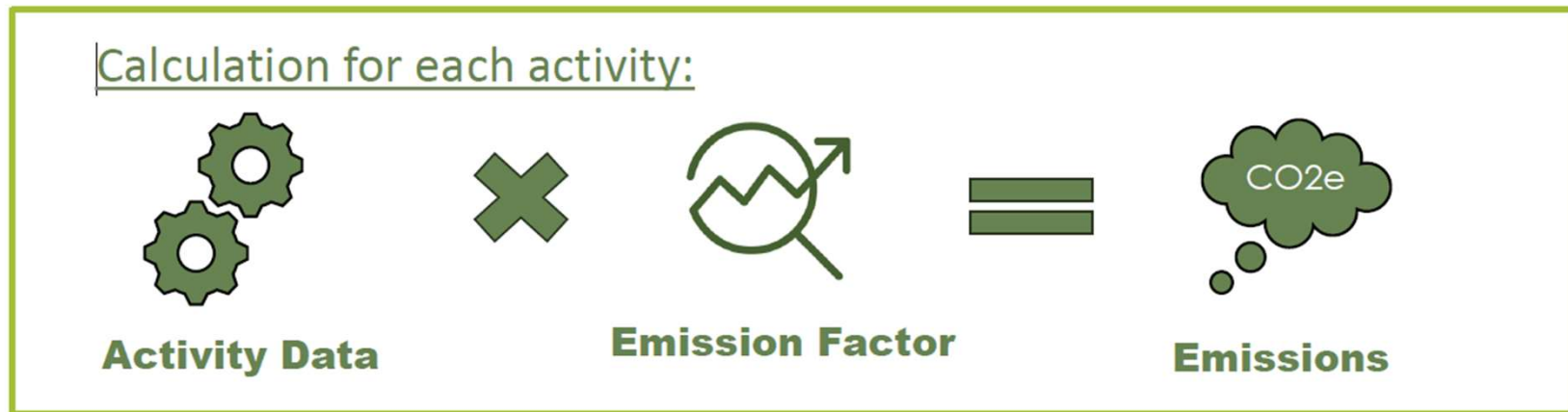
Raise awareness
Take responsibility
Benchmark



Risk management

Smart allocation of limited resources
Align with (inter)national,
regional policies

Method: calculation Bilan Carbone

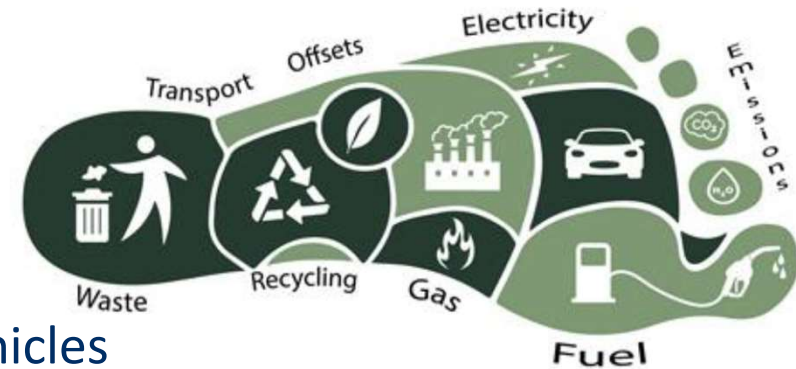


Data collection by UA



Bilan Carbone data™ V8.9_ENG

Method: impact categories UA



- **Energy:** natural gas, electricity*, heating fuel, fuel vehicles
- **Non-energy:** leakage of cooling agents

