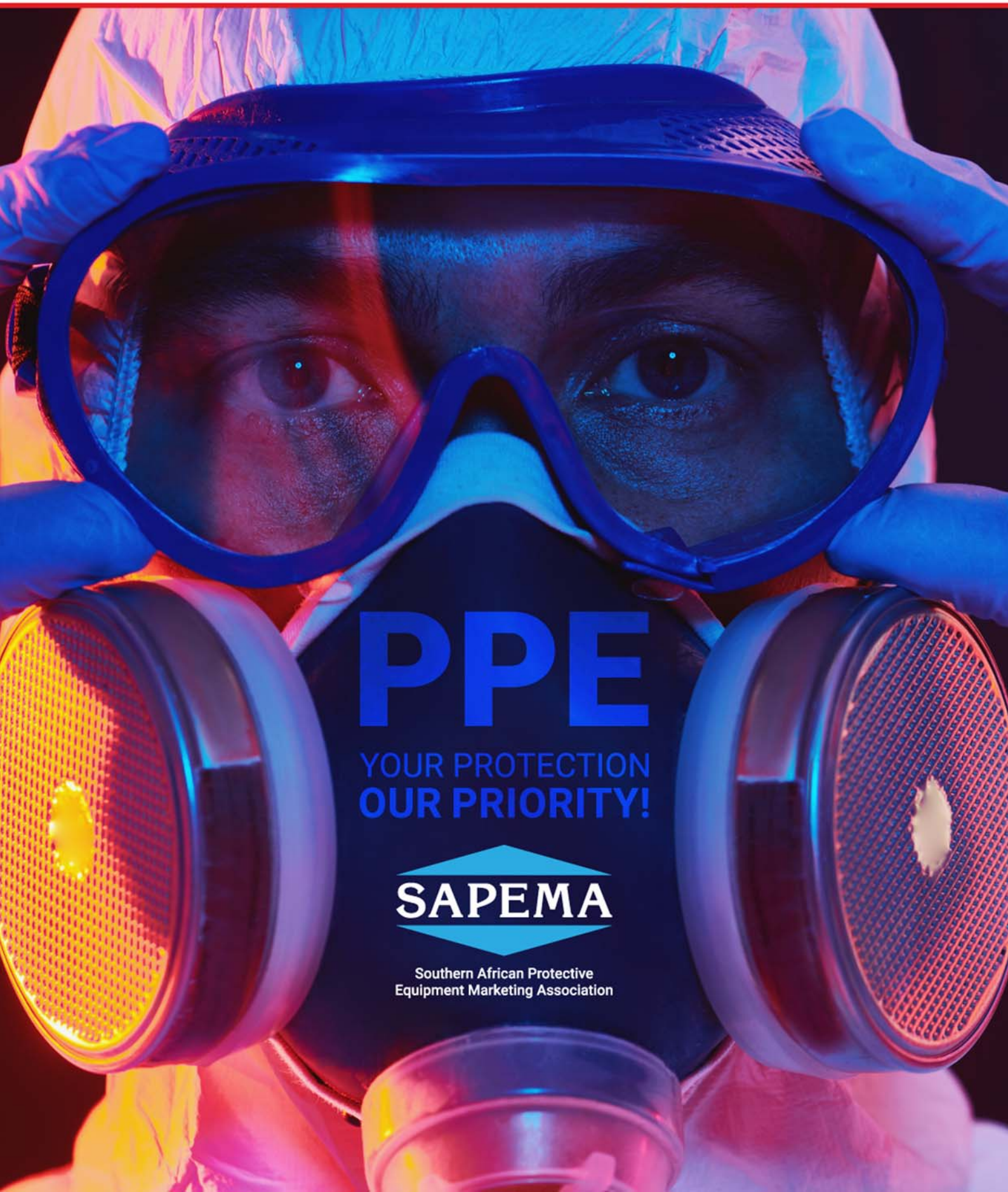
African OS&H

June 2020



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Editorial comment

Interesting and unprecedented time for the PPE industry

While it is a fact that the coronavirus pandemic won't last forever, it is also a fact that Personal Protective Equipment (PPE) is here to stay. We have to wonder why it has taken something so devastating as Covid-19 for the PPE industry to get the recognition it deserves.

With PPE becoming one of the most widely used terms over recent months, there has been an increased awareness of the role that it has to play in keeping employees healthy and safe.

The coronavirus is not the last pandemic of this proportion that the world will experience, and PPE will always be at the forefront of the battle to fight the spread.

It is hoped that the PPE industry will benefit from the lessons learned, as we move through the various stages of this largely unknown territory.

Whereas some organisations until now have not taken nor even understood the true importance of PPE in protecting their employees, often resisting purchasing the correct products or buying the cheapest available, this can no longer happen and the mad rush for PPE bears testimony to this.

The sudden need for education in the proper use of PPE has been positive for the industry.

Legislation is now strictly in place stipulating the correct PPE which organisations have to supply to keep their employees well and safe.

We hope that this special SAPEMA issue of African OS&H will provide some of the answers to the questions.

SAPEMA is the South African governing body of the Personal Protective Equipment industry and is always available for assistance and guidance.

Further information can be found on their website https://www.sapema.org

African OS&H

Formerly known as National Safety

June 2020 - Coronavirus PPE issue

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This special issue of AFRICAN OS&H has been sponsored by

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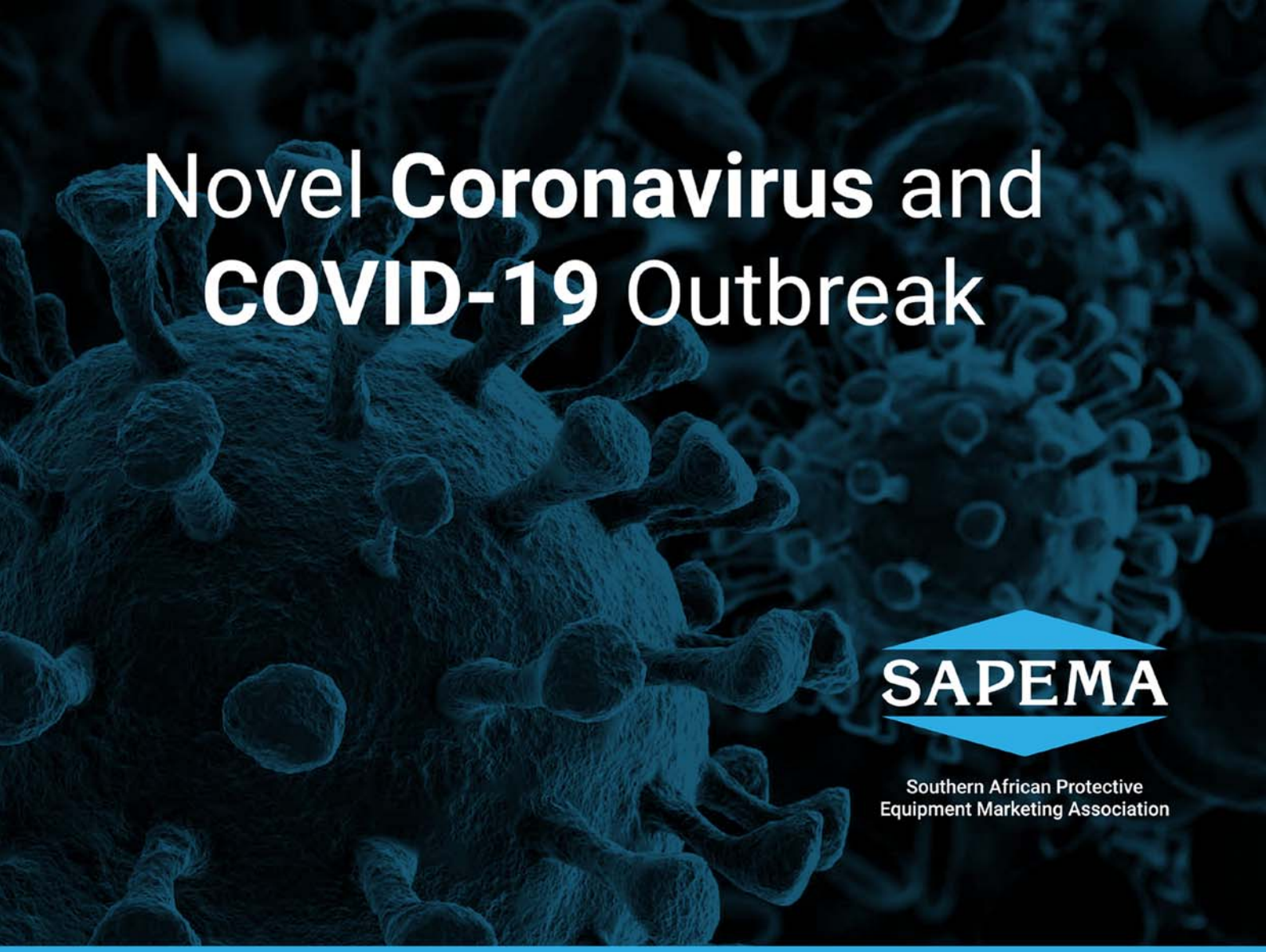

