



LEARN MORE ABOUT THE IMPORTANCE
OF SAFETY AT YOUR WORKPLACE

Centre For Occupational Health & Safety

NEWSLETTER
JANUARY 2023

INTRODUCTION TO HEALTH AND SAFETY IN THE WORKPLACE

Health and safety in the workplace is a combination of activities, policies, and procedures that are designed to prevent accidents, injuries, and illnesses from occurring in the workplace. It is important to ensure that all employees are aware of the health and safety practices in your workplace and that they understand how to properly implement them. Health and safety practices not only protect employees from harm, but they can also help to improve the overall productivity of a business.

Health and safety practices are not limited to physical hazards, but also include mental and emotional hazards. Mental health and safety should be taken seriously as well, as it can have a significant impact on an employee's well-being. Mental health and safety should be addressed by providing resources and support for employees who are dealing with mental health issues.

Benefits of Implementing Health and Safety Practices

There are many benefits to implementing health and safety practices in the workplace. Health and safety practices can help to create a better working environment, reduce the risk of accidents and illnesses, and even improve productivity issues.

The first benefit of implementing health and safety practices is that it can create a better working environment. When employees feel safe and secure in their workplace, they are more likely to be productive and motivated. Moreover, a safe and secure environment can also help to reduce stress levels, which can lead to a more positive work environment.

The second benefit of implementing health and safety practices is that it can reduce the risk of accidents and illnesses. By taking the necessary precautions and implementing the necessary safety measures, you can help to reduce the risk of accidents and illnesses in your workplace. This can help to reduce the amount of time and money spent on dealing with accidents and illnesses.

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The third benefit of implementing health and safety practices is that it can improve productivity. When employees feel safe and secure in their workplace, they are more likely to be productive and efficient. This can help to improve the overall productivity of a business, which can lead to increased profits.



Types of Health and Safety Programs

There are many different types of health and safety programs that can be implemented in the workplace. These include safety training programs, safety audits, safety inspections, and safety policies.

Safety training programs are designed to educate employees about the importance of health and safety in the workplace. These programs can include lectures, seminars, and videos that teach employees about the different types of hazards and how to avoid them.

Safety audits are designed to identify any potential hazards in the workplace. During a safety audit, a qualified auditor will assess the workplace to identify any potential hazards and then provide recommendations on how to reduce or eliminate the risks associated with these hazards.

Safety inspections are designed to assess the safety of the workplace on a regular basis. During a safety inspection, a qualified inspector will assess the workplace to identify any potential hazards and then provide recommendations on how to reduce or eliminate the risks associated with these hazards.

Finally, safety policies are designed to ensure that all employees understand the importance of health and safety in the workplace. Safety policies should be clearly communicated to all employees and should be updated regularly to ensure that they remain current.

DON'T COMPROMISE YOUR SAFETY FOR MONEY!



Common Safety Topics for Work

When implementing health and safety practices in the workplace, there are several safety topics that should be addressed. These include:

- Fire safety
- Slips, trips, and falls
- Ergonomics
- Electrical safety
- Chemical safety
- Working at heights
- Personal protective equipment
- Heat and cold stress
- Noise exposure

These are just a few of the safety topics that should be addressed in the workplace. It is important to ensure that all employees are aware of these safety topics and understand how to properly implement the necessary safety measures.

In Conclusion

Health and safety practices are an important part of any workplace. They can help to create a better working environment, reduce the risk of accidents and illnesses, and even improve productivity. It is important to ensure that all employees are aware of the health and safety practices in your workplace and that they understand how to properly implement them. By taking the necessary steps to ensure that your workplace is safe and secure, you can help to create a better working environment and reduce the risk of accidents and illnesses.

Are you ready to unlock the power of health and safety in your workplace? We hope this article has provided you with the necessary information to get started. If you have any questions or would like to learn more about health and safety in the workplace, please don't hesitate to contact us:

info@cohs.education

At Centre For Occupational Health & Safety (COH&S), we are committed to helping you create a safe and secure working environment. Contact us today to learn more about how we can help you unlock the power of health and safety in your workplace.