- ★ **Inputs:** purchased goods & services

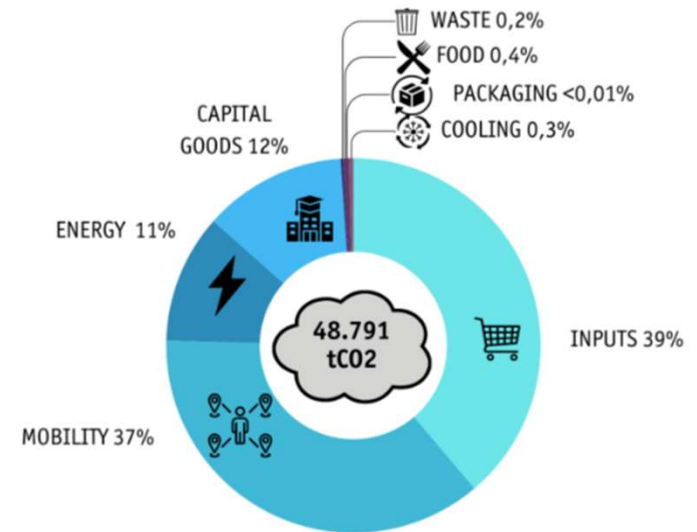
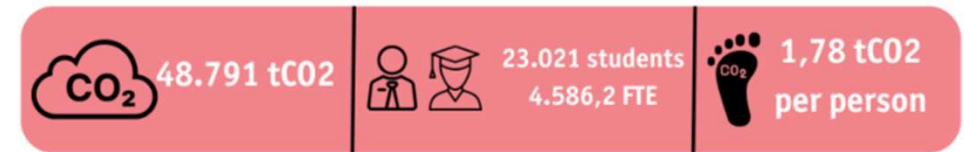
e.g. Maintenance, paper, IT, Mach & equipment (< 2.500€), chemicals, lab equipment, machinery, food, financial services

- **Packaging:** e.g. Komida
- **Direct waste:** generated on site
- **Transporting people:** staff & students, commutes & international travel
- **Capital Goods:** buildings, vehicles, ICT, Mach & equipment > 2.500€, solar panels

Results 2023

Overview	Total t CO2e	Share
Energy 1	5.429	11%
Non-energy 1	186	0,4%
Inputs - goods and materials	19.175	39%
Future packaging	3	0,01%
Transporting people	17.868	37%
Direct wastes	107	0,2%
Capital goods	6.023	12%
Total	48.791	100%

Uncertainties	t CO2e	%
	297	5%
	47	25%
	8.318	43%
	0,4	12%
	4.470	25%
	18	17%
	2.200	37%
	9.701	20%

