



UMELULEKI WEZEMPILO NOKUPHEPHA

Ihlelwe umnyago we – occupational and environmental Health, School of Nursing and Public Health, University of KwaZulu-Natal.

Occupational Medicine Registers:

Dr Christel Nagoorsamy, Dr Paloma Maripiha and Dr Viwe Mdhluli

Ochwepeshe Bemithi Yomsebenzi:

Dr. Sujatha Hariparsad (Senior Lecturer),
Prof Rajen Naidoo (Head: Clinical Department)

Iphrojekthi ngokubambisana ne-Asiye eTafuleni.

Editing:

Jo Lees

Translation:

Misiwe Maphumulo, Patrick Ndlovu

Illustration:

Juan Miguel Dorta Ruiz

Design & Layout:

Jess Nicholson

127 Johannes Nkosi St, Durban 4001, South Africa

+27 (0) 31 309 3880

www.aet.org.za



Isingeniso

Lencwadi imayelana nokuhlolwa kwengozi iyingxene yochungechunge oluhlanganisa ndawonye amabhukwana okuqequesha abahwebi ukuthi babe abaluleki bezempilo nokuphepha. Ibhukwana elilandelayo lizobe libuka izindlela ZOKULAWULA UBUNGOZI, okupathelene nokubona izingozi emsebenzini kuphinde kuhlonzwe izingozi.

Asebe thamele loluqequesho abazobizwa ngokuthi abaluleki bezempilo (Health champions) uma sebegogothile kuloluqequesho bazokwazi ukudlulisela lolulwazi lwezempiro nokuphepha emsebenzini baphinde baluleke ozakwabo namakhasimende. Inhloso enkulu ukukhulisa ukuwashisa nokuqapha impilo nokuphepha emsebenzini ezindaweni zomphakathi.

Inhloso eyokuthi

- ukwenza ngcono izimo zokusebenza eziphephile zabahwebi.
- ukuhlomisa abahwebi emnothweni osafufusa, ikakhulukazi labo abasezindaweni zokusebenza zomphakathi, ngezindlela zokuphepha ezibalulekile empilweni nasemsebenzini abawenzayo.
- ukunciphisa izehlakalo kanye NEMITHELELA emisha yezifo ezingabangwa imisebenzi noma izindawo zokusebenzela ezahlukahlukene
- ukwandisa ukwamukelwa komphakathi kwezinquo zezempiro nokuphepha, esikhundleni sokuphoqeleta imiyalelo kaHulumeni, kube yindlela engasetshenziswa.



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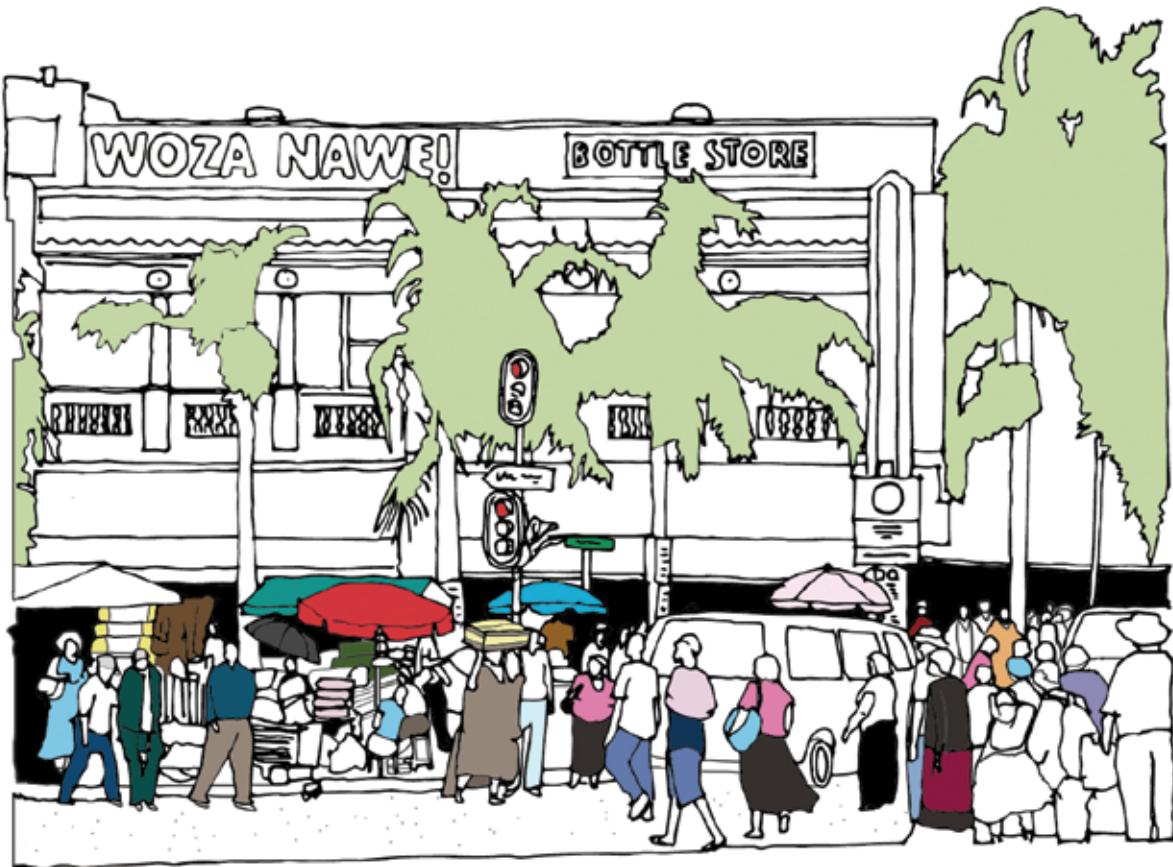
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IBHUKWANA LESIGABA SOKUQALA

**Ukuqonda izinto
ezingadala ubungozi**

Okuqukethwe

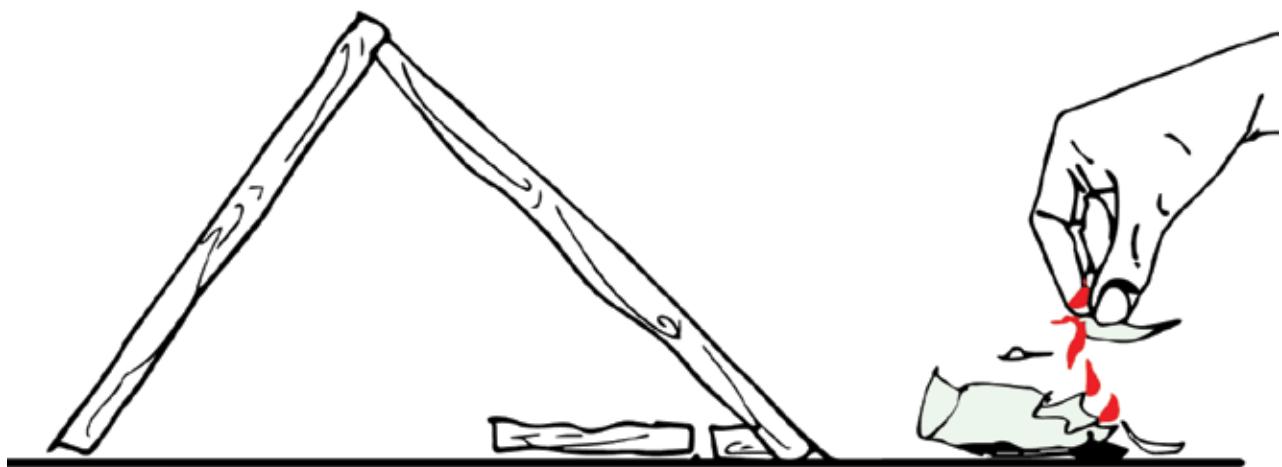
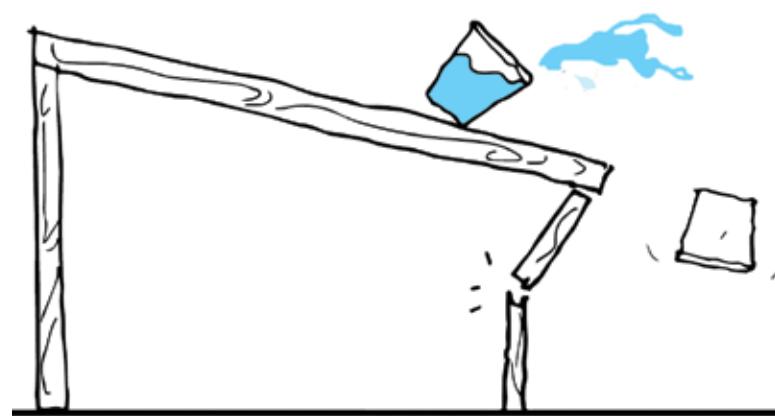
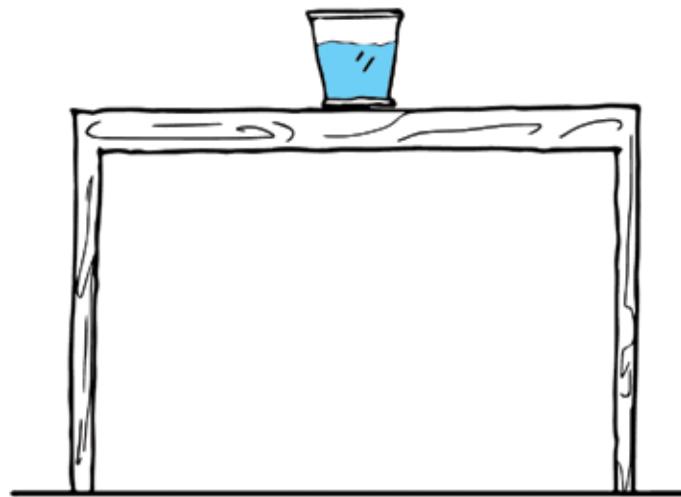
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Injongo yaloluqequesho

- ukuthola nokuphawula ngezinto ezingadala ubungozi ezindaweni zokuhwebela.
- ukuqonda ukuthi ukuba segcupheni yezingozi kubangela kanjani ukuthi ubesegozini ngokwezempiro endaweni yokuhwebela.
- Ukwamukelwa kwezindlela zokulawula noma zokunciphisa ubungozi bokuba sengcupheni ezingozini ezihlonziwe ezindaweni zokusebenzela abahweni.
- Ukulekelela abahWEBI balandele izindlela zezempiro nokuphephaezindaweni zokusebenzela.

Okulindeleke kwababambe iqhaza kuloluqequesho

Bhala phansi izinto ozilindele kuloluqequesho



1 Yini ubungozi?

Kungaba izinto, noma indlela osebenza ngayo, inqubo noma imishini umuntu noma impahla. Lena impahla eyingozi. Isibonelo, ingilazi yamanzi enganalutho phezu kwetafula ekhishini inamandla okokulimaza. Uma ingakathintwa futhi izinzile, amandla okulimaza mancane. Uma lintengantenga ingilazi yamanzi iwe bese iyaphihliko, umuntu angalimala, lokhu kuwubungozi ingilazi iwubungozi. Endaweni yokusebenzela kunezinto ezahlukene ezingadala ubungozi.

Kunezinhlobo ezahlukene zeingozi emsebenzini: izingozi nokuphepha, izingozi ezibangwa yimvelo, izingozi zomzimba izingozi ezingabangwa indlela yokusebenza kanye nezingozi zamakhelikhali.

