



In Touch

EHS Newsletter January 2019

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

Cutting and Grinding Safety



Cutting and grinding is performed on many jobsites. Below are some of the safety precautions that should be followed to prevent injury or property damage.

- Stay alert and be aware of what you are doing. A moment of distraction may result in serious injury.
- Keep loose clothes, gloves, jewellery or long hair away from moving parts, as they can caught.
- Do not carry tools with your finger on the switch, or plug in tools that have the switch on.
- Avoid overreaching and keep proper footing and balance at all times.
- Always wear safety glasses, face shield, protective gloves, suitable protective clothing, hard hat, safety shoes, hearing protection and dust mask if necessary.
- Always use a proper guard with the grinding wheel, as it protects the operator from broken wheel fragments. Turn the wheel guard so that the closed area is towards the operator.
- First switch on and only present the tool to the workpiece once it is running. Wheels and other accessories running over rated speed can fly apart and cause injury.
- Always use with the side handle installed and keep both hands on the tool at all times during use.
- Never use cutting discs for grinding purposes, as cutting discs must not be subjected to any lateral pressure.
- Use clamps or other practical way to secure and support the workpiece to a stable platform.
- Disconnect the plug from the power source before making any adjustments, changing accessories or storing the tool - to reduce the risk of starting the tool accidentally.
- Use only accessories that are recommended by the manufacturer for your model.
- Inspect the tool before each use to ensure 1) cutting edges are sharp 2) the on and off switch works 3) the clamp nut is in place and secure 4) ventilation openings are clear 5) thread in the disc is long enough for the spindle 6) the disc is not contaminated or has been subject to impact 7) it is not vibrating.
- Ensure that sparks produced during work do not constitute a risk to the user or other personnel and are not able to ignite inflammable substances. Make sure that fire-risk areas are always provided with suitable fire extinguishers.

<https://www.gribbins.com/cutting-and-grinding-safety/>

TRAINING - PUBLIC COURSES Port Elizabeth

January 2019

22nd

30th Jan – 1st Feb

February 2019

7th

8th

18th & 19th

25th – 27th

SHE Reps (Refresher)

SHE Reps

Introduction to OHS Act

Fire Prevention

HIRA

Basic Principles in Occupational Hygiene



**Jasmine Lawler
Training Coordinator**

Jasmine has joined our family this month and will be assisting Ryan Brewerton in the Training Department. We welcome her and wish her all the best in her new position.



**Kaitlin van Rooyen
Marketing / Liaison Officer**

Kaitlin will be moving into a new role as our Marketing and Client Liaison Officer. She will be reminding our Clients when their legally required surveys are due, as well as informing them of the other services that we offer. We trust that our clients will find this service beneficial in maintaining their legal compliance.



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



SAFETECH

**ENVIRONMENT
HEALTH
SAFETY**





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ODOURS

An odour is another word for a smell. When you notice an odour, that tells you that you are exposed to something in the air that triggered your sense of smell. An odour might be due to a single chemical or mixture of chemicals. Chemicals vary in their ability to produce odours and people vary in their ability to smell odours. Smelling an odour doesn't tell how much exposure you have. It also doesn't tell you whether or not what you are smelling will cause health effects.

Smell is the perception of odourants by our brains. They are gaseous chemicals which stimulate sensory cells in our nose called olfactory sensory neurons.

Just a few odourant molecules are enough to stimulate a sensory neuron which starts to rapidly fire nerve impulses to the brain. The brain processes the information and identifies the smell. If there is a constant odourant in the room, our brain starts to perceive it as decreasing in intensity over time and if it is as if the smell seems to fade.

This is due to a phenomenon called sensory adaptation, which is not yet fully understood. During sensory adaptation our brain adapts, recognises the constant smell is not dangerous and stops identifying it so it is not overloaded with redundant information. Our olfactory sensory neurons also adapt to the repetitive odorant stimuli by reducing their rate of firing. Therefore we perceive the smell to be fading, allowing us to adapt to our environment and perceive new smells.

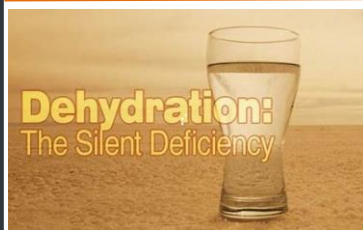
Do people differ in how they notice odours?

People's ability to smell a particular odour will vary. At low levels, some people will notice the odour while others won't notice any. At higher levels, most people will notice the odour. Examples of factors that can affect a person's sense of smell include age, sex and whether or not they smoke.

What health effects can occur?

Exposure to odours could result in health effects ranging from none, to mild discomfort, to more serious symptoms. Some chemicals with strong odours may cause eye, nose, throat or lung irritation. Strong odours may cause some people to feel a burning sensation that leads to coughing, wheezing or other breathing problems. People who smell strong odours may get headaches or feel dizzy or nauseous. If an odour lasts a long time or keeps occurring, it also could affect mood, anxiety and stress level.

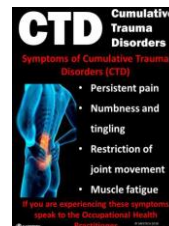
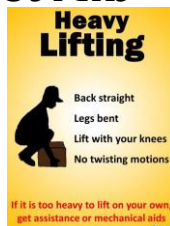
<https://www.health.ny.gov/publications/6500/index.htm>



Our bodies are made up of about 75% water and drinking water helps maintain a healthy balance. Often people walk around dehydrated, most of the time unknowingly, because thirst is a poor indicator of dehydration. Also, they may choose a beverage that does not actually replenish the body, such as coffee or cold drinks containing caffeine. Water is the best remedy for dehydration. If mild dehydration sets in, it can decrease one's energy level and mental functioning and increase stress on the body.

SAFETY POSTERS

All posters are laminated A3 size



For a full brochure Call **041 3656846** or email lee.rands@safetech.co.za



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