



TOP COMPLIANCE (Pty) Ltd

Your Business' Safety Is Our Concern

QSE B-BBEE - Level Four

www.topcompliance.co.za

November 2022 NEWSLETTER

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Occupational and Male Cancers

Occupational cancer is cancer that is caused solely or partly by exposure to a carcinogen at work.

Irrespective of whether you work in the formal or informal sector, and whether it's outside or indoors, both employers and employees, working in South Africa, should be made conversant with the cancer threats, risks and responsibilities associated with their occupation.

The World Health Organization (WHO) states that 19% of all cancers are attributable to the environment, which includes the work setting, and this amounts to 1.3 million deaths each year.

Cancer is predominantly caused by environmental factors, rather than inherent biological factors. Importantly, it is possible to reduce exposure to many of these risk factors.

Environmental Factors that may cause cancer

- Infectious agents such as Human Papilloma Virus, Hepatitis B Virus and Hepatitis C Virus.
- Lifestyle-related risk factors such as tobacco use, poor diet, alcohol consumption, lack of physical activity and sun exposure.
- Exposure to environmental carcinogens and pollutants, such as benzene and formaldehyde.

What is a carcinogen?

A cancer-causing agent or factor is officially known as a carcinogen. Carcinogens attack the DNA of the cell, causing mutations. This can cause cells to divide or multiply out of control. These cancer cells multiply and grow into a lump or tumour that can spread to other parts of the body.

Your risk of getting cancer increases the more you are exposed to a carcinogen.

It is important to be aware of the different carcinogens and avoid or limit exposure to them in order to reduce your risk of getting cancer.

Occupational carcinogens in South Africa

Occupation related cancer exists in air pollution, UV radiation and indoor Radon. (Radon is a

According to the World Health Organisation (WHO), lung cancer, mesothelioma (type of lung cancer), and bladder cancer are the most common types of occupational cancers.

Individuals in the South African workplace are protected by legislation including the [Occupational Health and Safety Act](#), and the [Hazardous Chemical Substance Regulation](#), as well as [Asturias Declaration](#).

Being mindful of workplace health hazards, is the first step in ensuring that a healthy environment is created for all.

The most common examples of chemicals and compounds found in South African employment arenas, include:

- Asphalt fumes: (coal tar pitch): – road tar workers.
- Benzene: workers who work with petrochemical compounds such as diesel fumes.
- Hexavalent chromium: workers who work with compounds including electroplating, welding, and chromate painting.
- Formaldehyde: workers in synthetic chemical industries and in beauty salons.
- Coke oven emissions: workers in the steel industry.

Man-made molecules

- Acrylamide – limit potato crisp intake, especially for children. (Acrylamide is a chemical that can form in some foods during high-temperature cooking processes, such as frying, roasting, and baking. Acrylamide in food forms from sugars and an amino acid that are naturally present in food; it does not come from food packaging or the environment.)
- Plasticisers – Use plasticiser-free clingwrap.
- Bisphenol A – avoid plastic that has a triangle with a number 3 and 7 in the centre and a PC indicated at the bottom, especially for baby feeding bottles. [More information on BPA.](#)
- Trans fats – avoid food with more than 2% trans fatty acid like confectionary and processed foods. Only use margarines with less than 2% trans fats – Canola Blossom Margarine.
- Motor vehicle exhaust fumes – avoid inhalation of fumes.

Lifestyle risk factors:

- Tobacco – Don't use any tobacco products, including hookah pipes and e- cigarettes. Try also to avoid second-hand smoke. All tobacco products are harmful to health.
- Smoke from open fires – avoid direct smoke, ensure adequate ventilation.
- Hepatitis B Virus – adhere to childhood, as well as adult vaccination programmes.
- Human Papilloma Virus – vaccinate children; girls to partake in HPV Vaccine Programme and women to have regular Pap smears.
- UVA and B radiation – be SunSmart, protect yourself against excessive exposure. Stay safe in the sun, excessive ultraviolet exposure may cause skin cancer. Avoid the use of sunbeds and self-tanning products that contain Melanotan.
- Obesity.
- Poor diet.
- Alcohol limit or avoid alcohol consumption.
- Personal care products which may contain harmful chemicals.

Is it possible to work safely with a carcinogen?

The Occupational Health and Safety Act require that people who work with hazardous products have education and training about the potential hazards of the products and how to work with them safely.

Information on the hazard classification and how to work safely with that product is included on the Material Safety Data Sheets/Safety Data Sheets (MSDSs/SDSs).

There are many ways to control the hazards of any substance or agent.

A hazard control program consists of all steps necessary to protect workers from exposure, and the procedures required to monitor worker exposure and their health.

Knowing which control method is best can be a complicated process. It often involves doing a risk assessment to evaluate and prioritise the hazards and risks.

