



TOP COMPLIANCE (Pty) Ltd

Your Business' Safety Is Our Concern

QSE B-BBEE - Level Four

www.topcompliance.co.za

December 2021 *NEWSLETTER*

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Holiday and travel during COVID-19 times.

After yet another long year of COVID-19 we are all looking forward to a few days of holiday. Maybe just with family or perhaps some travel in South Africa.

COVID-19 vaccines have made travel a lot safer than it was this time last year, but there are still precautions you need to take. With growing numbers of South Africans getting vaccinated and against COVID-19, travel is becoming safer than it was last year.

If you are not vaccinated or fully immunised or are taking a trip with others who are not you need to take steps to minimise your possible risk. The following may help ensure that everyone in your traveling party remains healthy.

Consider all the people you will be with their vaccination status and health conditions if known

A key question to ponder is how risky would traveling be for you. Are you unvaccinated and at high risk for severe COVID-19 consequences because of your age or underlying health conditions? And what about the people you are traveling with or visiting? Perhaps they have a compromised immune system and remain vulnerable to COVID-19 even if they have been vaccinated.

In these cases, gathering at a busy airport or going to a crowded resort with many other holiday makers may be unsafe.

Decide on your mode of travel

For anyone who is not vaccinated or is at high risk of severe COVID-19, experts consider driving to be the safest form of transportation, especially if the destination can be reached within a day, because this substantially limits interactions with other people.

Flying can also be relatively safe. As of now, airlines continue to require all passengers to wear masks onboard. If you are unvaccinated be sure to remain in your seat as much as possible during the flight and keep your mask on nearly all the time, especially when other passengers nearby remove theirs to eat or drink.

Traveling by bus likely requires extra vigilance if you are unvaccinated, as the ventilation systems (an important way that microbes are removed from the air) is not as good as those on planes.

Consider wiping down all high contact surfaces of the facility for your own peace of mind.

There is no real need to wipe down the hotel room's light switches, doorknobs, or other high-touch objects, but it does provide peace of mind. You may also benefit from taking additional precautions, such as opening windows to improve the ventilation in your room.

Consider a few factors when eating out

Last year experts were clear that it was not safe to eat inside a restaurant, so they suggested that holiday makers dine outside or get takeout. That advice still holds for people who have not been immunised or who have compromised immune systems as long as the amount of coronavirus circulating in the community is significant. Again consider your health status as well as that of those with you. Rather be safe than sorry.

Avoid indoor places crammed with people

Avoiding indoor places crammed with people whose vaccination status is not known will pose a risk. Being vaccinated, your odds are much lower of getting serious illness and complications, but there still is a chance.

If you are not fully vaccinated, stay vigilant

While you are on holiday it is easy to feel like the limitations of your regular life does not apply. But especially if you are not fully vaccinated there is no real form of protection.

For those at risk, it is important to follow general [CDC guidance](#) at all times, including washing hands regularly, keeping 1 to 2 meters of social distance between yourself and others, avoiding poorly ventilated indoor spaces, and, crucially, wearing a mask in all public settings.

Have a good time! You deserve it

For most of us, it has been two years since we have taken a holiday or spent time with extended family.

While you are away, [it may take a while to fully relax](#).

But if you have been vaccinated, give yourself permission to enjoy your holiday and keep up with the standard nonpharmaceutical interventions.

Keep safe!

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

<https://www.everydayhealth.com/coronavirus/vaccinated-against-covid-19-but-still-anxious-you-re-not-alone/>

Some of our training courses can be done through our virtual classroom.

Certain types of Risk Assessments and audits will be done by means of virtual site visits using various means of technology to virtually visit the site.

For more information please contact – info@topcompliance.co.za

<https://www.topcompliance.co.za/index.php/products>



Medical equipment	SANS Signage	Legal posters	Personal Protective Equipment

Courses offered by Top Compliance (Pty) Ltd

<https://www.topcompliance.co.za/index.php/skills-development-head/training-calendar>

ONSITE TRAINING			
First Aid Courses:			Accreditation
NEW level 1 – US 119567 - Perform basic life support and first aid procedures	2 days		DEL
NEW level 2 – US 120496 - Provide risk-based primary emergency care/first aid in the workplace.	3 days		DEL
NEW level 3 – US 376480 - Provide first aid as an advanced first responder	3 days		DEL
First aid: Level 1	2 days		No longer recognised
First aid: Level 2	3 days		No longer recognised
First aid: Level 3	3 days		No longer recognised
First aid: Level 1 & 2	3 days		No longer recognised
First aid: Level 2 & 3	3 days		No longer recognised
First aid: Level 1, 2 & 3	5 days		No longer recognised
Child and infant CPR & choking	6 hours		
Adult CPR & choking	6 hours		
Adult CPR & choking and AED	1 day		
Occupational Health and Safety Courses			
OHS Act & SHERQ representative – Legal Liability	1 day		
The Occupational Health and Safety Act & responsibilities of management – Legal Liability	1 day		
Hazard Identification and Risk Assessment	1 day		
Safety representative course specific for COVID-19 in terms of the OHS Act and Regulation for Hazardous Biological Agents	6 hours		

Food facility health & safety course in terms of R364	6 hours	
Fire Fighting and Prevention Courses		
Basic firefighting (Fire marshal)	6 hours	
Basic firefighting with emergency action planning (Fire & Evacuation marshal)	1 day	

ONLINE VIRTUAL CLASSROOM		
Occupational Health and Safety Courses		
Safety representative course specific for COVID-19 in terms of the OHS Act and Regulation for Hazardous Biological Agents		07h45 – 11h00
OHS Act & SHERQ representative – Legal Liability		07h45 – 16h00
The Occupational Health and Safety Act & responsibilities of management – Legal Liability		07h45 – 16h00
Hazard Identification and Risk Assessment		07h45 – 15h00
Food facility health & safety course in terms of R364		07h45 – 14h00
Fire Fighting and Prevention Courses		
Basic firefighting (Fire Marshal)		07h45 – 13h00
Basic firefighting with emergency action planning (Fire and Evacuation marshal)		07h45 – 15h00