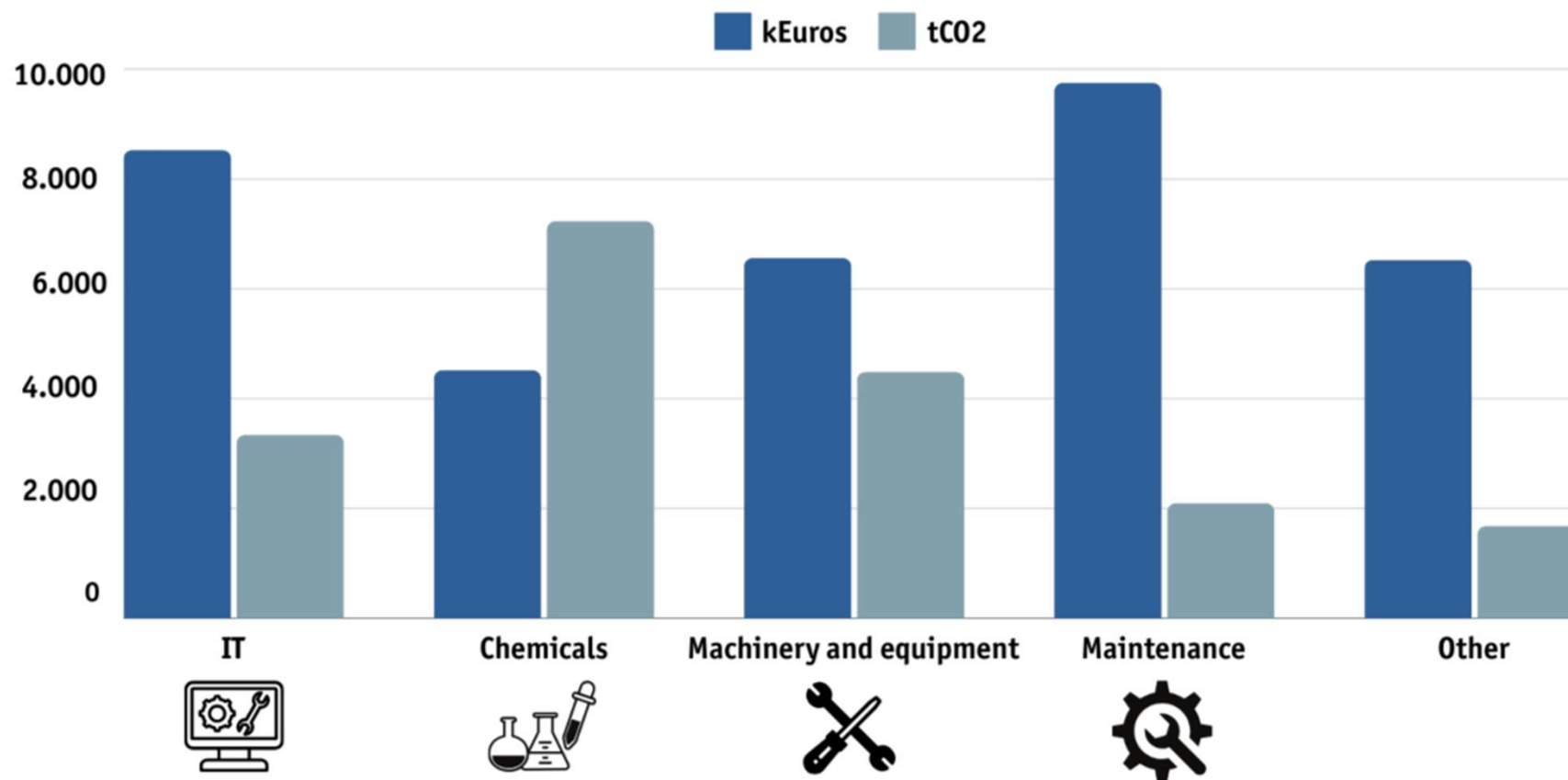


Top 4

- Inputs: new topic, (very) high uncertainty
- Transporting people
- Capital goods
- Energy

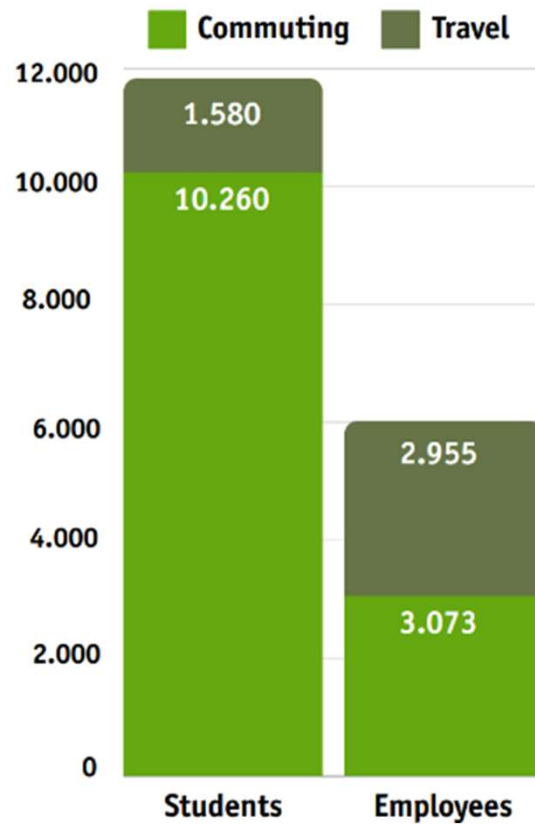
Inputs (39%)

