

# In Touch

**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

## GLOBAL WARMING



Temperatures in the Kruger National Park are compared year on year for the period from July 1 to June 30.

During the 1991/92 period, temperatures were deemed extreme in Skukuza when they were higher than 40°C for more than seven days of the cycle. From July 1, 2015 to June 30 this year temperatures exceeded 40°C for a total of 29 days. Of the 13 National Parks with sufficient weather records over recent decades, nine showed significant increases in temperature. Maximum temperatures increased, on average, by 1,2°C over the past 50 years.

The most pronounced increases in maximum temperatures were in the arid north-western parks, with an increase of 1,95°C over the past five decades in the Kgalagadi.

The Kgalagadi currently experiences 36 more days per year with maximum temperatures above 35°C compared to the situation 50 years ago. Minimum temperatures have increased at the same rate, with an average increase across all parks of 1,05°C during the same period.

SANParks Times –Spring Edition

Sulphuric acid is widely used in industry for a variety of purposes such as metal cleaning and etching, production of fertilizers, dyes and explosives. It is reactive when it comes into contact with another material e.g. any part of the body. A rapid destruction of tissue takes place, capable of causing severe burns and even dilute concentrations can cause dermatitis or skin irritation. Prolonged breathing of the vapours or mists can cause respiratory disorders. When working with or around Sulphuric acid, eye *and* face protection is essential (chemical-type goggles, with indirect vents). Protective clothing should include an acid-resistant long apron and gloves. When working with large quantities, an acid-resistant "rain-suit" and high-top boots, with the pant leg extending over the top of the boot must be worn.

## SULPHURIC ACID



**Rapid treatment is very important.** Wash the acid off the body quickly and simultaneously remove all acid-wet clothing. Keep the water flowing.

In cases where there are severe burns, shock may set in. If this occurs, treat for shock by placing victims on their back and keeping them warm. Seek immediate medical attention. Do not apply any ointments, oils or other treatments to the burned area.

Swallowed acid burns tissues all the way down to the stomach. Do not induce vomiting, which will cause additional burns as it comes up as well. Never give anything to an unconscious person but, if the victim is conscious, the acid should be immediately diluted. Provide milk, preferably mixed with egg whites. If this is not available, give as much water to drink as possible and seek urgent medical assistance.

<http://toolboxtopics.com/Gen%20Industry/Be%20Cautious%20with%20Sulfuric%20Acid.htm>

## Port Elizabeth – Public Courses

### OCTOBER

11<sup>th</sup> – 13<sup>th</sup>14<sup>th</sup>26<sup>th</sup> – 28<sup>th</sup>31<sup>st</sup>

SHE Reps \*

Construction Regulations

Basic Principles of Occupational Hygiene

SHE Reps (Refresher)

### NOVEMBER

1<sup>st</sup>28<sup>th</sup> – 29<sup>th</sup>30<sup>th</sup>

Hazardous Chemical Substances Regulations

HIRA

Fire Prevention

\* HWSETA Accredited

\*\* Unit Standard Aligned



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

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## FOOD SAFETY

**NEW TRAINING TOOL  
AVAILABLE IN SOUTH AFRICA**



**INDUCTION & FOOD SAFETY  
TRAINING VIDEOS**

Video has long been regarded as the best medium on the planet for the transferral of knowledge from one party to another. Until now, food safety training videos have been largely unavailable in South Africa.

**Food Safety in South Africa** offer their clients unique Induction and Training videos, which includes site-specific information, company logo and any additional pertinent information, at no extra cost!

**for more information, contact Graham Ries**

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## EFFECTS OF SHIFT WORK

Many of us are aware that a shifting sleep schedule can lead to health problems. But did you know that recent studies show that disrupted sleep can actually alter your genes? Altered genes are part of the mechanism of cancer formation - as such, having an out of sync body clock has been compared to a carcinogen.



### Mental Health

Shift work can increase the risk of mental health problems, such as depression. This may be caused by the disruption of the circadian system. The brain's circadian clock regulates sleeping and feeding patterns, alertness, core body temperature, brain wave activity, hormone production, regulation of glucose and insulin levels, urine production, cell regeneration and many other biological activities. Shift work can also cause certain social issues that decrease wellbeing and happiness and may eventually lead a person to feel "out of step" with the family or social network.

### Performance

Productivity and work performance can suffer for several reasons. Shift workers are less likely to sleep the full amount their bodies' require, which accumulates as "sleep debt" over time. The bodies' biological clock encourages sleep at night, therefore the worker becomes less alert. Both of these factors can slow down reaction and response time, as well as affect problem solving skills and it becomes harder to focus and stay on task.

### Physical Health

Shift work, particularly long-term night shift, has been linked to certain chronic diseases and illnesses i.e. increased risk of certain cancers, metabolic problems, heart disease, ulcers, gastrointestinal problems and obesity. Insufficient sleep has been shown to change metabolism and appetite and cause higher levels of triglycerides in the body (a type of fat/lipid), which increases your risk of heart disease. Shift workers sometimes have irregular eating habits and poor diet, which also increases the risk of metabolic problems. Light exposure at night, suppresses melatonin, which is normally secreted at night.

### Safety

Many shift work jobs involve driving or operating machinery, so the issue of shift work and safety is an important one. Sleepiness leads to slower reactions and interferes with decision making, as a dip in alertness may occur at night. People often misjudge their own sleepiness, believing that they are alert and capable of making good decisions. Supervision is also sometimes reduced on night shifts. Research shows higher rates of on-the-job injuries and mistakes for shift workers in factory settings.

<https://healthhub.medicbankhealth.com.au/articles/shift-work-shuffle/>