



# In Touch

## EHS Newsletter April 2018

### 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



HW592A1000508



OH0049



DoL Approved Inspection Authority (OH0049-CI-09)

Newsletter compiled by  
Lee Rands

### BEHAVIOURAL SAFETY

*Safety benefits everyone. With fewer injuries, a business can be more productive and profitable. By incorporating safety rules, employees avoid injury as well as illness from exposure to hazardous substances.*

#### As an employee, you should:

- Learn to work safely and take all rules seriously.
- Recognize hazards and avoid them.
- Report all accidents, injuries and illness to your supervisor immediately.
- Inspect tools before use to avoid injury.
- Wear all assigned personal protective equipment.



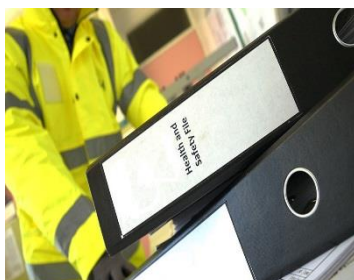
#### As a Safety Leader you should:

- Spend time with your team members and help them identify the problems, before they arise. Talk about your beliefs on the importance of safety.
- Don't turn a blind eye to safety, even when you are running behind your schedule and under pressure.
- Regularly discuss ways to improve safety.
- Make sure to praise and reward safety behaviour.
- Welcome and listen, when your employees report safety problems and incidents.
- Provide constructive feedback for unsafe behaviours.
- Be fair and don't allow double standards.
- Observe your employees' safe behaviours. Engage your employees in solving safety problems.



<http://safetytoolboxtopics.com/Behavioral-Safety/behavioral-safety-who-is-responsible-for-safety.html>

### SAFETECH CAN ASSIST WITH YOUR CONSTRUCTION SITE HEALTH & SAFETY FILE



A Health and Safety File, otherwise known as a 'Contractor Safety File' is a record of information focusing on the management of health and safety on construction sites for contractors and sub-contractors. It protects the employer from criminal liability and proves compliance to the Occupational Health and Safety Act and Regulations. Every Health and Safety File is 'site specific'. It will be compiled in accordance with the client's and the site's safety specifications.

**Our Health and Safety File Specialist can assist you in the compilation of your H&S File, specific to your Project / Tender requirements and site work. Contact Safetech for a quote.**

### TRAINING - PUBLIC COURSES Port Elizabeth



\* Unit Standard  
Aligned

#### APRIL 2018

23<sup>rd</sup> Contractor Management

#### MAY 2018

3<sup>rd</sup> & 4<sup>th</sup> Incident Investigation \*

11<sup>th</sup> Fire Prevention

21<sup>st</sup> – 23<sup>rd</sup> SHE Reps \*

24<sup>th</sup> – 25<sup>th</sup> HIRA \*

#### JUNE 2018

4<sup>th</sup> – 6<sup>th</sup> SHE Reps \*

15<sup>th</sup> Hazardous Chemical Substances

29<sup>th</sup> Introduction to the OHS Act

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



# SAFETECH



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HEALTH  
SAFETY



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Refer to [www.sanas.co.za](http://www.sanas.co.za)  
for Schedule of Accreditation

### SAFE USE OF LADDERS

The law says that ladders can be used for work at height when a risk assessment has shown that using equipment offering a higher level of fall protection is not justified because of the low risk and short duration of use; or there are existing workplace features which cannot be altered.

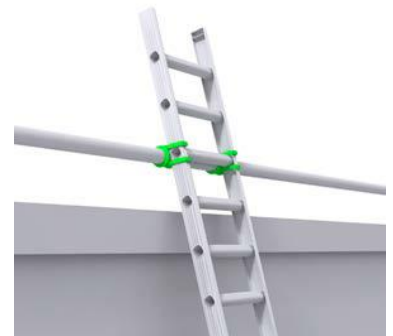
Short duration is not the deciding factor in establishing whether use of a ladder is acceptable or not – you should have first considered the risk. As a guide, if your task would require staying up a leaning ladder or stepladder for more than 30 minutes at a time, it is recommended that you consider alternative equipment.

You should only use ladders in situations where they can be used safely, e.g. where the ladder will be level and stable, and where it is reasonably practicable to do so, the ladder can be secured.



#### When using a leaning ladder to carry out a task:

- only carry light materials and tools - don't overload the ladder; consider workers' weight and the equipment or materials they are carrying before working at height;
- don't overreach – make sure your belt buckle (navel) stays within the stiles;
- make sure it is long enough or high enough for the task;
- make sure the ladder angle is at 75° – you should use the 1 in 4 rule (1 unit out for every 4 units up);
- always grip the ladder and face the ladder rungs while climbing or descending; don't slide down the stiles;
- don't try to move or extend ladders while standing on the rungs;
- don't work off the top three rungs. Try to make sure the ladder extends at least 1m (three rungs) above where you are working;
- don't stand ladders on moveable objects, such as bricks, lift trucks, tower scaffolds, excavator buckets, vans or mobile elevating work platforms;
- maintain three points of contact when climbing (this means a hand and two feet), and wherever possible, at the work position;
- don't work within 6m horizontally of any overhead power line, unless it has been made dead or it is protected with insulation. Use a non-conductive ladder (e.g. fibreglass or wood) for any electrical work;
- where you cannot maintain a handhold, other than for a brief period, you will need to take other measures to prevent a fall or reduce the consequences if one happened;
- for a leaning ladder, you should secure it e.g. by tying the ladder, to prevent it from slipping either outwards or sideways, and have a strong upper resting point (do not rest a ladder against weak upper surfaces).



<http://www.hse.gov.uk/Pubns/indg455.pdf>



*Exposure to lead fumes and particles can come from many sources, including abrasive blasting, sanding, torch cutting, scraping, and loosening old paint with a propane torch. Dust and fumes can be inhaled, including by family members shaking out clothes. Lead can also get into the body by being transferred from dirty hands to food and drink. Serious damage can occur to your lungs, brain, liver and other organs.*

- Never abrasive blast or torch cut painted metal structures until they are tested for lead-based paint.
- Wash your hands and face before eating, drinking, or smoking and never eat, drink or use tobacco products in the work area.
- Wear personal protective equipment (PPE) when there is a lead exposure risk.