Selectie uit GL ADFIN 2023: 45 M€ & 19.175 tCO₂e

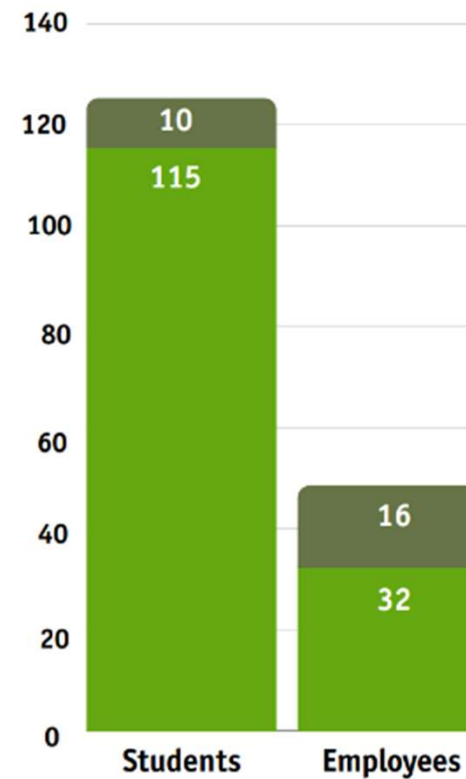


Transporting people (37%)

Total tCO2 Emissions Transport



Total distance (in million km)



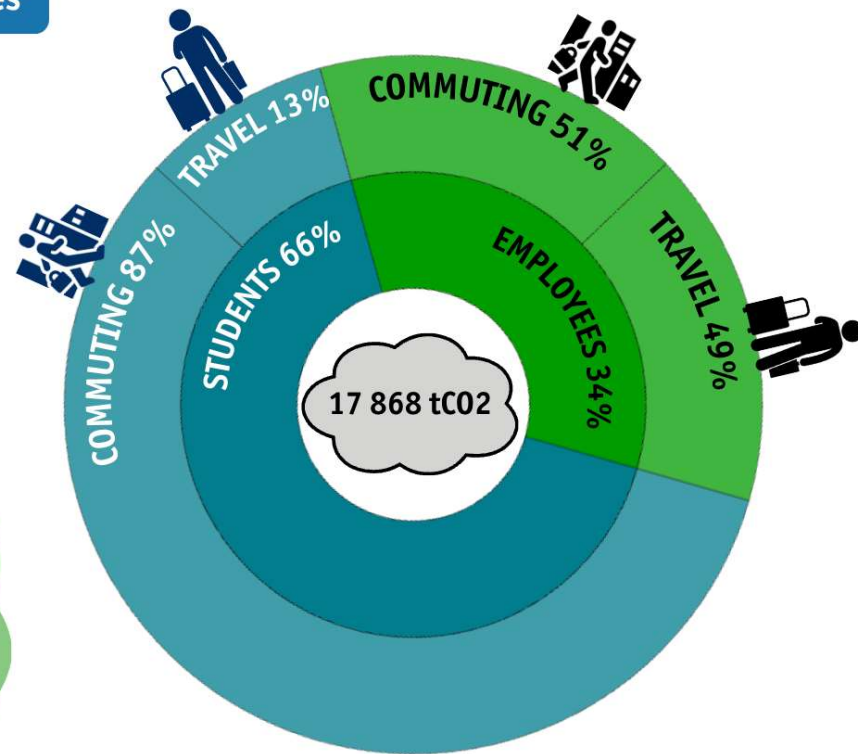
Students vs staff

TRANSPORT CO2 EMISSIONS Comparison of students and employees

- Students account for 66% of transport emissions.
- 87% of these emissions are commuting related