1.1 Indlela yokuphepha ebungozini

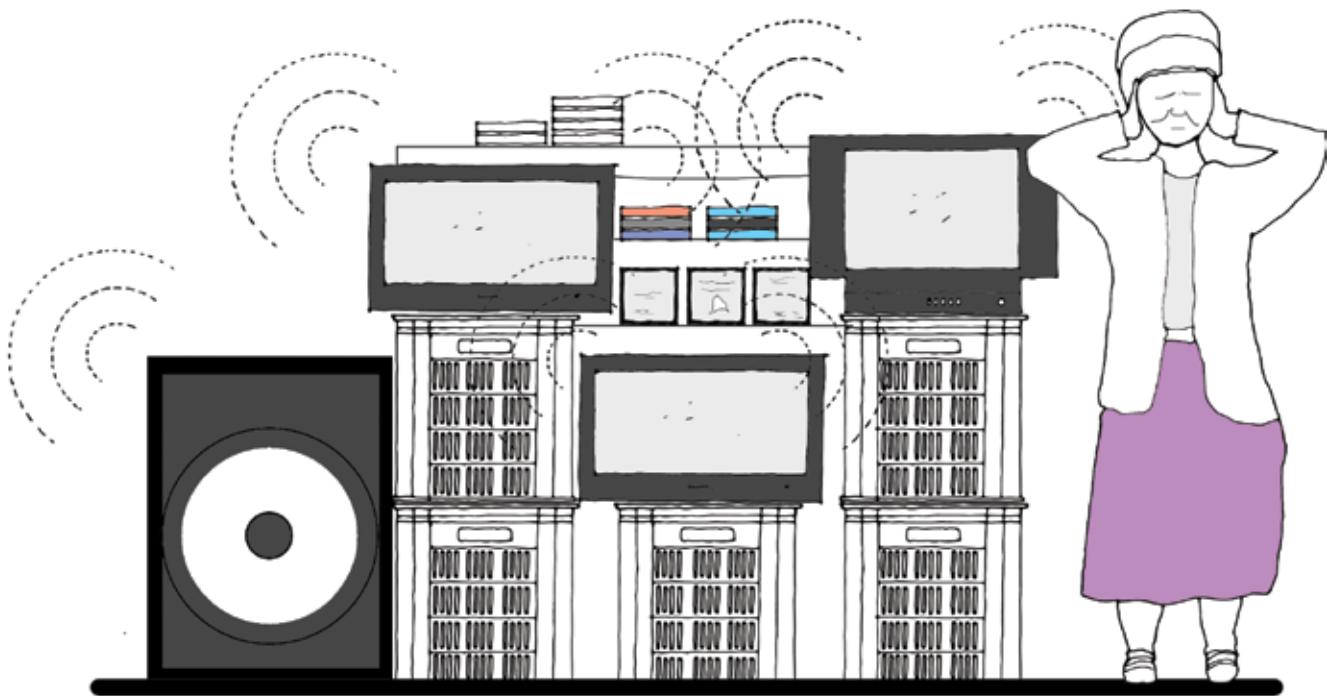
izingozi zokuphepha zihlanganisa amathuluzi, imishini, izinto zokwakha, ukubamba, noma ogandaganda, njengalokhu nokunye. izimo zendawo yokusebenzela zingabangela ukushelela, ukushibilika nokuwa, zihlukaniswa njengezingozi zokuphepha. Izinto ezibonakalayo ezizungeze indawo yokusebenza zingabangela ukushelela, ukushibilika nokuwa okuholela ekulimaleni.

Ungakwazi yini ukukhomba noma yiziphi izingozi endaweni yakho yokusebenzela?

1.2

Izingozi zomzimba

Izingozi ezingokomzimba zizingozi ezikhona endaweni esihwebela kuyona. Okuukethwe yizith-ombe, ukushisa, imisebe yelanga, umbani wezulu.



Umsindo

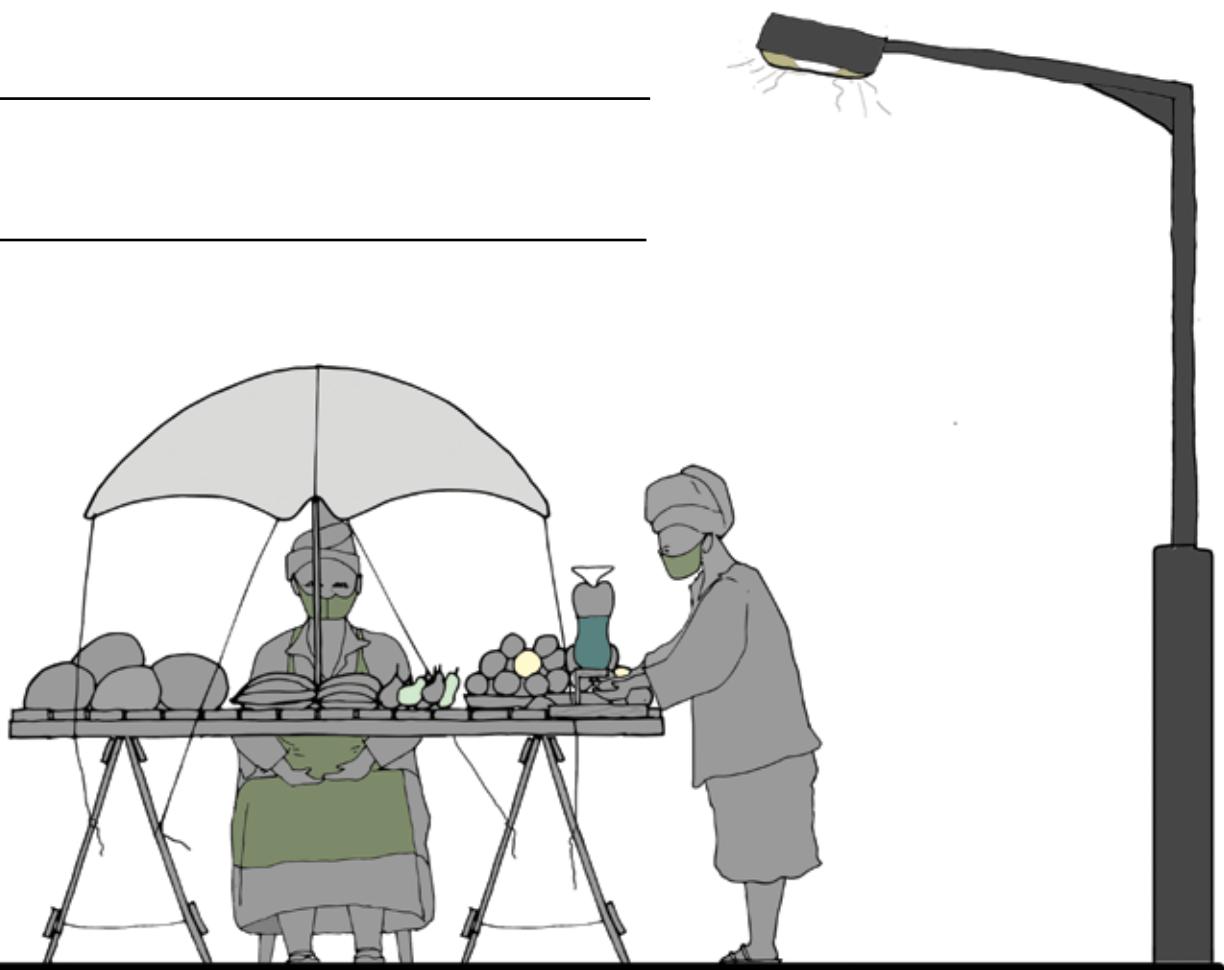
Umsindo yinoma umuphi umsindo ohlukumeza indlebe yomuntu. Umsindo uvela ngokudlidliza lapho kukhona ukushintshashintsha komfutho womoya. Umsindo ukalwa ngomshini okala umsindo. Amazinga aphezulu omsindo angaholela ekulahlekelweni ukuzwa. Umsindo ophezulu obangwa izimoto ovela enjinini yemoto namahutha. Lapho kunabantu abanangi futhi behkulumela phezulu, kungawudala umsindo.

Ungakwazi yini ukuhlonza izindawo emsebenzini lapho konomsindo omkhulu?

Ukukhanya

Ukukhanya okuhlaba emhlweni ezindaweni zokusebenza kungase kubange ingcindezi ikakhulukazi uma kwensiwa umsebenzi ofana nokushisela. Izindawo zokusebenzela kufanele zikhanye kahle futhi zibe nezinga lokukhanya okwanele. Izibani ezikhanya ngamandla elanga, nezibani ezishajwayo zingasetshenziswa njengendlela yokugwema ukulimala kwamehlo.

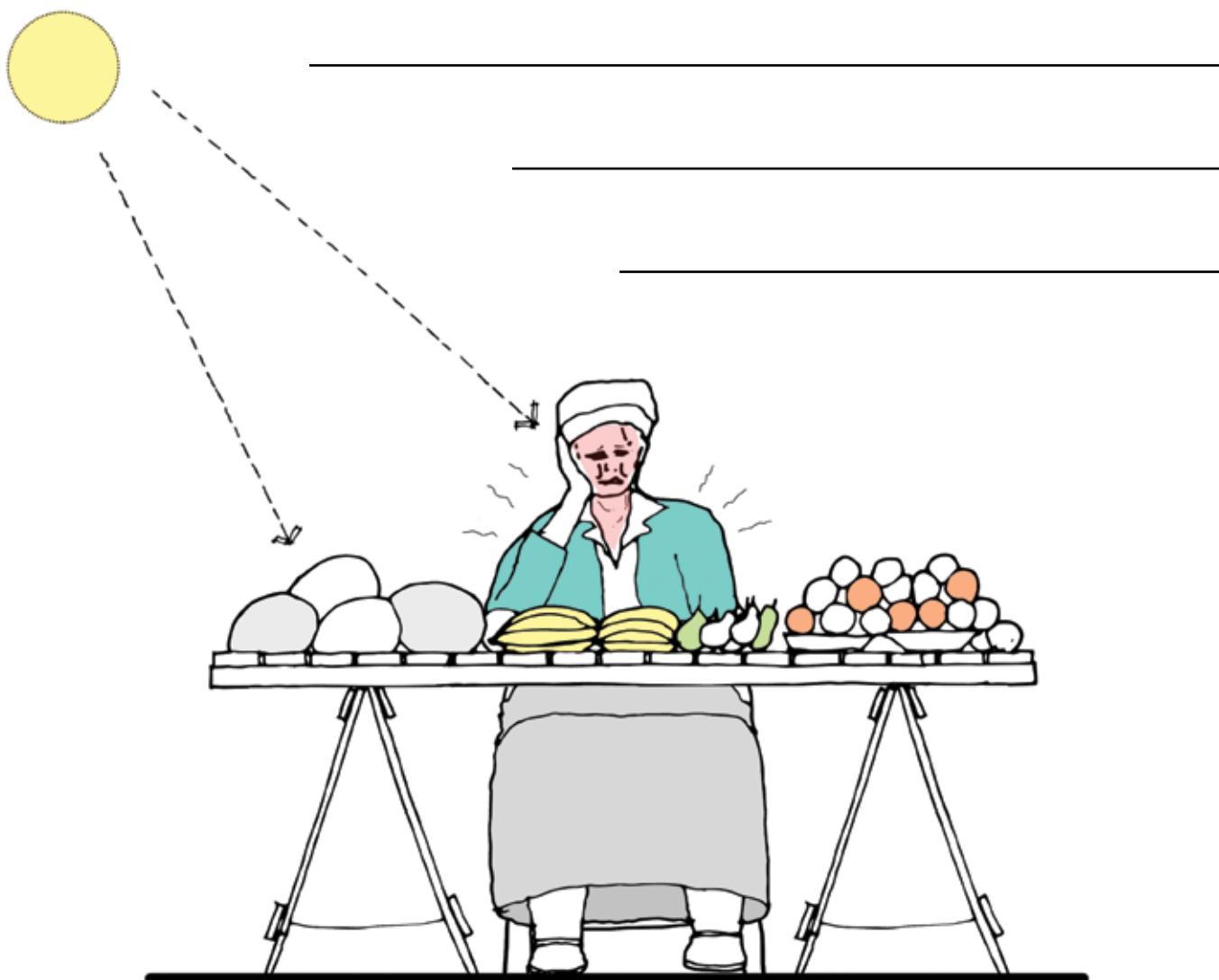
Ungakwazi ukubona izindawo osebenza kuzo lapho ukukhanya kungalungile ngisho nasemini?



