www.safetech.co.za

In Touch

EHS Newsletter
March 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

LASER HAZARDS

LASER is an acronym which stands for Light Amplification by Stimulated Emission of Radiation. The laser produces an intense, highly directional beam of light. The most common cause of laser-induced tissue damage is thermal in nature, where the tissue proteins are denatured due to the temperature rise following absorption of laser energy.

The human body is vulnerable to the output of certain lasers, and under certain circumstances, exposure can result in damage to the eye and skin. Research relating to injury thresholds of the eye and skin has been carried out in order to understand the biological hazards of laser radiation. It is now widely accepted that the human eye is almost always more vulnerable to injury than human skin.

https://ohsonline.com/Articles/2015/02/02/Vibration-Hazards.aspx?Page=3

Vibration White Finger & Hand Arm Vibration Syndrome

Hand-Arm Vibration (HAV) causes direct injury to the fingers and hands, affecting feeling, dexterity as well as grip and is also known as a contributing factor to carpal tunnel syndrome and other ergonomic-related injuries. These injuries are debilitating and qualify for compensation.

Research has shown that vibration levels similar to those found in hand-held power tools can decrease blood flow to the hands, feet and other parts of the body, causing it to become less effective at transferring oxygen and other vital nutrients to the cells that need it most. When less oxygen and fewer nutrients are transferred to the cells and tissues, they die—with nerve cells being perhaps the most vulnerable and first to show signs of cell death. Ironically, the very cells in the hand and fingers that allow us to feel and touch with great sensitivity and grip a tool are the first to be "killed off" by excessive vibration exposure.

Many tools, if used repeatedly and for long periods of time, could cause hand-arm vibration injury. Examples of such tools are grinders, chipping hammers, sanders, pavement breakers, impact drills, air-powered wrenches, saws and even dental tools can all be sources of vibration.

Safetech can assist by conducting vibration surveys to ensure that your company conforms to internationally-accepted exposure limit values for hand-arm and whole body vibration.

ISO 45001:2018 Introduction & Implementation Training

25th – 27th March 2019

R 3 500.00 per person (excl VAT)

R 2 200.00 per person (excl VAT)

ISO 45001:2018 Internal Auditor Training

28th & 29th March 2019

For more information or to request a quote, contact Jasmine Lawler jasmine.lawler@safetech.co.za or 041 3656846

SAFETECH is pleased to announce that our General Manager, Roelf Erasmus, has been awarded his Pr. CHSA registration from the SACPCMP. This means that Roelf is now registered as a Professional Construction Health and Safety Agent and there are only a handful of Professionals in South Africa who can operate in this capacity. Roelf is able to assist you with all your construction and SHE Agent requirements.

Congratulation to our Branch Manager, Adele Pieterse, who attended an International **Asbestos Identification in Bulk Samples** course in February and has successfully passed the exam.

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Southern Office

PO Box 27607
Greenacres
Port Elizabeth
6057

Tel: +27 (0)41 365 6846
Fax: +27 (0)41 365 2123

info@safetech.co.za

Northern Office

PO Box 80171
Doornpoort
Pretoria
0017

Tel: +27 (0)82 4111 571
Fax: +27 (0)86 6579 864

carlita.westoby@safetech.co.za

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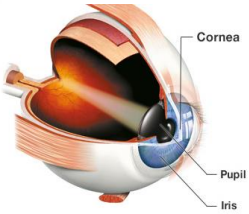
Refer to www.sanas.co.za for Schedule of Accreditation

The trend for implementation of recycling programs at manufacturing facilities is on the rise. There are many ways for encouraging recycling at manufacturing plants regardless of whether the facility is big or small.

- The first step of preparing for the implementation of a recycling program is to determine the types of recyclable materials that are being discarded and the approximate volume per week or per month for each of the recyclables materials. This should be just a quick observation to establish where more focus is needed.
- The second step is to try establish where the bulk of these materials originates within the company i.e. the department or work stations.
- Next, determine the best way in which the work flow or work routines could be tailored in order to easily separate these materials from the waste stream, while also avoiding major distractions or inefficiencies to the existing routines and work flows. You should be looking for the greatest impact for recovering the recyclable materials with the least impact on worker productivity. If the procedures involving the recycling program are too unmanageable, intrusive, inefficient or demanding on the employees, the recycling program will have little chance of being successful.
- Once a good work flow for separating and capturing the recyclable materials has been established, place a few recycling bins in the best locations to accommodate the collection process. There will likely be some trial and error before the permanent placement of these bins is decided upon. Label the bins clearly and indicate the type of materials that are to be placed in each bin. Additional reminders may be placed in each area, until new habits are formed.
- It is usually a good idea to outline the procedures and distribute them to employees so that they can give feedback or suggestions for improvement. Regularly update the procedures, as this will serve as a reminder for all employees that Management is taking the recycling program seriously and that employee cooperation is valued.
- After the program has been in place for several weeks, it is a good idea to create a 'Recycling Manual' that can be referred to, by existing as well as new employees. This will serve as an important point of reference as the recycling program evolves and becomes more efficient over time. The manual should also include "before" and "after" information that highlights the amount of money and recyclables being saved as a result of the program. As these numbers increase, it will create more and more incentive for the employees to come up with new ideas for achieving additional benefits from the program. It will also give them a clear idea of how mismanaged a company can be when a recycling program is not in place.
- Initially, as with any new program, objectives for building the correct habits quickly are to try to incorporate the program with the existing culture, employees and routines as much as possible, so that the new habits are much easier on the entire organization. Making it fun and interesting can also assist in getting the cooperation of all the role players.

https://wastecare.com/Articles/Waste_Reduction_Recycling_Tips_Manufacturing.htm

Contact Lenses and Corneal Abrasions



A corneal abrasion is a scratch or cut of the clear outer layer (cornea) of the eye. The most common trauma causes are foreign objects hitting the cornea (eg, dirt, wood splinters, metal shavings, plants, tree branches, etc), excessive rubbing of the eye, overexposure to ultraviolet light, arc welding light exposure, over-wearing/ill-fitting/torn contact lenses or chemical burns. **Because contact lenses may present a significant corneal abrasion risk when working in dusty areas, contact lens wearers should wear unvented goggles.**