



#### 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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DoL Approved Inspection Authority (OH0049-CI-09)

Newsletter compiled by  
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#### SOUND ADVICE ON NOISE DOSIMETRY

The industrial environment has changed dramatically over the past few decades, with an increased level of automation. This has resulted in many changes to employee work patterns. Previously, in the case of production lines, an employee would stay in one place during their shift. Monitoring the worker's noise exposure with a traditional sound-level meter was adequate.

However, with an increase in automated production lines, employees may supervise several machines, resulting in them moving around from one workstation to the next, varying their exposure to noise in a greater way.

Noise dosimetry is necessary where noise levels vary in duration and intensity or if the workers are fairly mobile or change locations during the work day.

With innovations in digital technology, noise dosimeters are becoming smaller and smaller. The latest "badge" dosimeters have certain advantages over traditional dosimeters. Because the dosimeter is small and light enough to be worn on the shoulder, it means there are no cumbersome microphone cables. If there are no cables to get in the way, not only is it safer to wear, but also employees are less resistant to wearing it and much more likely to forget it is there. This means the quality of the noise data collected will be improved.

The reliability of the noise data will depend on the employee's cooperation in the proper use of the dosimeter. The following are useful tips to ensure employee's cooperation:

- Inform the employees about the purpose of measurement.
- Explain the importance of the accuracy of noise data in assessing the need for noise control.
- Emphasize the importance of wearing it all the time during the measurement period.
- Explain that tampering with the microphone (shouting into it, knocking it against surfaces or objects etc) will interfere with noise readings and result in inaccurate noise data being recorded.

<https://ohsonline.com/Articles/2010/09/01/The-Use-of-Noise-Dosimeters-in-the-Workplace.aspx>

**For assistance or advice as to whether noise dosimetry should be included in your noise hearing conservation program, please contact Safetech.**



#### WHY SAFETY HARNESS COMFORT IS CRITICAL TO PROTECTING WORKERS FROM FALLS



When it comes to fall protection safety harnesses, there is no shortage of excuses from workers who do not want to wear PPE that's hot and heavy. Lightweight harnesses are available, but they are not always comfortable, especially for workers of varying shapes and sizes. Even if workers are introduced to something "new and improved", the improvements are so negligible that the argument "it's too hot, too heavy" always wins.

#### Comfort is Crucial

Many of us have experienced less-than-optimal performance when trying to carry out a job wearing something unsuitable. For those working at heights, however, ill-fitting and uncomfortable PPE is a potential distraction they simply cannot afford.

The concept of "comfort" can be different for each person. What feels comfortable for one may not be comfortable for another. For worker safety, however, comfort must have a defined characteristic; namely unrestricted freedom of movement, without pain or constraint. Historically, safety harnesses have been everything but comfortable. This impedes the job from being carried out safely.

There's only one reason safety harnesses exist: to save lives. When it comes to improving worker compliance with respect to fall protection safety harnesses, one thing is very important: employers must offer a comfortable harness that workers will actually wear.

<https://ohsonline.com/Articles/2019/08/13/Why-Safety-Harness-Comfort-is-Critical-to-Protecting-Workers-from-Falls.aspx?Page=48>

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# SAFETECH

ENVIRONMENT  
HEALTH  
SAFETY





# In Touch

## EHS Newsletter August 2019

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### NECK PAIN STRETCHES FOR OFFICE WORKERS

Stress-related pains in the neck are usually the result of emotionally-driven anxiety which affects the primary muscles and nerves running through the spine, shoulders and neck.

Becoming so stressed out or anxious that you begin to tense up your body will do great harm to your body, even if only temporarily. And long-term tension could create a snowball effect that might lead to chronic neck or back pain. Because of the potentially damaging effects that stress can have on the body, it is important to consider neck pain remedies before the situation gets out of hand.



**Chest Stretch** - sitting at a desk all day shortens the chest muscles. Grasp the hands behind the back and move them out behind you, as far as possible.



**Lateral Neck Stretch** - tight muscles in the sides of the neck. Take the head over to the side and apply further pressure using the hand as shown, to increase the stretch.



**Upper Back Stretch** - the rhomboid and posterior shoulder muscles are often the ones that feel most tight in office workers. Stretch by bringing one arm across your body, keeping the shoulder depressed and pulling it in with the other arm.



**Rotation Stretch** - staring straight forwards at a screen all day isn't good for the neck. Gently stretch by looking over your right shoulder, holding for 10 seconds and then looking over the left shoulder.



**SCM Stretch** - the Sternocleidomastoid is the large, rope-like muscle at the front of each side of the neck. Stretch by looking over the right shoulder and then tilting the head back.



**Posterior Neck Stretch** - the muscles at the back of the neck commonly feel tight as they overwork to hold the head upright. Tuck the chin in and tilt the head down towards the chest.

### REPORTING NEAR MISSES

A near miss as an "unplanned event that did not result in injury, illness or damage – but had the potential to do so."

#### Fictional Scenario

An employee walks down the hall, stepping over an extension cord stretched across his path. He turns a corner and nearly collides with another worker. To avoid the collision, he steps to the side, spilling coffee onto the floor and inadvertently knocks a shelving unit, on which a tool placed close to the edge of the top shelf falls and hits the ground.



We shouldn't look at what happened; but rather at what **could** have happened. Some people may be tempted to write off near misses. Although near misses may cause no immediate damage, they can pave the way to events in which a loss or injury could occur. Safety Professionals say that employers who track near misses; determine how and why they occurred; and take corrective action, can prevent similar (or more serious) incidents from happening in the future.

If not supported by all levels of the organisation and positively reinforced, The program is not going to be effective - Management needs to work hard and be persistent in promoting the value of near misses.

<https://www.safetyandhealthmagazine.com/articles/10994-reporting-near-misses>

## DID YOU KNOW?

The Department of Labour has expanded, to focus on employment and will now be known as the Department of Employment and Labour (DOEL).