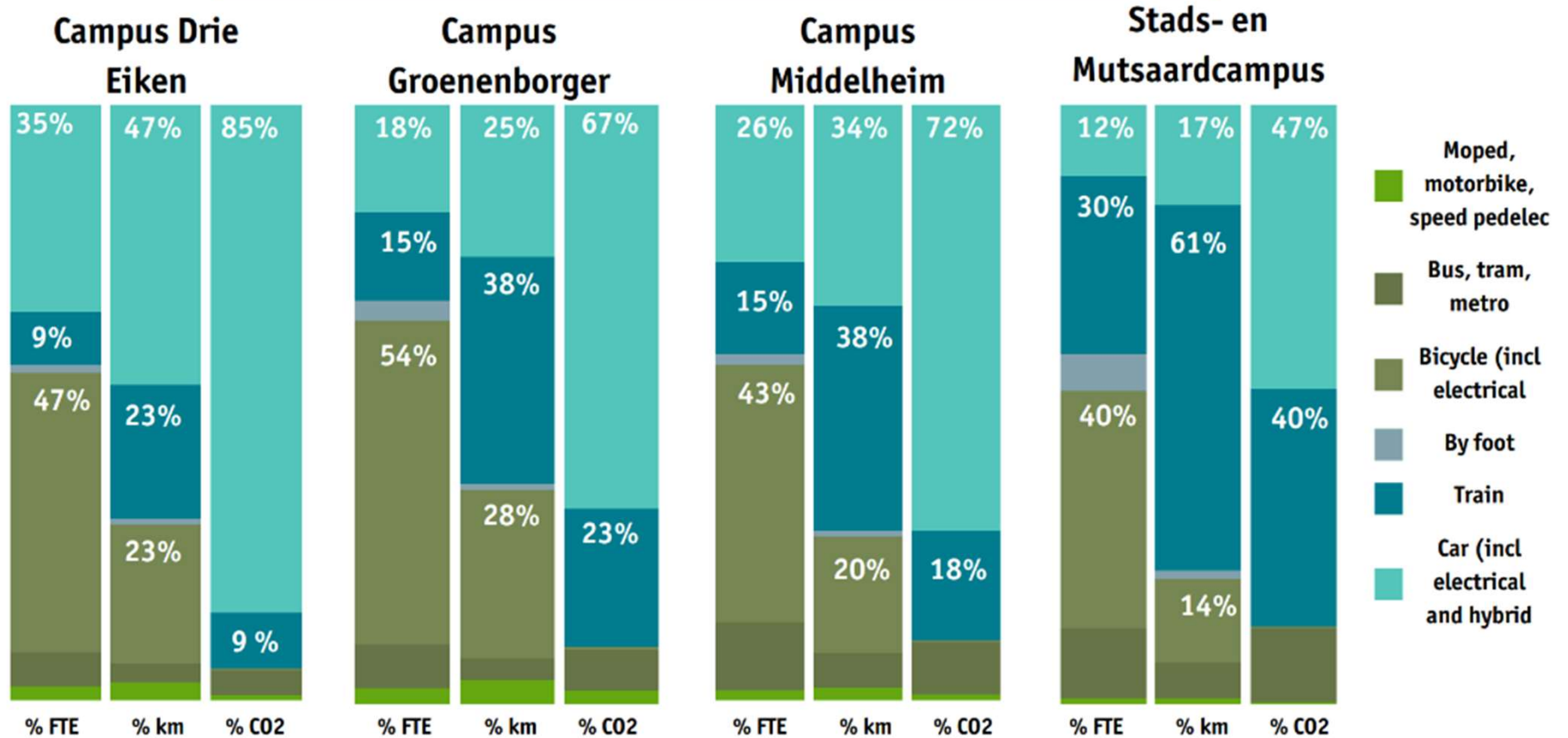


- Employees account for 34% of transport emissions.
- Almost half of these emissions are related to travels



