



TOP COMPLIANCE (Pty) Ltd

Your Business' Safety Is Our Concern

QSE B-BBEE - Level Four

Website: www.topcompliance.co.za

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Possible health benefits of chocolate.

With Valentine's Day being tomorrow. I thought I would share some possible health benefits of chocolate. Occasionally, it's refreshing to take a light-hearted approach to health and safety.

Love, Valentine's Day, and chocolate go hand in hand, making the day sweeter and more special. Chocolate becomes a delicious symbol of love, whether it's dark, milk, or white. From heart-shaped treats to beautifully crafted bonbons, chocolate expresses affection and creates cherished moments. It's a universal language of love that adds sweetness to Valentine's Day celebrations. Chocolate, particularly dark chocolate with high cocoa content, offers several health benefits when consumed in *moderation*. Here are some of them:

1. Rich in antioxidants: Cocoa beans, the main ingredient in chocolate, are rich in flavonoids, which are powerful antioxidants. Antioxidants help neutralize free radicals in the body, which can prevent cell damage and reduce the risk of chronic diseases.
2. Heart health: Studies suggest that moderate consumption of dark chocolate may improve heart health by increasing blood flow to the heart and reducing the risk of blood clots. Flavonoids in dark chocolate may also help lower blood pressure and improve cholesterol levels.
3. Improved mood: Chocolate contains several compounds that can improve mood by stimulating the production of endorphins, the "feel-good" hormones. It also contains phenylethylamine, a compound that can promote feelings of happiness and well-being.
4. Brain health: Flavonoids in chocolate may have benefits for brain health, including improved cognitive function and a reduced risk of neurodegenerative diseases like Alzheimer's disease.
5. Skin health: Some research suggests that the flavonoids in dark chocolate may protect the skin against sun damage, improve blood flow to the skin, and increase skin hydration, potentially leading to healthier-looking skin.
6. Reduced risk of stroke: A study published in the journal *Neurology* found that moderate chocolate consumption was associated with a lower risk of stroke in women.
7. Improved exercise performance: Some studies suggest that consuming dark chocolate may improve exercise performance by increasing nitric oxide levels in the blood, which can lead to better oxygen delivery to the muscles.

8. Reduced stress: Eating dark chocolate has been linked to lower levels of the stress hormone cortisol. Additionally, the act of consuming chocolate may provide comfort and relaxation, helping to reduce stress levels.

It's important to note that while chocolate does offer potential health benefits, these effects are most pronounced with dark chocolate that contains at least 70% cocoa solids. Milk chocolate and white chocolate, which contain less cocoa and more sugar and fat, are not likely to provide the same benefits. Additionally, chocolate should be consumed in moderation as part of a balanced diet, as excessive consumption can lead to weight gain and other health issues.

Wishing you a delightful day ahead filled with love and warmth from those around you. Take a moment to indulge yourself and others with a sweet chocolate treat and a smile. May the sweetness of the gesture linger, brightening your day and spreading joy.

Note: The information provided here is for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read here. Reliance on any information provided here is solely at your own risk.

<u>Occupational health and safety auditing and consulting</u>  A hand holding a magnifying glass over a checklist. The magnifying glass is focused on the words 'Safety Auditing'. The checklist items are: SAFETY & HEALTH, BEST PRACTICE, RESPONSIBILITY, AWARENESS, COMPLIANCE, STANDARDS, COMMITTEE. To the left of the magnifying glass, the text reads: AUDIT, POLICY, GUIDELINES, REGULATION.	<u>Online safety shop</u>  A red shopping cart icon next to the text 'SHOP ONLINE' in bold red letters. A mouse cursor arrow points to the text.		
 A blue circle containing a white icon of a stethoscope and a first aid kit.	 A red circle containing a white icon of a downward-pointing arrow inside a square frame.	 A purple circle containing a white icon of an open book with a magnifying glass over it, and a document with a checklist.	 An orange circle containing a white icon of safety equipment: a hard hat, a safety vest, and safety goggles.
<u>First aid equipment</u>	<u>Signage</u>	<u>Legal posters</u>	<u>Safety Equipment</u>

Courses offered by Top Compliance (Pty) Ltd

ONLINE ACADEMY - https://academy.topcompliance.co.za/
Occupational Health and Safety Courses
Safety representative – Legal Liability
The Occupational Health and Safety Act & responsibilities of management – Legal Liability
Hazard Identification and Risk Assessment
Food facility health & safety course in terms of R638
Basic Ladder Safety Course
Fire Fighting and Prevention Courses
Fire Marshal - Basic firefighting
Fire & Evacuation marshal - Basic firefighting with emergency action planning

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