Novel **Coronavirus** and **COVID-19** Outbreak

SAPEMA

Southern African Protective Equipment Marketing Association

The symptoms of the illness associated with this novel coronavirus are similar to those caused by influenza and other respiratory illnesses and include coughing, shortness of breath, fever, and difficulty breathing.

The WHO also confirmed airborne transmission of the novel coronavirus that causes the disease; however, **PPE use has not been recommended for members of the public**. **The WHO and CDC have recommended airborne precautions for healthcare workers for certain interactions with patients with suspected or known cases of COVID-19**.

SAPEMA

Use of Disposable Filtering Facepiece Particulate Respirators

Individuals using **Respiratory Protection** should always carefully read and follow the **User Instructions** for the **model** of respirator they are using.

It is very important that users of **disposable filtering facepiece respirators** be **clean-shaven** and follow the donning instructions exactly to get a **good seal between the respirator and the face**.

Users with underlying heart or lung conditions should consult a physician prior to use. If you do not have a proper fit to the face, you will not get the expected protection from the respirator.

Remember that it is time to **dispose of your disposable respirator** and obtain a new one when it becomes **dirty, damaged or difficult to breathe through**. In Healthcare settings please refer to the **Standard Operating Procedures Protocols**.

SAPEMA

MASK VS RESPIRATOR

• Masks help protect the patient and the environment from the exhaled breath of the health care worker.	• Respirators are designed to help protect the health care worker by reducing the exposure of the wearer to airborne contaminants while protecting the patient and environment from exhaled breath.
• No minimum filter efficiency standards for surgical masks.	• Minimum filter efficiency standards are set by NIOSH eg. N95. Most of the inhaled air is drawn through the filter media and not through gaps between the respirator and the wearer's face.
• No NIOSH approval.	• Are NIOSH approved.
• Masks are loose fitting and are not designed to seal against the face.	• Snug fit around the face to create a good face to respirator seal to help avoid leaks where contaminants may enter.

SAPEMA

SURGICAL N95 VS **STANDARD** N95
Which to Consider?

NIOSH-Certified N95 Respirators:

- Particulate respirators are designed to help reduce the wearer's exposure to airborne particulate hazards.
- N95-rated filtering facepiece respirators have a filtration efficiency of at least 95% against non-oily particles when tested using the NIOSH criteria.

FDA-Cleared Surgical Masks:

- Surgical masks, in contrast, are designed to be worn by healthcare professionals during surgery and nursing, to help prevent contamination of the surgical field and/or the patient by capturing liquid droplets that are expelled by the wearer.
- Surgical masks are cleared for use as medical devices by the U.S. Food and Drug Administration (FDA), or equivalent agencies outside the U.S.

Surgical Respirators are both **certified by NIOSH** as an N95 Respirator and also **cleared by the FDA** as a surgical mask. While similar in appearance, the key difference is the **fluid resistance** and the resulting **FDA clearance of Surgical N95s**.

SAPEMA

The "N95" is *NOT THE NAME* of a Respirator

It is the US NIOSH standard to which it complies:

Definition - N95

Series:
- The "N" or "P" designator identifies a filter's degree of protection against oil aerosols.
- N-series filters are not resistant to oil, while P-series filters are strongly resistant.

Efficiency
- Both the N95 and P95 filters are 95 percent efficient in removing fine particles from the air, the minimum level of filtration approved by the National Institute for Occupational Safety and Health.
- Higher efficiency ratings of 99 and 100 exist in both series, though the N95 filter is the most common.

WARNING: These filters only protect against airborne particles, not chemicals and gases.

SAPEMA

EUROPEAN STANDARD
EN 149:2001+A1:2009

Defines the following classes of "filtering face pieces" as:

Colour Coding	FFP1	FFP2	FFP3	WELDING
Filter Capacity				
*NPF	80%	94%	99%	94%
Typical Application	NPF 4	NPR 12	NPF 50	NPF 10
	Low Levels of fine dust particles and oil or water based mist.	**Moderate Levels** of fine dust particles and oil or water based mist.	**Higher Levels** of fine dust particles and oil or water based mist.	**Moderate Levels** of fine dust particles and oil and water based mist, **metal fume and ozone and organic vapours below **OEL**.

***NPF Nominal Protection Factor** - *theoretical protection level of a respirator based on laboratory measured performance data*
****Occupational Exposure Level***

SAPEMA

ASTM F1862 STANDARD TEST METHOD

ASTM F1862 is a standard test method for resistance of medical facemasks to penetration by synthetic blood.

This test is required because during certain medical procedures, a blood vessel may occasionally be punctured, resulting in a high velocity stream of blood impacting a protective medical facemask. The test procedure specifies that a mask or respirator is conditioned in a high-humidity environment to simulate human use and is placed on a test holder. Synthetic blood (2cc) is shot horizontally at the mask at a distance of 30 cm (12 inches). Surgical masks and respirators are tested on a pass/fail basis at three velocities corresponding to the range of human blood pressure (80, 120, and 160 mmHg). The inside of the mask is then inspected to see if any synthetic blood has penetrated to the inside of the facemask.
Fluid resistance according to this test method is when the device passes at any level.

SAPEMA

Can a respirator with a valve be effective against bioaerosols?

The purpose of a respirator's exhalation valve is to reduce the breathing resistance during exhalation; it does not impact a respirator's ability to provide respiratory protection.

The valve is designed to open during exhalation to allow exhaled air to exit the respirator and then close tightly during inhalation, so inhaled air is not permitted to enter the respirator through the valve.

Most countries do not permit valves on surgical respirators because wearergenerated droplets, exhaled through the valve, might contaminate a sterile field.

While a valve does not change a respirator's ability to help reduce a wearer's exposure to bioaerosols, **it is not recommended that a person who is exhibiting symptoms of illness wear a valved respirator, because there is a possibility that exhaled particles may leave the respirator via the valve and enter the surrounding environment, potentially contaminating the sterile field.**

In summary:

- Healthcare workers may wear valved or unvalved respirators to help reduce their exposure to potentially infectious aerosols.
- Healthcare workers should wear a surgical respirator (which usually do not have valves) if they require respiratory protection while performing patient care tasks that might generate a high-pressure stream of liquid such as arterial spray or are working in a sterile field.

SAPEMA

Can I wear a filtering facepiece respirator if I have facial hair?

FFRs are considered tight-fitting respirators, meaning they must seal to the wearer's skin to work correctly, therefore, wearers should be cleanshaven if they will wear an FFR.

If a worker is unable to shave then ***Powered Air Purifying Respirators (PAPRs) may be considered as an alternative to FFRs***. Some PAPR head-tops, called loose-fitting head-tops, do not need to seal to the wearer's skin to work correctly; they instead are designed to cinch under the wearer's chin or at their neck. These loose-fitting head-tops can accommodate some facial hair styles

SAPEMA

Can respirators without fluid resistance testing help protect against sneezes and coughs?

