



In Touch

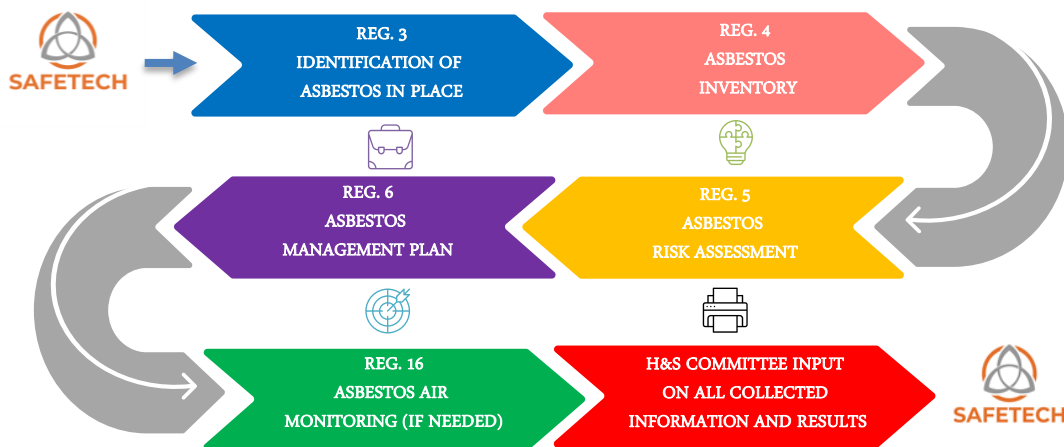
EHS Newsletter November 2020

2020 has been a year of unprecedented challenges!
As we head for the finish line, let's commend ourselves for getting through it
...and look forward to a more stable 2021.

BUT UNTIL THEN...

NEWS

ASBESTOS ABATEMENT REGULATIONS COMPLIANCE ROADMAP OF ASBESTOS LEFT IN-PLACE (Non-Removal of Asbestos)



Never FEAR!!!

Let Safetech guide you through it...

FREE

ASBESTOS ABATEMENT REGULATIONS TRAINING

Dr Brett Williams will be presenting an online seminar on the new regulations governing asbestos abatement.

Tues 8 December 2020 @ 10h00

Call Safetech to request the zoom link.

CONTACT US TO PROVIDE THE FOLLOWING SERVICES FOR YOUR BUSINESS:

- EHS Risk Assessments
- Occupational Hygiene Surveys
- Ergonomics Surveys
- EHS Management
- System Development and Implementation
- Environmental Monitoring
- Identification of EHS Legal Requirements and Compliance Audits
- Construction EHS Services
- Construction H&S Files
- Internal Auditor Training
- General EHS Training



HW592A1000508



OH0049



Department of Employment
and Labour Approved
Inspection Authority
(OH0049-CI-09)

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Refer to www.sanas.co.za
for Schedule of Accreditation

YEAR END FATIGUE – the struggle is real...



- Finding it increasingly difficult to concentrate on work tasks?
- Battling to wake up in the morning?
- Feeling overwhelmed?

It could be Year End Fatigue!

As 2020 draws to a close, many people, even the most hard-working, feel less energetic, irritable and less satisfied.

A few tips to combat Year-End Fatigue:

- ❖ Focus on the positives you experience and embrace them.
- ❖ Breathe. When you feel overwhelmed, take a moment and exhale. Focus on being in the moment, rather than being unnecessarily anxious about things that may (or may not!) still happen.
- ❖ Participate in things you enjoy. Use your weekends and evenings to do things that are important to you.
- ❖ Manage stress and your time. Track your successes and remind yourself of what you have achieved this extremely challenging year.
- ❖ Get enough sleep, eat a healthy diet and exercise.

Source: <https://www.iol.co.za/lifestyle/health/mind/how-to-deal-with-end-of-year-fatigue-12460799>

BEAT THE HEAT HAZARDS THIS SUMMER!



According to Schoeman & Shroeder (1994) the recommended factory temperature is between 16°C and 24°C. Anything higher will affect the health, comfort and productivity of your employees.

While air conditioning can make workplaces more comfortable it also has risks that should be addressed. If the air conditioning system is not maintained a number of problems, some potentially lethal, can occur.

SAFETECH is qualified and ready to assist you with navigating the laws around heat and air-conditioning.

We also have the equipment and expertise to measure the UVc from your
ULTRA VIOLET GERMICIDAL IRRADIANCE LAMPS.

Give us a call!