Amazinga okushisa

Amazinga okushisa aphezulu emini angase abangele ukukhathala kanye nesibhocabhoco. Izinyathelo zokunciphisa ukusebenzela endaweni enelanga elishisayo, kungaba ukumbozwu kwendawo yokusebenza, izigqoko ezinompheme obanzi kanye nesambulela. Ukufinyelela kalula emanzini aphuzwayo kungenye yezindlela yokulawula engasetshenziswa ngabahwebi. Abasebenzi bangase bashiswe yilanga babenezilonda ezifana nokushiswa iqhwa uma kubanda kakhulu, Kufanele kugqokwe izingubo ezifudumele.

Ake ucabange izindlela zokunciphisa ukushisa nokubanda emsebenzini?

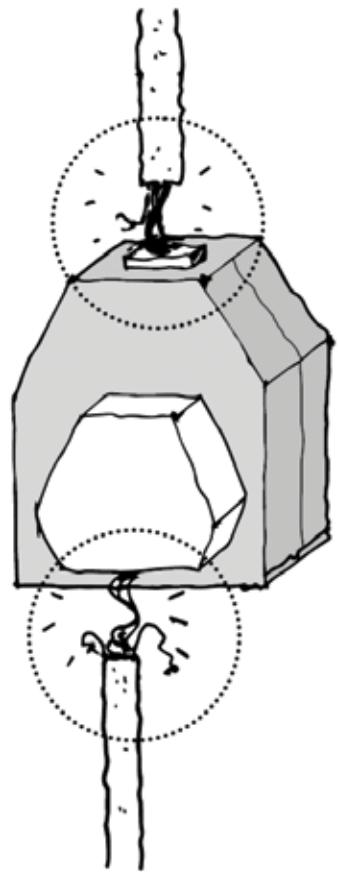


Ugesi

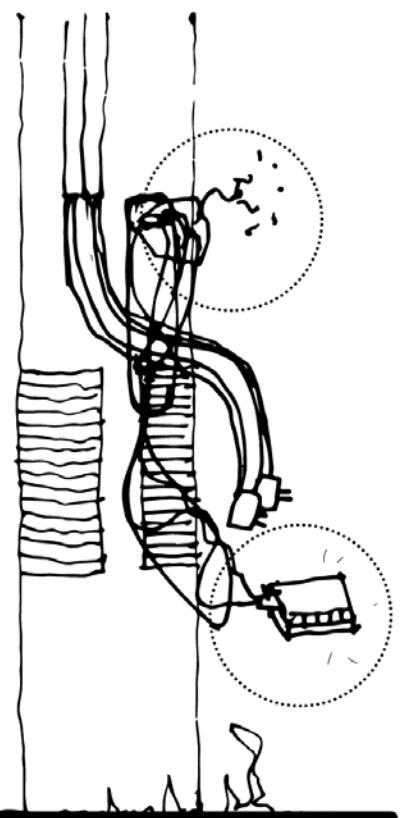
Ugesi ungalimaza kakhulu abantu futhi udale umonakalo wempahla. Izintambo zikagesi akufanele neze zivezwe futhi zingalokothi zigcinwe eduze kwamanzi. Izingozi ezinkulu zokusebenza ngogesi yilezi:

- Ukuthinta izingxeny eziphilayo zikagesi noma izintambo kungaholela ekubanjweni ugesi noma ekusheni.
- Ukuthinta izingxeny noma izintambo kungaholela ekubanjweni ugesi noma ekusheni.
- Ukusabalala komlilo ovela ezintweni zikagesi ezingahlelekile kanye nezinto ezixhunyiwe kungabangela ukulimala.
- Ukuqhuma ongukungabangwa izinto ezisebenza ngogesi noma izinto ezokheleka kalula.

Ukubanjwa ugesi nakho kungaholela kwezinye izinhlobo zokulimala, isibonelo okubangelwa ukuwa esitebhisi noma izikafula.



Ungakwazi yini ukubona izindawo emsebenzini wakho lapho kunezingozi zakagesi?

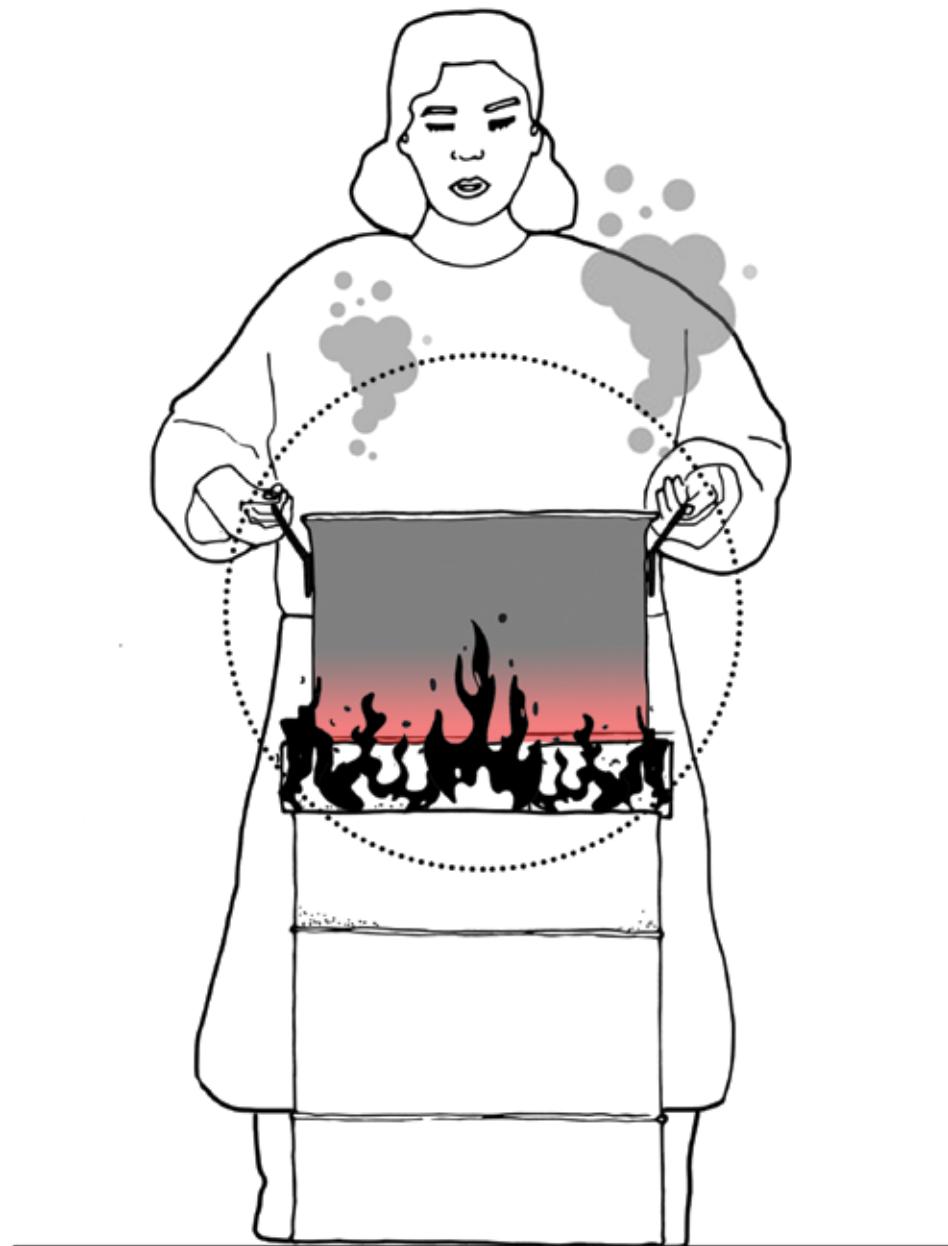


Umlilo

Iningi labahwebi lisebenzisa umlilo ukupheka ukudla

Ubungozi bokusebenzisa umlimo uma upheka yilezi:

- Ukushiswa ilangabi, amalahle noma amabhodwe ashisayo.
- Ukushiswa amanzi abilayo noma amafutha.
- Ukubhebhetheka komlilo.
- Ukuphekela endaweni ethsekile engasabalalisa umlilo.



1.3

Izingozi ezidalwa indlela noma amathulizi esisebenza ngawo

Iningi labahwebi basengcupheni enkulu yokuphazamiseka kwemisipha nohlaka lwamathambo omzimba ngenxa yezimo noma izinto abazisebenzisayo. Uma njalo isikhathi esinde sisebenza, sihlezi, simile sidudula umthwalo noma izinqola ezisindayo kungaholela ukuthi umzimba uhlukumezeke. Imisebenzi esiienza ngokuvamile ehlukumeza amalunga awodwa emzimbeni angadala ubuhlungu bemisipha namajoyinti. Ukusetshenziswa kwezinto noma amathulizi kusesthenziswe ngendlela ephephile.

Izibonelo zeingozi ezingadalwa amathulizi noma indlela esisebenza ngayo:

- ukusebenzisa imbazo, ugalela uphinda phinda kungadala ubuhlungu emhlane, kuhlukumeze nemisipha.
- ukugqula imithi namathambo ukwenza ngokuvamile kungaholela ekuhlukemezekeni kwemisipha kuholele ekulimaleni
- ukupusha noma ukududula inqola esindayo.

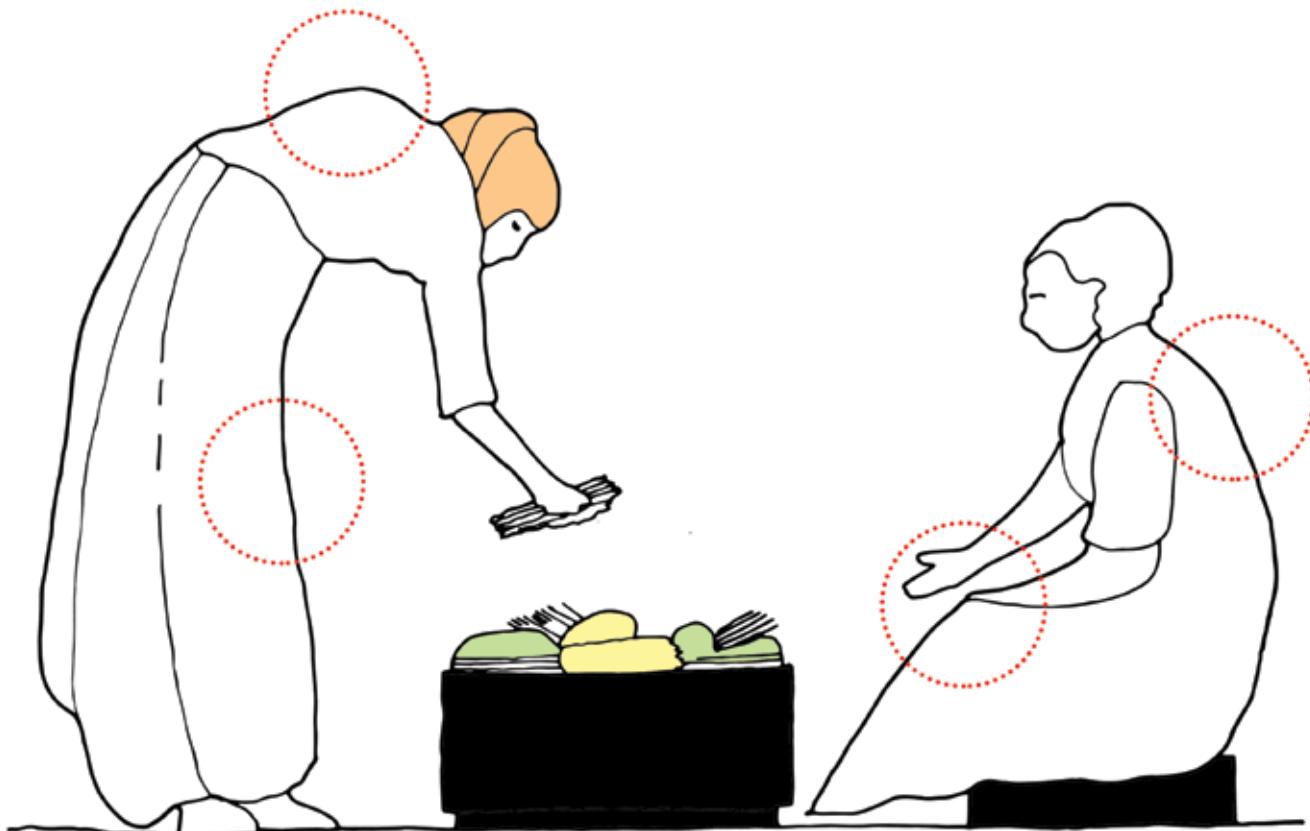




Ungakwazi yini ukubona okungadala ubungozi endaweni osebenzela kuyona?

