

**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

### ISO 45001 HEALTH & SAFETY MANAGEMENT SYSTEMS



For all those waiting for ISO 45001:2016 to become official, I have some bad news for you.

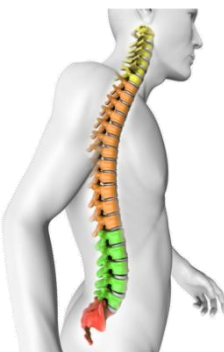
I have been watching with interest how some organisations have been jumping the gun and providing training, when the final ballot has not been cast on this Standard. Clients have thus wasted their money on this training.

I am a member of SABS TC/283 and have access to the documents and proceedings of the National Committee and the International Committee for Occupational Health & Safety Systems. On the 14<sup>th</sup> May 2016 the ballot closed internationally for the approval of ISO 45001:2016 (Draft). There were enough yes votes (71%), but the negative votes (28%), exceeded the maximum requirement for a Standard to be approved (25%). The result is that the Standard is not approved. Furthermore, there were 2966 comments by the member states.

The Committee is meeting in Canada this week to discuss the way forward and address the comments received. Some of the issues raised are very fundamental to the core principles of ISO. I do not think the issues will be addressed in the near term. I will keep you posted.

Regards  
Dr Brett Williams

### ERGONOMICS PREVENTING BACK PAIN AT WORK



#### ■ Pay Attention To Posture

When standing, balance your weight evenly on your feet. Don't slouch. To promote good posture when sitting, choose a chair that supports your spinal curves. Adjust the height of your chair so that your feet rest flat on the floor or on a footrest and your thighs are parallel to the floor.

#### ■ Lift Properly

When lifting and carrying heavy objects, lift with your legs and tighten your core muscles. Keep the object close to your body and maintain the natural curve of your back. Avoid twisting when lifting. If an object is too heavy to lift safely, ask someone for assistance. Use lifting devices to help lift heavy loads.

#### ■ Modify Repetitive Tasks

Alternate physically demanding tasks with less demanding ones. If you work at a computer, ensure that your monitor, keyboard, mouse and chair are positioned properly. If you frequently talk on the phone and type or write at the same time, place your phone on speaker or use a headset.

#### ■ Listen To Your Body

If you must sit for a prolonged period, change your position often. Periodically walk around and stretch your muscles to relieve tension. Examine your work environment and address situations that might aggravate your back. Even simple steps to ease back pain are steps in the right direction.

#### JULY

**4 Jul** SHE Reps  
**5 Jul** Fire Prevention  
**6 Jul** Hazardous Chemical Substances

#### AUGUST

**10 Aug** Introduction to Environmental Legislation  
**15<sup>th</sup> – 16<sup>th</sup>** HIRA \*  
**17<sup>th</sup> – 18<sup>th</sup>** Incident Investigation \*\*  
**29<sup>th</sup> – 31<sup>st</sup>** SHE for Supervisors \*\*

Port Elizabeth  
**TRAINING**  
**2016**

\* **HWSETA Accredited**  
\*\* **Unit Standard Aligned**



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DOL Approved Inspection  
Authority (CI049)

## CONFINED SPACES

A confined space can range from a small, enclosed space to a larger area, such as a ship's hold, a fuel tank or a pit. It is large enough to allow an employee to enter and perform work but has a limited means of entry or exit. Entry may be obtained through small or large openings but usually there is only one way in and out. Confined spaces are not used for continuous or routine work.



### 1. Non Permit

### TWO MAIN GROUPS

### 2. Permit

Where the space does not (or could not) contain hazards that could cause death or serious harm e.g. equipment closets, crawl spaces under houses, machinery cabinets, ventilated tunnels and drop ceilings.

- It contains/could contain a hazardous atmosphere e.g. fuel storage tank that has just been emptied.
- It contains a material that could engulf the person entering the space e.g. grain silo.
- It has an inwardly converging wall or a floor that slopes downward and tapers to a small cross section e.g. large hopper that slopes to an auger.
- It contains any other recognized serious safety hazard e.g. electrocution danger or moving equipment.

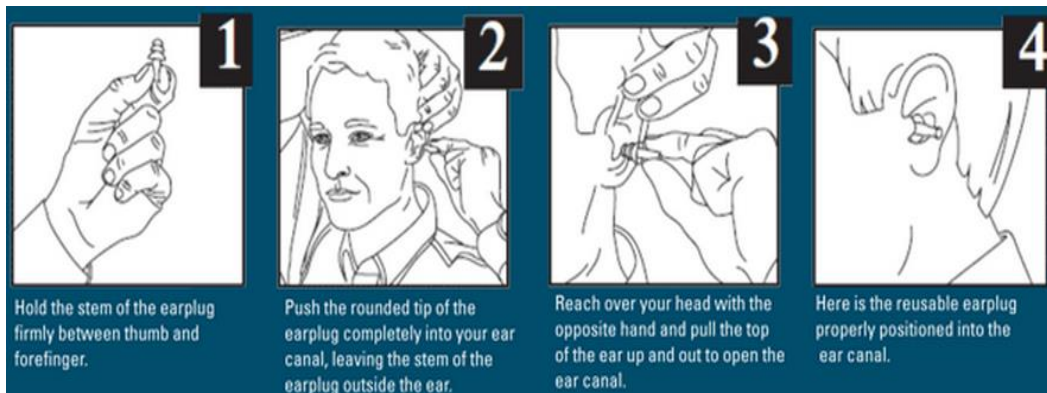
### What are the dangers?

- The atmosphere may become life threatening due to the presence of harmful gases caused by a lack of adequate ventilation.
- The oxygen content of the air can drop below the level required for human life.
- In some cases, a confined space is deliberately filled with nitrogen as a fire prevention technique. Nitrogen cannot sustain human life and respiratory protection must therefore be used.
- Gases can be explosive and can be ignited by a spark.
- Dust can be an explosion hazard in a confined space, as finely-ground materials such as grain, fibres and plastics can also explode upon ignition.
- Moving equipment and machinery are physical hazards in a confined space.
- Tanks and other enclosed confined spaces can be filled with materials that could engulf or smother, unless the flow process for filling it is controlled.
- Radio contact with an attendant outside the confined space must be available and a rescue team must be ready to respond in the case of an emergency.
- Before entering any confined space the atmosphere must be tested in order to determine if any harmful gases are present.

**Safetech can assist with confined space monitoring**

[http://www.sc.edu/ehs/training/ConfinedSpace/11\\_non\\_permit.htm](http://www.sc.edu/ehs/training/ConfinedSpace/11_non_permit.htm)

## The Correct Way To Insert Pre-Moulded Ear Plugs



<http://ehsoday.com/hearing-protection/importance-properly-fitting-hearing-protection>