



In Touch

EHS Newsletter February 2020

WE PROVIDE A NUMBER OF DIFFERENT SERVICES TO ASSIST OUR CLIENTS THAT INCLUDE:

- 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



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OH0049



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

Newsletter compiled by
Lee Rands

GUIDELINES TO PREVENT WORKPLACE SLIPS, TRIPS AND FALLS

As an employer, you should identify all the slip and trip hazards in your workplace, which includes your parking lot, yards and outdoor access areas.

To identify hazards, you need to do the following:

- Inspect the workplace regularly;
- Put processes in place that allow workers to voice their health and safety concerns;
- Analyse fall injuries and near-miss incidents.

You should also inspect for slip and trip hazards when changing equipment, processes or the layout of your workplace.

After identifying the hazards, the next step is to assess the level of risk that each hazard poses to workers. This allows you to prioritise which hazard to control first. **As you assess each slip and trip hazard, you should consider the following questions:**

1. How many workers are exposed to the hazard? (The higher the number, the higher the risk).
2. How severe could a fall or injury be?
3. How long are workers exposed to the hazard?
4. How frequent is the exposure?

Once you have done everything to minimize physical hazards, your next step is to address human factors. The truth is that many slips, trips and falls are caused or made worse by a person's state of mind. When we are in a hurry, frustrated, tired or complacent we tend to make errors and decisions that increase the chance of injury.... (continued on page 2).



THE NEW ERGONOMICS REGULATIONS

18th February 2020
9am – 12pm



Cost per Person
R 550.00 Excl VAT
Includes refreshments

Venue:
St Georges Club, 12 Bird Street, Central, Port Elizabeth

Presenters:
Dr Brett Williams & Mrs Adele Pieterse

- Discussion Points:**
- Overview of the Regulations
 - The Ergonomics Risk Assessment
 - Free ergonomic resources available

For more information or a quote please contact Safetech 041 3656846 or email lindsay.smit@safetech.co.za

Safetrain cc t/a Safetech is a SANAS Accredited Inspection Body, No. OH 0049. Refer to www.sanas.co.za for Directory Accredited Facilities, Inspection Bodies for schedule of accreditation.

New Staff Appointments

MARKETING LIAISON



Mandy Gardner has recently been appointed to the position of Marketing Liaison at Safetech, in addition to her current role as SHEMS Specialist.

She will now also visit our Clients to introduce them to the wide range of environmental, health and safety services, and also to ensure that we are offering them the best and most comprehensive support to assist them in achieving legal compliance.

OFFICE ADMINISTRATOR PORT ELIZABETH



We welcome **Jamie Burger** into the position of Office Administrator, as of the 1st February 2020. She will be the first telephonic point of contact for our Clients as well as assisting with quotations, general queries and client liaison.



SAFETECH

**ENVIRONMENT
HEALTH
SAFETY**





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That momentary lapse of inattention thinking about a personal problem or distracted by an activity that ends in a slip, trip or fall has probably happened to most of us – a stumble down a set of stairs or a trip over an uneven surface. Slipping on a wet or oily surface. These can lead to a variety of unwelcome events ranging from a simple bruised shin to an extremely serious injury.

There are a variety of conditions that may cause slips, trips and falls:

- Wet or greasy floors
- Dry floors with wood dust or powder
- Uneven walking surfaces
- Polished or freshly waxed floors
- Loose flooring, carpeting or mats
- Transition from one floor type to another
- Missing or uneven floor tiles and bricks
- Damaged or irregular steps; no handrails
- Sloped walking surfaces
- Shoes with wet, muddy, greasy or oily soles
- Clutter
- Electrical cords or cables
- Open desk or file cabinet drawers
- Damaged ladder steps
- Ramps and gang planks without skid-resistant surfaces
- Metal surfaces – dock plates, construction plates



Some Guidelines to Prevent Workplace Slips, Trips and Falls:

Create Good Housekeeping Practices

Good housekeeping is critical and if a company's housekeeping habits are poor, the result may be a higher incidence of employee injuries, ever-increasing insurance costs and regulatory citations. A good indication that the safety program is being effectively implemented in a company, is if the organisation's facilities are noticeably clean and well organised.

Keep all work areas, passageways, storerooms and service areas clean and orderly; avoid stringing cords, cables or air hoses across hallways or in any designated aisles; in office areas, avoid leaving boxes, files or briefcases in the passages; encourage safe work practices such as closing file cabinet drawers after use and picking up loose items from the floor; conduct periodic inspections for slip and trip hazards.

Create and Maintain Proper Lighting

Poor lighting in the workplace is associated with an increase in accidents. Use proper illumination in walkways, staircases, ramps, hallways, basements, construction areas and loading areas; ensure that work areas are well lit and clean; keep poorly lit walkways clear of clutter and obstructions and areas around light switches clear and accessible; ensure that any broken fixtures, switches and cords are fixed immediately.

Wear Proper Shoes

The shoes we wear can play a big part in preventing falls. The slickness of the soles and the type of heels worn need to be evaluated to avoid slips, trips and falls. Shoelaces need to be fastened correctly. Whenever a fall-related injury is investigated, evaluation of footwear needs to be included to determine if it was a contributing factor. Employees are expected to wear footwear appropriate for the duties of their work task.

Control Individual Behavior

This condition is the most difficult to control because it is human nature to let our guard down and be distracted by random thoughts or by trying to multi-task. Speed, taking shortcuts, not watching where one is going, using a cell phone, carrying materials which obstructs the vision and not using designated walkways are common causes of many on-the-job injuries. Ultimately, it is the responsibility of each individual to plan, stay alert and pay attention.

<https://www.reliableplant.com/Read/27549/Prevent-slips-trips-falls>

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