Ukuhlela indlela yokusebenzela

Indlela yokuszebenza ehlelekile ibalulekile ukuze kusimame umsebenzi. Abahwebi ngokujwayelekile baphindaphinda indlela eyodwa yokusebenza. Uma besebenza ngokushesha, kalula futhi ngendlela ephephile izinga lokukhiqhiza lizoba phezulu. Gwema ukubeka izimpahla ziphakame kakhulu ngendlela yokuthi zingase zidale ingozi nokulimala. Ungakwazwi yini ukubona okungadala ubungozi endaweni osebenzela kuyona?



Izingozi ezidalwa imvelo kubalwa amagciwane, isikhunta, nezinye izinhlobo zamagciwane abonakala uma kusetshenziswa izipopolo.

Ukuvikela ukudla kumagciwane

Izinto eziwayele ukudala amagciwane ekudleni ubuthi obubizwa ngama gciwane atholakala emanzini agcolile. Uhlobo lwamagciwane athelelanayo atholakala njalo emathunjini ezilwane nomaabantu. Igciwane elibanga ubovu elitholakala esikhumbeni kanye nezilonda zokusikeka kubantu abapheka noma balungise ukudla ingase iholele ekungcoleni futhi ibe enye imbangela yobuthi bokudla. Ukutheleleka ngendle ngomlomo kungenzeka ngokuphuza noma ukudla okungcolile.



Izindlela zokugwema ubuthi obutholakala ekudleni

- Ukugeza izindla ngaphambi nangemuva kokudla.
- Izilonda, ukusikeka noma amanxeba avulekile ezandleni akufanele athintane ngqo nokudla. Uma kungenzeka, abahwebi bangasebenzisa amagilavu.
- Qinisekisa ukuthi izitsha zokupheka ziyawashwa futhi zihlanzwe ngensipho namanzi njalo ngemva kokusetshenziswa.

Awucabange ngobungozi obungadalwa ngamakhemikhali endaweni yakho yokusebenza?

1.5

Izifo ezitholakala emoyeni

Igciwane le-Covid-19 kanye nesifo sofuba (TB) yizibonelo zezifo ezitholaka emoyeni, kunoqeqesho olumayelana negciwane le Covid-19 olumayelana nezifo ezitholalakala emoyeni.

Ubungozi obudalwa uthuli

Uthuli yizinhlayiya ezincane eziba ukungcola emoyeni. Ezinye izibonelo zothuli olukhona ezindaweni zokuhwebela uthuli lwamafemi oluphuma ekugayweni kwamatshe, uthuli lwensimbi oluvela ezinsimbini kanye nothuli lwemvelo noma lwemifino oluvela kufulawa, isitshalo sikakotini noma imikhiqizo yezilwane. Uthuli luhogelwa ngekhala, futhi uma izinhlayiya zincane ngokwanele, zingase zifike emaphashini. Lokhu kungaholela ezifweni ezibangelwa ukuphefumula njengesifuba somoya, umdlavuza wamaphaphu kanye nesifo samaphaphu (lapho uthuli luthinta inxenye yamaphphu).



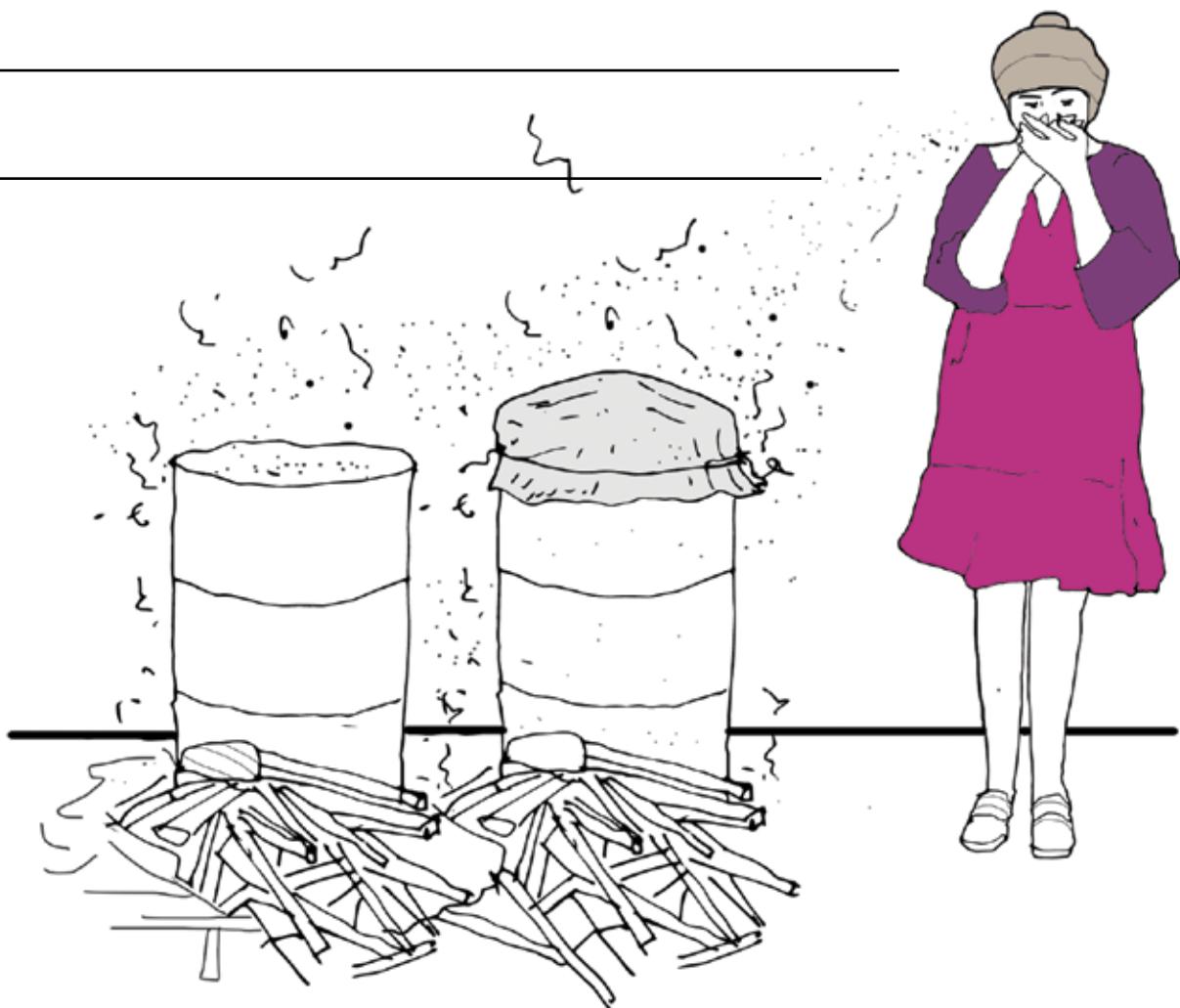
Yiziphi izinyathelo ozithathayo ukuze uzivikele ekuguleni?

Izingozi ezibangwa amakhemikhali

Abahwebi basegcupheni kumakhemikhali ahlukahlukena noma izinto ezinemiphumela yezempilo ebucayi njengamahlalakhona. Izinto zamakhemikhali eziningi zingase zibe ezindaweni zokusebenza njenge zinto zokuhlanza, izinhlobo ezahlukene zodayi wezingubo, kanye nezibulalazinambuzane ezivela emikhiqizweni emisha. Ukuchayeka kulawa makhemikhali kungenzeka ngokuhogela uma kuhkona intuthu evela kumakhemikhali noma ukuthintana ngqo nento.

Imikhiqizo yokuhlanza inezinto eziningi zamakhemikhali ezixubene ezandisa ubuthi empilweni yomuntu. Imiphumela yezempilo yokuhogela ingase ibangele ukugula. Ukuvuvukala kwesikhumba kungabangelwa ukuthintana ngqo. Izinto ozhogela ziye ebucosheni zingase zidale isiyezi nekhanda elibuhlungu.

Ungakwazi ukucabanga nganoma yiziphi izingozi zamakhemikhali endaweni yakho yokusebenza?



Izingozi ezingokwengqondo nenhlalakahle yilezo ezibeka abasebenzi egcupheni yokuphazamiseka kwengqondo. Izimo abahwebi abasebenza ngaphansi kwazo zingahlumeza futhi zibange ubungozi kwempilo nokomqondo. Ukuhlukunyezwa kwabasebenzi okuhambisana nodlame kudala indawo yokusebenza ingathokozeleki. Abahwebi basemgwaqweni abavikelekile ngokwanele ekutshotshelweni kanye nasekuhlukunyezweni. Abesifazane, ikakhulukazi, basengcupheni enkulu yokuhlukunyezwa nokuhlaselwa.

Abathengisi besifazane babika ukuthi ingqalasizinda engagculisi yasemadolobheni ibabeka egcupheni yokuhlukunyezwa ngokobulili. Njenge, Izindlu zangasese ezingaphephile, ukukhanya okunganele, nezindawo zokugibela izithuthi zomphakathi ezingaphephile zishiya abesifazane besegcupheni.

Ubunzima bomsebenzi nokungavikeleki kuhlangene nokulekelelwa ngezidingo zomphakathi kungaba nomthelela wokuphazamiseka kwengqondo. Inigi labasebenzi besifazane kumele beze nezingane emsebenzini njengoba kungekho mali,nomuntu ongabasalela nabantwana.



Zikhona yini izingozi ongazicabanga ngokwengqondo nezenhlalo endaweni yakho yokusebenza?

Ungakwazi yini ukuchaza ukuthi kungani ucabanga ukuthi ziyingozi?



