



TOP COMPLIANCE (Pty) Ltd

Your Business' Safety Is Our Concern

QSE B-BBEE - Level Four

www.topcompliance.co.za

November 2020 *NEWSLETTER*

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November - awareness of male cancers.

It is that time of the year again – November – where we bring awareness to male cancers.

Knowledge is power. It can change one's life drastically if one is aware of early warning signs and symptoms of cancers.

One needs to be pro-active and to recognise early warning signs. It is strongly advised to do monthly testicular self-examinations, annual medical check-ups, and cancer screening for early detection.

Prostate cancer

Prostate cancer is the most common male cancer globally and locally. According to the National Cancer Registry, South African men have a 1:19 risk for being diagnosed in their lifetime. International and national research indicates that the risk for aggressive prostate cancer is higher in black men.

The prostate is a walnut-sized gland of the male reproductive system, located just below the bladder. Prostate cancer often grows very slowly and may not cause significant harm, but some types are more aggressive and can spread quickly without treatment. In the early stages, men may have no symptoms. Later, symptoms may include frequent passing of urine - especially at night, difficulty starting or stopping urination, weak or interrupted urinary stream, painful or burning sensation during urination or ejaculation, or blood in the urine or semen. Advanced cancer can cause deep pain in the lower back, hips, or upper thighs.

Risk factors for prostate cancer include age, ethnicity, family history, being obese or overweight. Some dietary factors appear to increase risk. Men can lower their risk of prostate cancer by eating a healthy diet (including lots of fruit and vegetables), maintaining a healthy weight, and limiting red meat and high fat dairy products.

It is important for men to go for simple screening tests to detect prostate specific antigen (PSA). This can be done through a simple blood test. Testing is essential to help detect prostate cancer early.

- Routine Prostate Specific Antigen (PSA) testing, annually, from age 40 for all men at high risk of prostate cancer. This includes those men with more than one first-degree relative who had prostate cancer at an early age (younger than 65 years).
- Routine Prostate Specific Antigen (PSA) testing, annually, as from age 45 for all males who are at risk of prostate cancer. This includes men who have a history of prostate cancer on either the mother or father's side, or with a first-degree relative (father, brother, or son) diagnosed with prostate cancer at an early age (younger than 65 years).
- Routine Prostate Specific Antigen (PSA) testing, at least once every two (2) years, for all males from age 50.

Prostate Specific Antigen (PSA) is a protein produced by both cancerous (malignant) and non-cancerous (benign) prostate tissue. High PSA levels may indicate inflammation of the prostate or even cancer.

Colorectal cancer

Colorectal cancer (cancer of the colon or rectum) is the second most common cancer. It is estimated that 1 in 79 SA men will develop colorectal cancer. In early stages symptoms are not present, however, when they do occur, they include a change in bowel habits, rectal bleeding, stomach pain, weakness, and weight loss.

The Cancer Association of South Africa (CANSa) encourages early detection and screening by means of a colonoscopy, starting at age 50 and repeated every 10 years depending on the individual's risk factors. Faecal occult blood tests are offered at laboratories that look for microscopic blood in the faeces, which may be a sign of a growth, inflammation, or bleeding in the digestive system.

Lung cancer

It is estimated that 1 in 80 SA men will develop lung cancer. When symptoms appear, they include shortness of breath, cough, a change in sputum, chest pain, noisy breathing, hoarseness, and coughing up blood.

If someone stops smoking, the risk of developing lung cancer falls dramatically and after approximately 15 years, the chance of developing the disease is similar to that of a non-smoker.

Testicular cancer

The lifetime risk for Testicular Cancer in men in South Africa, is 1 in 1 798, according to the 2014 National Cancer Registry.

Most Testicular cancers can be detected early. A lump or swelling may be the first sign that a medical practitioner should be consulted.

It is important for young men to start testicular self-examinations soon after puberty.

Men from the age 15 to 49 years need to examine their testicles each month, preferably after a bath or shower, to feel for any pea-sized lumps that could indicate Testicular Cancer.

[Testicular self-examination poster](#)

Breast cancer

Though breast cancer is most thought of as a disease that affects women, breast cancer does occur in men. Male breast cancer is most common in older men, though it can occur at any age.

Men diagnosed with male breast cancer at an early stage have a good chance for a cure. Treatment typically involves surgery to remove the breast tissue. Other treatments, such as chemotherapy and radiation therapy, may be recommended based on your situation.

Signs and symptoms of male breast cancer can include:

- A painless lump or thickening in the breast tissue
- Changes to the skin covering the breast, such as dimpling, puckering, redness or scaling.
- Changes to the nipple, such as redness or scaling, or a nipple that begins to turn inward.

- Discharge from the nipple.

Make an appointment with your doctor if you have any persistent signs or symptoms that worry you.

[Breast self-examination poster](#)

If ever in doubt – consult your clinic or doctor.

<https://za.movember.com/>

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>

SKILLS PROGRAMS - ONSITE TRAINING – HEALTH AND WELFARE SETA	Class days excluding POE
First Aid Level 1,2 & 3 - HW/SP/1601190	

US 119567	Perform basic life support and first aid procedures	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	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	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	5 days
US 119567	Perform basic life support and first aid procedures	
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	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	4 days
US 119567	Perform basic life support and first aid procedures	
First Aid and Firefighting - HW/SP/1511239		
US 120496	Provide risk-based primary emergency care/first aid in the workplace	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	4 days
US 119567	Perform basic life support and first aid procedures	
Emergency First Aider - HW/SP/1605377		
US 119567	Perform basic life support and first aid procedures	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	3 days
US 259639	Explain basic health and safety principles in and around the workplace	
ONLINE VIRTUAL CLASSROOM		
Occupational Health and Safety Courses		
FREE overview of COVID-19		07h45 – 09h00
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
Food facility health & safety course in terms of R364		07h45 – 14h00
Fire Fighting and Prevention Courses		
Basic firefighting		07h45 – 13h00
Basic firefighting with emergency action planning		07h45 – 15h00
First aid		

First aiders updated protocols for COVID-19 in terms of the OHS Act and Regulation for Hazardous Biological Agents		07h45 – 10h00
ONSITE TRAINING		
First Aid Courses:		Accreditation
First aid: Level 1	2 days	DoEL
First aid: Level 2	3 days	DoEL
First aid: Level 3	3 days	DoEL
First aid: Level 1 & 2	3 days	DoEL
First aid: Level 2 & 3	3 days	DoEL
First aid: Level 1, 2 & 3	5 days	DoEL
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	
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	