SAFETECH
Environment
Health
Safety

July 2023

IN TOUCH

EHS Newsletter

CELEBRATING 30 YEARS of making the world a better place

www.safetech.co.za

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)

OH0049

OHAIA-A 005 (2023)

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

RADIATION

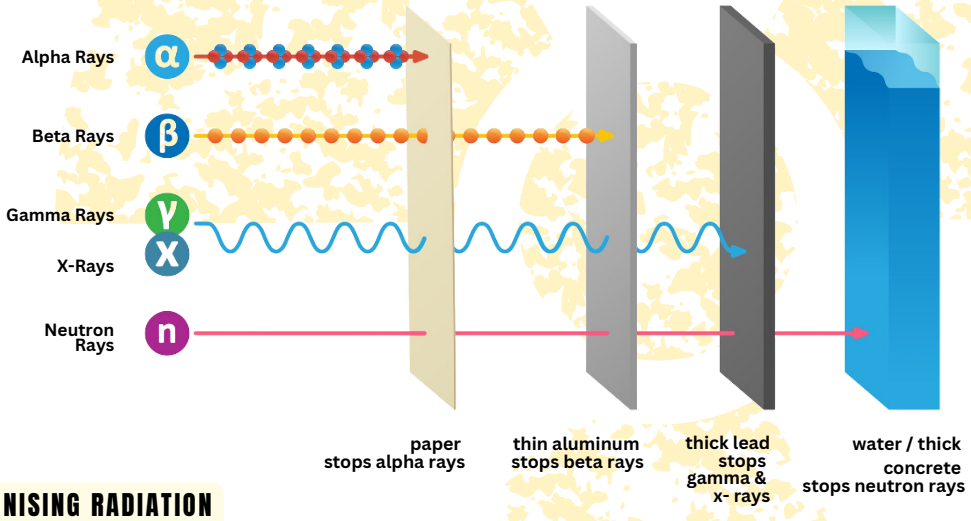
Radiation describes any process in which energy emitted by one body, travels through a medium or through space, and is ultimately absorbed by another body. Radiation can be classified according to the effects it produces on matter: ionising and non-ionising radiations.

Even without technological devices, we are constantly being exposed to radiation from EMFs (electro magnetic fields), even if it as at a low rate. EMF waves are capable of travelling across a wide distance. However, the exact distance travelled by a particular EMF wave is dependent on the source of emission. The most familiar form of electromagnetic (EM) radiation is sunshine, which provides light and heat.

TYPES OF RADIATION

Non-Ionising (lower frequency EM radiation)
- Ultraviolet (UV)
- Infrared (IR)
- Microwave (MW)
- Radio frequency (RF)
- Extremely low frequency (ELF)

Ionising (higher frequency EM radiation)
- particulate (alpha, beta, neutrons)
- electromagnetic (x-rays, gamma rays) radiation.



NON-IONISING RADIATION

As the wavelength is relatively long, the energy present is too low to ionise atoms which make up matter. The action of non-ionising radiation is to heat cells rather than change their chemical composition.

IONISING RADIATION

Ionising radiation attacks the body's cells by producing chemical changes in the cell DNA by ionising it (producing free radicals) which leads to abnormal cell growth.

THE EFFECTS OF THESE IONISING ATTACKS DEPEND ON THE FOLLOWING FACTORS:

- The size of the dose
- The area or extent of exposure
- The duration of the exposure

Radiation sources are found in a wide range of occupational settings. If radiation is not properly controlled it can be potentially hazardous to the health of workers. There is no way to accurately determine if an area or device is safe from EMF radiation except to test it using an EMF meter.

WE ARE MOVING TO

1st Floor, Building 08
Westview Village Office Park
Westview Drive
Mill Park
Gqeberha

IN JULY

OUR TELEPHONE NUMBERS WILL NOT CHANGE.