STATISTICS ON HEALTH AND SAFETY AT WORKPLACE

SOURCE OF DATA: <https://ilostat.ilo.org/topics/safety-and-health-at-work/>

Statistics Last Updated 30 September 2022

Country	Non-fatal occupational injuries per 100'000 workers ▼	Occupational fatalities per 100'000 workers	Inspectors per 10'000 employed persons
Costa Rica	9,421	9.7	0.6
Sweden	8,005	8.0	0.6
Netherlands	5,200	0.5	
Nicaragua	4,891	8.0	
Finland	4,025	0.7	1.3
Argentina	3,310	3.3	0.2
France	3,160	2.6	0.8
Chile	3,142	3.1	1.0
Portugal	2,954	3.5	0.7
Uruguay	2,654	3.7	0.6
Mexico	2,529	7.7	0.1
Turkey	2,296	6.3	0.3
Belgium	2,235	2.3	0.7
Spain	2,043	2.1	1.1
Réunion	1,989	2.3	
Austria	1,952	2.0	0.7
Switzerland	1,904	1.3	1.2
Macau, China	1,891	6.9	2.7
Slovenia	1,868	1.9	0.9
Luxembourg	1,866	3.3	
Germany	1,811	1.0	1.4
Denmark	1,794	1.0	
Israel	1,660	1.4	0.5
Canada	1,408	5.1	0.1
Brazil	1,374	7.4	0.3
Guadeloupe	1,349	6.8	
Italy	1,314	2.4	
New Zealand	1,200	2.3	0.2
Hong Kong, China	1,188	6.8	0.5
Pakistan	1,136		
Croatia	1,126	2.7	1.2
French Guiana	1,057	0.0	

Country	Non-fatal occupational injuries per 100'000 workers ▼	Occupational fatalities per 100'000 workers	Inspectors per 10'000 employed persons
Cuba	1,017	25.0	0.8
Czechia	991	2.3	1.0
United States	900	5.3	0.1
Australia	899	1.6	
Malta	891	2.7	0.3
Ireland	846	2.5	0.2
Thailand	762	5.3	0.2
Burundi	707	13.8	
Egypt	670	10.7	
Estonia	593	2.0	0.7
Malaysia	578	3.8	0.3
Poland	509	1.9	0.9
Zimbabwe	480	9.5	1.0
Hungary	464	1.8	0.7
Lithuania	436	4.3	0.9
Cyprus	420	3.8	0.5
Philippines	417	9.6	0.2
Norway	398	1.5	1.0
Barbados	388	0.8	1.4
Singapore	386	1.1	1.2
Slovakia	359	1.5	1.1
United Kingdom	335	0.8	0.3
Latvia	301	5.1	1.3
Japan	266	1.5	0.5
Mauritius	198	0.6	2.7
Seychelles	165	4.8	3.1
Bahrain	109	0.6	0.3
Greece	109	1.3	
Russian Federation	97	5.0	
Ukraine	85	5.4	0.6
Bulgaria	77	3.7	1.0
Occupied Palestinian Territory	74	1.0	0.8
Romania	71	2.6	1.8
Moldova, Republic of	65	5.2	0.5

WORKING SAFELY AT HEIGHTS

The risk of injury while working at height is very high. In general, the higher you go up, the more dangerous your job becomes. Employers must take great care to reduce the risk of any employees falling while working at height.

An accident at height can lead to serious injuries or even death. Employers must take all possible steps to ensure that employees are safe while working at heights. This includes: providing them with the right equipment, making sure they have been trained in how to use it and ensuring that they follow all safety rules. The employers must also make sure

that they have taken all possible steps to prevent falls, this includes having thorough risk assessment conducted regularly.

