

Health, safety and well-being policy

Reviewed and updated at the
meeting of Scientific
Council at Baku Eurasian University
on 04.07.2025.

Purpose

With an emphasis on comprehensive health services, mental well-being, and campus-wide safety activities, this health, safety, and well-being policy aims to foster a welcoming, secure, and inclusive environment for all members of Baku Eurasian University community.

Scope

This policy applies to all students, faculty, staff, and visitors across all university campuses and affiliated sites, establishing a holistic approach to health, safety, and well-being that considers physical, mental, and social health dimensions.

To guarantee a secure, welcoming, and encouraging learning environment, it includes extensive health and safety regulations, mental health assistance, sexual and reproductive health services, and smoke-free setting.

In order to promote a healthier, more resilient campus community, the scope encompasses educational initiatives, support services, and preventive measures.

Mission

BAAU intends to encourage a culture of health, safety, and wellbeing at the institution where everyone feels encouraged to reach their full potential on all levels—emotionally, mentally, and physically.

Our goal is to establish an atmosphere that protects everyone's safety and inclusivity, promotes mental health, facilitates access to necessary health services, and supports healthy lives.

This policy aims to enable our community to make wise decisions that support long-term individual and group resilience.

Objectives

1. To offer easily available, professional counseling and mental health support services that cater to the various requirements of our campus community.
2. To provide comprehensive, private, and considerate sexual and reproductive health care that support well-being and educated decision-making for all people.
3. To keep campus smoke-free, safeguard people from the negative effects of smoking, and assist those who want to stop by providing easily available cessation services.
4. To maintain a clean and safe campus by implementing strict health and safety procedures, frequent training, and ongoing enhancements based on best practices and feedback.

5. To track and assess the success of programs pertaining to health, safety, and well-being using quantifiable standards that correspond with the Sustainable Development Goals.

General Health and Safety

- **Safe and Clean Facilities:** Conduct routine inspections and upkeep of campus facilities to guarantee a hygienic and safe environment.
- **Emergency Readiness and Training:** Offer consistent emergency preparedness training, which includes fire drills, first aid instruction, and crisis management exercises.
- **Availability of Clean Drinking Water and Nutritious Food:** Ensure that clean drinking water and healthy food choices are easily accessible and affordable on campus.
- **Inclusive Physical Activities:** Promote physical fitness through inclusive programs, exercise facilities, and sports, taking into account the needs of individuals with disabilities.

Mental Health Support

- **Counselling Services:** Offer faculty, staff, and students easily accessible, private mental health therapy, with both in-person and online choices.
- **Workshops and Awareness Programs:** Arrange frequent meetings on resilience, stress reduction, mindfulness, and mental health.
- **Peer Support Networks:** Create a network of support by establishing student-led support groups that are trained in mental health first aid.
- **Crisis Response Team:** implement a crisis team to provide people experiencing severe distress with prompt assistance and intervention.

Online Safety and Digital Well-Being

BAAU encourages digital well-being as a component of general health, acknowledging the growing significance of digital involvement in communication and education.

- **Digital Wellness Education:** Provide staff and students with online tools and courses to help them manage screen time, lessen digital fatigue, and strike a good balance between online and offline activities.
- **Cyber Safety:** Set rules for appropriate and secure online conduct and offer channels for reporting instances of online abuse or cyberbullying.
- **Data security and confidentiality:** Make sure that all counseling sessions, digital health records, and personal information are safeguarded in accordance with data privacy regulations.

Sustainability and Environmental Health

BAAU is dedicated to upholding an ecologically conscious campus that promotes everyone's health and wellbeing.

- **Green Campus Initiatives:** Use environmentally beneficial methods like recycling, planting trees, and cutting back on waste.
- **Water and Energy Efficiency:** Encourage energy-saving and water-saving practices in all university buildings.
- **Environmental and Air Quality Monitoring:** Continually evaluate the quality of the air and encourage efforts to reduce pollution.
- **Sustainable Transportation:** To lessen the impact on the environment, promote bicycling, walking, and shared transportation.

Sexual and Reproductive Health Services

- **On-campus Health Clinics:** Deliver a wide range of reproductive health services, including consultations, access to contraceptives, STI testing, and sexual health support.
- **Educational Programs:** Offer continuous education on sexual and reproductive health, emphasizing safe practices, consent, and healthy relationships.
- **Support for Victims of Sexual Violence:** Provide specialized counselling, legal aid, and support systems for individuals impacted by sexual violence or harassment.
- **Access to Menstrual Health Products:** Ensure that menstrual hygiene products are readily available and free in restrooms throughout campus facilities.

Collaboration with Health Organizations

BAAU works with regional and national health organizations to improve the level of quality and accessibility of its services related to sexual and reproductive health. The university is able to provide access to professional guidance and specialized workshops thanks to these collaborations.

Student-Led Initiatives

The university encourages peer-to-peer learning and support by promoting clubs and student-led initiatives centered on sexual health advocacy and education.

Smoke-Free Campus Policy

This policy applies to all individuals on Baku Eurasian University premises, including students, faculty, staff, contractors, and visitors. It includes all buildings, facilities, outdoor areas, and automobiles that are owned or leased by the institution.

Smoke-Free Areas: To protect employees and students from secondhand smoke, create a smoke-free campus policy that includes off-campus smoking areas.

Support for Quitting Smoking: Offer counseling services, nicotine replacement treatments, and smoking cessation programs at no cost or at a reduced cost.

Awareness Initiatives: Regularly run anti-smoking initiatives that highlight the risks smoking poses to one's health and promote a smoke-free lifestyle.

Research and Advocacy: encourage university-led research that expands our knowledge of public health and include scholars and students in studies on the impacts of smoking.

Signage and Communication: To emphasize the smoke-free areas and foster a health-conscious culture, post visible signs and reminders throughout the campus.

Prohibited areas

Smoking is prohibited in all indoor and outdoor areas on BAAU property, including but not limited to:

Classrooms, laboratories, and lecture halls

Offices and administrative buildings

Libraries and study spaces

Dining facilities and cafeterias

Dormitory

Open spaces

Monitoring and Evaluation

- Develop distinct criteria for assessing and reviewing the effectiveness of every aspect of the policy, incorporating input from students, faculty, and health experts for improvements.
- Define standards that correspond with SDG indicators to measure advancement in health and well-being results.

Communication and Accessibility

- Make sure that all policy information is readily available to students, staff, and faculty through the university website, posters around campus, and email alerts.
- Develop the policy and related materials to be inclusive, honoring diverse backgrounds and linguistic needs.

Review

To make sure it satisfies the changing needs of the university community and is in line with best practices in health, safety, and well-being, this policy will be reviewed annually to evaluate its efficacy.