CEM OHSE NEWSLETTER

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Loadshedding the Do's and Don'ts

Prepare yourselves, for the looming threat of loadshedding may strike at any moment. In order to navigate through this turbulent time, I present to you some crucial guidelines to follow during loadshedding.

Do's:

- Unplug any equipment not in use during loadshedding, especially hot plates or ovens not connected to the generator, to shield them from potential power surges upon restoration of power. This precaution is essential even during after-hours or weekends to ensure the safety of your equipment.
- Be aware that all research laboratories except 7C and 7D have no extraction systems during loadshedding. If you must enter a laboratory during loadshedding, wear a respirator and limit your time inside to approximately 5 minutes.
- Strategize your experiments around the loadshedding schedule to minimize disruptions.
- Report any issues with access control doors or fire escape doors promptly using the QR codes around the department or provided link.

  https://forms.office.com/r/GMQzFdr9X0

- If the power fails to return after the scheduled time, report it immediately. For after-hours assistance, contact CPS at the provided numbers below;

  021 650 2222. Or toll free 080 650 2222

Don'ts:

- Never enter a laboratory without a respirator during loadshedding - to protect your health.
- Avoid overloading plugs connected to the generator to prevent tripping.
- Refrain from initiating sensitive experiments or reactions right before loadshedding commences.
- Remember to remove door wedges from fire doors once loadshedding concludes.
- Don't forget to reconnect your equipment once power is restored.

Stay vigilant, follow these guidelines, and together we shall overcome the challenges posed by loadshedding.

The importance of completing a HCARA

What does HCARA stand for:

Hazardous **C**hemical **A**gents **R**egulations **A**ssessment

This risk assessment is crucial in identifying the potential dangerous and toxic chemicals that individuals are working with. It delves into how frequently they are exposed to these chemicals, the duration of their exposure, whether they work in a fume hood, and if they wear proper personal protective equipment. Additionally, it examines if others in their vicinity are also at risk of exposure to these harmful substances.

Of utmost importance in this assessment are the consequences of exposure and the likelihood of an incident occurring. Armed with this vital information, the CEM OHSE Unit can determine if any individuals require monitoring to ensure their health safety.

It is imperative that this assessment is conducted on an annual basis, as new chemicals may be introduced into the work environment or exposure levels may change. Your health and well-being depend on it.

The HCAR assessment template can be found on the CEM OHSE Unit website under the following webpage:

https://science.uct.ac.za/department-chemistry/forms-spreadsheets

Your OSHE-rep will be able to assist you in completing the form.

Laboratory & Research Chemical Safety and Storage Short Course 1-2 April or 9-10 September

Join us for an exciting short course with the CEM OHSE Unit! We will be covering the following topics:

- Legislation and Hazardous Chemical Communication
- Chemical hazards
- Introduction to toxicology
- Storage of Chemicals
- Waste management
- Emergency response.

This is an interactive course! Here, you have the opportunity to ask questions and seek explanations for any information that may be unclear to you. Monique and Sophie are here to help guide you through the material and ensure that you fully grasp the concepts being presented. Don't hesitate to reach out and make the most of this interactive learning experience!

You can register for course using SuccessFactors (Staff) or contact Ms Monique Muller via email (Student). For more detail click on the link below to directly go to brochure on the webpage.

Laboratory & Research Chemical Safety and Storage Short Course