



# In Touch

## EHS Newsletter

### December 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



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OH0049



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Authority (OH0049-CI-09)

Newsletter compiled by  
Lee Rands

### New Ergonomics Regulations (Occupational Health and Safety Act)

On the 6<sup>th</sup> December 2019 the Minister of Employment and Labour promulgated the new Ergonomics Regulations.

These Regulations will require an ergonomic risk assessment to be conducted, as well as medical surveillance. The Regulations came into force on the day of publication in the Government Gazette. There are many duties placed on the Employer.



*Safetech will be conducting a **Seminar** on these regulations in either late January or early February 2020 and will follow this up with an **Introduction to Ergonomics Course**, which will assist our clients in ensuring compliance.*



### Travel Safety Tips for the Holidays



*The holiday season is upon us and while it is considered a time of fun and relaxation for most, it's also a time of havoc on the roads and heightened criminal activity.*

#### While you're on the move....

- Before you take to the road, check your vehicle's lights and electrical system, windows and wipers, wheels and tyres, brakes, suspension, battery, belts and chains, cooling system, filters and fluids, exhaust system, body panels, mountings and accessories, safety and warning equipment and child seats.
- Keep a safe following distance.
- Stick to the speed limit - a 10% decrease in speed reduces fatal crashes by 40%.

- Avoid tailgating and sudden, erratic movements, minimise lane changes, signal early, accelerate and brake gradually and keep pace with traffic.

#### While you're parked....

- Lock your car when driving and when leaving it parked. Double-check that you did lock it.
- Empty your car frequently to avoid it becoming cluttered with items that you don't want stolen.
- Never leave house keys or important documents in your car.
- Install an anti-smash-and-grab film, a good alarm system, gear lock, steering wheel lock and immobiliser.

<https://www.ial.co.za/capexargo/news/tips-for-staying-safe-over-the-holidays-18627385>

**We at Safetech would like to thank all our clients, new and "old", for their continued support in 2019. You are the reason we can celebrate another successful year of doing what we love to do...**



**Wishing you a season filled with God's relentless favour, His unending love and perfect peace!**

**Our offices will close on Friday 13<sup>th</sup> December 2019 and re-open on Tuesday, 7<sup>th</sup> January 2020.**

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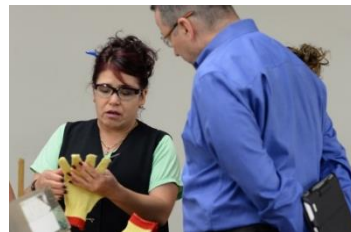
Refer to [www.sanas.co.za](http://www.sanas.co.za)  
for Schedule of Accreditation

### Re-Evaluating Your PPE

After all the work that goes into selecting the most appropriate PPE to keep your workers safe, the last thing you look forward to do is repeating the process.

**But there are many important reasons to schedule a periodic review of the PPE you're using. We have listed a few below:**

- it keeps workers safer and more compliant
- improve your safety program as a whole
- new innovations, improved technologies and unique materials hit the market every year might make the PPE that was perfect last year, less than ideal for your current requirements.



### Innovations in Safety

However, safer PPE can't help your workers if they won't wear it. That makes innovations in comfort just as important as safety developments to protect your people. Review your applications and ask your employees whether they have hand fatigue at the end of the day or whether they find that their PPE tends to trap moisture or heat. Advances in materials and construction keep workers more comfortable and more compliant than ever before.

Interview workers to find out why they were reluctant to wear it in the first place. It may be a comfort or safety issue that you were not aware of. Or it may be as simple as workers not liking the way they look in their PPE. Involving workers when deciding to upgrade PPE can eliminate many of your daily headaches.

### Workers' Changing Needs

We all know that training costs time and money and that there is no substitute for a veteran worker whom you can count on to know the ropes and do the job. By reviewing their PPE choices you are ensuring that you provide everything that your aging workforce needs. This may include:

- prescription safety eyewear for workers who used to wear regular safety glasses but now need a little help with close or distant vision
- PPE with better dexterity and flexibility to reduce fatigue
- headsets to improve noise attenuation and sound quality in loud environments

Even younger workers might benefit from a periodic review if they have physical considerations such as back strain or other chronic pain.

### Better Safe than Sorry

If you review your PPE choices and find that no changes need to be made, you've probably at least learned something from the extra check-in with your workers. But if you find that there's an issue you missed or some way you can do things better, you may have avoided an accident or injury.

**If you don't feel you have the time, consult a safety expert who can perform a thorough safety assessment.**

<https://ohsonline.com/articles/2019/05/13/the-importance-of-periodically-re-evaluating-your-ppe.aspx?admgarea=ht.HandProtection>

### How Breathing Coal Ash is Hazardous to Your Health

Coal is burned in plants to produce energy. The particles that remain after burning coal is called coal ash.

Fly ash particles (a major component of coal ash) can become lodged in the deepest part of your lungs, where they trigger asthma, inflammation and immunological reactions. In addition, respirable crystalline silica in coal ash can also lodge in the lungs and cause silicosis or scarring of lung tissue, which can result in disabling and sometimes fatal lung disease and cancer.

Lastly, the presence of heavy metals in coal ash, such as lead, arsenic and hexavalent chromium and the radioactivity of some ashes may increase the harm caused by inhalation.

**Boiler Operators and other individuals working with coal ash are at increased risk for many serious health problems.**



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