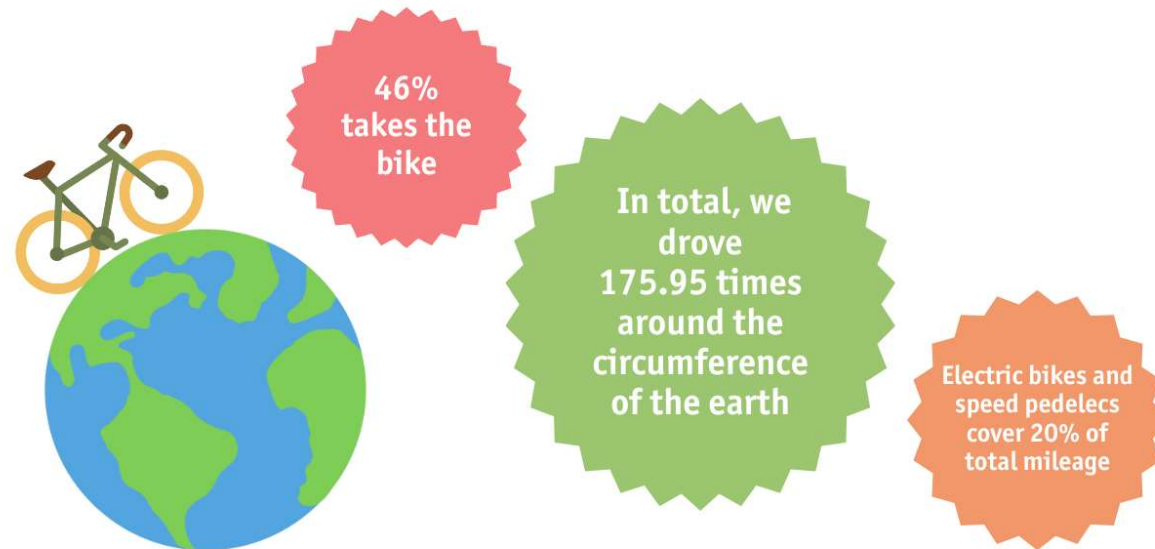
EMPLOYEES COMMUTING PER CAMPUS

Comparing % of employees with % of km for each transport mode



Transporting people

UAntwerpers go full bike mode

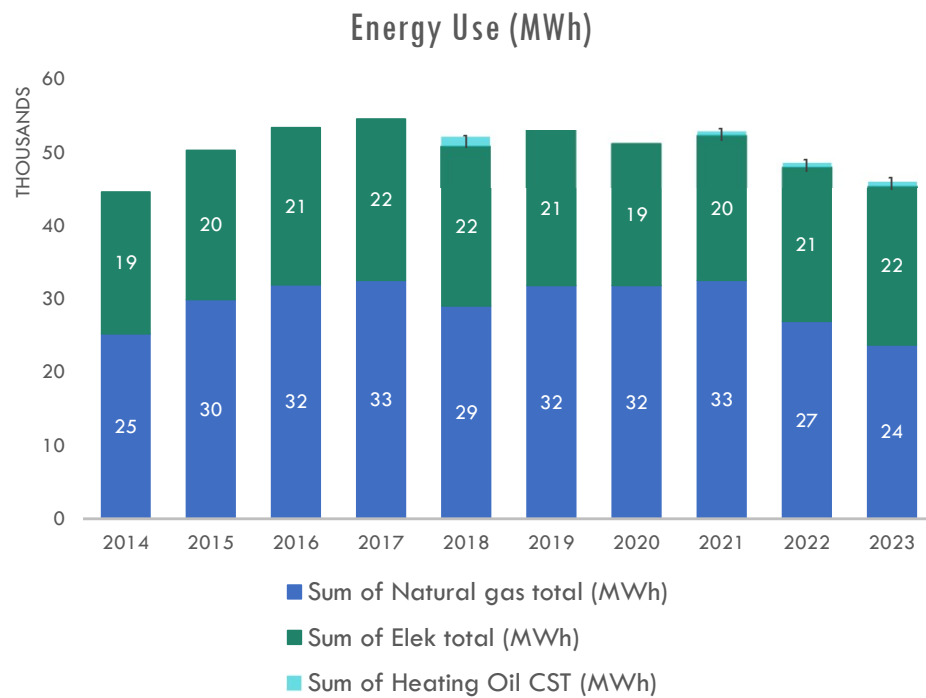


Energy (11%)