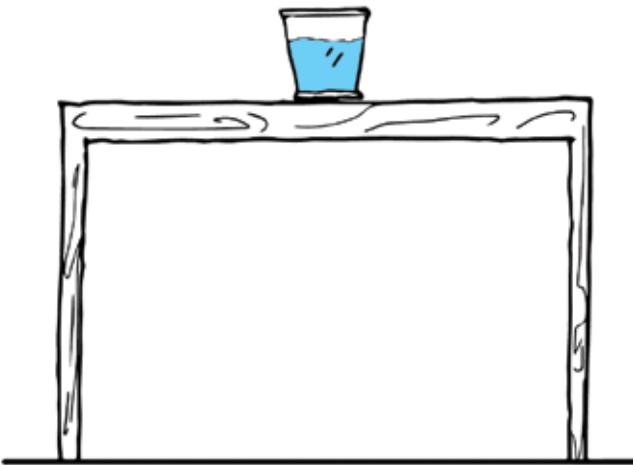


Biyela zonke izingozi
ozibona esithombeni
esingezansi

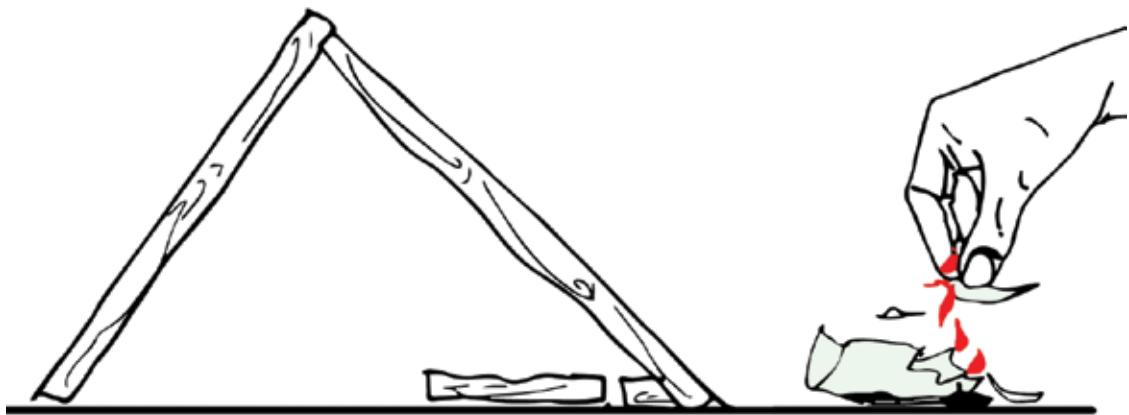
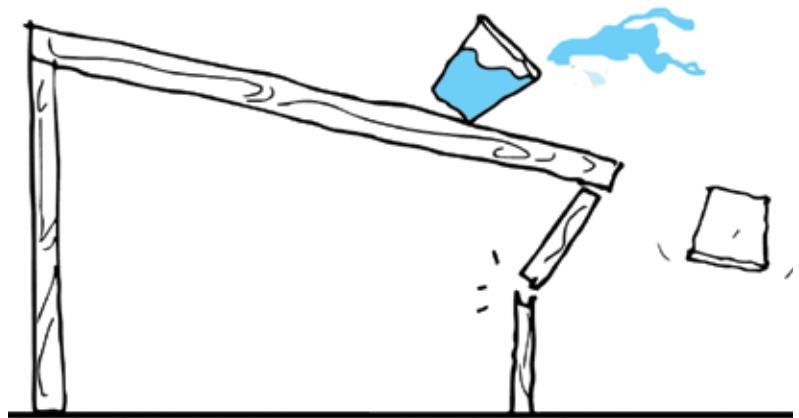
2 Kuyini ukuba sengcupheni?

Ukuba segcupheni: kuchaza izikhawu, kanye nokuvama, lapho ingozi ingavela umuntu, iqulu labantu noma indawo ezungezile ngokuthintana, ukuhogela, noma ukugwinya.

Sibyele engilazini yethu yamanzi etafuleni.
Savumelana ngokuthi ingilazi INGASE idale ubungozi.



Kodwa kube yingozi kuphela
uma kingase (iwe, iphihlike noma
ilimaze umuntu)



Izibonelo zezingozi nokuba segcupheni kubahwebi:

- Intambo kagesi edlulisa ugesi iyingozi: uma ixhunywe 10m ngaphezu kwendawo yokusebenza, akulula ukuthi idale ingozi, kanti uma ihamba phansi, makhulu abathuba okuthi idale ingozi.
- Ibhodlela lo-benzeni alinabungozi: uma lifakwe esitsheni esivalekile ekhabetheni, kanti uma libekwe langavalelalwa makhulu amathuba obungozi.

Buyela ezithombeni ezingenhla nasendaweni osebenzela kuyo ulandelanise iznto ezingabanga ubungozi ngamazinga obukhulu, okuphakathi nendawo kanye nokuncane.



3 Yini ubungozi?

Ubungozi busho amathuba okuba sengcupheni yokulimala.

Uma sibuyela kumzekelo wengilazini yamanzi. Uma ipahlazeka, iba yingozi. Uma kucosha izingcezu zayo, ngokungaqikeleli kungadala ingozi. Unganciphisa ubungozi ngokuthi usebenzise amagilavu.

Ngakho-ke, ukuze kube neNGOZI yokulimala noma okungadala ukugula emsebenzini.



Ukuze uqonde ubungozi obhekana nabo emsebenzini, sizokukhombisa ukuthi yini okumele uyenze ukugwema izingozi. Lokhu iwona mongo wokuqequesha olandelayo.



IBHUKWANA LESIBILI

Ukuhlolwa kwengozi

Okuqukethwe

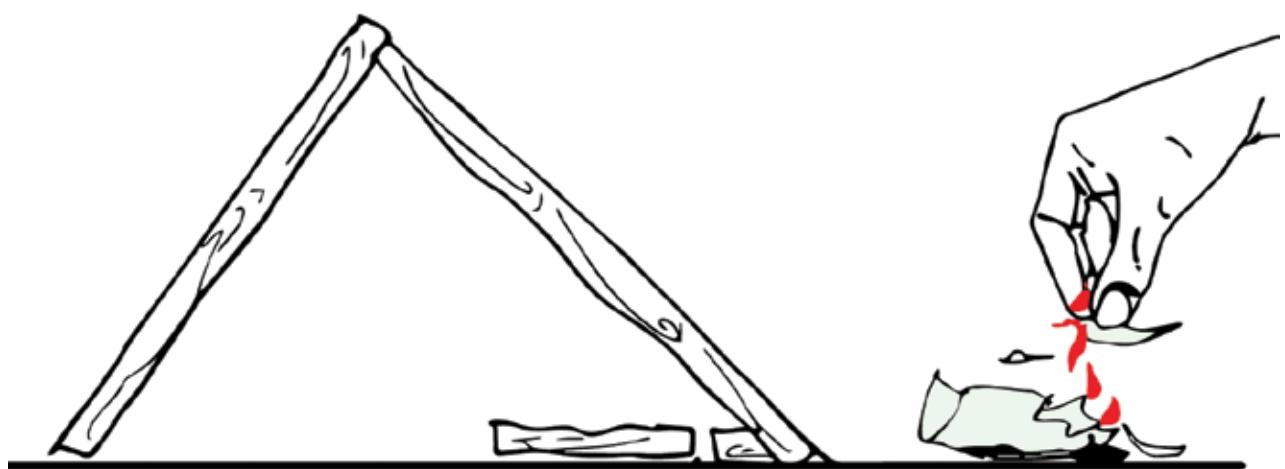
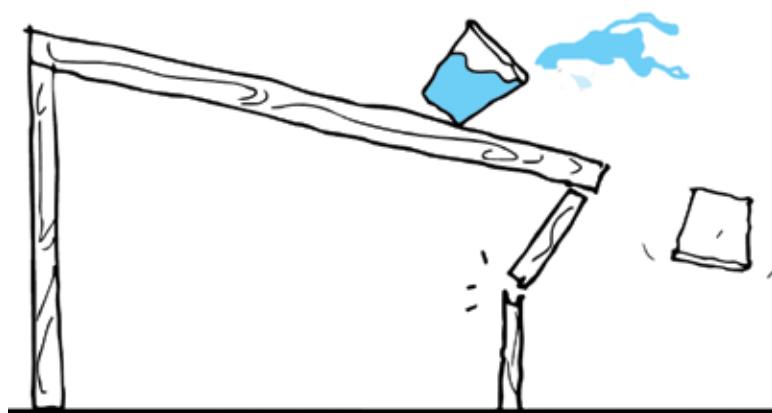
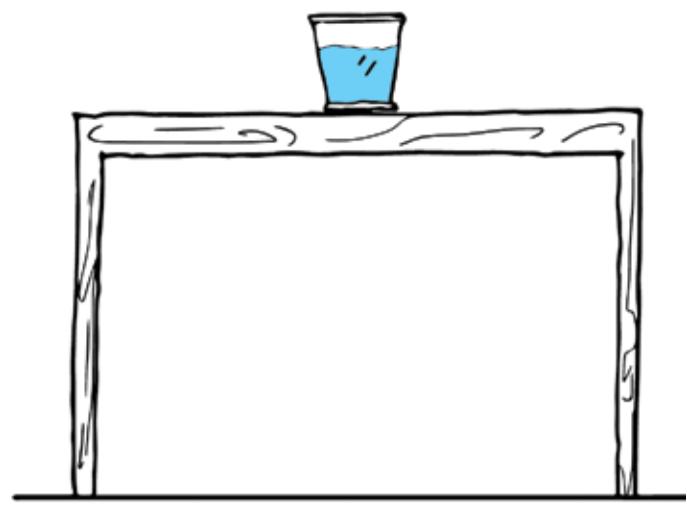
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Inhoso yaloluqequesha lokuhlola Ubungozi ezindaweni zokusebenzela

- Ukusiza abanikazi bamabhizinisi kanye/nabasebenzi ukuthi bahlole ubungozi ezindaweni zabo zokusebenza mayelana nokuphepha kanye nempilo ukuze kuvnjwe ukugula nezingozi emsebenzini, kanye nokunquma ngezinyathelo zokuzivikela okufanele bazithathe futhi, uma kunesidingo, izinto zokuzivikela ezizosetshenziswa.

Okulindelwe kwababambe iqhaza Kokuqequesha

Bhala phansi izinto ozilindele kuloluqequesho:



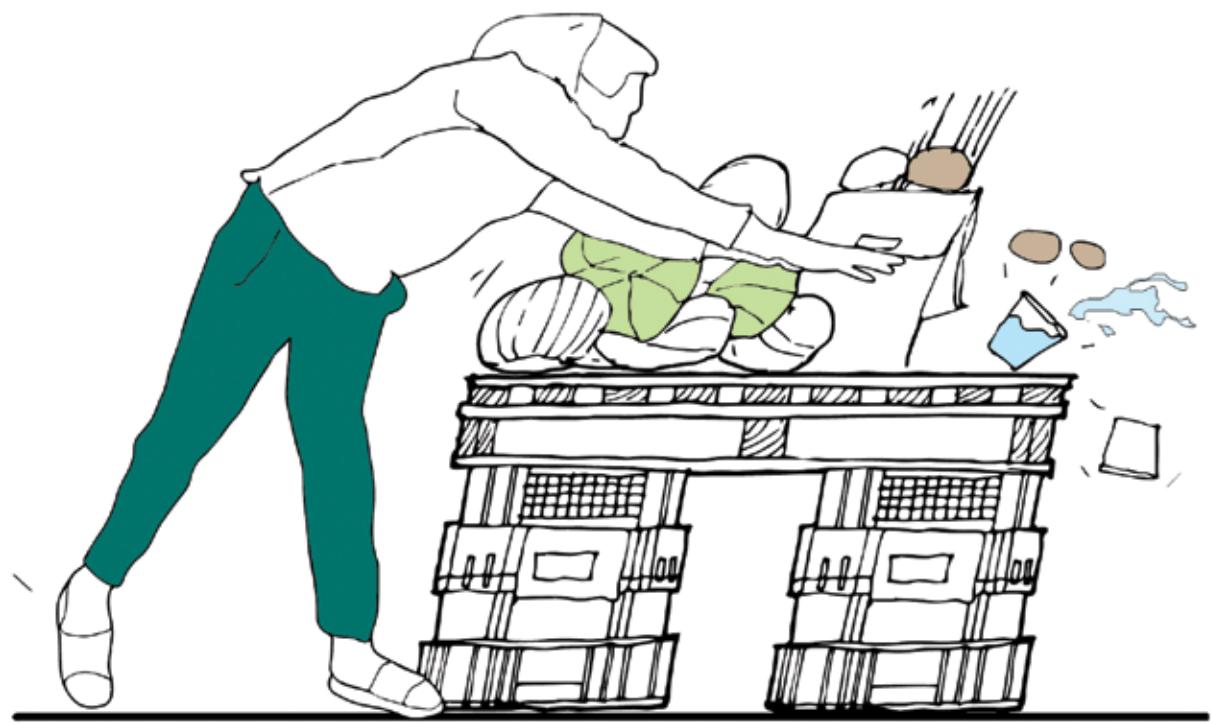
Uyakhumbula ibhukwani lethu lokuqala. Sabheka ingilazi yamanzi ephezu kwetafula elimikahle. Sabona ukuthi ngaphansi kwezimo ezithile ingilazi yethu yamanzi iba ingozi. Singaba segcupheni bokuba sengozini. Manje sidinga ukuhlola izinga lengozi kanye nokuba segcupheni yobungozi.