Filtering facepiece respirators do help protect against *liquid droplets* that are generated due to sneezes and coughs.

- When such droplets strike the surface of a respirator, they are captured like other airborne contaminants.
- Fluid resistance testing for surgical respirators involve a high-pressure jet of liquid sprayed directly at the respirator.
- A droplet from a sneeze or cough has far less momentum than a jet of liquid.

Can filtering facepiece respirators be re-used?

When FFRs are used against bioaerosols, they should be discarded after each use, carefully and appropriately, according to local waste disposal guidelines.

During use, particles containing viruses, bacteria, etc. get captured on the filter fibres and remain on the fibres.

Therefore, after use, handling or storing the respirator might result in further spreading the disease.

SAPEMA MEMBERS

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Gauteng	AJ Charnaud
Gauteng	AMS Haden Instruments Services
KZNatal	BBF Safety Group (PTY) Ltd
Gauteng	Black Ginger 48 (Pty) Ltd
Gauteng	Brian Pienaar North (Pty) Ltd.
Gauteng	Claw Boots
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Gauteng	DOT Safety Footwear
Gauteng	Dräger South Africa (Pty) Ltd
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Gauteng	My Procure Zone
KZNatal	NLG Gloves CC (Afrique Gloves CC)
Gauteng	Noise Clipper
KZNatal	North Safety Products
Gauteng	Oxygen Twenty One
Gauteng	Phoenix Industrial & Safety
Cape	Pienaar Brothers
Gauteng	Plan-It Safety
Gauteng	Protekta Safety Africa
Foreign	Quipco Botswana
KZNatal	Leo Garments
Gauteng	Rebel Safetygear
Gauteng	Safeco cc
KZNatal	Safety & Allied Products cc
Gauteng	Select PPE
Gauteng	SHEQ Safety
Gauteng	SI Equip
Gauteng	Sunhold Safety cc
Gauteng	Tiffy Safety cc
Gauteng	Uvex Safety SA
KZNatal	Vanguard Fire & Safety (ISS)

DONNING AND DOFFING DAILY PPE CHECK LIST

COMPLIANCE FUNCTION	ACTION	ACTION PERFORMED CORRECTLY?	COMMENT
	DONNING		
1. Perform hand hygiene	• Alcohol based hand sanitiser. OR • Hand washing with soap.	Y / N	
2. Don disposable coverall	• Both ties at the back of the gown have been secured.	Y / N	
3. Don mask or respirator	• Fit check of correct protective mask for specific function must be performed. OR • Cotton masks correctly donned.	Y / N	
4. Don protective eyewear	• Protective eye wear – goggles or face shield. **Note:** Protective eyewear must be used over prescription glasses.	Y / N	
5. Don gloves	• Don gloves ensuring cuffs are covered by the gloves.	Y / N	
6. Check	• Ensure everything is in place.	Y / N	
	DOFFING		
7. Doff gloves	• Ensure correct procedure is followed so that the outside of the glove is not touched. The glove is placed into dedicated waste bin.	Y / N	
8. Perform hand hygiene	• Alcohol based hand sanitiser. OR • Hand washing with soap.	Y / N	
9. Doff protective eyewear	• Removed using the arms of the goggles/ face shield.	Y / N	
10. Doff gown	• The gown is removed by folding and rolling away from the body with only the clean inner side of the gown being exposed. • Place in a dedicated waste bin.	Y / N	
11. Perform hand hygiene	• Alcohol based hand sanitiser. OR • Hand washing with soap.	Y / N	
12. Remove mask / respirator	• Mask is removed by the straps.	Y / N	
13. Perform hand hygiene	• Alcohol based hand sanitiser. OR • Hand washing with soap.	Y / N	

Name . . . . . .Position . . . . . .

Department . . . . . Date . . . . . .

DuPont recommendations on COVID-19 prevention and control

As the Coronavirus (COVID-19) continues to spread across the world, we at DuPont are working around the clock to deliver solutions that help with prevention and control of this global pandemic, while keeping our employees safe.

As our way of life continues to change, one thing remains constant: the bravery of those on the front lines. In these times of social distancing, it's vital we come together to help these heroes get the PPE they need to stay protected.

To meet the growing need for critical protection and supplies in the fight against COVID-19, we're increasing capacity of Tyvek® protective fabric and working with our partners to get it to the front lines quickly. Additionally, we will be donating Tyvek® protective garments to the first responders and healthcare workers that need them most, because during these uncertain times, our commitment to their safety will remain constant.

"DuPont Safety in South Africa continues to do what we can to support those in need of quality protective garments. As part of the #Tyvektogether campaign, we are working closely with our Tyvek® partner companies to make available Tyvek® Covid-19 response garments for medical workers. DuPont Safety is also proud to have been able to donate some Tyvek® garments to those in need at this critical time", comments Loren Pearson, Sales and Marketing Manager for Tyvek® Protective Apparel Sub Saharan Africa.

Selection and use

With so many different coveralls on the market, how do you know which one is right for you?

Every selection should begin with a risk analysis to determine the type of risk (chemicals, non-hazardous liquids, radiation etc), the length of exposure and level of protection required to protect against both elements.

The more detailed the risk analysis, the easier it is to decide which protective suit is to be used.

When you select protective garments, the key issues to be taken into account are:

- **Barrier protection** penetration and permeation
- **Resistance** garment robustness
- **Quality** of the garment material, zipper, seams, comfort, size and fit
- **Convenience** garments should be user friendly
- **Environmental compatibility** disposal should be safe and cost-effective
- **Cost** although it is not recommended to make a decision based solely on price
- **Tests and utilisation** once a garment has been analysed and it meets the necessary requirements, an in-use test under real working conditions should be performed.
- Choosing the correct size is a prerequisite not just for greater safety but also for greater comfort.
- Choosing the wrong size can have fatal consequences; if it's too big it can get stuck in production machinery, if it's too small it can tear or considerably restrict mobility.
- It is important that you choose a coverall that not only offers the correct protection but also fits the person properly.

DuPont invests heavily in improving protective coveralls, both in fit and protection. The Tyvek® 500 Xpert coverall has been designed to fit better, allow better movement and most importantly, gives a superior level of protection in the Type 5, 6 categories. Furthermore, Tyvek® 500 Xpert comes in a packaging that displays not only a sizing chart, but also expert advice on the donning and doffing procedures in simple pictograms.

Proper care of garments

- Tyvek® garments are single-use products and not intended for reuse.
- DuPont does not recommend washing or disinfecting Tyvek® garments for reuse.
- They can be worn until damaged, altered or contaminated.
- We recommend proper donning, doffing and disposal of contaminated garments.

Donning the coverall

Whilst you may not think too hard about how you put on your clothing in the morning, putting on a protective coverall correctly is instrumental to the performance of the garment.

- Once the appropriate coverall has been chosen, a contamination-free changing room should be made available away from the workplace for workers to get dressed.
- Any objects that could obstruct work should be removed from pockets and left in a secure environment.
- A colleague should be present to check that the suit is donned correctly and that all gaps are sealed.

Begin by sitting on a chair and removing your footwear. Then, carefully put your feet into the leg of the coverall one by one, before putting on and securely lacing your safety shoes or boots. At this point you should put on the correct gloves for the application. If you are using two sets of gloves, put the first set on now.

Standing up, pull the suit up to your waist and place your arms into the sleeves. Before zipping up the suit, put on any goggles, masks etc and ensure they are fitted correctly, are comfortable and there are no gaps.

Pull the hood up over your head and zip the coverall to the very top, pushing the zip down to lock.

If you are wearing a second set of gloves put these on over the first pair of gloves, covering the wrist and sleeves of the coverall. It is recommended that all gaps and joins should be sealed with adhesive tape, including the ends of the gloves and around the face where the hood meets the facemask.