Suitable equipment for employees working at heights include: safety harnesses, ropes and fall protection equipment such as lanyards or anchorage points. Alongside the safety equipment, regular training in how to safely use the equipment and conduct health and safety audits is needed.



SHOCKING **SAFETY** FACTS, PROBABLY YOU DIDN'T **KNOW** OF

1) Safety Signs That Warn You of Danger Reduce Accidents By Up to 80%

2) The Chance of Death Throughout a Construction Worker's Career is
1-in-200

3) Falls Are the Biggest Risk for Construction Workers

4) Health and safety failures cost Great Britain up to £18 billion each year.

5) The "Fatal Four" Accounts for 60% of All Construction Deaths
[falls, electrocutions, being struck by objects, and being caught in (or in-between) objects]

6) For every 1 km/h reduction in the speed limit, there is a 2% reduction
in the number of average crashes

7) Training Helps Make Workplaces Safer

8) Injuries Are Reduced When Employees Have a Say At Work

SOME USEFUL SAFETY TIPS

**ALWAYS REPORT UNSAFE
CONDITIONS**

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**KEEP A CLEAN
WORKSTATION**

**WEAR PROTECTIVE
EQUIPMENT**

-

-

TAKE BREAKS

DON'T SKIP STEPS

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**STAY UP TO DATE WITH
NEW PROCEDURES OR
PROTOCOLS**

**OFFER GUIDANCE TO NEW
EMPLOYEES**

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Centre For Occupational
Health & Safety
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INTERNATIONALLY RECOGNISED

Diploma Courses We Offer

- Occupational Health and Safety Management (OHSM)
- Safety Health and Environmental Management (SHEM)
- Project Management
- Project Design, Monitoring and Evaluation
- Security, Risk and Loss Management
- Nurse Aide
- HIV & AIDs in Workplace Management



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COURSES WE OFFER

+ HAZARDOUS CHEMICAL MANAGEMENT (HAZCHEM)	>
+ FIRST AID AND MANUAL HANDLING	>
+ FOOD, SAFETY AND HYGIENE MANAGEMENT	>
+ COVID-19 SURVEILLANCE AND WORK PLACE MANAGEMENT	>
+ CUSTOMER CARE	>
+ ISO 45001 IMPLEMENTATION TRAINING	>
+ BASIC FIRE FIGHTING	>
+ EMERGENCY PREPAREDNESS	>
+ MICROSOFT PROJECT MANAGER	>
+ SECURITY AND RISK CONTROL	>
+ HEALTH AND SAFETY PRACTICES	>
+ BUSINESS ETHICS FOR THE WORK PLACE	>
+ EFFECTIVE JOURNAL ARTICLE WRITING SKILLS	>
+ CONFLICT RESOLUTION	>
+ CONTRACT MANAGEMENT	>
+ TECHNICAL PROJECT REPORT WRITING AND PRESENTING SKILLS	>
+ A-Z MINE & SAFETY ACT (MHSA)	>
+ GOOD HOUSE KEEPING	>
+ NURSE AID	>
+ PHARMACY ASSISTANT	>
+ SHE REPRESENTATIVE FOR MINING	>
+ HAZARD IDENTIFICATION AND RISK ASSESSMENT (HIRA)	>
+ INCIDENT INVESTIGATION	>
+ SAFETY PASS ALLIANCE (SPA) FUEL DEPOT	>
+ SAMTRAC FOR MINING	>
+ LEGAL LIABILITY	>
+ INTRODUCTION TO ISO 4500	>
+ PHARMACY ASSISTANT CERTIFICATE	>
+ CERTIFIED NURSING ASSISTANT CERTIFICATE	>
+ ISO 4500 INTERNAL AUDITOR	>
+ ASSISTANT HEALTH CARE TECHNICIAN CERTIFICATE	>
+ APPLYING SHE PRINCIPLES AND PROCEDURES (ASHEPP)	>
+ PROTECTION OF PERSONAL INFORMATION ACT (POPIA)	>
+ EVACUATION AWARENESS	>
+ ADVANCED OHS	>

**TAKE YOUR CAREER
TO THE NEXT
LEVEL WITH US!**

ERNOLL TODAY!