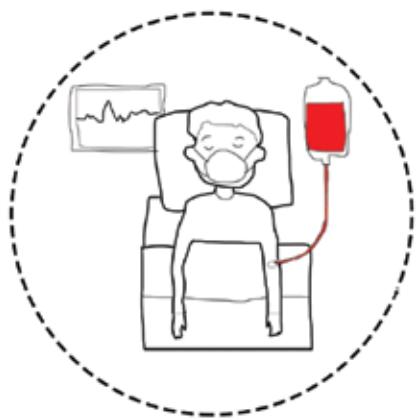
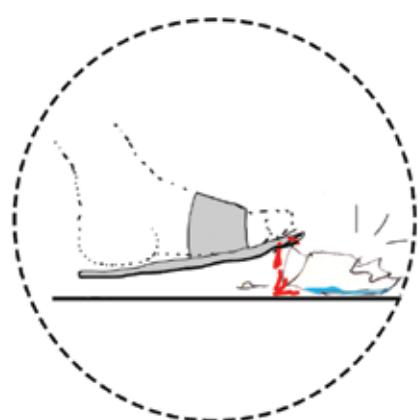
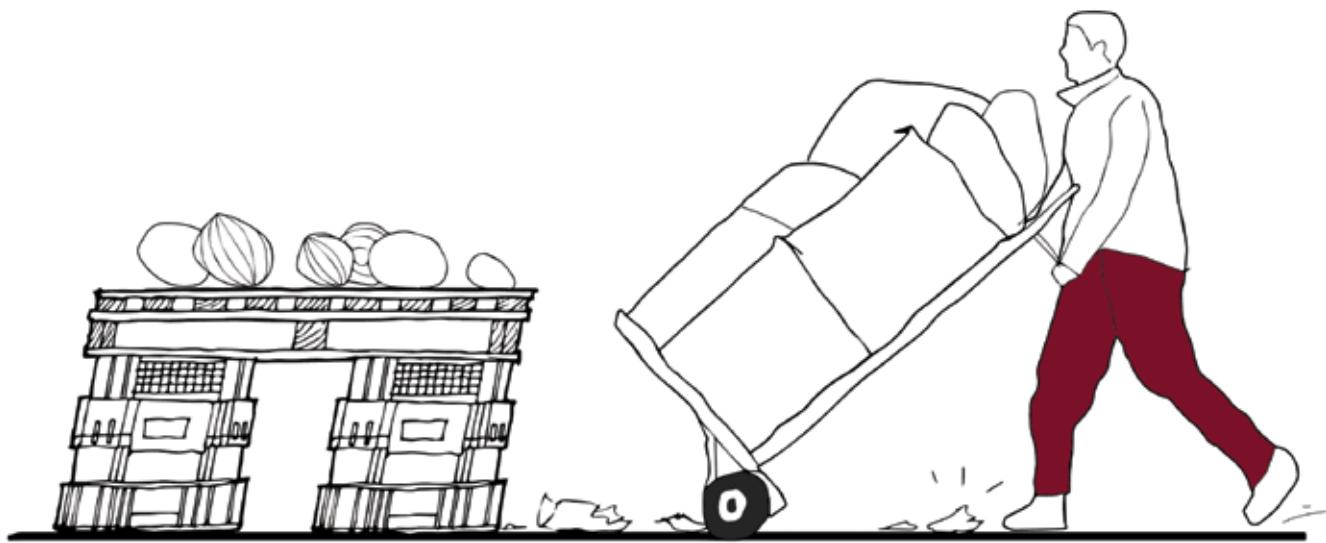
Ukuze senze kanjalo, sidinga ukwazi izimo ezenza le ngilazi elula yamanzi ibe yingozi, isibonelo, itafula elingalingani, elibekwe ekugcupheleni noma elibekwe eduze kakhulu nendawo yokusebenzela.

Kumele sithole ukuthi kwenzakala kanjani ukuthi ubesegcupheni ukucosha izingcezu sengilazi ungawafakile amagilavu noma nilekelelana njengabahwebi ukugcosha.

Kumele sithole imphumela yokuba sengcupheni: bangaki abasebenzi abalimalayo, ulimele kangakanani - ukusikeka okuncane noma usikeke imithambo udinga ukuhlinzwa okuphuthumayo, ubungozi bokutheleleka, ukulahlekelwa imilenze, nokulahlekelwa umholo. Kanye nokusebenza.







Ngokutholakala kwakho konke okungenhla, usuyakwazi manje ukukala ubungozi bengilazi yamanzi phezu kwetafula :

Inhloso yokuhlola ubungozi ngokuzama ukuphendula le mibuzo elandelayo:

- Yini enga bangela ukugula noma ukulimala emsebenzini futhi ngaphansi kwaziphi izimo?
- Yimiphi imiphumela engaba khona yokugula kanye/noma ukulimala emsebenzini?
- Mangakanani amathuba okuba imiphumela ibe khona?
- Ingabe ubungozi buvikelwa ngendlela efanele, noma kudingeka esinye isinyathelo?

Iyiphi indlela oyisebenzisayo ukuhlola ubungozi emsebenzini wakho?

1 Izinyathelo ezibalulekile zokugwema ubungozi

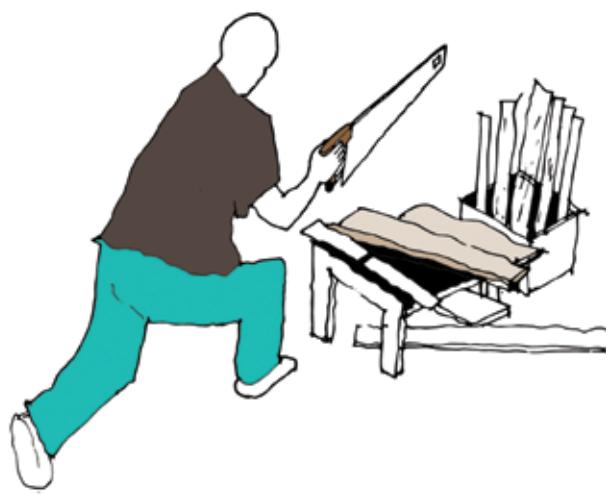
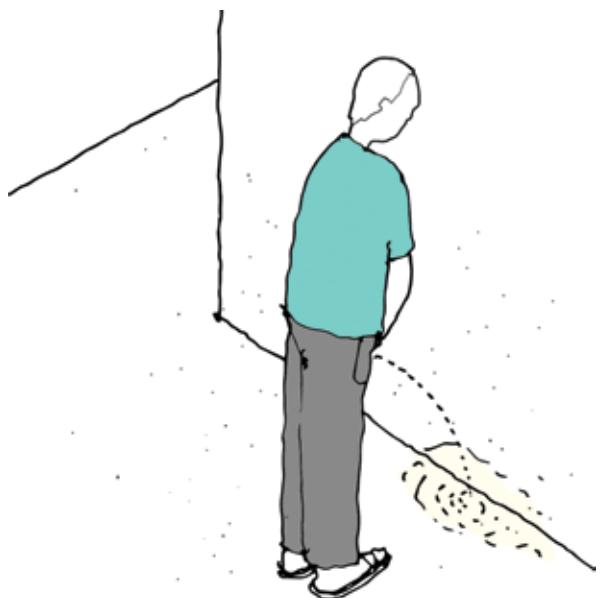
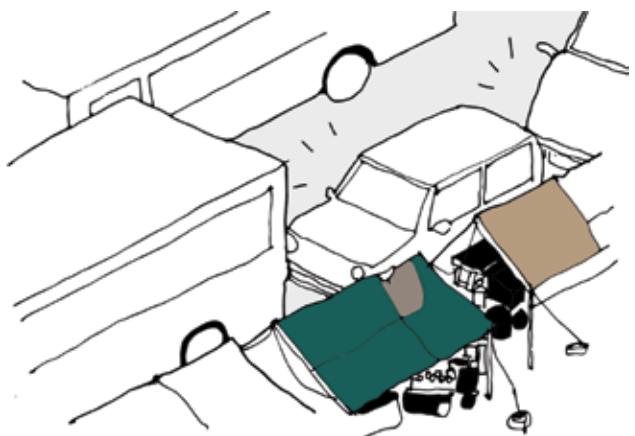
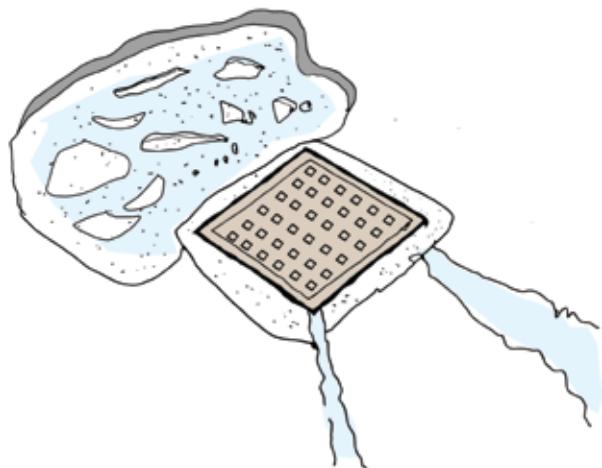
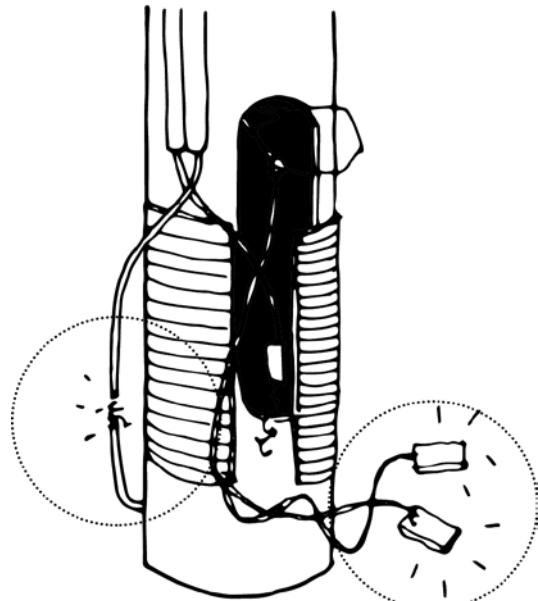
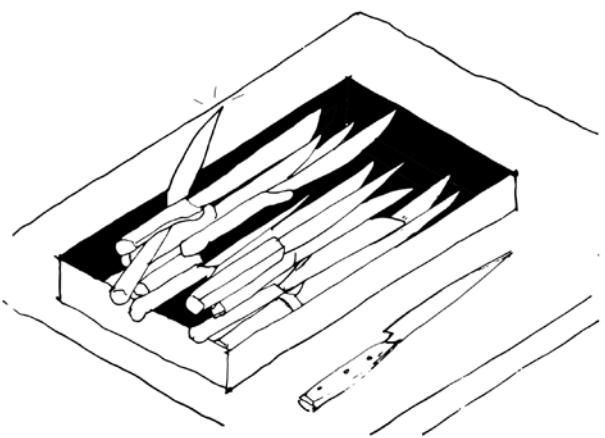
1. Hlonza iznto ezingadala ingozi
2. Bona ukuthi zingaba namuthelela muni
3. Bungakanini ubungozi
4. Linganisa Ingozi

