



# In Touch

## EHS Newsletter June 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

### Work Related Diseases

There are a number of diseases that may be caused by factors present at the work place. Some of these diseases develop relatively quickly, while others develop over longer periods of time. Being sick causes problems for both the affected workers, as well as their families. The sick individual suffers and often experiences a reduced quality of life and may even die because of the disease. There are other costs, in addition to reduced productivity and work capacity, such as huge medical bills and loss of income. Work related illness may also put a burden on the health care and social security systems.



The number of workplace accidents has decreased by 25% over the last 10 years, but work-related diseases still account for an estimated 2.4 million deaths worldwide each year.

#### Work-Related Diseases Include:

- Musculoskeletal disorders
- Stress and mental health disorders
- Work-related cancer
- Skin diseases
- Work-related diseases from biological agents

#### What Causes Diseases at Work?

Many types of disease, including cancer, respiratory disorders, cardiovascular disease, skin diseases, musculoskeletal disorders and mental health problems can be caused or made worse by work. Although there may be other factors, certain workplace exposures are known to contribute to the development or progression of a disease, for example:

- Chemicals and biological agents (including carcinogens)
- Radiation (including ionising radiation and ultraviolet radiation from the sun)
- Physical factors (including vibration, noise, manual lifting and sitting for long periods of time)
- Work organisational and psychosocial risk factors (including shift work and stress)

<https://osha.europa.eu/en/themes/work-related-diseases>  
<https://www.futurelearn.com/courses/occupational-health-developing-countries/5/steps/309436>

**Contact us for a Health Risk Assessment  
quote today**

### TRAINING COURSES - PORT ELIZABETH

#### JUNE 2018

- 15<sup>th</sup>** HCS Regulations
- 25<sup>th</sup>** HCS Regulations
- 29<sup>th</sup>** Introduction to the OHS Act

#### JULY 2018

- 2<sup>nd</sup>** SHE Reps Refresher
- 25<sup>th</sup>** ISO 14001:2015 Awareness
- 30<sup>th</sup> – 1<sup>st</sup> Aug** SHE for Supervisors \*

#### AUGUST 2018

- 2<sup>nd</sup> – 3<sup>rd</sup>** HIRA (120330)
- 10<sup>th</sup>** Introduction to Environmental Legislation

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# SAFETECH



**ENVIRONMENT  
HEALTH  
SAFETY**



# In Touch

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

Each year, **World Environment Day** is organized around a theme that focuses attention on a particularly pressing environmental concern. The theme for 2018 focuses on beating plastic pollution.

### WORLD ENVIRONMENT DAY – BEAT PLASTIC POLLUTION

*"If you cant RE-USE it, REFUSE it"*

World Environment Day 2018 issued a call to action to individuals, governments, the public and the private sector to examine joint solutions to reduce the heavy burden of plastic pollution on our natural places, our wildlife and our own health.

On the 5<sup>th</sup> June 2018, in New Delhi, communities around the world came together for the single largest annual celebration of our environment – World Environment Day. Under the theme of 'Beat Plastic Pollution', people were encouraged to take a critical look at their own relation to single-use plastic and make real efforts to break their dependency on disposable plastic. A new report released from UN Environment, found a surging momentum in global efforts to address plastic pollution - Governments were increasing the pace of implementation and the scope of action to curb the use of single-use plastics. It also stated that government levies and bans, where properly planned and enforced, had been among the most effective strategies to limit overuse of disposable plastic products. However, the report went on to state the importance of broader cooperation from business and private sector stakeholders.



## COMPLIANCE

According to the HCS Regulations of the Occupational Health and Safety Act, substances with a Control Limit should be monitored **ANNUALLY**. Table 1 Substances listed below:

Acrylamide (skin notation) • Acrylonitrile (skin notation) • Arsenic & compounds, except Arsine • Asbestos • Benzene • Bis (chloromethyl) Ether (BCME) • Buta-1,3-diene • 2-Butoxyethanol (skin notation) • Cadmium & Cadmium compounds (except Cadmium Oxide fume and Cadmium Sulphide pigments) • Cadmium Oxide fume • Cadmium Sulphide pigments (respirable dust) • Carbon Disulphide • Chromium (VI) compounds • 1,2-Dibromoethane (Ethylene Dibromide) (skin notation) • Dichloromethane • 2,2'- Dichloro-4,4' Methylene Dianiline (skin notation) • 2-Ethoxyethanol (skin notation) • 2-Ethoxyethyl Acetate (skin notation) • Ethylene Oxide • Formaldehyde • Grain dust • Hydrogen Cyanide (skin notation) • Isocyanates, all • Lead and compounds • 2-Methoxyethanol (skin notation) • 2-Methoxyethyl Acetate • Nickel • Nickel - inorganic compounds, soluble compounds, insoluble compounds • Rubber process dust & Rubber fume • Crystalline Silica & Respirable dust • Styrene • 1,1,1-Trichloroethane • Trichloroethylene (skin notation) • Vinyl Chloride • Vinylidene Chloride • Wood dust (hard wood)

### ABRASIVE WHEELS (GRINDERS)

Abrasive wheels (grinders) are used by workers in countless applications such as manufacturing, maintenance, emergency response and construction. They are primarily used to grind down or cut through metals and other materials. When using abrasive wheels, workers can be exposed to serious injuries, such as:

- A body part caught or pulled in by moving parts.
- Hearing damage from excessive noise while grinding.
- Respiratory issues from inhaling dust.
- Bodily injury from being struck by the object being cut or grinded.
- Eye injuries from flying debris (chips, metal particles, or a wheel that disintegrates).



These hazards can lead to workers being hospitalised, suffering permanent disability, and in some cases are fatal. Proper guarding, adjustment of tool rests, and use of approved eyewear and other personal protective equipment helps protect workers from these hazards.

<http://www.ini.wa.gov/Safety/Topics/ATO2/AbrasiveWheels/default.asp>