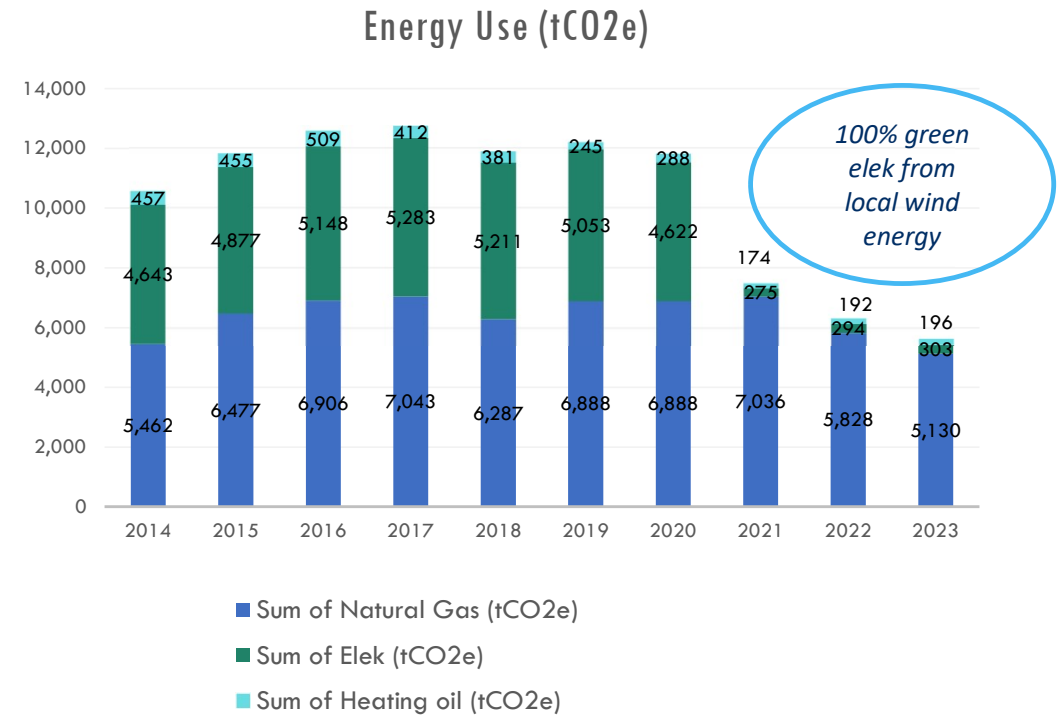
Aug 2022: peak energy prices



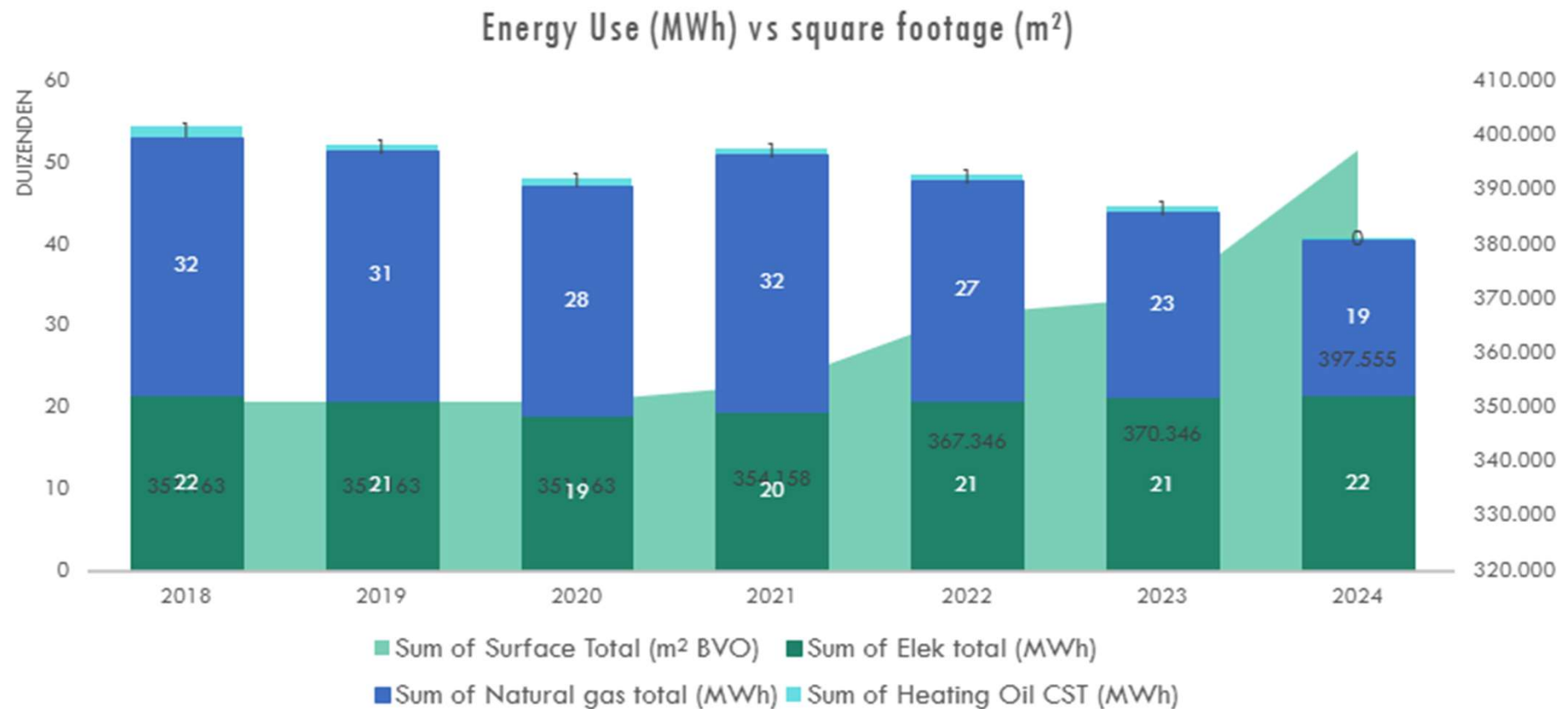
Evolution MWh



Evolutie tCO2e



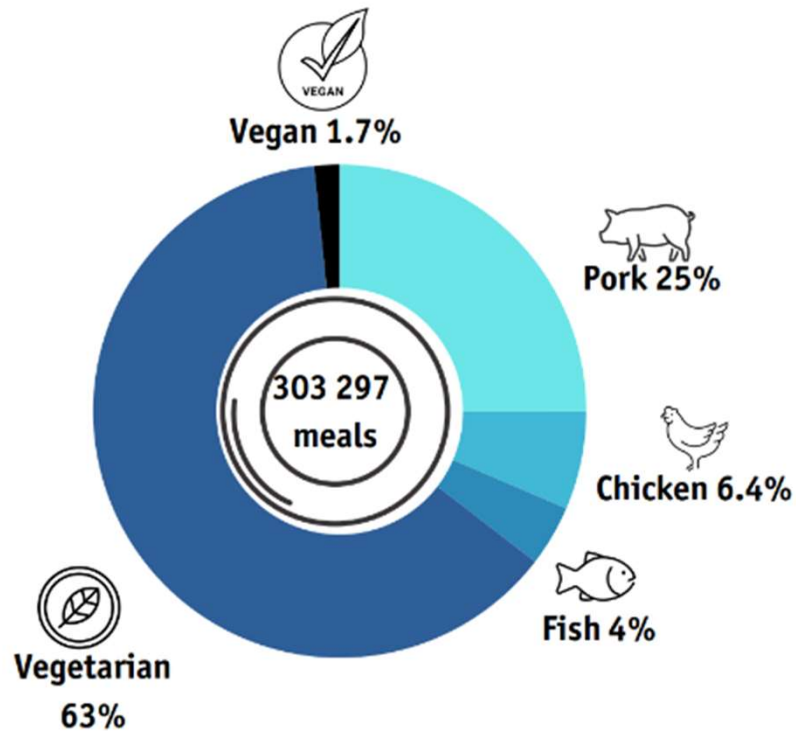
Energy related to surface (11%)



FOOD (0,4%)

*Komida & plant based: 72 tCO2e avoided
(if all meals & sandwiches were with porc)*

SHARE OF MEALS



SHARE OF EMISSIONS

