

CONTACT US TO PROVIDE THE FOLLOWING SERVICES FOR YOUR BUSINESS:

- 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



Department of Employment and Labour Approved Inspection Authority (OH0049-CI-09)



Safetrain cc t/a Safetech is a SANAS Accredited Inspection Body Refer to www.sanas.co.za for Schedule of Accreditation



Online Training
R2 950.00 per person

In-Person Training
R3 650.00 per person

course prices exclude VAT

In-Person Training Cost includes refreshments and lunch



Internal Auditor Training Course presented by Dr Brett Williams



24th - 26th January 2023, Port Elizabeth



A **3-day Internal Auditor Training Course** will be presented to develop the necessary skills to successfully audit an ISO 14001:2015 and ISO 45001:2018 Management System.

- Assess and report on conformance to the Standards
- Complete an Audit Report

Brett has 35 years of experience in HSE Management and is a member of two SABS Technical Committees which develop HSE Management Systems.

REGISTER NOW

Contact Sarah Mullan for more details
sarah.mullan@safetech.co.za or call 041 365 6846



Musculoskeletal Disorders (MSD) are painful and disabling conditions. Body parts usually affected are the neck, upper limbs and lower back.

MSD cases are more severe than the average non-fatal injury or illness and do not include disorders caused by slips, trips, falls or similar incidents.

Examples of MSDs Include:

- Sprains, strains and tears
- Back pain
- Carpal tunnel syndrome
- Ruptured / herniated disk
- Rotator cuff tendonitis
- Hand-arm vibration syndrome

These conditions are associated with high costs to employers eg. absenteeism, lost productivity, increased health care and disability/compensation costs.

MSD may be caused by factors at work and outside the work environment. Therefore, the World Health Organisation has classified MSDs as work-related, rather than occupational conditions.

Work-Related Conditions = work environment and performance of work is believed to significantly contribute to development of condition.
Occupational Conditions = entirely caused by work

Risk factors result from poorly designed workplaces, where ergonomics is not taken into consideration.

Ergonomics removes incompatibilities between the work and the worker and creates the optimal work environment.

An ergonomic risk assessment should be conducted to identify risk factors that the worker is exposed to.

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WORKPLACE FATIGUE

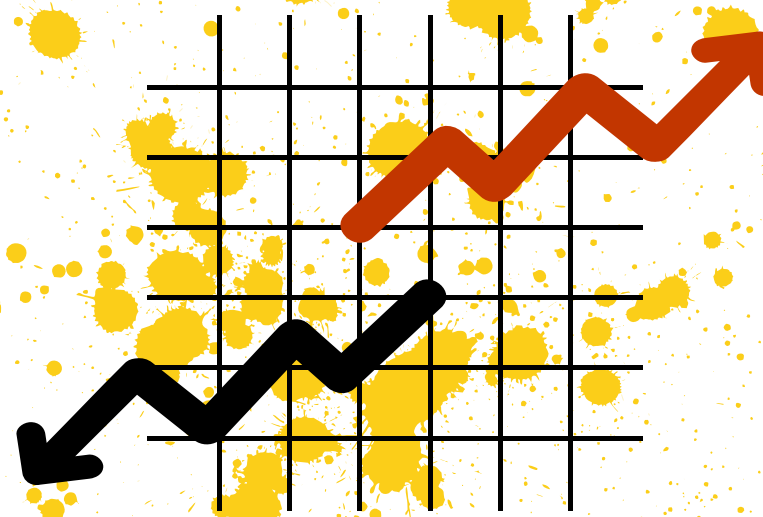


Fatigue is the state of feeling very tired, weary or sleepy resulting from insufficient sleep, prolonged mental or physical work, shift work, time pressure, lack of control over work tasks or extended periods of stress or anxiety. Boring or repetitive tasks can intensify feelings of fatigue.

IMPACTS OF FATIGUE

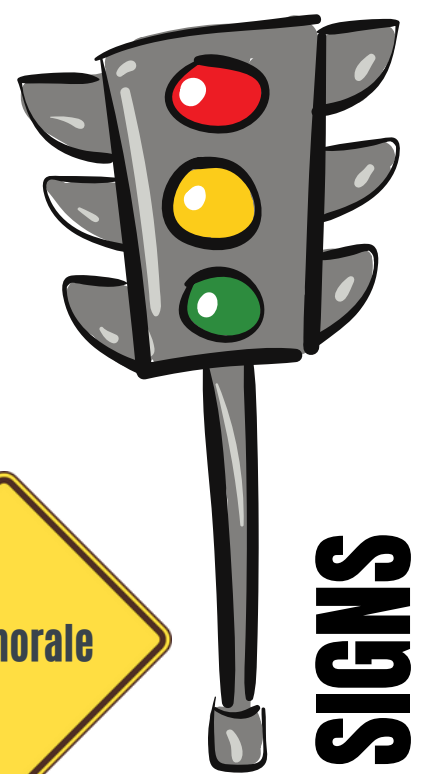
DECREASED

- decision making ability
- ability to perform tasks
- communication skills
- productivity
- attention and vigilance
- ability to handle job stress
- reaction time
- memory / ability to recall details



INCREASED

- tendency for risk-taking
- forgetfulness
- errors in judgement
- sick leave / absenteeism
- medical costs
- accident rates



THE SIGNS

RECOGNISE THE SIGNS

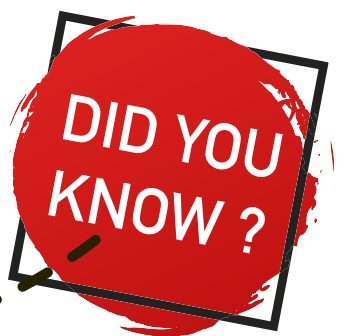
TOP TIPS TO FIGHT FATIGUE

- **Eat** a healthy diet that promotes longer-lasting energy.
- **Exercise** regularly (include cardiovascular, muscle-strengthening and flexibility workouts).
- Try to get between 7 - 8 hours **sleep** a night.. zzzzz
- **Stay positive** and try not to get overwhelmed by negative circumstances.
- Avoid excessive **noise**.
- Take regular **breaks**.
- Stay **hydrated**.

Most incidents occur when people are more likely to want to sleep (between midnight & 6am; and between 1-3pm)

Staying awake for 24 hours straight affects the human body almost the same as a blood alcohol level of 0.10%

One shift worker in five dozes off during a shift



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