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Environment
Health
Safety

www.safetech.co.za

Southern Office

PO Box 27607
Greenacres
Port Elizabeth
6057

Tel: +27 (0)41 365 6846
info@safetech.co.za

Northern Office

PO Box 80171
Doornpoort
Pretoria
0017

Tel: +27 (0)82 4111 571
carlita.westoby@safetech.co.za

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

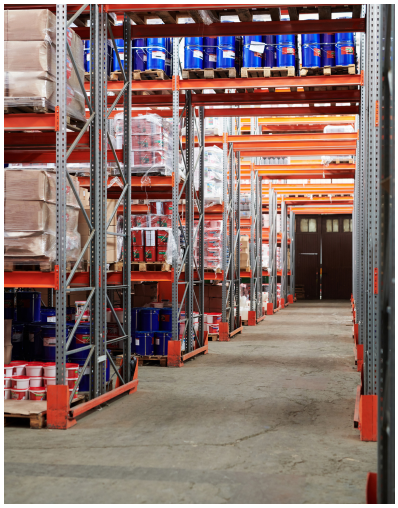
sanas Inspection Body
OH0049

OHAIA association
OHAIA-A 005 (2023)

STACKING DO'S & DON'TS

What the OHS Act (General Safety Regulation 8) says

No employer shall require or permit the building of stacks which consist of successive tiers, one on top of another, unless:



- the stacking operation is executed by or under the personal supervision of a person with specific knowledge and experience of this type of work;
- the base is level and capable of sustaining the weight exerted on it by the stack;
- the articles in the lower tiers are capable of sustaining the weight exerted on them by the articles stacked above them;
- all the articles which make up any single tier are consistently of the same size, shape and mass;
- pallets and containers are in good condition;
- any support structure used for the stacking of articles is structurally sound and can support the articles to be stacked on it.

An employer shall not permit:

- articles to be removed from a stack except from the topmost tier or part of that tier;
- anybody to climb onto or from a stack, except if the stack is stable and the climbing is done with the aid of a ladder or other safe facility or means.

An employer shall take steps to ensure that:

- persons engaged in stacking operations do not come within reach of machinery which may endanger their safety;
- stacks that are in danger of collapsing are dismantled immediately in a safe manner;
- the stability of stacks is not endangered by vehicles or other machinery or persons moving past them.

Unless a stack is otherwise supported, an employer shall take steps to ensure that tiers of stacked material consisting of sacks, cases, cartons, tins or similar containers

- are secured by laying up articles in a header and stretcher fashion and that corners are securely bonded;
- are stepped back half the depth of a single container at least every fifth tier or that, alternatively, successive tiers are stepped back by a lesser amount;
- Provided that at least the same average angle of inclination to the vertical is achieved and provided further that where the containers are of a regular shape and their nature and size are such that the stack will be stable, they may be stacked with the sides of the stack vertical if the total height of the stack does not exceed three times the smaller dimension of the underlying base of the stack;
- Free-standing stacks that are built with the aid of machinery may, with the approval of an Inspector, be built to a height and in a manner permitted by the nature of the containers being stacked, provided that:

  1. the stacks are stable and do not overhang;
  2. the operator of the stacking machinery is rendered safe as regards falling articles.

Slips & Falls

Slips and falls are one of the most common causes of workplace injuries and can lead to serious injuries such as concussions, broken bones, herniated discs etc.

THE IMPACT OF THESE INJURIES INCLUDE:

- lost productivity
- costs to injured workers and their families
- replacement employee costs
- overtime for existing employees
- increased workers' compensation costs

SPOT CHECK FOR HAZARDS:

- Identify cracks and uneven surfaces that may cause slips and falls. Arrange for repairs promptly.
- Check that drain pipes, grate covers and catch basins are not clogged with debris.
- Make sure lighting systems covering parking lots and sidewalks are checked regularly to verify they are working properly. Poor lighting makes it more difficult for employees to see uneven or broken surfaces.
- Check entrance steps and handrails for damage.
- Water tracked indoors or spilled (interior walking surfaces in entrances, reception areas, hallways and stairwells) can be dangerous. Place "wet floor" signs to slow people down as they enter an area. Use water-trapping floor mats to catch excess water.