



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

### KNOW THE DIFFERENCE

## HEAT EXHAUSTION OR HEAT STROKE?

### HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

### HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses

### HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above **39.4**  
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

### HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

**If you see any of these signs, you may be dealing with a life-threatening EMERGENCY.**

**Styrene** is also known as ethenylbenzene, vinylbenzene and phenylethane. It is a colourless, oily liquid that evaporates easily and has a sweet smell - although high concentrations have a less pleasant odour.



Styrene is primarily used in the production of polystyrene plastics and resins. Short-term exposure results in mucous membrane / eye irritation and gastrointestinal effects. Long-term exposure to styrene results in effects on the central nervous system (CNS), such as headaches, fatigue, weakness, depression, CNS dysfunction, hearing loss and peripheral neuropathy. Styrene is regarded as a "known carcinogen".

### Public Course Calendar

#### Port Elizabeth



SEPTEMBER	
25 <sup>th</sup> – 27 <sup>th</sup>	SHE Reps
OCTOBER	
4 <sup>th</sup> – 5 <sup>th</sup>	Incident Investigation
16 <sup>th</sup> – 18 <sup>th</sup>	Basic Principles in Occupational Hygiene
26 <sup>th</sup>	Introduction to the OHS Act
30 <sup>th</sup>	Hazardous Chemical Substances Regulations
31 <sup>st</sup> – 1 <sup>st</sup> Nov	Incident Investigation
NOVEMBER	
5 <sup>th</sup> – 6 <sup>th</sup>	HIRA
9 <sup>th</sup>	Hazardous Chemical Substances
20 <sup>th</sup> – 21 <sup>st</sup>	Advanced OHS Act

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# SAFETECH

ENVIRONMENT  
HEALTH  
SAFETY





# In Touch

## EHS Newsletter

### September 2018

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#### PERSONAL NOISE EXPOSURE MONITORING

A **noise dosimeter** is a small, light device that fastens to the employee's collar, close to an ear. The dosimeter stores the noise level information and carries out an averaging process. It is useful in industry where noise usually varies in duration and intensity and where the person changes locations.

The need for noise dosimetry arises when a noise survey indicates the possibility that an employee may be exposed to noise levels which exceed either: **1)** exposure limits set by noise regulations or **2)** the limits set by the company. The dosimeter is worn by the employee during the entire or part of the shift. There is no need that the employee be attended by the person responsible for taking the noise measurement, but the reliability of the noise data will depend on the employee's cooperation in the proper use of the dosimeter.



#### LED LIGHTING



LED lighting is known for economising energy and is therefore an effective green solution. It also lasts a very long time, needing to be replaced infrequently. Below are some of the main reasons why LED lighting is an excellent solution for workplaces as diverse as office spaces, construction sites and even sports fields:

**Cost Saving** - as businesses aim to achieve maximum cost effectiveness, LED is a product that fulfils this need, helping companies makes the most of their budgets.

**High Performance** - other energy-saving solutions can take a while to 'warm up' - LED lamps are bright almost immediately. This is especially useful in environments that require brightly lit spaces for work to be carried out safely and effectively.

**Flexible** - There is a huge range of different LED lights on the market, ranging from spotlights for lighting offices, to LED floodlights with PIR (Passive Infrared Sensor) which can illuminate the largest of spaces with great ease. There is therefore no need to mix and match lighting solutions when it comes to LED. This one technology can fulfil the needs of virtually all working environments.

**Durable** - LED lighting makes it especially suited to tough working environments. They can withstand varying temperatures and physical shocks, which means they are suited to outdoor workplaces where they may be subjected to knocks and vibrations. It is also worth noting that this type of lighting is also resistant to rain, snow and other harsh weather conditions, again making it an excellent choice in outdoor spaces.

<http://ezinearticles.com/?What-Are-the-Benefits-of-LED-Lighting-in-the-Workplace?&id=9207191>



#### ✓ EHS Management System Audit

The purpose of this audit is to comply with the requirements of ISO 14001:2015 and ISO 45001:2018.

#### ✓ EHS Legal Compliance Audit

The purpose of this audit is to comply with the requirements of ISO 14001:2015 and ISO 45001:2018.

#### ✓ Energy Management Evaluation of Compliance Audit

The purpose of this audit is to comply with the requirements of ISO 50001:2011.

#### ✓ Gap Audit

A proactive approach to ensure that your Environmental, Health and Safety Management system is effective and complying with the requirements of ISO 14001:2015 and ISO 45001:2018.



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