Doffing the coverall

Unless great care is taken in the removal and disposal of single-use protective garments, there is a risk of cross contamination from the surface of the garment to the wearer's skin or hair or to other employees and family.

- The protective suit should be removed in a contamination-free space.
- Before taking off the protective clothing, it is advisable to clean the gloves and boots in order to prevent dust being thrown up.
- Masks and zip covers should be wiped clean too.
- Any protective items removed, such as adhesive tape, should be immediately disposed of in a chemical waste container provided for this purpose.

With the protective gloves still on, the wearer should begin rolling the hood back, taking care not to let the outside of the coverall touch the head. Unzip the coverall and begin rolling that outwards, rolling it down over your shoulders.

Place both hands behind your back and pull down each arm until completely removed.

Sit down and remove each shoe then roll the coveralls down (ensuring the contaminated side is not touched or comes into contact with clothing) over your knees until completely removed.

Finally discard the suit in the bag provided and remove the gloves.

- When discarding the protective suit, it is important to hold it by the non-contaminated inner surface in order to prevent contact with the hazardous substance.
- The process of removing the suit results in contamination of the workplace, so this area must be cleaned as well.
- Leaving the danger zone whilst still contaminated poses a risk not only to the wearer of the protective suit, but also to others who are not involved in the procedure.

Training

Sometimes the best way to learn is to practice.

In these unprecedented times, DuPont is more than ever committed to safety and to support all PPE users with appropriate safety training.

DuPont provides training for customers and distributors to spread the message of how to put on personal protective clothing and how to remove it correctly to avoid cross contamination.

It is important to remember that only people who have received specific training should be authorised to wear, remove and dispose of contaminated clothing.
Visit the following link to view our Youtube video on Donning and Doffing of Tyvek® 500 Xpert.
https://www.youtube.com/watch?v=zLbvQcpfZyQ

Webinars

DuPont 15' Safety Connect is a new series of short on-demand webinars prepared by DuPont safety experts.

The 15 min' Safety Connect series started on 19th May 2020 and offers you the possibility to learn about various safety topics linked to chemical, thermal, electric arc or cut risks.

Please visit https://www.15safetyconnect.dupont.co.uk for up to date info.

The **15' Safety Connect** is an on-demand training that you can watch at any time, any place. All you need to do is register and watch the training DuPont experts have prepared for you.

EPISODE 1 KNOWING PROTECTION BETTER.

The focus was on the difference between permeation and penetration, which are the most important aspects of chemical protection.

The team also outlined why these processes are different, including what kinds of materials are safest for hazards.

Please visit https://www.safespec.dupont.com for guidance on proper use, donning and doffing, cleaning and disinfecting reusable PPE made with DuPont materials.

Connect with us on social media for the latest on how we can keep protecting those who protect us.

https://www.facebook.com/DuPontLifeProtection/
https://www.linkedin.com/showcase/dupont%E2%84%A2-tyvek%C2%AE-protective-apparel/
https://twitter.com/DuPontPPE
https://www.youtube.com/channel/UCB5DLGpXv6Qmfzttq_bcIpA

DuPont™ SafeSPEC™ DUPONT

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Nomex® Flame Resistant masks produced locally for the petrochemical & utility industries

Guidelines issued by the Department of Cooperative Governance and Traditional Affairs (South African government Gazette 43258) recommend that all employees wear fabric masks to limit the spread of COVID-19.

In the petrochemical and utility industries where thermal hazards can lead to serious burn injuries, materials that are inherently flame resistant are important. This is because non-inherently flame resistant materials can continuously burn and or drip.

The Department of Trade, Industry & Competition - (Recommended Guidelines for using fabric facemasks):

The guidelines stipulate synthetic fibres are to be used for quick drying properties.

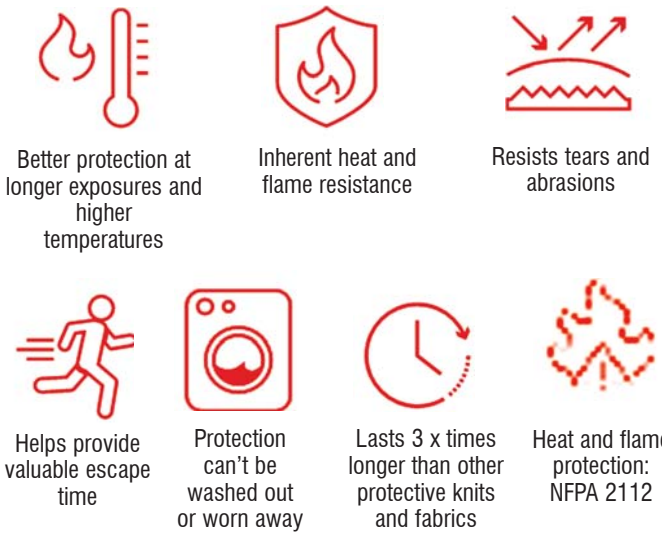
Cotton, poly-cotton or viscose fabrics are highly absorbent and might get wet against the skin. They can also impact on heat generation, potential fibre/fluff shedding and drying time after washing.

The fabric must not contain any toxic chemicals or excessive lint.

Nomex® Fabrics and designs

The fabric is produced in South Africa, in line with the Department of Trade and Industry's objective for promoting local manufacturing. Nomex® fabric composition is 93% Nomex®, 5% Kevlar® and 2% antistatic carbon fibre properties. In addition to the thermal performance which never wears out, the fabric is lightweight offering good breathability and comfort.

Where there is increased risk of potential fire or an electric arc, Nomex® fabric facemasks offer the best in its class solutions. These masks are designed to fit comfortably on the face especially around the nose bridge and contours of the face, reducing the spread of respiratory droplets from the wearer when talking, sneezing or coughing.



Comparison of materials

Nomex® FR Masks	Treated cotton FR Masks
Inherent, thermal protective properties do not wash away during normal washing.	Flame retardant properties wash away during normal, continuous washing.
Highly durable after washing cycles	Low durability after washing cycles
Light weight, offers comfort and breathability	Heavy, usually above 300gsm therefore not as comfortable and breathable

Laundry guidelines

- The World Health Organization (WHO) recommended method to remove contamination is to wash fabrics at between 60-90 degrees Celsius with laundry detergents.
- Always wash new facemask prior to use to remove any debris from manufacturing processes.
- FR facemask should be washed routinely depending on the frequency of use.
- Nomex® fabrics are inherently flame resistant, therefore the thermal performance properties are retained after laundry.
- It is recommended to follow the manufacturer's guidelines for care and use of the face mask.

Other important considerations

If you have identified a FR hazard and your employees are wearing FR garments, then they should also be using FR face masks. '**Your Facemask Should Match Your Garment**'.

Proper donning and doffing of the facemask is key for its effectiveness to avoid any increase in transmission of COVID-19.

DUPONT™

Contact your DuPont specialist:
Dharmesh Lakmidas 072 098 0791

bollé
SAFETY

ATOM GOGGLES

Compact, lightweight and extremely comfortable, the ATOM offers enhanced protection.

Thermo Plastic Rubber (TPR); Overflow chute for liquids; Fits over prescription glasses; Adjustable strap with ball-pivot.
Weight: 74g

TRACKER GLASSES

Ultra-comfortable and technical, TRACKER provides protection from all mechanical risks and also chemical risks making it unique in the safety glasses range.

Removable foam reinforcement with indirect ventilation; Upper and lower protection; Removable adjustable strap; Side ventilation.
Weight: 53g

COVERALL AUTOCLAVE

Specially designed for total comfort and optimum protection in sensitive and sterile environments such as pharmacies, micro-electronics and operating theatres.

High fogging resistance; Autoclave compatible product; Liquid overflow chute
Weight: 78g

We are with you on the front line.

KARAM Africa is the proud distributor of Bollé safety eyewear in Southern Africa.
Our eyewear helps provide protection against the transmission of bacteria and viruses and prevents the rubbing of eyes.
Protect our front line workers by providing them with the best protection.

