



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



HW592A1000508



OH0049



DoL Approved Inspection Authority (OH0049-CI-09)

Newsletter compiled by
Lee Rands

ISO 14001:2015 STANDARDS

Workshop Presented by **Ryan Brewerton**

Tuesday, 12th September

8:30am – 3pm

**64 Worraker Street,
Newton Park, P.E.**

R 950.00 per delegate
(includes refreshments and lunch)

Contact Sarah Mullan on 041 3656846 or sarah.mullan@safetech.co.za to book your place



First Aid and Safety Data Sheets

The purpose of first aid is to minimize injury and future disability. In serious cases, first aid may be necessary to keep the victim alive. There is no time to find and read the SDS during an emergency. First aid procedures should be periodically reviewed by everyone working in areas where the material is handled. Everyone should know the location of the facilities and equipment for providing first aid e.g. how to locate the eye-wash fountains, safety showers and first aid kits.

Knowing the first aid procedures for materials used in a work area is also necessary so that people will have the appropriate first aid skills. In most cases, only basic first aid training is required. However, in some cases there may be a need for advanced training e.g. for the administration of CPR or oxygen.

When medical treatment is necessary, send the SDS with the victim to the emergency facility. If the SDS is not available, you should send the material's label or a labelled container of the material. The medical personnel need to know what the material is and what first aid measures have been recommended and used, as some symptoms may be acute or even delayed or there may be special treatment that is required. Occasionally, the SDS has additional instructions (or a **NOTE TO PHYSICIANS**) which may be useful to the emergency doctor e.g. it may say, "Monitor kidney function for 24 hours."

<http://ccinfoweb.ccohs.ca/help/msds/msdsINTGUIDE.html>

AUG	11 th	Introduction to Env Legislation
	14 th – 16 th	SHE Reps **
SEPT	1 st	SHE Reps Refresher
	4 th	Fire Prevention
	8 th	Hazardous Chemical Substances
	12 th	ISO 14001:2015 Standards
	27 th – 29 th	SHE Reps **
OCT	9 th & 10 th	Incident Investigation **
	20 th	Introduction to the OHS Act
	24 th & 25 th	HIRA **



** Unit Standard Aligned

Safetrain cc t/a Safetech is a SANAS Accredited Inspection Body, Nr. OH 0049. Refer to www.sanas.co.za for Directory Accredited Facilities, Inspection Bodies for schedule of accreditation.



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Women in the Workplace

Celebrating WOMEN'S MONTH

Susceptibility to hazards can be different for men and women. Additionally, women face different workplace health challenges than men, partly because men and women tend to have different kinds of jobs. Women generally have more work-related cases of carpal tunnel syndrome, tendonitis, respiratory diseases, infectious diseases and anxiety & stress disorders. Social, economic, and cultural factors also put women at risk for injury and illness. While workplace exposures can affect both male and female reproduction, issues related to reproduction and pregnancy are of particular concern to women.

- **Reproductive Issues** – When a woman is pregnant, her exposures at work can affect her developing baby. Low levels of exposure to chemicals and other substances that may not be harmful to the mother could be harmful for her baby.
- **Ergonomics** – Women generally have more work-related cases of musculoskeletal disorders (illnesses/injuries of the muscles, nerves, tendons, joints, cartilage, arms, legs, neck, or lower back) than men.
- **Stress / Work Organisation** – Levels of stress-related illness are nearly twice as high for women compared to men. Job stress has been linked with heart disease, muscle/bone disorders, depression, and burnout. Balancing work and family tasks can put additional stress on women, who in many families still take primary responsibility for childcare and eldercare. Women are more likely than men to do part-time, temporary or contract work. Compared to workers in traditional job arrangements, these workers have lower incomes and fewer benefits.
- **Personal Protective Equipment** – PPE and clothing are often designed for the average-sized men. The protective function of respirators, work gloves, work boots and other protective equipment may be reduced when they do not fit properly.

Storm Water Run-Off

Have you ever wondered where the oil goes that makes driving so dangerous after the first rainfall? Or what happens to the detergent that runs down the driveway when you wash your car? The used oil, as well as detergents, dirty water and soaps from washing your car, are carried through city drains into the nearest lake, river, bay or ocean.

Storm water systems were originally intended to route rainwater quickly off the streets during a heavy storm. Unfortunately, these systems can carry pollutants such as pesticides, bacteria and chemicals through city streets and straight to our waters. Storm water pollution can include chemicals, fast food wrappers, cigarette butts, polystyrene cups, sewage overflow, cooking oil, bacteria from pet waste, used motor oil, fertilizers, paint and construction debris.

As polluted water makes its way to the oceans, water quality can be affected, which often results in the closing of local beaches due to unhealthy water conditions. Storm water carries disease-causing bacteria and viruses. Swimming in polluted waters can make you sick. A study showed that people who swim in front of flowing storm drains are 50 percent more likely to develop certain symptoms than those who swim 365 metres from the same drain. Illnesses generally associated with swimming in water contaminated with urban run-off include ear aches, sinus problems, diarrhoea, fever and rashes. Polluted storm water can also hurt aquatic life.

<https://www3.epa.gov/region01/water/npdes/stormwater-feature.html>



Used oil from a single oil change can pollute up to 4 million litres of freshwater. Improper disposal of used oil, which includes oil leaking from cars, contributes significantly to storm water pollution.



Did you know?

Household cleaners can hurt the environment if not disposed of properly.

30 millilitres of household bleach requires 9000 litres of water to be safe for fish. Even biodegradable soaps can pose problems for aquatic life — in order for 30 millilitres of biodegradable detergent to be safe for fish, it needs to be diluted by about 600 litres of water.