VIEW OUR COURSES



PERSONAL PROTECTIVE EQUIPMENT

ARE YOU LOOKING FOR SOME PERSONAL
PROTECTIVE EQUIPMENT?

WE ARE SUPPLIERS OF:

Construction Person Protective Equipment ie:

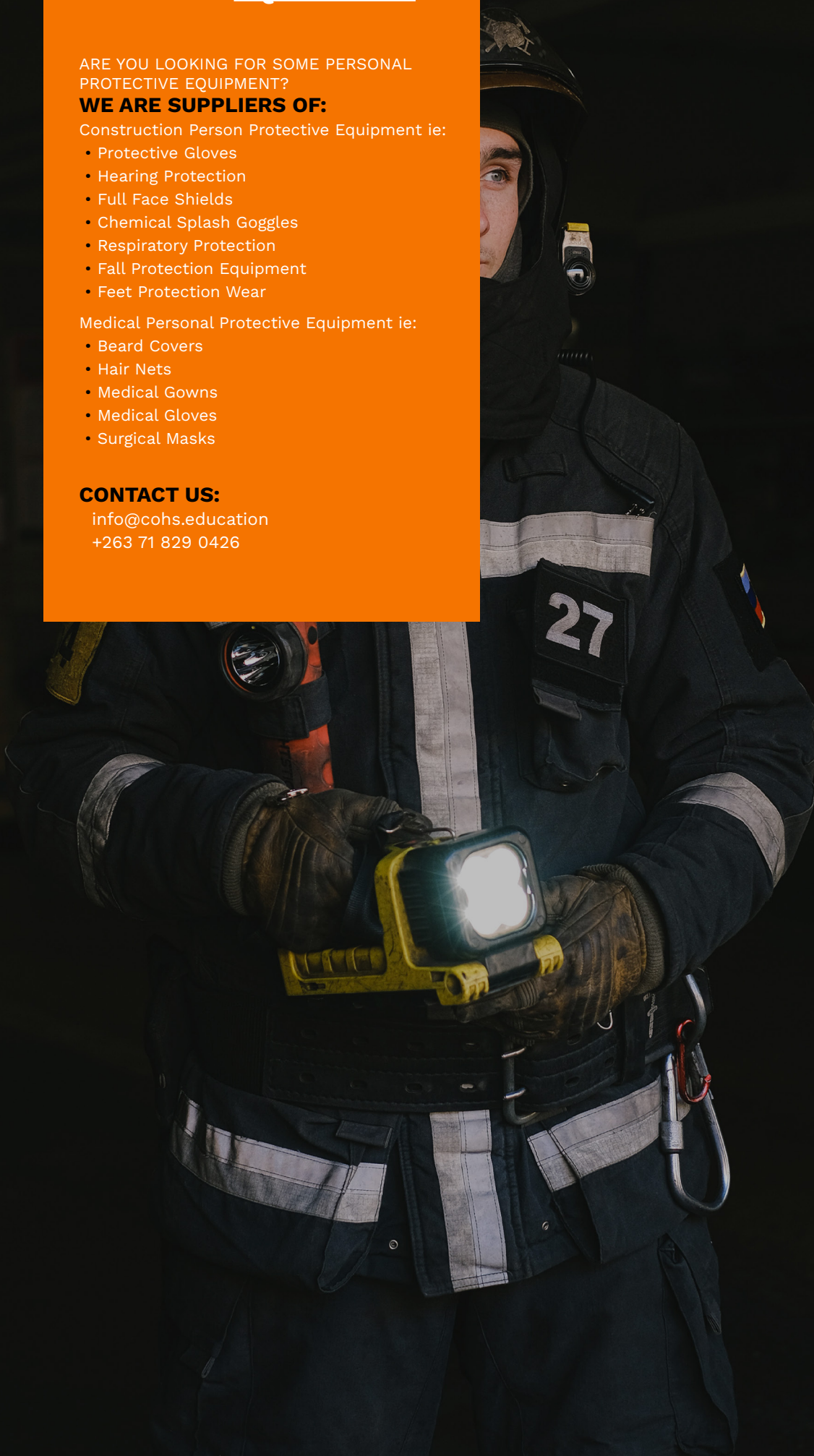
- Protective Gloves
- Hearing Protection
- Full Face Shields
- Chemical Splash Goggles
- Respiratory Protection
- Fall Protection Equipment
- Feet Protection Wear

