www.safetech.co.za

In Touch

EHS Newsletter
November 2017

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
- Internal Auditor Training
- General EHS Training

HWSETA
HW592A1000508

sanas Inspection Body
OH0049

DoL Approved Inspection Authority (OH0049-CI-09)

Newsletter compiled by Lee Rands

EYE DISCOMFORT IN THE OFFICE

With so many people using computers at work, computer eye strain has become a major job-related complaint. These problems can range from physical fatigue, decreased productivity and increased numbers of work errors, to minor annoyances such as red eyes and eye twitching.

However there are some steps that you can take to reduce the risk of computer eye strain:

Correct Lighting

Eye strain can be caused by excessively bright light (from outdoor sunlight coming in through a window or from harsh interior lighting). Eliminate exterior light by closing blinds. If possible, position your monitor or screen so that windows are to the side, instead of in front or behind it.

Upgrade Your Display

Consider replacing your old tube-style monitor (called a CRT / cathode ray tube) with a flat-panel liquid crystal display (LCD / liquid crystal display). These screens are easier on the eyes and usually have an anti-reflective surface. Choose a relatively large display – for a desktop computer, select a display that has a diagonal screen size of at least 19 inches (48cm).

Minimize Glare

Glare on walls and finished surfaces, as well as reflections on your computer screen can cause computer eye strain. Consider installing an anti-glare screen on your monitor. Painting white walls a darker color with a matte finish can also assist with reducing glare.

Adjust Your Computer Display Settings

Adjusting the display settings of your computer can help reduce eye strain and fatigue.

- **Brightness -** Adjust the brightness of the display so it's approximately the same as the brightness of your surrounding workstation.
- **Text size and contrast** - Adjust the text size and contrast for comfort, especially when reading or typing long documents. As a rule, black print on a white background is the best combination for comfort.
- **Colour temperature** - blue light is short-wavelength visible light that is associated with more eye strain than longer wavelength colours (e.g. orange and red). Reducing the colour temperature of your display lowers the amount of blue light emitted by a color display. Many eye doctors are concerned about the effects of blue (HEV) light emitted from digital devices.

Modify Your Workstation

Looking back and forth between printed pages and your computer screen can cause eye strain. Instead, place written pages on a copy stand, adjacent to the monitor. Improper posture during computer work also contributes to computer vision syndrome. Adjust your workstation and chair to the correct height. Your computer screen should be positioned 50 – 60 centimetres from your eyes (the centre of your screen should be about 10 - 15 degrees below your eyes, to ensure that your head and neck are in a comfortable position).

Get Your Eyes Checked

Having a routine comprehensive eye exam (once a year) is the most important thing you can do to prevent or treat computer vision problems.

http://www.allaboutvision.com/cvs/irritated.htm

FOCUS
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FOCUS

TRAINING
Public Courses (Port Elizabeth)

* HWSETA Accredited
** Unit Standard Aligned

NOVEMBER

30th – 1st Dec HIRA (120330) **

DECEMBER

4th – 6th SHE REPS (259622 & 120333) **

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SCAFFOLD SAFETY

The design and construction of any steel tubular scaffold must comply with the **South African National Standards (SANS) Code 10085**. This contains requirements for design, maintenance, inspection, safety precautions and usage. To erect scaffolding that conforms to the standards contained within the Code, there are a few fundamental things that need to be taken into consideration.

These include:

- The condition of the surface on which the scaffold is to be built
- The weather conditions to which it will be exposed
- The load that will be imposed upon it
- The wind pressure to which it could be subjected

All materials to be used in the construction of scaffolding must be inspected by a supervisor before use, to determine their suitability and ensure that they conform to the required standards. The area on which the structure will be built must also be inspected.

Supervisors are appointed by the employer and must possess the necessary qualifications from an accredited training provider and approved by the South African Qualifications Authority (SAQA). He or she must also comply with the legal construction regulations, as well as those contained in the SANS Code.

Scaffold structures may only be constructed by trained, competent scaffold erectors, under the direction of a supervisor. Once the structure has been built, it must be inspected and declared fit for use. All scaffold erectors must have undergone the required training. No untrained people are allowed to alter or remove items from existing safe scaffold structures as the removal of one component would render the entire scaffold structure unsafe and unfit for use.

If the scaffolding is enclosed with sheeting, shade netting or advertising banners, this must be investigated and approved before use, since it could affect wind loading. The scaffolding needs to be checked once a week, especially after inclement weather or alterations, with the details of these inspections recorded in a register.

All scaffolding structures must be clearly marked with signage that complies with the requirements of the SANS1186-1 Code to indicate whether it is safe for use and every employee on a construction site must be trained to recognise and obey these signs.

http://www.bizcommunity.com/Article/196/494/86971.html

Inspecting Issues

A leaking tap or toilet can cost a lot of money each year. Make repairs as needed and create a schedule that keeps your system in check.

Modernize Equipment

Replace any old and inefficient equipment that could be using much more water than is needed.

Define Procedures

Make sure the procedures in place within your business are efficient and smart. When watering plants, check the weather to see if it will rain.

Recycle Water From Machinery And Manufacturing Operations (Gray Water)

Make sure you operate within the laws of your area when using gray water so your business doesn't get in trouble. Collect rainwater – this water is especially good for plants since they prefer untreated water. Collecting rainwater also reduces surface water flood risks by diverting the water into the harvesting tank.

Employee Involvement

Come up with water-use policies and give them to all your employees so they can contribute to water-efficiency at your company. Success as a whole organization starts on an individual basis. Employees are usually the first ones to spot these problems and it's worth listening to all ideas for the best ideas usually come from the ones who spend the most time in the area. Sponsor community events or conservation projects. Invite a representative to speak to employees and offer suggestion for saving water.