



TOP COMPLIANCE (Pty) Ltd

Your Business' Safety Is Our Concern

QSE B-BBEE - Level Four

www.topcompliance.co.za

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Nutrition for a stronger immune system - Keep your immunity in check through nutrition

Nutrition is such a powerful tool that you can use to improve your immune system. In saying this, nutrition is not automatically going to boost your immune system, consistent good nutrition will. Here are some things you can do to improve your nutrition:

1. Focus on fibre for good gut health

Did you know that 70-80% of your immune cells are located in your gut? The microbiota refers to the bacteria that lives in your gut and they play a crucial role in digestion and fermentation of food. Fibre, found in fresh fruits, vegetables and wholegrains, feeds the bacteria in your gut. They produce important substances such as short chain fatty acids which are vital for maintaining a robust immune system.

How can you increase your fibre intake?

- Swap your processed starches (white bread, white rice, sugar cereals, white-flour products) to whole-grain alternatives (heavy seeded breads, oats, All Bran, barley, quinoa, buckwheat, bulgar wheat, corn)
- You want to aim for at least 5 servings of fruits and vegetables a day. Have some fruit with breakfast and as a snack and incorporate the remaining 3 vegetable servings into your lunches and dinners.
- Some tips to increase your vegetable intake: stuff your omelette with as many vegetables as possible (mushrooms, tomatoes, spinach, onion, bell pepper and so on), bulk up your stews, soups and mince with vegetables, add soe vegetables such as cubed carrots, bell pepper, peas and onions to your rice, enjoy a big salad with meals or between.

2. Important vitamins

Vitamin C and E act as strong antioxidants that prevent oxidative damage to the cells caused by viruses. Vitamins D, A and B (especially vitamin B6) are important for the production and maturation of T-cells that fight off illnesses.

Sources of these vitamins:

- Vitamin A: sweet potato, beef liver, spinach, carrots, pumpkin, cantaloupe, bell peppers, mango, black-eyed peas, apricots, broccoli.
- Vitamin B6: Chickpeas, beef liver, tuna, salmon, chicken, fortified cereals, potato, banana, bulgar.
- Vitamin C: bell pepper, citrus fruit, kiwifruit, broccoli, strawberries, brussels sprouts, cantaloupe, cabbage, cauliflower, tomato.

- Vitamin D: 90% of your requirements can be met by the sun so make sure get some sunlight between 10am and 3pm. Like humans your mushrooms can synthesis vitamin D through sunlight so tan your mushrooms for 10-15min bottom-side up or sliced to get the most out of them. In 15 minutes, a portion of 90 grams of mushrooms can produce 200-800IU of vitamin D. Considering the daily requirements are 600-800IU per day this is excellent for those cold winter days.
- Other sources: fatty fish (salmon, mackerel, sardines), cod liver oil and fortified milk.
- Vitamin E: nuts, seeds, seed oil e.g. sunflower oil.

3. Important minerals

Zinc and Selenium play an important role in the functioning of immune cells. They help to deactivate inflammation that damages the immune cells.

Sources of these minerals:

- Zinc: beef, seafood, fortified cereal, pork, baked beans, chicken, pumpkin seeds, yoghurt, nuts.
- Selenium: nuts, tuna, halibut, sardines, beef, turkey, beef liver, chicken, cottage cheese, rice, egg.

4. Food hygiene

Poor food hygiene can contribute to illness therefore it's important to ensure you are taking the necessary precautions when dealing with food. Wash your hands before, after and during cooking. Keep raw proteins separate from other foods and avoid cross-contamination. When working with fresh produce such as raw fruits and vegetables make sure you wash it before working with in. Make sure none of your products are expired by checking the expiry dates.

5. Bringing it all together

An overall diet packed with a variety of nutrient-dense foods replacing nutrient-poor junk food is your insurance to health. Improving your nutrition now reduces your risk for non-communicable diseases such as diabetes, cardiovascular disease and certain cancers.

References

1. Davison G, Kehaya C, Jones AW. Nutritional and physical activity interventions to improve immunity. Am J Lifestyle Med. 4 Sept 2014; 10(3):152-69
2. Wu D, Lewis ED, Pae M, Meydani N. Nutritional modulation of immune function: analysis of evidence, mechanisms, and clinical relevance. Frontiers in Immunology. Jan 2019; 9(3160):1-19.
3. Yadav M, Verma MK, Chauhan NS. A review of metabolic potential of human gut microbiome in human nutrition. Archives of Microbiology. 2017; 200:203-17.

