

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

GOOD HOUSEKEEPING



Effective housekeeping can eliminate workplace hazards and help get a job done safely. Poor housekeeping can contribute to accidents, by hiding hazards that cause injuries and, if it is accepted as the norm, may lead to other more serious hazards being taken for granted.

It is not just about cleanliness, but also includes:

- Keeping work areas orderly and neat
- Keeping halls and floors free of slip and trip hazards
- Removing waste materials (e.g. paper and cardboard) and other fire hazards from work areas
- Paying attention to important details i.e. layout of entire workplace, aisle marking, adequacy of storage facilities as well as maintenance.

Good housekeeping is also a basic part of accident and fire prevention. It is an on-going operation, not an occasional clean-up. Periodic "panic" clean-ups are costly and ineffective in reducing or preventing accidents.

Effective housekeeping results in:

- ✓ reduced handling to ease the flow of materials
- ✓ fewer tripping or slipping accidents
- ✓ decreased fire hazards
- ✓ lower worker exposures to hazardous substances
- ✓ better control of tools, materials, inventory and supplies
- ✓ better hygienic conditions leading to improved health
- ✓ more effective use of space
- ✓ reduced property damage by improving preventive maintenance
- ✓ improved productivity (tools and materials will be easy to find)

<https://www.ccohs.ca/oshanswers/hsprograms/house.html>

Staff Profile



Anine Le Roux
Occupational Hygienist
(Northern Region)

How long have you been working for Safetech?

I started working for the company in January 2008.

What are your passions and interests?

I love spending time with friends. To de-stress, I play squash. I have a passion for life and try to live it to the fullest! I recently took up hiking and completed the Otter Trail in January this year. I also love going to the movies at least once a week!



Helping you cut costs... not Corners!

We realise that the tough economic climate is affecting all our Clients – and we would like to help where we can. We have therefore taken the decision **not to increase our professional fees** for 2016.

MARCH

3-4 Mar

Incident Investigation**

7 Mar

Introduction to Environmental Legislation

8 Mar

HCS Regulations

11 Mar

Driven Machinery Regulations

APRIL

4 Apr

SHE Reps Refresher

5 Apr

Fire Prevention

6 Apr

Introduction to OHS Act (includes free copy of OHS Act)

Port Elizabeth

TRAINING
2016

** Unit Standard Aligned

Safetrain cc t/a Safetech is a SANAS Accredited Inspection Body, Nr. OH 0049. Refer to www.sanas.co.za for Directory Accredited Facilities, Inspection Bodies for schedule of accreditation.

Working at Heights

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

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



HW592A1000508



OH0049



Legal Position for Working at Heights in South Africa?

➤ General Safety Regulation 6 - Work in Elevated Position

No employer shall require or permit any person to work in an elevated position, and no person shall work in an elevated position, unless such work is performed safely from a ladder or scaffolding, or from a position where such person has been made as safe as if he were working from scaffolding.

➤ Regulation 10 of the Construction Regulations

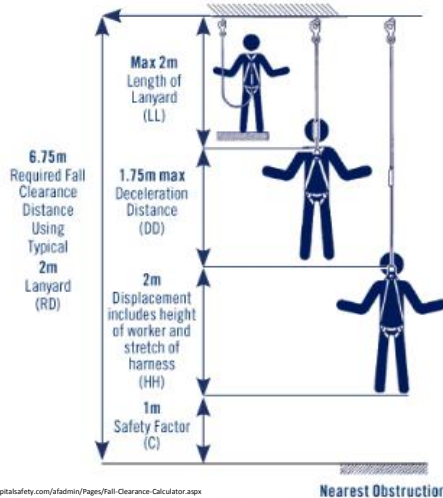
deals with working at heights and the need for a fall protection plan

It is important to distinguish between fall prevention and fall arrest

- ❖ Fall prevention is the use of barricading to protect an employee from falling.
- ❖ Fall arrest is the use of a safety harness and safety line to prevent the employee from falling while working at heights.

Fall prevention should always be the first option. The **employer** must ensure that fall prevention and fall arrest equipment is of sufficient and suitable strength and that equipment is securely attached to the lifeline or structure.

Calculating your fall arrest



<http://www.capitalcity.com/afadmin/Pages/Fall-Clearance-Calculator.aspx>

The Fall Protection Plan must also address the process for evaluating the employee's physical and psychological fitness.

Medical conditions that exclude a person unfit from work at heights are:

- ✗ Hypertension/High Blood pressure
- ✗ Epilepsy,
- ✗ Diabetes,
- ✗ Heart Diseases,
- ✗ Fear of Heights

A person who has been diagnosed with any of the above conditions may under no circumstances be allowed to work at heights, even if they are being treated by a medical professional. An employer has no control over whether an employee is taking the prescribed medication as per the instructions of the medical professional. One oversight could be fatal.



Fall Clearance

Fall clearance is the minimum vertical distance a worker requires in the event of a fall, to avoid striking the ground/object below. It requires more than just a simple measurement from a worker to the nearest obstruction. Other factors to consider include: deceleration distance, height of the worker and type of equipment used (shock-absorbing lanyard or self-retracting lifeline).

Fall Protection Plans

In terms of **Regulation 10 of the Construction Regulations**, an employer has a duty to appoint a competent person to prepare a Fall Protection Plan, which must be implemented, amended and maintained as required. The employer must also ensure that the Fall Protection Plan is adhered to.

The Fall Protection Plan must include the following as a minimum:

1. Must be Site specific
2. Ensure everything is documented (evidence that you have done your job when it comes to audits)
3. Hazard Identification
4. Risk Assessment
5. Management (manage and control)
6. Determination of Controls (safe work procedures, method statements, etc)
7. Procedures (WSWP) (include who, when, why, what, where)
8. Method statement (to eliminate risks)
9. Rescue Plan (rescuing a person, after a fall from height, within a short time)
10. Emergency Plan (How to safely evacuate site)
11. Implement, Maintain, Monitor, Review Plans

<http://sheqfrica.com/working-at-heights/>