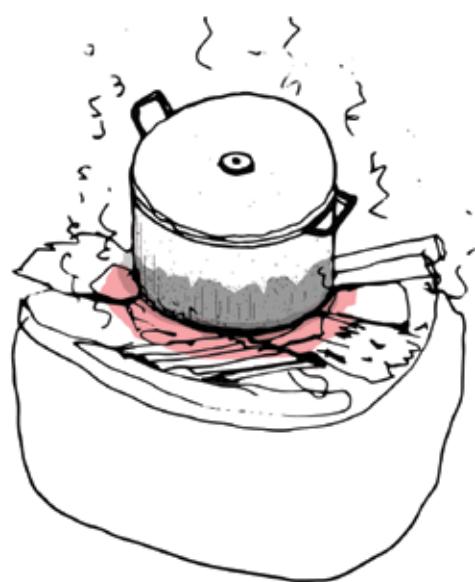
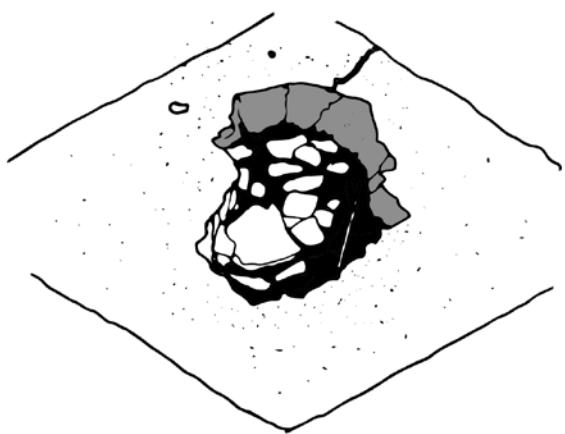
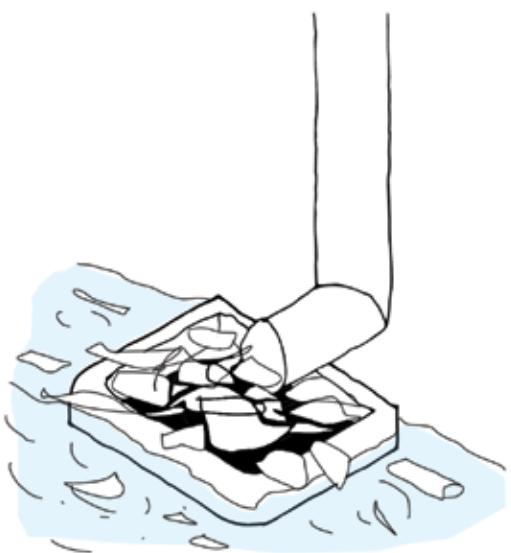
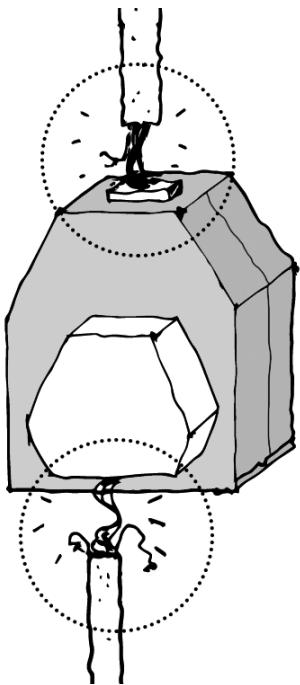


Isinyathelo 1:

Hlonza ingozi

Hlona izinto ezingadala ingozi khumbula umsebenzi esiwenze kwibhukwana lokuqala. Eceleni kukhona ezinye zezibonelo ezifakwe lapho. Bhala phansi izingozi ongazicabanga ezikhonz endaweni YAKHO asebenza kuyo:





Isinyathelo 2:

Bona ukuthi zingaba namuthelela muni

Uma usubutholile ubongozi, wathola amaphuzu aziveza wona endaweni yakho yokusebenzela , kumele uthole ukuthi iziphi lezizinto ezingaba yimbangela yokulimala.

Khumbula: Ingozi (isinyathelo 2) = ingozi + okukubeka engozini

Ngesikhathi ubasengcupheni yokuba sengozini kuningi okubi okungakuvelela

Maqondana nezingozi ozihtonze endaweni yakho yokusebenza, ungasho ukuthi yiziphi izinto ocabanga ukuthi zizokwandisa ubongozi bokuthi umhwebi abe nempilo entekenteke noma yokulimala?

Isinyathelo 3:

Bungakanani ubongozi

Kusukela ezinyathelweni 1 no-2, manje sesinolwazi Ngengozi kanye nokuba sengozini. Lokhu kusho ukuthi sesingakwazi manje ukukala ubongozi.

Uma sesilinganisa ubongozi singakuhlukanisa ngokuthi:

- encane
- ephakathi
- enkulu

Ubongozi = Amathuba x Ukuqina

Izibonelo

1

UMavis udayisa ukudla emakethe. Unezimpawu zesisu (uhudo nokuhlanza) ezinsukwini ezimbili ezedlule. Uyaqhubeka nokusebenza kodwa ngenxa yokuba matasatasa kwakhe akakunakanga ukugeza izandla ngesikhathi ebuya endlini encane.

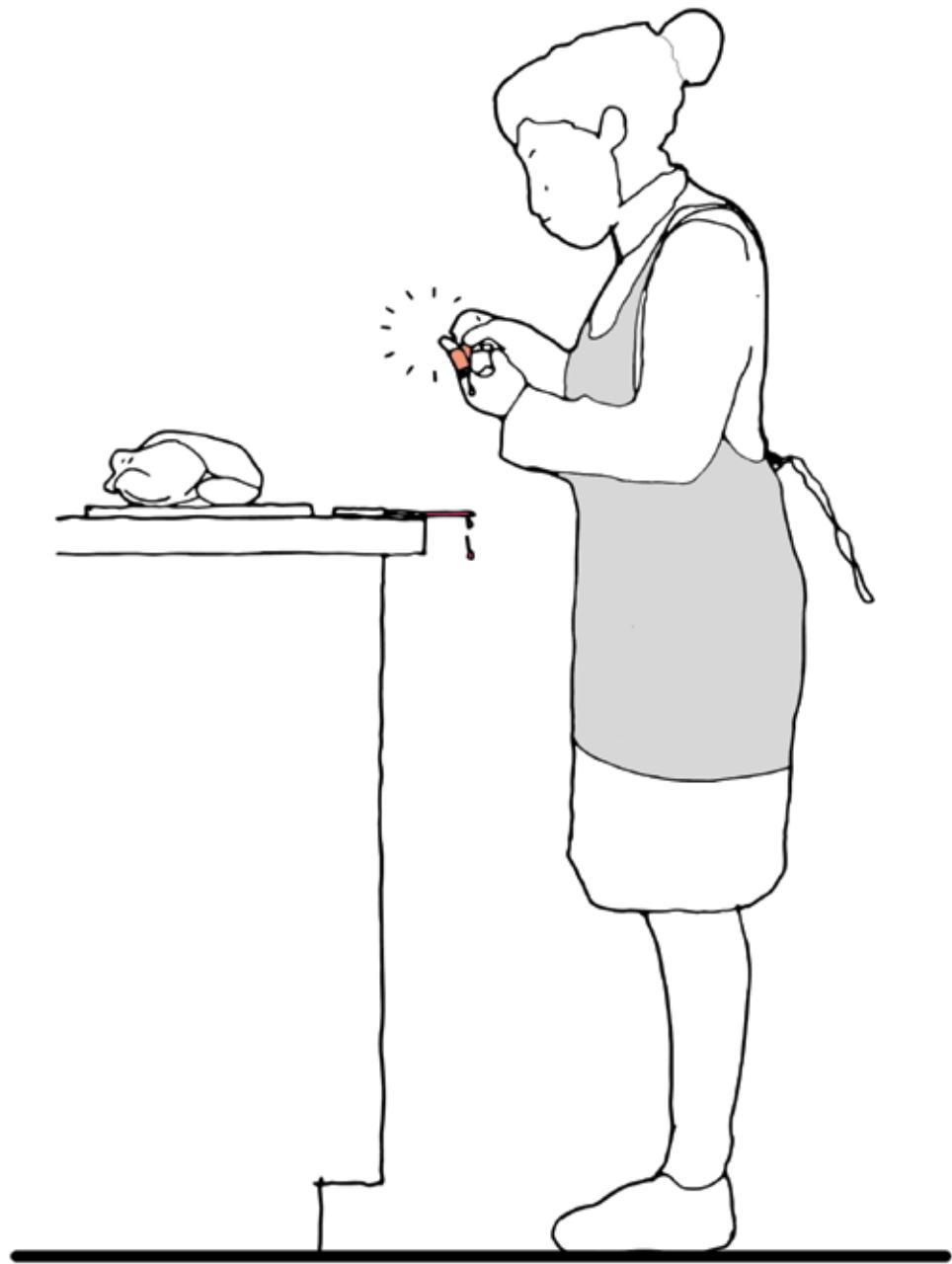


Amathuba okuthi u Mavis athelele abanye abahwebi namakhasimende makhulu uma eqhubeka nokungaqikeleli inhlanzeko



2

U-Angela usebenza endaweni bese eyandayisa izinkukhu. ummese wakhe. Ngokushe inxeba lakhe futhi walivala ngeplaster nama glavu.



Amathuba okuthi uAngel adlulisele amagciwane ngesikhathi elungisa ukudla mancane



UPeter ungumshiseli. Ushisela amakhasimende akhe izinto zensimbi eziphukile. Ushisela nsuku zonke ngaphandle kwezibuko, amagilavu noma umshini wokuphefumula.

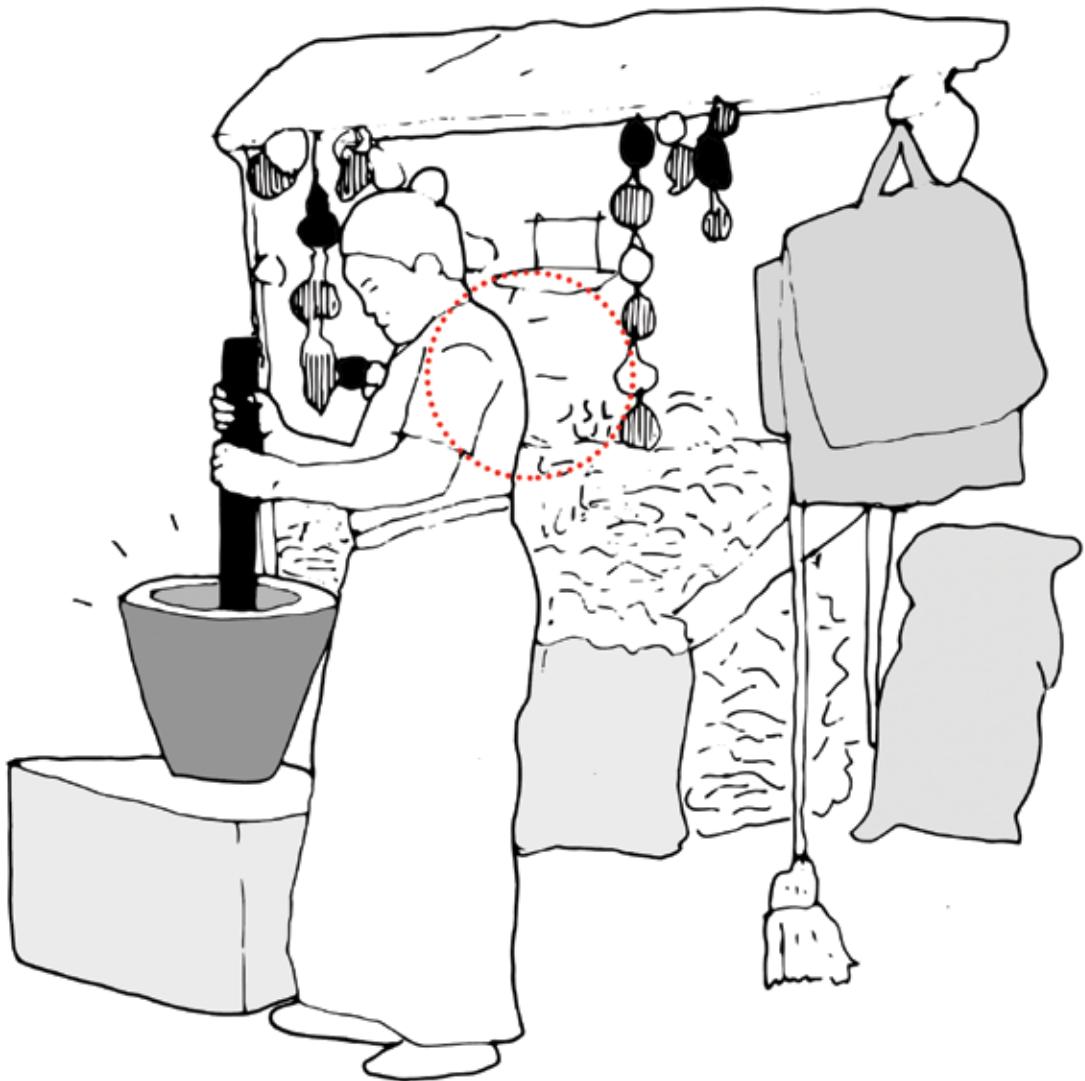


Amathuba okuthi uPeter alimale ngesikhathi eshisela **MAKHULU KAKHULU** uma eqhubeka engenazo izinto zokuzivikela.