The following general advice can help you work safely with a carcinogen:

- Consult the MSDS/SDS for information about the hazards and necessary precautions for the specific carcinogenic product you are using.
- Understand all the hazards associated with the product, including additional health concerns (e.g., serious short-term health effects or irritation), reactivity and flammability.
- Know how to use the product safely to protect yourself and co-workers.
- Ensure engineering controls (e.g., ventilation) are operating. Closed handling systems may be necessary to prevent the release of the product (dust, mist, vapour, gas) into the workplace.
- Use the smallest quantity possible.
- Follow safe work procedures specified by your employer.
- Wear the appropriate personal protective equipment specified for the job. This equipment may include respiratory protection and chemical protective clothing, such as an apron and gloves, made from materials that protect against the chemicals being handled.
- Report ventilation failures, leaks, or spills to your supervisor immediately.
- Understand and practice emergency procedures so that you know what to do in case of a spill or other emergency.

Why is reducing exposure important?

Reducing exposure will reduce your risk of developing cancer from exposure to a carcinogen.

Typically, there are 3 important routes of exposure in a workplace setting — inhalation (breathing in), skin contact and ingestion (swallowing). In addition, there are several factors that can influence how likely a product is to cause a specific effect (e.g., cancer), for example:

- Route of entry into the body (e.g., some carcinogens will only cause cancer if inhaled, but not by skin contact).
- Amount or dose entering the body (in general, a higher exposure increases risk).
- Potency of the carcinogen (some carcinogens cause cancer if there is exposure to even a very small amount, while others may require intense exposure over many years).
- Individual susceptibility (e.g., some people may be more susceptible to developing cancer due to their genetic make-up).
- Personal habits (e.g., smoking acts synergistically with many carcinogens. This action means that if you smoke, your risk of developing cancer following a workplace exposure to a carcinogen is MUCH higher).

When considering if a person may have been exposed to a chemical, or if measures are being taken to reduce exposures currently in the workplace, there are many questions that should be asked. Some include:

- Inhalation (breathing in)
 - Is the work environment dirty?

- Is respiratory protection worn (respirators)?
- Is the hazardous agent used in an "open" or "closed" system?
- Skin contact/absorption
 - Is there skin contact?
 - Is personal protective equipment worn (e.g., gloves, aprons)?
 - Is work clothing laundered properly?
 - Are proper hand washing facilities available?
- Ingestion (swallowing)
 - Is eating or smoking allowed in the work area?
 - Is food stored in the work area?

Another important factor is how long and how much a person was exposed to the agent. Duration (how long) of exposure to some agents may be infrequent or only in very small amounts, while others may be used daily or in very large amounts. The number of weeks or years on the job may provide an estimate of the degree of exposure. In general, the higher the exposure (duration and/or amount), the higher the risk of developing a health effect, including cancer.

For more information contact CANSA toll-free on 0800 22 66 22 (Toll free) or email info@cansa.org.za

November

Prostate cancer

When detected early, prostate cancer survival rates are better than 98%. Find it late, and those survival rates drop below 26%. If you're **50**, you should be talking to your doctor about PSA testing. It's a simple routine blood test.

The prostate gland is usually the size and shape of a walnut and grows bigger as you get older. It sits underneath the bladder and surrounds the urethra, which is the tube men urinate and ejaculate through. Its main job is to help make semen, the fluid that carries sperm.

Prostate cancer occurs when some of the cells in the prostate reproduce far more rapidly than normal, resulting in a tumour. Prostate cancer often grows slowly to start with and may never cause any problems. But some men have prostate cancer that is more likely to spread. These prostate cancer cells, if left untreated, may spread from the prostate and invade distant parts of the body, particularly the lymph nodes and bones, producing secondary tumours in a process known as metastasis.

Detecting prostate cancer

Not everyone experiences symptoms of prostate cancer. Many times, signs of prostate cancer are first detected by a doctor during a routine check-up. Some men, however, will experience changes in urinary or sexual function that might indicate the presence of prostate cancer.

Signs and symptoms

- A need to urinate frequently, especially at night
- Difficulty starting urination or holding back urine
- Weak or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation

- Blood in urine or semen
- Frequent pain or stiffness in the lower back, hips, or upper thighs

Testicular cancer

Testicular cancer is the most common cancer in young men aged 15 – 39.

Testicles are responsible for the production of male hormones (mostly testosterone) and sperm. Testicular cancer starts as an abnormal growth or tumour that develops in one or both testicles.

Signs and symptoms of testicular cancer include:

- A lump or enlargement in either testicle
- A feeling of heaviness in the scrotum
- A dull ache in the abdomen or groin
- A sudden collection of fluid in the scrotum
- Pain or discomfort in a testicle or the scrotum
- Enlargement or tenderness of the breasts
- Back pain

It is important to check yourself every month. Should you note any abnormal changes you should consult with your medical practitioner. [Testicular self-examination.](#)

IF IN DOUBT - GO CHECK IT OUT.

References:

<https://businesstech.co.za/news/business/322791/what-employers-and-employees-should-know-about-cancer-survivors-in-the-workplace/>

<https://www.cansa.org.za/cancer-risks-at-work/>

<https://za.movember.com/mens-health/>

<https://www.mayoclinic.org/diseases-conditions/testicular-cancer-care/symptoms-causes/syc-20352986>

https://www.ccohs.ca/oshanswers/diseases/occupational_cancer.html

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