Medical Personal Protective Equipment ie:

- Beard Covers
- Hair Nets
- Medical Gowns
- Medical Gloves
- Surgical Masks

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2022 AUGUST, BULAWAYO GRADUATION





2022 DECEMBER, BULAWAYO & HARARE GRADUATION





2022 DECEMBER, VICTORIA FALLS GRADUATION



COH&S 2022 PROGRESS REPORT

List of Our Successful Graduations (4/4):

FIRST QUARTER GRADUATIONS

COH&S Vic Falls held it's graduation during the first quarter of the year in April. The graduation was a great success considering the number of students that graduated.

SECOND QUARTER GRADUATIONS

In August 2022, Zvishavane hosted it's graduation where a surprising number of students graduated.

COH&S Bulawayo also held another graduation during this second quarter of the year at Derby Hotel in Bulawayo.

THIRD QUARTER GRADUATIONS

On the 16th of December we hosted a combined graduation for students enrolled at COH&S Harare as well as COH&S Bulawayo.

COH&S Vic Falls also hosted it's graduation in December as well in Victoria Falls.

Company Recognition Status:

It is our Joy to announce that through-out the year 2022, we as COH&S, have continuously widened our network both locally and internationally. As evidence, the number of institutes and organizations that started recognizing us increased tremendously. Local companies like Star Delta, ZimPlats, National Foods, Mpilo Hospital amongst others. And international organizations like Pathway Healthcare located in the USA as well as other organizations in UK. International Enrollments have increased significantly with students enrolling from countries like Turkey, South Africa, Australia and Zambia.

During the course of the year, we had over 50 COH&S trained students who found jobs in the UK from Zimbabwe, Zambia and South-Africa. Due to this, we have decided to start building relationships with companies with the potential of hiring safety health experts to make it easier for our students to be able to get Jobs in the first world countries from anywhere around the globe. After sitting with the board of directors, we came to a conclusion that we can make it as one of our goals to be assisting our students in procuring their desired jobs. More details will be revealed in the April Newsletter.

Distance Learning Made Easier:

OFFICIAL INTRODUCTION OF ONLINE ENROLLMENT

Due to the expansion of the company through-out the year 2022, we saw it fit to introduce an online application portal to make it easy for interested persons to apply online from anywhere around the world. Our goal with the online application portal is to make it easy, fast and straight forward.

The User Experience (UX) and User Interface Design (UI) on the online portal will be getting updated every three (3) months till we feel it is now pin-perfect.

On the release of the April update, our online application portal will be now able to process international online payments methods like Mastercards, Visa Cards, Paypal amongst others that we see fit.

Click the link below to see the application portal:
<https://www.cohs.education/courseenrollment/>

SPECIAL THANKS TO OUR WEB-DEVELOPER (MR T. JOSEPH)

COH&S ONLINE LEARNING PLATFORM

As we speak right now, we have our own tailor made online learning platform that is currently in beta-testing. This platform will be having similar functionality as Google Class, though with a significant number of new added features. Unfortunately, I cannot announce the features as yet till it's official release date. But one thing I can say for sure is, "have high expectations."

Special Thanks to Our Active Director
Mr L Mphamba & His Team For Their
Continous Efforts of Increasing our
Institutes' Recognition Internationally.





THE END

NEXT NEWSLETTER RELEASE DATE: APRIL 1, 2023