



# In Touch

## EHS Newsletter

May 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  
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### WATCH YOUR BACK

Most of us take for granted the importance of our backs for the enjoyment of a normal life. However, the back contains one of the most critical muscle groups in the body, as well as the spinal cord, vertebrae and discs. Back injuries are cumulative, which means a lot of small injuries can lead up to the big one.



#### Making the Lift

- Centre the load between your legs or shoulders.
- Bend with your legs.
- Keep your back straight.
- Lift with your legs.
- Keep the load close to your body.

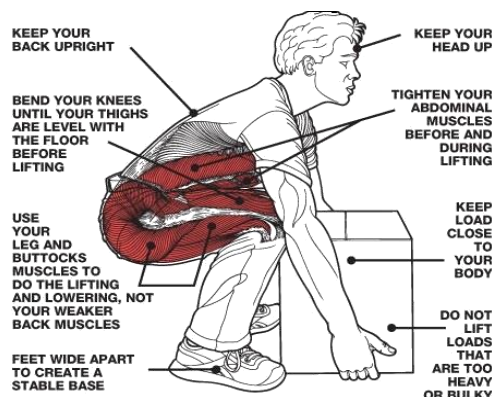
#### Moving the Load

- Keep your back as vertical as you can.
- Keep the load close to you.
- Don't twist your body, rather move your feet.
- When lowering the load, bend your knees and keep your back straight.

#### Before the Lift

- Determine the load capacity.
- Determine your ability to handle the load - get help if needed.
- Wear safe shoes.
- Wear gloves to protect your hands if the surface is rough.
- Make sure you have a clear walkway before you begin moving.

**Remember to follow these rules of lifting and you will give your back a break rather than breaking your back.**



**The only thing you'll prove by lifting more than you should is that your back is a poor substitute for a forklift. Think before you lift—every time!**

[http://www.maine.gov/tools/whatsnew/index.php?topic=Safetyworks\\_Tips&id=75042&v=toolboxpage](http://www.maine.gov/tools/whatsnew/index.php?topic=Safetyworks_Tips&id=75042&v=toolboxpage)



Contact **Safetech** for  
your Isokinetic Source  
Sampling Testing

### TRAINING COURSES - PORT ELIZABETH

#### MAY 2018

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

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

#### JUNE 2018

15<sup>th</sup> HCS Regulations

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

#### JULY 2018

2<sup>nd</sup> SHE Reps Refresher

30<sup>th</sup> – 1<sup>st</sup> Aug SHE for Supervisors \*



\* Unit Standard Aligned

Safetrain 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



**ENVIRONMENT  
HEALTH  
SAFETY**



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DoL Approved Inspection  
Authority (OH0049-CI-09)

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

### HEALTH AND SAFETY REPRESENTATIVES

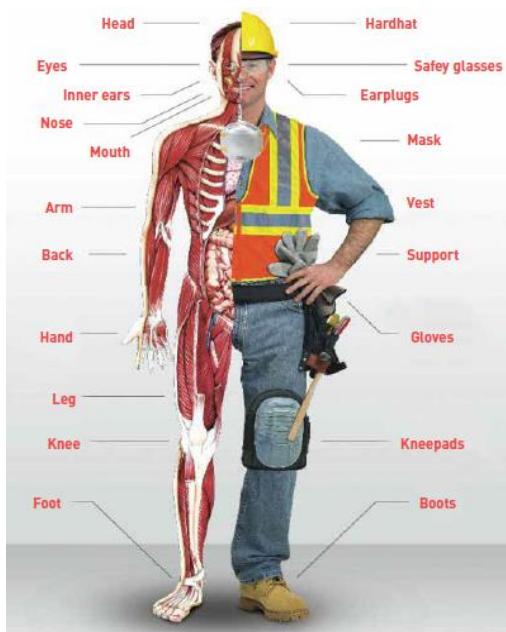
They are full-time workers nominated or elected and designated in writing by the employer after the employer and workers consulted one another and reached an agreement about who will be health and safety representatives. They must at least be familiar with the circumstances and conditions at that part of the workplace for which they are designated. Agreement must also be reached on the period of office and functions of the health and safety representative and must be settled amongst the employer and the workers.

#### How many health and safety representatives must be designated?

- 1 Health and Safety Representative must be designated for every workplace consisting of more than 20 workers i.e. where only 19 workers are employed it is not necessary to designate a Representative.
- In the case of shops and offices, 1 Representative must be designated for every 100 workers or part thereof i.e. 1 Representative must be designated in the case of 21 to 100 workers. But 2 Representatives must be designated where 101 to 200 workers are employed, etc.
- In the case of other workplaces, 1 Representative must be designated for every 50 workers or part thereof i.e. 1 Representative must be designated in the case of 21 to 50 workers. But two representatives must be designated where 51 to 100 workers are employed.

However, depending on circumstances, an Inspector may require the designation of more representatives, even in the case where the number of workers is less than 20 (if the layout of a plant may be of such a nature that the designation of only one representative for 50 workers is insufficient). Also, if the employer and workers so agree, more than the prescribed number of representatives may be designated.

See our Training Calendar for upcoming SHE Reps Training Courses in May and July



#### GET YOUR PPE ON

PPE reduces the risk of injury or harm to users caused by hazards present in the workplace. To make the workplace safe, include the provision of instructions, procedures, training and supervision to encourage people to work safely and responsibly.

However, even when these measures have been applied, hazards still remain in the workplace and PPE is used to minimize the risk of injury.

#### Hierarchy of Controls



#### Hazards in the workplace can include injuries to:

- the lungs (from breathing in contaminated air);
- the head and feet (from falling materials);
- the eyes (from flying particles or splashes of corrosive liquids);
- the skin (from contact with corrosive materials and the body or extremes of heat or cold).

**Warning! Modifying or removing any parts of your PPE compromises its effectiveness.**

<http://www.labour.gov.za/DOL/downloads/documents/useful-documents/occupational-health-and-safety/whateveryworker17.pdf>



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