

**CONTACT US TO PROVIDE
THE FOLLOWING SERVICES
FOR YOUR BUSINESS:**

- Occupational Hygiene Surveys
- EHS Risk Assessments
- Ergonomics Risk Assessments
- EHS Management System Development and Implementation
- Environmental Monitoring
- Identification of EHS Legal Requirements and Compliance Audits
- Internal Auditor Training
- Specialised EHS Training



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



OH0049



OHAIA-A 005 (2025)

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*Human vibration
is the effect of
mechanical
vibration of the
environment on
the human body.*

During normal daily life, people are exposed to various sources of vibration. However, many people are also exposed to other vibrations during their working day and these vibrations, which are defined by standards, need to be monitored.

Mechanical vibrations from power tools and other sources can negatively impact the human body, affecting tissues, blood vessels, internal organs and even cellular structures. Vibrations can cause a range of health issues, e.g. musculoskeletal pain, peripheral vascular disorders and neurological problems.

Three important factors influencing the health effects caused by exposure to vibration:

- the threshold value or the amount of vibration exposure that results in no adverse health effects;
- the dose-response relationship (how the severity of the ill health effects is related to the amount of exposure);
- latent period (time from first exposure to appearance of symptoms).

The threshold value of vibration is the maximum intensity of vibration to which most healthy workers can be exposed daily, throughout their career, without experiencing adverse health effects.

Protecting workers from the effects of vibration usually requires a combination of tool selection, the use of vibration-absorbing materials (such as gloves), safe work practices, as well as education programmes.

Injuries could develop over a long period of time but once the effects become noticeable, they may be serious or permanent and it is often too late for a full recovery.

The Physical Agents Regulations, 2024 were promulgated in March 2025 and come into effect in September 2026. They obligate employers to conduct vibration surveys and assessments when employees are exposed to harmful levels of vibration. Employers are encouraged to start implementing the new Physical Agents Regulations sooner, as far as reasonably practicable, to ensure compliance by the effective date.

Vibration

https://www.ccohs.ca/oshanswers/phys_agents/vibration/vibration_effects
https://www.ccohs.ca/oshanswers/phys_agents/vibration/vibration_measure





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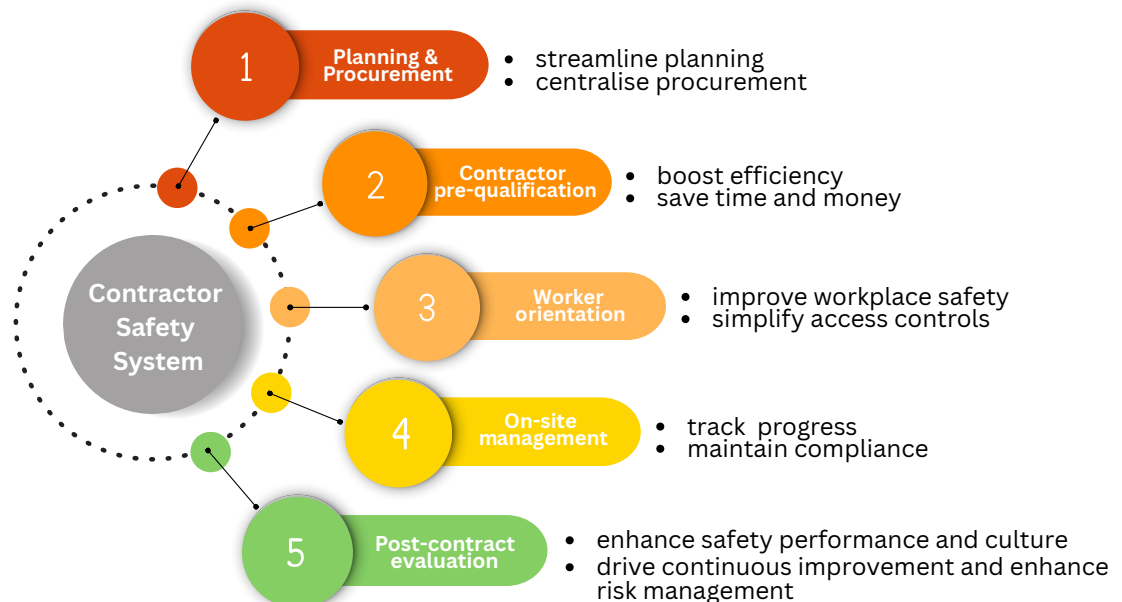
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Despite their critical role, contractors remain one of the most inconsistent elements of a safety programme. They should not be treated as external risks, but as fully integrated members of the safety culture. A contractor may meet all the requirements on paper, but the moment they step onto site, gaps emerge. Safety protocols can break down in the grey space between “approved” and “accountable.”

CHARACTERISTICS OF A RELIABLE CONTRACTOR SAFETY SYSTEM

A generic qualification checklist does not suffice anymore. Requirements should reflect the specific hazards related to each contractor’s scope of work. A reliable contractor safety system is a comprehensive and structured approach to managing the safety of contractors working on a company’s site or projects.



HOW SAFETY LEADERS CAN MAKE CONTRACTOR SAFETY STICK

- Start with clarity, by defining exactly what is required. Communicate this to contractors upfront.
- Build a repeatable process that handles document collection and training before arrival.
- Supervise and monitor contractor work on site. Real-time tracking reveals where things are slipping and allows early intervention.
- The prevention approach involves continuous communication between the company’s employees (who are directly affected by the presence of the contractor) and the contractor’s personnel.

Consistency is key. Safety starts long before a contractor’s arrival and it must be sustained throughout their time on site. The most effective systems are those that balance structure with usability, and consistency with flexibility.