



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



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OH0049



DoL Approved Inspection Authority (OH0049-CI-09)

Newsletter compiled by
Lee Rands

COMPRESSED AIR AND HORSEPLAY

Compressed air is often misjudged and not recognized as a hazard because people often think of air as harmless.



Compressed air can dislodge particles, which can enter the eyes or abrade the skin. The pressure used to remove particles from machines and surfaces is also strong enough to blow filings, shavings, chips and metal particles into the eyes, ears or skin. It can also enter the body where the skin is not present (ear, nose or any scratch or puncture in the skin) and can cause damage.



Air forced into body tissues through the skin can cause an air embolism (air bubbles in the blood stream) which can be fatal if it reaches the heart, lungs or brain.



Inflation injuries of the intestine can be caused by air being directed at private body areas.



Air blown into the mouth at only 5 PSI can rupture the oesophagus or the lungs; 40 PSI can blow out an ear drum from 10cm away and possibly cause brain damage; 12 PSI can blow an eye out of its socket.



Dirt and dust particles are forced into the air, making these contaminants airborne and creating a respiratory hazard.

<http://www.pipint.com/en/no-harm/the-dangers-of-compressed-air>

News from SAIOH

SAIOH New "Regional Structures" and Branches Eastern Cape Branch



As a continuation of their strategic focus areas for 2016: "To build SAIOH capacity at all levels and strengthen branches in order to engage members at grassroots level (ownership through involvement)", SAIOH focus has shifted to their branches.

The purpose of these branches is to provide :

- focus for local meetings
- events for members and others with an interest in occupational hygiene
- communication with regional members and potential members

Branches try to involve as many members and non-members as possible and are a point of contact to gain participation, as well as to contribute to the continuous professional development (CPD's) of members. They also offer the opportunity for SAIOH members to meet the SAIOH President and address any questions that they may have, directly with him.

The first **SAIOH Eastern Cape Branch Meeting**, was held in Port Elizabeth on the 14th March 2017. We would like to congratulate Mr Johan Gerber on his appointment to the position of Chairman and Mrs Sarah Mullan, as Secretary.

We encourage all our clients to attend the SAIOH Quarterly Meetings.

For information on meeting dates and venues visit the SAIOH Website:



www.saioh.co.za

Public Courses – Port Elizabeth

APRIL 2017

3rd Construction Regulations
4th – 6th Basic Principles in Occupational Hygiene
7th Introduction to Environmental Legislation

MAY 2017

2nd & 3rd HIRA *
4th & 5th Incident Investigation **
12th Fire Prevention

JUNE 2017

2nd SHE Rep Refresher
9th Introduction to the OHS Act
19th Construction Regulations
23rd Hazardous Chemical Substances Regulations

* HWSETA Accredited
** Unit Standard Aligned



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Whole-body vibration (WBV)

is vibration transmitted to the whole body by the surface supporting it, e.g. through a seat or the floor. It is commonly experienced by drivers, operators and passengers in mobile plant (any machine that is self propelled and controlled by an operator e.g. forklifts, mobile cranes and earthmoving machinery), when travelling over uneven surfaces.

WBV may also cause discomfort, fatigue and other problems when work activities are being carried out, which could lead to incidents. Workers who use vibrating plant and are exposed to noise at the same time have a higher risk of suffering hearing loss, than workers exposed to the same level of noise alone. Exposure to both vibration and noise is also understood to increase musculoskeletal problems.



Long-term exposure to WBV may cause musculoskeletal disorders involving the lower spine, neck and shoulders. High WBV exposure increases the risk of lower-back pain, herniated discs and early degeneration of the spine. However, there are other factors which may cause or contribute to back pain and shoulder and neck disorders e.g. working posture, body size, muscle tone, physical workload, age, pre-existing disorders and muscle force. This makes linking symptoms directly to WBV difficult, and a specific WBV health monitoring program is therefore not recommended.

Controls should be put in place to minimise exposure if workers find WBV is uncomfortable, as this may be an indication that their exposure to vibration has reached levels which could pose a risk to their health. **Measurement of WBV may be needed in situations where:**

- it is not clear whether a worker's exposure to WBV is contributing to lower back pain or other suspected WBV-related health effects
- if there is uncertainty about the effectiveness of controls that have been put in place to minimise exposure

This should be carried out by a **competent person** (person who has acquired through training, qualification or experience, the knowledge and skills to carry out the task).



Whole Body Vibration



Hand Arm Vibration

Hand-arm vibration (HAV) is vibration transmitted to a person's hand and arm when using hand-held power tools, hand-guided machinery or while holding materials being processed by plant.

As in all occupational exposures, individual sensitivity to vibration varies from person to person. Three important factors affect the health effects that can result from exposure to vibration:

- 1) the threshold value or the amount of vibration exposure that results in no adverse health effects
- 2) the dose-response relationship (how the severity of the ill health effects is related to the amount of exposure)
- 3) latent period (time from first exposure to appearance of symptoms).

https://www.ccohs.ca/oshanswers/phys_agents/vibration/vibration_effects.htm

CALL US NOW!

for a vibration study quote



Vibration can cause changes in tendons, muscles, bones and joints and may also affect the nervous system.

Together, these effects are known as Hand-Arm Vibration Syndrome (HAVS):

- whitening (blanching) of one or more fingers when exposed to cold
- tingling and loss of sensation in the fingers
- loss of light touch
- pain and cold sensations between periodic white finger attacks
- loss of grip strength
- bone cysts in fingers and wrists

The development of HAVS is gradual and increases in severity over time. It may take a few months to several years for the symptoms to become clinically noticeable.