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Our Services:

Online virtual classroom training: <https://www.topcompliance.co.za/index.php/skills-development-head/virtual-online-classroom-courses>

- Safety Representatives role in the workplace and the understanding of Regulations for Hazardous Biological Agents in the time of COVID-19
- Safety representative training (OHS Act and SHERQ rep) Including COVID-19
- The Occupational Health and Safety Act & responsibilities of management
- Food facility health & safety course
- Basic firefighting
- Basic firefighting with emergency action planning

For every four delegates attending one is FREE

COVID-19 specific

- COVID-19 Hazard Identification and Risk Assessment – Site specific
- COVID-19 Safe working procedures – Site specific
- COVID-19 Site specific screening registers
- COVID-19 PPE policies and procedures – Site specific
- COVID-19 Policies and procedures for contractors and clients
- COVID-19 Policies and procedures for management of ill staff of client
- COVID-19 Policies and procedures for submitting COVID-19 illness to Workman's Compensation.
- COVID-19 Induction training
- COVID-19 Awareness training

Personal Protective Equipment: <https://www.topcompliance.co.za/index.php/safety-shop>

- Gloves
- Hand Sanitizers
- Masks
- Face shields
- All first aid equipment

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

First Aid Courses:		SACE CPTD points
First aid: Level 1	2 days	15
First aid: Level 2	3 days	15
First aid: Level 3	3 days	15
First aid: Level 1 & 2	3 days	30
First aid: Level 2 & 3	3 days	30
First aid: Level 1, 2 & 3	5 days	45
Child and infant CPR & choking	6 hours	0
Adult CPR & choking	6 hours	0
Adult CPR & choking and AED	1 day	0
Basic first aid equestrian grooms	1 day	0
Basic first aid domestic workers	1 day	0
Perform basic life support and first aid procedures	2 days	15
Provide risk-based primary emergency care/first aid in the workplace	2 days	15
Occupational Health and Safety Courses		
OHS Act & SHERQ representative	1 day	10
The Occupational Health and Safety Act & responsibilities of management	1 day	10
Apply health and safety at work area	1 days	10
Conduct workplace Occupational Health and Safety (OHS) inspections	1 day	10
Explain basic health and safety principles in and around the workplace	1 day	10
Food facility health & safety course	6 hours	0
Basic ladder safety	6 hours	0
Fire Fighting and Prevention Courses		
Basic firefighting	6 hours	10
Basic firefighting with emergency action planning	1 day	10
Basic firefighting with fire extinguisher practical	1 day	10
Basic firefighting and prevention in the equine industry	1 day	0
Demonstrate knowledge and use of hand operated firefighting equipment	1 day	10
Apply firefighting techniques	1 day	10

SKILLS PROGRAMS		SACE CPTD	Class days
First Aid Level 1,2 & 3 - HW/SP/1601190			
US 119567	Perform basic life support and first aid procedures	15	5 days
US 120496	Provide risk-based primary emergency care/first aid in the workplace		
US 376480	Provide first aid as an advanced first responder	-	
First Aider - HW/SP/1202005			
US 119567	Perform basic life support and first aid procedures	15	5 days
US 120496	Provide risk-based primary emergency care/first aid in the workplace		

US 13915	Demonstrate knowledge and understanding of HIV/AIDS in a workplace, and its effects on a business sub-sector, own organisation and a specific workplace.	-	
First Aid (Basic) - HW/SP/150795			
US 119567	Perform basic life support and first aid procedures	15	4 days
US 9964	Apply health and safety to a work area		
Health, Safety and Fire Combination - HW/SP/1510179			
US 9964	Apply health and safety to a work area	10	5 days
US 119567	Perform basic life support and first aid procedures	15	
US 120331	Demonstrate knowledge pertaining to fires in working places	-	
Workplace SHE Rep - HW/SP/1510182			
US 9964	Apply health and safety to a work area	15	3 days
US 259639	Explain basic health and safety principles in and around the workplace		
First Aid and Safety Representative - HW/SP/1510183			
US 9964	Apply health and safety to a work area	15	4 days
US 119567	Perform basic life support and first aid procedures		
Safety Incident Investigation and inspections - HW/SP/1511233			
US 259617	Conduct an investigation into workplace safety, health and environmental incidents	10	2 days
US 259619	Conduct workplace Occupational Health and Safety (OHS) inspections		
First Aid and Firefighting - HW/SP/1511239			
US 120496	Provide risk-based primary emergency care/first aid in the workplace	15	4 days
US 13961	Demonstrate knowledge and use of hand operated firefighting equipment		
Fire and Rescue Skills Programme - HW/SP/1604338			
US 252250	Apply firefighting techniques	15	4 days
US 119567	Perform basic life support and first aid procedures	15	
Emergency First Aider - HW/SP/1605377			
US 119567	Perform basic life support and first aid procedures	15	5 days
US 120496	Provide risk-based primary emergency care/first aid in the workplace		
Safety Management - HW/SP/1601159			
US 9964	Apply health and safety to a work area	15	3 days
US 259639	Explain basic health and safety principles in and around the workplace		