



#### 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



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OH0049



DoL Approved Inspection Authority (OH0049-CI-09)

Newsletter compiled by  
Lee Rands

#### LPG SAFETY AWARENESS

Liquefied Petroleum Gas (LPG) use has increased dramatically over recent years, due to the availability of LPG-powered appliances, which are both cost effective and reliable. In South Africa, the use of LPG powered appliances has grown, as the need for alternative energy sources increases. The demand for these appliances peaks during the colder months, namely space heaters.



LPG is kept under pressure as a liquid but is released as a highly flammable gas. It is therefore critical that safety guidelines are closely followed. Consumers are encouraged to only purchase appliances that have a Permit Verification Number displayed on them. The Liquefied Petroleum Gas Safety Association of South Africa (LPGSASA) and the Southern African Gas Association (SAGA) have established the Safe Appliance Scheme (SAS) and the Safe Gas Equipment Scheme (SGES), to ensure that:

- All appliances and equipment installed in South Africa have been tested and are in compliance with relevant South African safety standards;
- Are fit for intended use.

Any equipment that has not been manufactured according to the standard could be hazardous. Only equipment that has been awarded a Safe Appliance or Equipment Verification Permit may be used. A list of all permit carrying appliances can be found on: [https://www.lpgas.co.za/safety/find%20a%20safe%20appliance/Search\\_Appliance.php](https://www.lpgas.co.za/safety/find%20a%20safe%20appliance/Search_Appliance.php).

#### Installing Gas Equipment

Before LPG equipment can be used it has to be installed properly. Consumers should never attempt to install it themselves. Amateur installations have caused numerous accidents such as fires and gas leakages. South African law stipulates that only a registered Gas Practitioner may install gas appliances or equipment. A comprehensive list of registered installers is available on: [www.saqccgas.co.za](http://www.saqccgas.co.za), where practitioners can be located by area.

<https://www.safety1st.co.za>

## eLearning Launching 2019

COMING  
SOON

Exciting news from Safetech is that we will be launching a new **On Line Learning Platform** this year. Educating and empowering our clients is part of our passion and we aim to make your learning path more flexible, affordable and accessible.

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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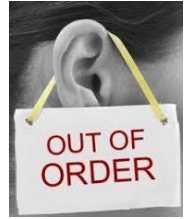


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Refer to [www.sanas.co.za](http://www.sanas.co.za)  
for Schedule of Accreditation

## HEARING LOSS

Hearing loss isn't visible like other injuries, but it remains a serious health issue in today's workplaces. Whether you are working outdoors with a leaf blower, or indoors around industrial machinery, loud noise during work activities can permanently damage your hearing and cause persistent ringing in your ears (tinnitus). There may be an additional risk for dangerous workplace safety accidents where noise interferes with communication and concentration. These impacts can also have a negative effect on productivity and create unnecessary costs to individuals and businesses.



Prevention begins with identifying noise sources and evaluating workers' exposure to ascertain whether noise exposure is hazardous. When a hazard is found, employers are required to make changes to reduce or eliminate the noise hazard, as well as educate the workforce about noise and hearing conservation. If the noise problem persists, further testing must be conducted and protective measures put in place.

The most obvious way to protect your hearing is to avoid loud noise whenever possible. Reducing or eliminating the source of the noise at the workplace is the most effective option. Obviously in certain workplaces that is impossible and earplugs or earmuffs must be worn. However, earplugs and earmuffs are not always comfortable and many people are also concerned that they won't be able to hear warning alarms or moving vehicles at their workplace. There is also a concern that the hearing protection will interfere with communication. It is therefore better to try to quiet the noise level of noisy machinery or power equipment first. In fact, health and safety regulations require that employers take these measures if the 8-hour average noise levels are above 85 decibels. **According to Noise Induced Hearing Loss Regulation 7 of the Occupational Health and Safety Act, a noise survey must be conducted by an Approved Inspection Authority, such as Safetech, every 2 years and as processes change.**

### FORKLIFT DRIVERS



Some forklift trainers are of the opinion that it is dangerous to wear earplugs or other hearing protection while operating a forklift, because it is not possible to hear other forklifts or pedestrians. However forklifts create a lot of noise and high levels of noise exposure will eventually cause hearing loss. Long periods of even moderate noise exposure could have an adverse effect on health and can cause fatigue, tinnitus (ringing in the ears), stress, anxiety, gastrointestinal problems and high blood pressure.

- 🔊 **Large diesel forklifts** can be as loud as 100dBA (about as loud as a noisy lawnmower)
- 🔊 **LPG forklifts** - about 75-85dBA
- 🔊 **Quieter electric forklifts** can be as low as 60dBA (about the same as background music)



However, none of these readings include the forklift hooters or any audible reverse warnings, which average out at 85dBA (about the same volume as a food blender). 85dBA is the recommended maximum continuous noise exposure in an 8-hour shift. However, the risk of hearing damage still occurs at that level and international guidelines say 75dBA is a safe level. Numerous sources state 84dBA as a typical operating volume for petrol or diesel-powered forklifts.

<https://www.drivingtests.co.nz/resources/should-your-forklift-drivers-use-hearing-protection/>

<http://www.ini.wa.gov/Safety/Topics/Atoz/NoiseHearing/>

## WINTER WELLNESS



If you wish to optimise your vitamin C levels during the Winter months, it's important to choose a natural form of vitamin C. Most supplements contain ascorbic acid – an unnatural form of vitamin C that's manufactured from corn syrup using a chemical process. Yet because ascorbic acid appears so similar to natural vitamin C, government agencies worldwide have determined that it may simply be referred to as vitamin C. There are also other important reasons for choosing a natural source of vitamin C: chemical ascorbic acid kills gut bacteria, which can seriously compromise the intestinal flora. This can in turn lead to digestive problems and undermine your entire immune system. Because the stomach lining cannot generally tolerate the high acidic content of chemical vitamin C tablets, they often result in unwelcome stomach complaints.

<http://superfoodblog.co.uk/should-you-take-extra-vitamin-c-in-the-winter/>