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Disinfection of safety spectacles and goggles

METHOD 1. Cleaning with soap

1. Clean your hands with soap or hydroalcoholic gel.
2. Put the spectacle into water. Take some soap in your hand and scrub all surfaces of the spectacle (30 seconds).
3. Rinse carefully all the surfaces of the spectacle in water.
4. Dry your hands first, then dry the spectacle with a disposable hand towel.

METHOD 2 : Disinfection with alcohol (70°)

1. Clean your hands with soap or hydroalcoholic gel.
2. Spray every surface of the spectacle with hydroalcoholic gel.
3. Dry your hands first, then dry the spectacle with a disposable hand towel.

With an alcoholic solution : Soak a disposable hand towel with hydroalcoholic solution and scrub the spectacles.

With an alcoholic wipe : Scrub every surface of the spectacles with the wipes (the wipe must be without perfume or dye).

WARNING : Do not use disinfectants on anti-fog and anti-scratch coatings for extended periods. It may be used freely on other parts of the spectacle.

METHOD 3 : Disinfection with cleaning wipe compliant to the EN14476

1. Clean your hands with soap or hydroalcoholic gel.
2. Scrub every surface of the spectacle with a cleaning wipe compliant to EN14476 (the wipe must not have bleach, dye or perfume and less than 0,5% of disinfectant). The duration of the cleaning is indicated on cleaning wipe packaging.
3. Dry your hands first, then dry the spectacle with a disposable hand towel.

With a solution compliant to EN14476 : Soak a disposable hand towel with disinfecting solution and scrub the spectacles.

WARNING : Do not use disinfectants on anti-fog and anti-scratch coatings for extended periods. It may be used freely on other parts of the spectacle.

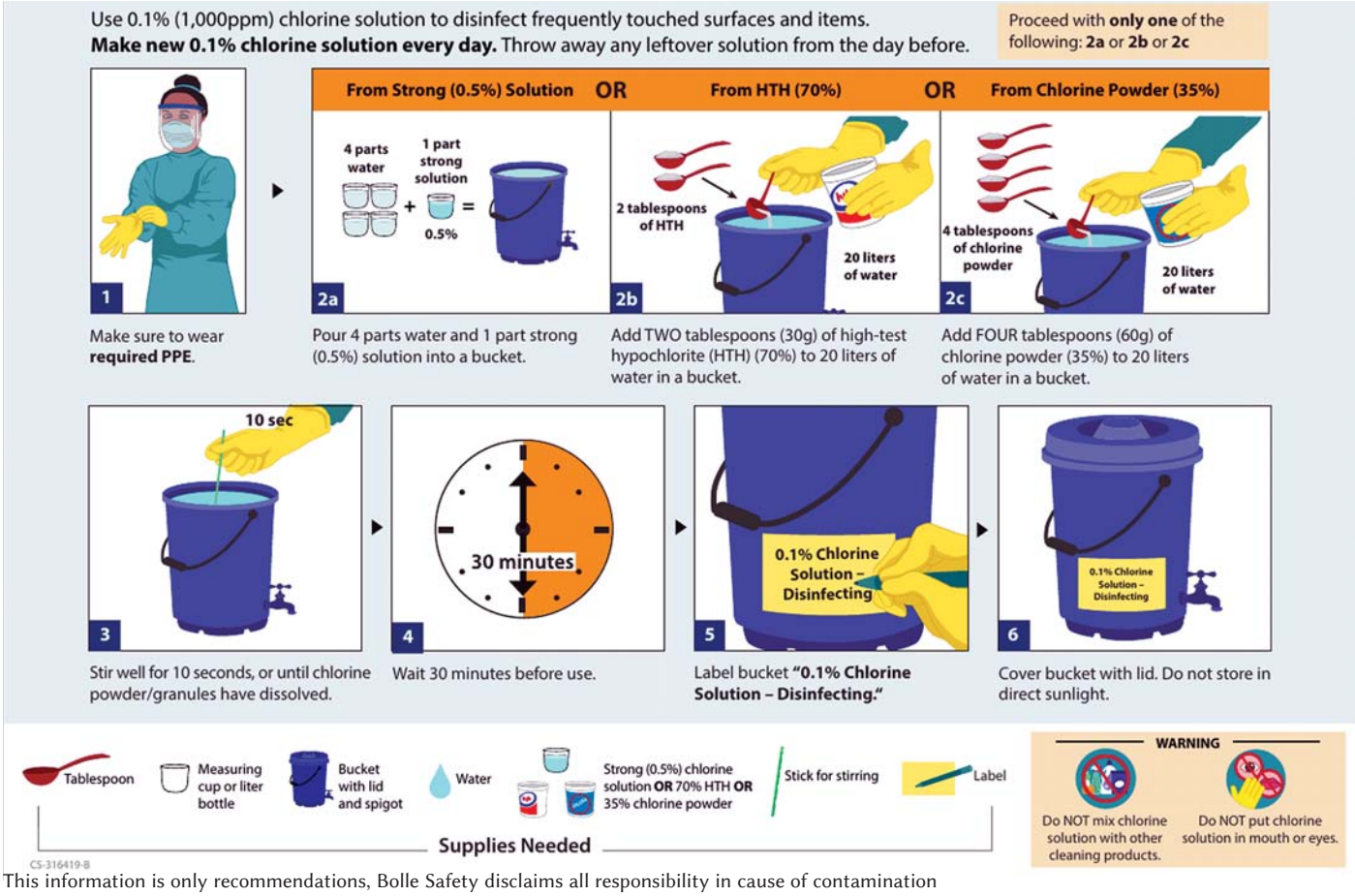
METHOD 4 : Chlorine Solution

1. Clean your hands with soap or hydroalcoholic gel.
2. Immerse spectacles in or wipe them with a neutral detergent and warm water solution, scrub every surface of the spectacle, then quickly rinse with clean water.
3. Immerse spectacles in or wipe them with a chlorine-based disinfectant solution.
4. Rinse with clean water (in a sink if available or by immersing in a bucket of clean water).
5. Fully dry (air dry or use a clean absorbent towel).

WARNING : Chlorine solution is safer for the coating than alcohol, but you still risk to degradate the coating after several cycles of disinfection. For all the other parts of the spectacle, you won't have any issue by using chlorine solution.

Tel: +27 (32) 940 0993 / Email: hello@karamafrica.com
www.bolle-safety.com / www.karamafrica.com

How to make chlorine solution



This information is only recommendations, Bolle Safety disclaims all responsibility in cause of contamination

Importance of PPE in the healthcare sector

Frontline warriors like doctors, nurses and other healthcare workers are at a maximum risk of exposure to any biochemical, viral or bacterial hazard, and unfortunately many have lost their lives during their duty.

It is extremely important for them to use the right Personal Protective Equipment (PPE) while treating or coming into close contact with any patient who has symptoms of a viral infection.

The demand for PPE has seen an unprecedented growth in the past few months due to the Covid-19 pandemic and the curve will continue to grow for the next few years.

Why is PPE essential?

- Use of PPE has recently been prominent in health care institutions such as hospitals, clinics, and clinical laboratories during this pandemic.
- When used correctly, PPE works as a barrier between infectious viruses or bacteria and the human body.
- PPE can stop the viruses or bacteria from contaminating the skin, mouth, nose, or eyes (different mucous membranes).
- PPE does have a major role to play in blocking the transmission of contaminants through blood, body fluids, or respiratory secretions.
- PPE has definitely played a significant role in containing the Covid-19 pandemic in most of the countries around the world.

The growing demand of PPE

As per the reports and data provided by Global Newswire 2020, the healthcare PPE market was valued at USD 5,018.3 million in 2019 and is expected to reach USD 8,024.4 million by the year 2027, at a CAGR of 4.5%.

Healthcare Personal Protective Equipment is witnessing a surge in demand amidst the COVID-19 pandemic across the globe as PPE recommended for healthcare workers are crucial to fight against the novel coronavirus (COVID-19).

