



TOP COMPLIANCE (Pty) Ltd

Your Business' Safety Is Our Concern

QSE B-BBEE - Level Four

www.topcompliance.co.za

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Contact details:

Training, Audits and Retail:

Pat: 082 442 8521 (08h00 – 16h30)

p.wessels@topcompliance.co.za

Website: www.topcompliance.co.za

Face masks - legal requirements, care and limitations

As it is legislated for everyone to now wear a cloth face mask when in any public place it is important to understand the purpose for the use of this Personal Protective Equipment (PPE). How to take care of the PPE and most importantly the limitations of the PPE.

[Government Gazette Notice 43521](#) – 2020-07-12

Regulation 5 of the Regulations is hereby amended by

(1) of the following subregulation:

"(1) The wearing of-

- a) a cloth face mask;*
- b) a homemade item; or*
- c) another appropriate item, that covers the nose and mouth, is mandatory for every person when in a public place.";*

(2) of the following subregulation: "(2) No person will be allowed to-

- a) use, operate, perform any service on any form of public transport;*
- b) enter or be in a building, place or premises, including government buildings, places or premises, used by the public to obtain goods or services; or*
- c) be in any public open space, if he or she is not wearing a cloth face mask, homemade item, or another appropriate item that covers the nose and mouth.";*

"(2A) The prohibition in subregulation (2)(c) shall not apply to a person who undertakes vigorous exercise in a public place, provided that the person maintains a distance of at least three metres from any other person, and subject to directions on what is considered to be vigorous, issued by the Cabinet member responsible for health."; and

An employer must provide every employee with a cloth face mask, homemade item, or another appropriate item that covers the nose and mouth, when in the workplace.

(b) An employer may not allow any employee to perform any duties or enter the employment premises if the employee is not wearing a cloth face mask, homemade item, or another appropriate item that covers the nose and mouth while performing his or her duties.

(c) The principal of a school, or owner or manager of an early childhood development centre must take all reasonable steps to ensure the relevant authority supplies the school or early childhood development centre with sufficient cloth face masks, homemade items, or other appropriate items that covers the nose and mouth to provide to a learner of that school or early childhood development centre who does not have a cloth face mask, homemade item, or another appropriate item that covers the nose and mouth.

(d) Directions on the use of a cloth face mask, homemade item, or another appropriate item that covers the nose and mouth, in early childhood development centres, shall be issued by the Cabinet member responsible for social development after consultation with the Cabinet members responsible for cooperative governance and traditional affairs and health.

(e) Should a learner arrive at school or early childhood development centre without a cloth face mask, homemade item, or another appropriate item that covers the nose and mouth- the learner may be provided with an appropriate item that covers the nose and mouth, if possible; or if the school or early childhood development centre cannot provide such learner with an appropriate item that covers the nose and mouth, such learner must be isolated and his or her parent, guardian or care -giver must be contacted to, without delay bring, for the learner, a cloth face mask, homemade item, or another appropriate item that covers the nose and mouth to the school or early childhood development centre; or arrange for safe transport for the learner back home."

FACT: The prolonged use of medical masks, when properly worn, DOES NOT cause CO₂ intoxication nor oxygen deficiency

The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO₂ intoxication nor oxygen deficiency. While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp.

Watch this video of a health care professional practically demonstrating that wearing a mask does not affect CO₂ or O₂ levels:

<https://www.facebook.com/JHarrison732718510/videos/10222412268513611>

FACT: People should NOT wear masks while exercising

People should NOT wear masks when exercising, as masks may reduce the ability to breathe comfortably. Sweat can make the mask become wet quicker which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least three metres from others.

Below is a link to the WHO website stating advise for the public:

https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters?gclid=CjwKCAjwJLD4BRAiEiwAg5NBFqfgSwL5UNRkvX8xV5pg3entKBz6FJxi1aggK241NBMVSAZ0eFLozBoCF4IQAvD_BwE

Cloth masks protect the environment from the wearer, whereas respirator N95 masks protect the wearer from the environment.

Just as important as wearing a mask is proper handling when using them. [Hand hygiene in conjunction with “donning and doffing” masks is especially critical.](#) Avoiding handling the cloth without washing your hands. Be careful when taking it off to handle the mask by the bands, not the cloth. Cloth masks should be washed daily. Wash it with a detergent containing bleach or a bleach-like ingredient, dry it, and the iron before the next use.

Cloth face masks should “fit snugly but comfortably against the side of the face, be secured with ties or ear loops, include multiple layers of fabric, allow for breathing without restriction, and be able to be laundered and machine dried without damage or change to shape,” as stated by the CDC.

How to care for cloth face mask

Cloth face masks are an additional step to help slow the spread of COVID-19 when combined with frequent handwashing and social distancing in public settings.

Cloth face mask should be washed after each use. It is important to always remove face masks correctly and wash your hands after handling or touching a used face mask.

Washing machine

- You can include your face mask with your regular laundry.
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face mask.

Washing by hand

- Prepare a bleach solution by mixing:
 - 100ml household bleach per 1 litre of water.
- Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on coloured clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.
- Soak the face mask in the bleach solution for 20 minutes.
- Rinse thoroughly with cool or room temperature water.

Make sure to completely dry cloth face mask after washing.

Dryer

- Use the highest heat setting and leave in the dryer until completely dry.

Air dry & iron

- Lay flat and allow to completely dry. If possible, place the cloth face mask in direct sunlight.
- Iron

Information on looking after your face mask, see the CDC website below:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-masks.html>

For more information please email us on info@topcompliance.co.za.

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

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

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

VIRTUAL CLASSROOM	
Occupational Health and Safety Courses	
Safety Representatives role in the workplace and the understanding of Regulations for Hazardous Biological Agents in the time of COVID-19	07h45 – 16h00
OHS Act & SHERQ representative	07h45 – 16h00
The Occupational Health and Safety Act & responsibilities of management	07h45 – 16h00
Food facility health & safety course	07h45 – 14h00
Fire Fighting and Prevention Courses	
Basic firefighting	07h45 – 13h00
Basic firefighting with emergency action planning	07h45 – 15h00

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		