

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



HW592A1000508



OH0049



DoL Approved Inspection Authority (OH0049-CI-09)

Newsletter compiled by  
Lee Rands

### Respirable Crystalline Silica (RCS)

Crystalline silica is a basic component of soil, sand, granite and many other minerals. **Crystalline Silica (Quartz) is known as a potential occupational carcinogen.**



#### Standard Used / Statutory Requirements

- Hazardous Chemical Substances Regulations of the OHS Act (85 of 1993)
- Government Notice No. R.683
- Government Notice No. R.408

#### Occupational Exposure To RCS Can Occur In Many Industries

- Sandblasting ■ Quarrying Brick cutting ■ Glass Manufacturing ■ Tunnelling ■ Foundry Work ■ Stone Working ■ Ceramic Manufacturing ■ Construction Activities

Exposure to the to fine dust containing crystalline silica over a prolonged period can cause a lung disease called **SILICOSIS** – a dangerous, disabling, non-reversible and sometimes fatal illness, that **can be prevented**.

#### To Prevent Silicosis The Employer Will Have To Do The Following

- Comply and improve current Occupational Exposure Limits (OELs). Implement engineering control measures e.g. exhaust ventilation, dust collection systems, water sprays, wet drilling, enclosed cabs and drill platform skirts.
- Conduct air monitoring and implement corrective action, if levels are excessive.
- Substitute crystalline Silica with less hazardous materials where possible.
- Provide vacuum cleaning equipment with High-Efficiency Particulate Air (HEPA) filters and instruct workers to vacuum, hose down or wet sweep work areas instead of dry sweeping.
- Provide training on health effects, engineering controls and work practices that reduce exposure as well as information on which operations/materials present a Silica hazard.
- Provide appropriate approved PPE and educate workers on how to use correctly and keep clean.
- Provide medical surveillance for workers who are exposed and develop a plan for reducing the exposures of workers whose X-rays show changes consistent with Silicosis
- Report all cases of Silicosis and pulmonary Tuberculosis to both the Compensation Commissioner and the Chief Inspector for Occupational Health and Safety.
- Take measures to reduce silica dust levels.
- Post warning signs to identify work areas where exposure may occur.
- Make Risk Assessment and Annual Reports of the Occupational Medical Practitioner available to the Health & Safety Committee for assessment of trends in TB and Silicosis.

### Staff Profile...



**Mandy Gardner**

HSE Systems Specialist (implementing & maintaining HSE Systems)

#### How long have you been working for Safetech?

I started working for Safetech in January 2014.

#### What are your passions and interests?

My two greatest passions are God and my family. I love adventure, being outdoors and trying new things.

**19 – 21 Jan**

SHE Reps

**8 – 9 Feb**

HIRA

**10 Feb**

Fire Prevention

**12 Feb**

Introduction to OHS Act

**22 Feb**

Overview of ISO14001:2015

**24 – 26 Feb**

Basic Principles of Occupational Hygiene

**29 Feb – 3 Mar**

SHE for Supervisors

# TRAINING 2016



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# Lockout / Tagout

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

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Employees servicing or maintaining machines or equipment may be exposed to serious physical harm or death if hazardous energy is not properly controlled. Proper Lockout/Tagout (LOTO) practices and procedures safeguard workers from hazardous energy releases.

## Energy Sources

- Electrical
- Mechanical
- Hydraulic
- Pneumatic
- Chemical
- Thermal
- Other (e.g. Radiation)



## 7 Basic Steps for Lockout/Tagout



### 1. Think, plan and check

Identify the parts of all systems that need to be shut down. Determine what switches, equipment and people will be involved. Plan how restarting will take place.

### 2. Communicate

Notify all affected employees that a Lockout/Tagout procedure is taking place. Identify all appropriate power sources, whether near or far from the job site (include electrical circuits, hydraulic and pneumatic systems, spring energy and gravity systems).

### 3. Neutralize and secure at the source

Disconnect electricity, block movable parts, release or block spring energy, drain or bleed hydraulic and pneumatic lines and lower suspended parts to rest positions.

### 4. Lock out all power sources

Use a lock designed only for this purpose (each worker should have a personal lock).

### 5. Tag out all power sources and machines

Tag machine controls, pressure lines, starter switches and suspended parts (tags should include name, department, contact numbers, date /time of tagging and the reason for the lockout).

### 6. Conduct a complete test

Double check all the steps above - push start buttons, test circuits and operate valves, to test if the system is effectively locked out and doesn't start).

### 7. Release the equipment

Once the job is completed, follow the safety procedures set up for restart. Only once all workers are safe and equipment is ready, should the power be turned back on.



**Uncontrolled energy can cause serious injury if not correctly contained. Enhance your safety programme with our Lockout/Tagout Course. Contact our Training Department for more information.**

## Three Elements to a LOTO Programme:

### ■ Training

for **authorized employees** (people who do the maintenance or servicing work) and **affected employees** (people who may be affected by or work near equipment which is locked or tagged out).

### ■ Written Procedures

required for equipment having two or more energy sources. They communicate important information to persons performing Lockout/Tagout.

### ■ Inspections

## ON LINE LEGAL REGISTER



Safetech, in partnership with SHE Legal (Cape Town), offers an online, site-specific Safety, Health and Environmental Legal Register and Monthly Updating Service. Registers are easy to navigate, user friendly and are designed to assist clients to achieve and maintain ISO 14001 and OHSAS 18001 compliance. Contact our office for more information.



**ENVIRONMENT  
HEALTH  
SAFETY**