Gloves, face shields, goggles, face masks, coveralls, head covers, and boots are among some of the PPE with rising global demand.

The key factors which can play a major role to drive the market for the PPE industry include:

- increasing awareness about the importance of healthcare safety,
- safety preparedness at healthcare facilities,
- implementation of stringent safety norms,
- emphasising labour safety at the workplace.

PPE for the healthcare sector

Different PPE is used for different situations in the healthcare sector from head to toe.

- Chemical Splash Goggles are used for optimum protection against biological splashes in hospitals.
- Disposable Workwear that does not allow penetration of any chemical or bio agent is used for protecting the body.
- Face Masks like N95 (or equivalent) are suitable to fight against harmful air borne pathogens, preventing them from entering the human body through the nose or mouth.
- Similarly, Face Shields are used to act as a barrier, protecting the user's eyes, nose and mouth.

Important considerations when protecting healthcare workers

There are some important aspects to consider whilst protecting the health and safety of doctors, nurses and other health care professionals.

- First, develop awareness around choosing the right PPE depending on a particular situation.
- Secondly, it is extremely important to acquire the right training on how to wear different PPE and making sure to understand the correct disposal and storage methods, as per health institution guidelines. With any type of contaminated waste, there is always a possibility of cross-contamination, so any medical PPE has to be properly discarded and disposed of.

We are hopeful that while the world will beat this pandemic with cohesive efforts, we shall never forget the lessons it has taught us. Personal safety needs and requirements are going to be the top priority for everyone around the world long after the pandemic has been conquered.

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Perfect vision for maximum safety

At uvex Safety South Africa, we are wholeheartedly committed to our mission of protecting people and we're doing all we can to pivot our manpower and product support into helping the front-line responders fight this epidemic. Our intention is to provide product solutions and service support to ensure precisely this.

The World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC) released several preventive and mitigative measures, including the correct selection and usage of personal protective equipment (PPE) such as masks, goggles, gloves and protective coveralls.

Selection of PPE must take account of the proper wearing and fitting of the equipment. Simply wearing any old pair of safety eyewear isn't enough to protect your eyes. When your safety eyewear fits poorly or incorrectly, you're putting yourself at a higher risk of injury or infection. Head and face shapes vary considerably so it's impossible to find one pair that works for everyone. When trying on new safety eyewear, use this quide and review eyewear descriptions and materials.

Selecting the style for you:

Choose a spectacle that:

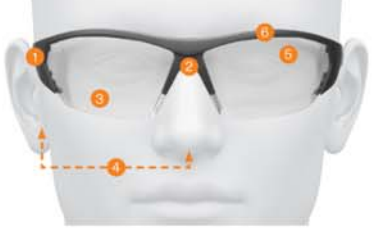
- Provides the best fit and eye coverage
- Gives a good field of vision
- Has adjustment which can improve fit

Lens shade options:

- uvex offers a range of lens shades and coatings to suit a variety of workplace environments and light conditions
- All lens options provide 100% UV protection

Making eyewear comfortable:

- Select a spectacle that fits your face shape and feels comfortable
- Some models feature lens angle adjustment and adjustable side arms to improve fit and positioning of the frame
- Make sure there is a minimal gap between the lens and the face
- Move head from side to side to make sure the eyewear stays in place



CHECKLIST:

1. No uncomfortable pressure points on the side of the head or behind the ears
2. Nose piece is comfortable and contacts your nose without pinching
3. You should be able to see in all directions without major obstruction
4. Overall weight of safety eyewear is evenly distributed between your ears
5. Frames fit close to your face without hitting your eyelashes. The space around the frames and your face should be less than or equal to 6-8mm
6. Lenses cover your eyebrow and any soft tissue around it
7. Eyewear stays in place when you move your head front to back, and tilt your head side to side

uvex

In accordance with the WHO guidelines and international safety standards, we recommend the following EN-certified safety eyewear to reduce risk.

Only PPE products certified according to local SABS and international safety standards should be used.

Eye and face protection – EN 166:2002 - personal eye protection specifications.

- Goggles are recommended to be used against the spread of the virus.
- According to the EN 166 standard, the goggle should have designated marking/s on the frame that stipulates its recommended area of application.
- All uvex safety eyewear can be disinfected with alcohol or iso-propanol based disinfectants if the concentration of said liquids is below 70%, the use of harsh solvents, detergents or abrasives is not recommended.
- uvex goggles can be worn over prescription spectacles
- Correct fitment is essential, the strap must be adjusted tight enough to prevent any liquids or splashes entering the face.
- uvex recommends, to further reduce risk, that a faceshield be used in conjunction with a goggle where there is infected patient to patient or doctor to patient contact.

Suitable products include:

uvex ultravision goggle 9301

uvex ultrasonic goggle 9302

uvex u-sonic goggle 9308

uvex pheos cx2 sonic 9309

uvex carbonvision goggle 9307

uvex faceshield 9710

At uvex Safety, the safety of our customers, partners and employees is our primary concern.

In these uncertain times the one thing that remains unwavering is our focus on providing you with the high level of service you've come to expect from uvex.

For more information or queries please contact Christo Nel (cnel@uvex.co.za) or Clyde Beattie (cbeattie@uvex.co.za)

The correct use of PPE can help reduce chronic stress

COVID-19 and stress

This article will discuss how chronic stress is related to COVID-19, how it affects OHS and how to break the stress cycle.

As many people return to work after various levels of lockdown we need to discuss cortisol and the impact it could have on Occupational Health and Safety.

Cortisol is a hormone which our bodies release in times of stress together with adrenalin, to increase our immediate "fight or flight" response. Cortisol alters our immune system responses and suppresses the digestive system[1].

Do you ever wonder why you get that knot in your gut when you face a stressful situation?

When we are constantly facing perceived threats, cortisol can have a number of negative effects on us which impact every area of our lives.

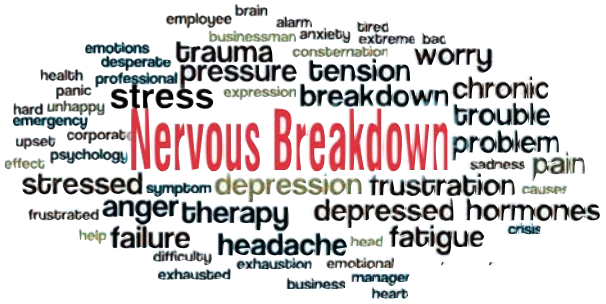
- Physically you lack energy due to struggling to get rejuvenating sleep. This impacts your mental sharpness.
- When you're distracted you make more mistakes. And mistakes on the job could mean safety incidents.
- Our emotions can become more raw. We are more likely to take offense and this could create conflict amongst the team increasing cortisol levels and their dangerous effects. When the individuals on your team are being negatively impacted by raised levels of cortisol it can have a profoundly negative impact on the team as a whole.

So how do we break this dangerous cycle?

Care. Let your team know that you care for them as people, not just as production units.

How? This will start before they even return to work. Make contact with them and hear how they are doing. My business partner does this brilliantly and the team see her as someone who genuinely cares. It can help reduce the stress for your team during this unsettling time.

Critical risk sssessment. Walk through your building and observe all the places that you or your team will touch in the process of



being at work. Then think: *What can we do to avoid potentially infecting each other?* Appoint experts and your health and safety committee to do a risk assessment and make sure all recommendations are implemented before return to work.

Communicate. Let the team know how much thought you have given to this process. That will help put their minds at ease before they even return.

As you work through the hierarchy of hazard controls, think about eliminating many challenges by letting people work from home. If that is not possible, engineering controls of social distancing and/or physical barriers must be put in place.

Administrative control outlines in the various documents released by the government departments[2, 3, 4] will guide you on screening, documenting, etc.

Posters displayed in prominent places will remind your team of the care you have taken to get them back to work safely.

Then the final key to reducing their stress is to ensure you are issuing and using the correct Personal Protective Equipment (PPE).

