



TOP COMPLIANCE (Pty) Ltd

Your Business' Safety Is Our Concern

QSE B-BBEE - Level Four

www.topcompliance.co.za

February 2021 **NEWSLETTER**

Contact details:

Training, Audits and Retail:

Pat: 082 442 8521 (08h00 – 16h30)

p.wessels@topcompliance.co.za

Website: www.topcompliance.co.za

Visors / Double masking / Keeping safe while going out.

Visors verdict? They do not work and actually spread coronavirus.

People who wear face visors instead of masks to protect themselves from Covid-19 may be putting themselves at greater risk from the illness with older people particularly the most vulnerable.

Dr [Kim Roberts](#) of Trinity College in Dublin said that visors “do not protect people in any significant way” and are only useful if they are worn in conjunction with and not instead of face masks. She pointed out that many older people have opted to wear face visors in recent months rather than face masks because they are perceived to be more comfortable and easier to manage and because they stop glasses fogging up. Visors simply don't do the same job as face masks.”

Studies

International studies have shown that while high-grade N95 face masks blocked 99 per cent of aerosols and surgical mask blocked 59 per cent of aerosols, face shields or visors blocked only 2 per cent of potentially harmful aerosols.

Legislation in SA is clear: Government Gazette notice 44044:

Mandatory protocols when in a public place

34.(1) For the purpose of these regulations, a “face mask” means a cloth face mask or a homemade item that covers the nose and mouth, or other appropriate item to cover the nose and mouth.

34.(2) The wearing of a face mask is mandatory for every person when in a public place, and any person who fails to comply with a verbal instruction by an enforcement officer to wear a face mask, commits an offence and is, on conviction, liable to a fine or a period of imprisonment not exceeding six months, or both fine and imprisonment.

[Updated Government Gazette Notice 44130 – 1 February 2021](#)

The [CDC](#) does not recommend using a face shields or goggles as a substitute for masks. Face shields and goggles are primarily used to protect the eyes of the person wearing it. Goggles do not cover the nose and mouth. Face shields have large gaps below and alongside the face, where your respiratory droplets may escape and reach others around you. At this time, we do not know how much protection a face shield provides to people around you.

For example, people who interact with those who are deaf or hearing impaired may find that a face shield is better than a mask when communicating. If you must wear a face shield instead of a mask:

- Choose a face shield that wraps around the sides of your face and extends below your chin or a hooded face shield. This is based on the limited available data that suggest these types of face shields are better at preventing spray of respiratory droplets.

- Wash your hands after removing the face shield. Avoid touching your eyes, nose, and mouth when removing it.
- Clean and disinfect reusable face shields according to the manufacturer's instructions or by following [CDC face shield cleaning instructions](#). If you use a disposable face shield, wear it once and throw it away according to the manufacturer's instructions.

COVID-19 PREVENTION

When you are on the go, remember to:

1. Wear a mask that properly covers your mouth and nose.
2. Keep a safe distance of 1.5 metres or more from others.
3. Carry a sanitiser and frequently use it.
4. Wash your hands frequently with water and soap.
5. Avoid close contact with anyone who may be sick or has symptoms.
6. If you must have small gatherings do so outdoors or a in well ventilated area.

How to minimise the risk of COVID-19 infection when you go shopping;

1. Plan your shopping needs so that you can reduce the need to go more regularly.
2. Practice physical distancing of at least 1.5 metres between yourself and others (e.g. keep the shopping trolley between you and the next person).
3. Carry hand sanitiser whenever possible (or make good use of it if provided in stores).
4. Always wear a mask and keep your hands away from your face.
5. Try not to touch many items.
6. Remember to wash your hands when you get home with soap and water for at least 20 seconds.

How to minimise the risk of COVID-19 as you go to a restaurant.

Remember to stay home if you have COVID-19 symptoms or suspect you might have been in contact with a person who has tested positive for COVID-19:

1. Before eating, wash your hands with soap and water for a minimum of 20 seconds.
2. Avoid using or sharing items that are reusable, such as menus, condiments, and any other food containers. Instead, use disposable or digital menus and single serving condiments.
3. If you need to make use of the bathroom, push the door open by using your body and avoid using the hand-dryer. Rather wipe your hands with a paper towel or toilet paper.
4. Maintain distance of a minimum of 1.5 metres from other people unless they are people from the same household.
5. Use touchless payment options as much as possible, if available.
6. While eating, your mask will be off. Avoid touching your mouth, nose and eyes.
7. Sit outside if you can, open spaces with moving air significantly decrease your risk of contracting the virus via airborne droplets.

How to minimise the risk of COVID-19 at social gatherings.

1. Wash your hands with soap and water as soon as you arrive.
2. Maintain a social distance of more than 1.5m at all times.
3. Gather outdoors or in well-ventilated areas.
4. Wear your face mask at all times, except when eating.
5. Avoid kissing, hugging and touching each other.
6. Limiting the number of individuals to less than 10 people.
7. Avoid putting out toys that the kids will have to touch and share. (e.g. TV game)
8. Avoid serving buffet-style where people will be required to serve using the same utensils.
9. Have disposable cups and write each person's name on them to avoid sharing cups or accidentally drinking from someone else's cup.

10. If someone in your household is high-risk (over the age of 65, lung disease, asthma, diabetes, heart or kidney disease) avoid hosting a family gathering at your home.

Layer on the protection – Double masking

A single-layer mask is not effective in blocking aerosols, homemade two- and three-ply fabric masks are only partially protective somewhere in the 50% to 60% range of effectiveness.

Surgical masks, also called medical-grade masks, are made of three layers of nonwoven fabric typically made from plastic. The coloured top layer of fabric is made of medical-grade spun bond polypropylene, which is a resin polymer heat-bonded into a weblike structure.

Surgical masks were about 50% effective at protecting the wearer from other people's aerosols and between 60% and 70% effective at protecting others.

But put a surgical mask under a cloth mask and you get "over 91% removal efficiency for particles," said Joseph Allen, an associate professor at the Harvard T.H. Chan School of Public Health and the director of the school's Healthy Buildings.

For maximal protection wear a cloth mask tightly on top of a surgical mask where the surgical mask acts as a filter and the cloth mask provides an additional layer of filtration while improving the fit.

See the links below for more information:

<https://www.irishtimes.com/news/ireland/irish-news/visors-verdict-they-don-t-work-and-may-actually-spread-coronavirus-1.4375916>

<https://edition.cnn.com/2021/01/28/health/double-masks-covid-19-wellness-trnd/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

<https://www.nicd.ac.za/diseases-a-z-index/covid-19/covid-19-prevention/>

Should you require further assistance of advice feel free to email us on info@topcompliance.co.za

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		Course duration
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	