TOP COMPLIANCE (Pty) Ltd

Your Business' Safety Is Our Concern

QSE B-BBEE - Level Four

https://www.topcompliance.co.za/

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Movember

"Movember" is an annual event that takes place during the month of November, where men grow mustaches to raise awareness and funds for men's health issues, particularly prostate cancer, testicular cancer, mental health, and suicide prevention. The name "Movember" is a combination of "mustache" and "November." The goal of Movember is to encourage men to take charge of their health, get regular check-ups, and openly discuss their health concerns.

Participants, often referred to as "Mo Bros," start the month with a clean-shaven face and then grow a mustache throughout November. They use their mustaches as conversation starters to discuss men's health issues and encourage others to contribute to the cause. It's a global movement with fundraising efforts supporting various men's health organizations and initiatives.

Prostate cancer

Prostate cancer is a type of cancer that develops in the prostate gland, a part of the male reproductive system.

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.

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. Find out how to do your own examination: Testicular self-examination.

If in doubt - go check it out.

Mental health and suicide prevention

What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Why is mental health important for overall health?

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

Can your mental health change over time?

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.

What causes mental illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as

- Adverse childhood experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.).
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes.
- Biological factors or chemical imbalances in the brain.
- Use of alcohol or drugs.
- Having feelings of loneliness or isolation.

Depression is a mental health condition characterised by persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in activities. It can lead to a range of emotional and physical symptoms, affecting a person's daily life and well-being. Depression is a serious condition and can increase the risk of suicide, especially when it is severe and not properly treated.

Suicide is the act of intentionally taking one's own life. It is a tragic outcome often associated with mental health conditions, including depression. Individuals who are experiencing severe depression may have an increased risk of suicidal thoughts or behaviours. It is crucial to provide support and seek professional help for anyone who may be struggling with depression or expressing thoughts of suicide to prevent such a tragic outcome. If you or someone you know is in crisis, it's important to reach out to a mental health professional, a helpline, or a trusted person for assistance.

Suicide prevention involves strategies and actions aimed at reducing the risk of suicide and providing support for individuals who may be struggling with thoughts of self-harm or suicide. Some key components of suicide prevention include:

1. Raising awareness about suicide and its risk factors is essential. Education helps people recognise the signs of someone who may be at risk and promotes open conversations about mental health.
2. Identifying individuals at risk and intervening early is crucial. This involves recognising warning signs, changes in behaviour, and seeking professional help when necessary.
3. Access to mental health services, counselling, and therapy can help individuals cope with stress, depression, or other mental health conditions. Reducing the stigma surrounding seeking help is essential.
4. Providing crisis helplines and support services, such as suicide hotlines, can offer immediate assistance to those in distress.
5. Reducing access to firearms, prescription medications, or other lethal means can be an effective prevention strategy, particularly for individuals at immediate risk.
6. Building supportive communities and social networks can help individuals feel connected, valued, and less isolated. Social support is an important protective factor against suicide.
7. Training for healthcare professionals, teachers, and first responders in recognizing and responding to individuals at risk of suicide is crucial for early intervention.
8. Providing support and resources for individuals and communities affected by a suicide to prevent further suicides and promote healing.

Suicide prevention is a multifaceted approach that involves individuals, communities, healthcare providers, and government organizations working together to create a safety net for those at risk. If you or someone you know is in crisis or struggling with thoughts of suicide, it's important to reach out for help to a mental health professional, a crisis hotline, or a trusted person.

It's vital to prioritise men's mental health and take proactive steps to address concerns related to conditions like prostate and testicular cancer. If there are worries or symptoms, seeking professional help as soon as possible is a critical action. Early detection and timely support are key to maintaining overall well-

being and ensuring a healthier future. Your health matters, and professional assistance is available to guide you toward a path of better physical and mental health.

Suicide Crisis Line - Available 24 hours a day in all 11 official languages of South Africa. 0800 567 567

Occupational health and safety auditing and consulting			Online safety shop
			
First aid equipment	Signage	Legal posters	Safety Equipment

Courses offered by Top Compliance (Pty) Ltd

ONSITE TRAINING	
First Aid Courses:	
Level 1 - US 119567 - Perform basic life support and first aid procedures	2 days
Level 2 - US 120496 - Provide risk-based primary emergency care/first aid in the workplace	3 days
Level 3 - US 376480 - Provide first aid as an advanced first responder	3 days
Level 1 & 2 - US 119567 & 120496	3 days
Level 1, 2 & 3 - US 119567, 120496 & 376480	5 days
Level 2 & 3 - US 120496 & 376480	3 days
Child and infant CPR & choking	6 hours
Adult CPR & choking	6 hours
Adult CPR & choking and AED	1 day
Occupational Health and Safety Courses	
Safety 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
Food facility health & safety course in terms of R638	6 hours
Basic Ladder Safety	6 hours
Fire Fighting and Prevention Courses	
Fire Marshal - Basic firefighting	6 hours
Fire & Evacuation marshal - Basic firefighting with emergency action planning	1 day

ONLINE VIRTUAL CLASSROOM	
Occupational Health and Safety Courses	
Safety 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 R638	07h45 – 14h00
Fire Fighting and Prevention Courses	
Fire Marshal - Basic firefighting	07h45 – 13h00
Fire & Evacuation marshal - Basic firefighting with emergency action planning	07h45 – 15h00