PPE of good quality must be used in the correct application while being cost effective is also essential. Inferior PPE increases employees' stress. Well fitting, quality PPE reduces stress.

Cost is a challenge with so many price hikes. Some which is due to profiteering. However, it must also be remembered that some products will cost more because they are a better quality and will give more protection. In the long run, quality costs less. If it's cheap and fails to give proper protection, there's more than a financial cost; lives could be lost.

Check the specifications of the PPE you're buying. Not all PPE is of the same quality.

To summarise, you want to save lives and livelihoods, and in order to do that you need quality PPE used for the correct application that is cost effective.

Care, Critical risk assessment, Communicate, Controls, and finally Correct PPE

These **5 C**s will go a long way to reducing the stress levels of your staff and therefore improving the health and safety of your whole team.

References

1. https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037

2. https://www.gov.za/documents/occupational-health-and-safety-act

3. http://www.labour.gov.za/DocumentCenter/Publications/Occupational%20Health%20and%20Safety/COVID-19%20Guideline%20Mar2020.pdf

4. http://www.gpwonline.co.za/Gazettes/Gazettes/43257_29-04_Labour.pdf

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Visit: www.tiffysafety.co.za

Ray Strydom and Ann Nkosi make up the leadership team at Tiffy Safety. Ray is a qualified microbiologist. They are both committed to helping you save lives and livelihoods.

Do's and don'ts of masks and respirators

Surgical masks

DO

- Check to make sure the mask has no defects, such as holes or torn straps.
- Tie the top elastic securely to the crown of the head and the bottom securely at the nape of the neck.
- Follow recommended instructions for donning and doffing.
- When removing only touch the ties and not the front of the mask.
- Sanitise hands immediately if the front of mask is touched during wear.
- Perform hand hygiene before and after removing the mask.

DON'T

- Don't wear if wet or soiled
- Don't cross ties
- Don't leave a mask hanging off one ear or hanging around neck.
- Don't reuse. Dispose after single use in a bin.
- Don't touch front of mask as it may be contaminated.
- Don't snap the straps when removing as that may spread germs.
- Don't share with others.

Respirators

DO

- Make sure the respirator has no defects such as holes or torn straps.
- Follow manufacturer's instructions for donning and doffing.
- Ensure proper fit, making sure nose and mouth are completely covered, and the respirator has a complete seal all around.
- Mold the respirator over the bridge of your nose when putting it on to help keep it on and fitting properly. It is also helpful to press all around the face seal to be sure it is tightly in place.
- Tilt head forward and remove the respirator by pulling bottom strap over back of head, followed by the top strap without touching the front of mask.
- Use elastic bands to keep firmly in place.
- Keep straps tight during the removal process.
- Discard the respirator by touching the straps only.
- Perform hand hygiene before and after use of a respirator.

DON'T

- Don't wear if wet or soiled - get a new respirator.
- Visitors or patients must not wear respirators unless they've been fit tested to wear them.
- Don't wear a respirator that has not been properly fit tested.
- Don't use the respirator if air leaks around the edges.
- Don't touch the front of the respirator as it may be contaminated after use.
- Don't snap the straps, as that may spread germs.
- Don't share your respirator with others - germs can spread

  that way.
- Don't leave the respirator hanging around your neck.

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COVID-19 & USE OF PERSONAL PROTECTIVE EQUIPMENT

The World Health Organization (WHO) has released guidelines for the rational use of personal protective equipment (PPE) for COVID-19 in community and healthcare settings. Preventive and mitigation practices are key to hindering transmission, with the appropriate selection, use, removal and disposal of PPE an additional precautionary measure.

Transmission Risk

Based on available evidence COVID-19 is transmitted through close contact and droplets from infected persons or touching a contaminated surface.

The people most at risk are those in close contact with a COVID-19 patient or who care for COVID-19 patients.

Preventive and mitigation measures are key to hindering transmission.

Preventive Measures in the Community

Perform hand hygiene frequently using soap and water or an alcohol-based rub.

Avoid touching potential infection entry points including the eyes nose and mouth.

Practice respiratory hygiene by coughing or sneezing into a bent elbow or tissue and then immediately disposing of the tissue.

Wear a medical mask if respiratory symptoms present and perform hand hygiene after removal.

Maintain a social distance of at least 1 meter from people with respiratory symptoms.

WHO cautions against the overuse of PPE, which could have an impact on future supply. Observance of these guidelines should ensure rationalized use of PPE, safeguarding continuity of supply throughout this continually evolving international public health emergency.

Equipment damage or breaches

If PPE is breached or damaged, the wearer should perform hand hygiene, remove the damaged PPE item, perform hand hygiene again and replace with new PPE. In the event of body fluid contact such as droplet exposure to the eyes or mouth, these safety protocols should be followed:

1. Immediately stop what you are doing.
2. Perform hand hygiene.
3. Flush the affected area with plenty of water.
4. Follow the established reporting practices and procedures of your workplace or healthcare institution.

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COVID-19 & USE OF PERSONAL PROTECTIVE EQUIPMENT

When and How to Use PPE

The right type of PPE to use will vary based on the risk of exposure, the setting, the type of personnel and the activity they are doing. Below is a chart based on WHO guidelines that shows the proper PPE for users in various applications. For additional details or for local guidance, please refer to the full document.

User	Application	Proper PPE to Use
Health Care Workers	Preliminary screening not involving direct contact	No PPE required. Minimum distance of at least 1 meter
	Physical examination of patient with respiratory symptoms	Medical Mask, Gown, Gloves, Eye Protection*
	Providing direct care to COVID-19 patients	Medical Mask, Gown, Gloves, Eye Protection*
	Aerosol-generating procedures performed on COVID-19 patients	N95 or FFP2 standard or equivalent respirators, Gown, Gloves, Eye Protetction, Apron
	Providing direct care to a COVID-19 patient at home	Medical Mask, Gown, Gloves, Eye Protection
	Transporting suspected COVID-19 patients to the referral health care facility	Medical Mask, Gown, Gloves, Eye Protection
Patients with Respiratory Symptoms	Any area of an inpatient facility	Minimum distance of at least 1 meter. Medical Mask (if tolerated)
	Outpatient consultation rooms	Medical Mask (if tolerated)
	Waiting rooms	Medical Mask (if tolerated). Immediately move patient to an isolation room or separate area away from others. If this is not possible, spatial distance of at least 1 meter from other patients
	Home	Spatial distance of at least 1 meter. Medical Mask (if tolerated) except while sleeping
Home Caregivers	Entering the patient's room, but not providing direct care or assistance	Medical Mask†
	Providing direct care or when handling stool, urine, or waste from COVID-19 patient	Gloves, Medical Mask, Apron (if risk of splash)
Cleaners	Entering the room of COVID-19 patients	Medical Mask, Gown, Heavy-duty Gloves, Eye Protection (if risk of splash from organic materials or chemicals), Boots or Closed Work Shoes
	Entering a room after and between consultations with patients with respiratory symptoms	Medical Mask, Gown, Heavy-duty Gloves, Eye Protection (if risk of splash from organic materials or chemicals), Boots or Closed Work Shoes
	Cleaning areas where people with fevers are being screened or isolated	Medical Mask, Gown, Heavy-duty Gloves, Eye Protection (if risk of splash from organic materials or chemicals), Boots or Closed Work Shoes

* Recommended eye protection is goggles or a face shield.
† Due to international shortages on face masks, recommendations are evolving and readers should check for the latest recommendations from their countries.

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Based on WHO guidance issued on February 27, 2020 found on https://apps.who.int/iris/bitstream/handle/10665/331215/WHO-2019-nCov-IPCPPE_use-2020.1-eng.pdf?sequence=1&isAllowed=y

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BEST PRACTICES FOR GLOVE USE

Wash hands with soap and water for 20 seconds before putting on gloves and after taking them off

Wear properly fitting gloves with a close fit around fingers and wrists to reduce the risk of exposure

Never reuse or wash single-use or exam gloves

Never use damaged or visibly soiled gloves

Do not touch your face while wearing gloves

Since the start of the COVID-19 outbreak, more people have been discarding gloves on streets and sidewalks. This is unhealthy for our community and environment. To reduce cross-contamination and environmental pollution, please discard used gloves in proper receptacles.

In most cases, single use gloves should be thrown into a lined trash bin after use.

Disposable gloves provide a critical layer of protection against hazardous substances. It's important to properly remove gloves to avoid transferring contaminants to the hands and skin. Improper disposal after use greatly increases the chance of transferring that contamination.

In some instances, a disposable glove is considered medical waste.

Disposable gloves used in patient contact and/or exposed to blood and other bodily fluids may be contaminated with hazardous substances, like viruses, and should be disposed of in medical waste bins. According to the WHO, it's important to follow local guidelines for medical waste to ensure they don't spread contamination.*

Did you know?

Improperly disposed gloves can tear and break into smaller pieces, making them difficult to retrieve and throw away.

Most improperly disposed gloves end up in nature and oceans, polluting the environment and causing harm to the wildlife.

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Visit Ansell.com to discover the latest updates on global PPE regulations and explore our full range of products certified to protect against exposure to viruses.

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DONNING AND DOFFING EXPLAINED
Disposable Gloves

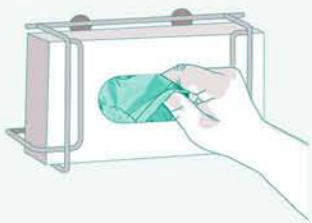
Many types of workers are now wearing disposable or medical exam gloves to help protect against the spread of COVID-19. To reduce the risk of exposure to the novel coronavirus, it is important that wearers wash their hands both before and after wear. They must also take care to put on and remove their gloves properly.

Follow our donning and doffing best practice tips below.

PERFORM THE 5 MOMENTS FOR HAND HYGIENE BEFORE DONNING AND AFTER DOFFING GLOVES.[1]

HOW TO DON

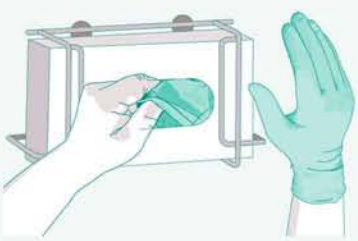
1 Remove one glove from the box and avoid touching the fingers to reduce contamination risk. Make sure there are no holes or tears.



2 Most disposable and medical exam gloves can be worn on either hand. If using hand specific gloves, align the glove fingers and thumb with your hand to be sure you are putting the correct glove on the correct hand.

3 Insert five fingers into the cuff and pull the cuff over the wrist.

4 Repeat the procedure to don the other glove.



HOW TO DOFF

1 Grasp the outside edge of the glove near the wrist.

2 Peel the glove away from the hand, turning it inside out. Hold it in the opposite gloved hand.

3 Slide an ungloved finger under the wrist of the remaining glove, being careful not to touch the outside of the glove.

4 Peel the remaining glove off from the inside, creating a "bag" containing both gloves. Discard the gloves appropriately.

1. World Health Organization (WHO): WHO Guidelines on Hand Hygiene in Health Care 2009

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Innovation that Saves

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SCHAUENBURG Systems

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Buyers of PPE - beware of scams

Out of the coronavirus pandemic has grown a rush of conmen and scammers ready to steal from the desperate and ill.

When the outbreak of Covid-19 took the world by storm, the demand for PPE skyrocketed. Out of this, a spike in scams, chancers, fly-by-nighters, profiteers, counterfeit suppliers have been crawling out of the woodwork at an accelerated pace.

The world was largely unprepared for the surge of PPE and medical equipment requirements, and manufacturing has not been able to keep up with demand, resulting in certain items of PPE such as masks, becoming precious commodities.

Some people and organisations desperate to get the PPE have been taken for a ride. Often these were the honest middle men who through being scammed have suffered both financial losses and credibility with their existing clients.

Many people who lost their jobs and companies who had to repurpose their businesses, have become PPE manufacturers and suppliers - most of these are honest, but some unfortunately are not.

The fraud prevention authorities claim that they have never before seen such enormous fraudulent activity grow so rapidly, around one specific industry.

What fraud to look out for

Counterfeit industry

The counterfeit industry has hit big names such as 3M.

The knock-off products may look genuine imprinted with the original manufacturer's logo. The user may not be familiar enough with the product to know if they are counterfeit.

The fake PPE possibly won't give the protection that is needed, making them dangerous to use.

In the event that the item is genuine, it may be in circulation because it has reached or passed its expiry date rendering it ineffective.

Profiteering

Some greedy suppliers and manufacturers profiteering from this disaster, have increased their prices by hundreds of percent. They must be reported to the authorities. Some have already been fined for this activity.

Scamsters

The scammers have made fortunes by promising supplies which they don't have, and requesting EFT payment before delivery. To reel-in the unsuspecting purchaser, they send them fake photos of warehouses full of products.

The unlucky purchaser who pays upfront never sees their purchases, nor will they ever see their money again.

The end user needs to stand back and consider for a moment why products that are not available from the manufacturer / importer are available in millions from someone who uses a garage as a warehouse, or claims to have a warehouse in a small outlying town that no one can drive to due to lockdown. In fact most people would never even go to these places under normal circumstances.

Purchasers must also stop to consider how the supplier can afford to purchase stock worth millions.

These scammers actively advertise on various social media platforms where they have found a lot of success.

Methods used by scammers

- They may spoof a legitimate email address, or use an email address that is very close to a legitimate company one, claiming that they are genuine distributors of a well-known brand, therefore "convincing" the potential buyer that they are legitimate.
- Create professional looking but fake websites that look genuine.
- Show fake pictures of warehouses full of supplies to convince the buyers.

Measures to avoid being scammed

Simple steps can be implemented to vet prospective vendors including:

- Carefully screen vendor.
- Check company registration.
- If in doubt, verify the vendor with the manufacturer / importer.
- Only contact the manufacturer / importer through their known email address or telephone number, never through the details given by the seller.
- Only pay once the products have been delivered and checked.

Warning signs

Organisations must be alert to the following warning signs:

- The saying "if it sounds too good to be true, it probably is" should be the first warning.
- Never heard of the seller.
- The seller demands up-front payment and proof of payment.
- The seller demands funds be transferred immediately or makes a last minute change to EFT instructions.
- The seller makes last-minute changes to the price once they establish how interested or desperate the purchaser is.
- The seller cannot give a clear explanation of where it got its large supply of goods that are known to be in short supply.
- The manufacturer / importer is not able to confirm that the seller is a legitimate distributor of their products.
- Seller uses shipping as an excuse for a delay.
- Look at the location - if the seller claims to have a warehouse in an outlying town, they assume you won't be able to get there to check the stock.
- Claim to have millions in stock. With the worldwide shortage, this is unlikely especially with imported brands

What you can do

Unfortunately, COVID-19 fraud schemes will continue to evolve. Even if reported and the authorities manage to stop them, others will emerge.

Organisations are advised to protect themselves from falling prey to these by using their regular PPE suppliers, or at least purchasing from the members of SAPEMA listed in this publication.

The SAPEMA members will also be able to advise which PPE needs to be used for the application, and in the event of a short supply will be able to recommend the best alternative.

Go to: www.sapema.org

Are you using a **SAPEMA Member** for your **PPE requirements?**

During this unprecedented time of Covid-19, many have jumped onto the PPE band wagon in order to survive. Their only knowledge of PPE, is their ability to trade.

When choosing a PPE supplier, ensure that they are an official SAPEMA Member. SAPEMA Members are experienced Manufacturers & Distributors of compliant PPE to recognised and approved Safety standards. **SAPEMA and its Members stand for compliant Product, correct usage of PPE, and standards and specifications.**

SAPEMA

Southern African Protective Equipment Marketing Association

Your Protection is Our Priority!

For more information, contact SAPEMA on 063-442-9935 or info@sapema.org.

www.sapema.org