4

UPrisila ungumhwebi wezitshalo emakethe. Kufanele agaye njalo amaxolo, amathambo kanye nembewu ukwenzela amakhasimende akhe amafutha okugcoba, ukuzingxuba nezimpushana. Usebenzisa insimbi, esindayo kanye nesinquilo.

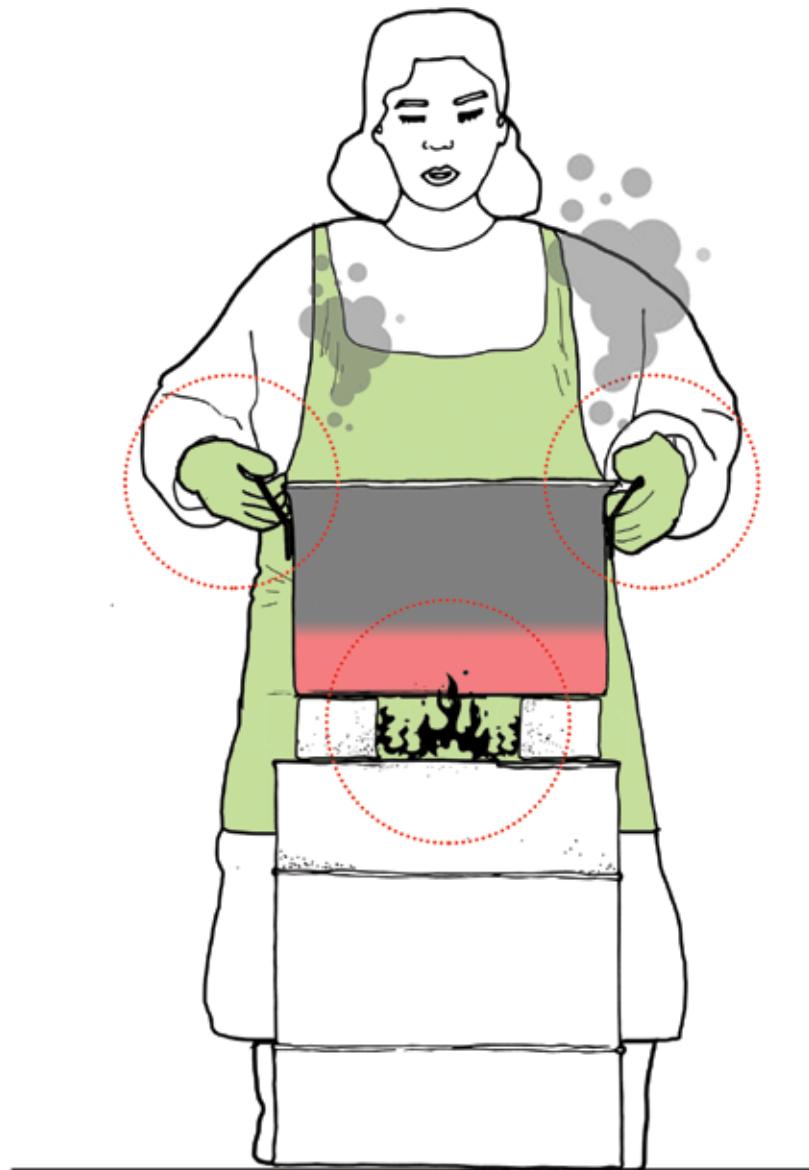


Amathuba okuthi uPrisila abe nesifo sohlaka lwamathambo (umgogodla, izinhlungu zentamo) **KUNGENZEKA NGOKULINGANISEKILE** uma kucatshangelwa iminyaka yakhe, nobunzima komsebenzi.



5

uZinhle umpheki. Usebenzisa amabhodwe anokudla okubilayo akupheka emlilweni, uZinhle uqinisekisile ukuthi lapho abeka khona isitofu sakhe kuqondile, nokuthi umlilo uvalelekile ngendlela yokuthi ungasabalali kalula. Ugqoka iphinifa ukugwema ukuthi izimpahla zakhe zingahanguleki namagilavu.



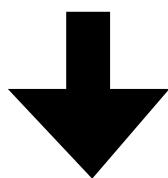
Yize uZinhle esezenza ngomlilo okungaba yingozi kakhulu, uthatha izinyathelo zokuphepha ezinciphisa ubungozi. Ingozi yokusha noma ukubhebhetheka komlilo ukugwemile.



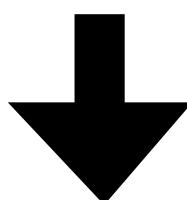
Try to categorise the risk level of the hazards you have identified in your workplace.



encane



ephakathi



enkulu



IBHUKWANA LWESITHATHU

**Ukulawulwa kwezingozi
Ezokuphepha nempilo
Endaweni okusebenza kuyona
abahwebi**

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Inhoso yaloluqeqesho lokuhlonza ubungozi ezindaweni zokusebenza

- Ukusiza abanikazi bamabhizinisi kanye nabasizi babo ukuthi bahlole ubungozi ezindaweni abasebenza kuzo mayelana nokuphepha kanye nempilo ukuze kuvikelwe impilo entekenteke kanye nezingozi emsebenzini, kanye nokunquma ngezinyathelo zokuvikela okufane bazithathe futhi, uma kunesidingo, izinto zokuzivikela ezizosetshenziswa.

Okulindelwe kwababambe iqhaza kuloluqeqesho

Bhala okulindele kulolu qequesho:

Cabanga ngebhukwana lokugcina. Bhala phansi izingozi ozihlonze endaweni yakho yokusebenza kwibhukwana eledlule njengoba uzophinde ubhekise kuzo kamuva.



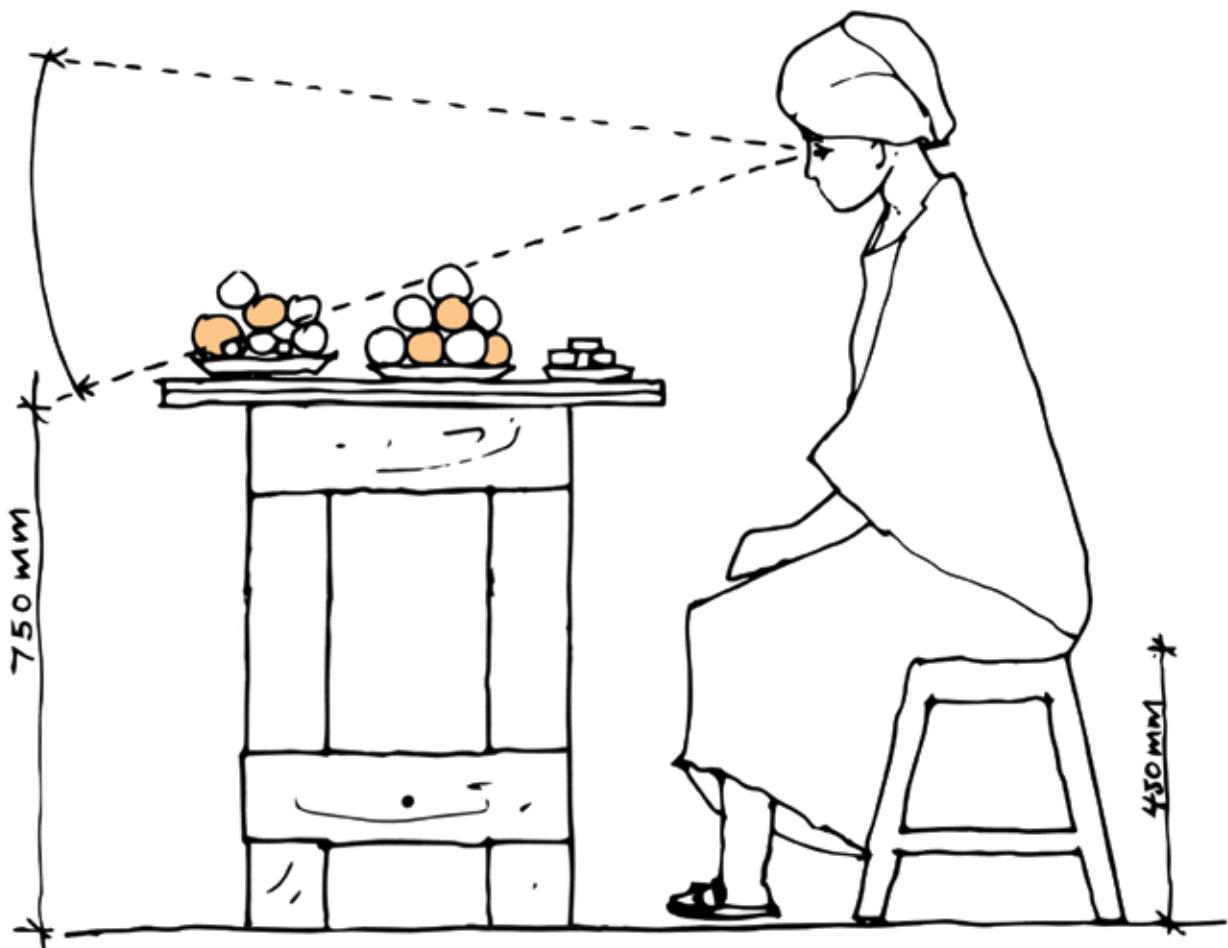
Ukugwema ingozi emsebenzini

Kungase kungenzeki ukugwema ubungozi endaweni osebenzela kuyo, kodwa uma kulandelwa izindlela ezifanele, ukuba segcupheni yokuba sengozini kungehla futhi indawo yokusebenza iphephe.

Izingozi zingagwemeka ngokulandela izindlela eziphephile esisebenza ngazo:

1 Izinyathelo zokuzivikela

- Ukufaka izihenqo ebonakalayo phakathi kwezindawo zokusebenza kunganciphisa semsindweni nasezingozini zothuli ezivela ezindaweni zokusebenza eziseduze nathi. Isibonelo, izindawo zokugunda zasemgwaqweni noma ama-gazebos anezinhlangothi avimbela izinwele zomuntu ekuphephukeni, ukugqula amakhambi nakho kungalubanga uthuli.
- Ezingozini zamakhemikhali noma izifo ezitholakala emoyeni, izindawo ezipulekile zigcono kunezindawo eziminyene, izinhlaiyana zamagciwane angaba semoyeni ahlakazeka ngokushesha kunasezindaweni ezivaliwe.
- Ukwakha izindawo zokusebenza ezinokuphakama okufanele noma amashalofu, kungasiza ukukhangisa izimpahla ozidayisayo ukuze kufinyeleleke kalula kuzo, lokhu kunciphisa amathuba okulimala.
- Umpheme noma isambulela kungasetshenziswa ukwenza umthunzi ukusivikela elangeni.



2

Izindlela zokusebenza ezigcono

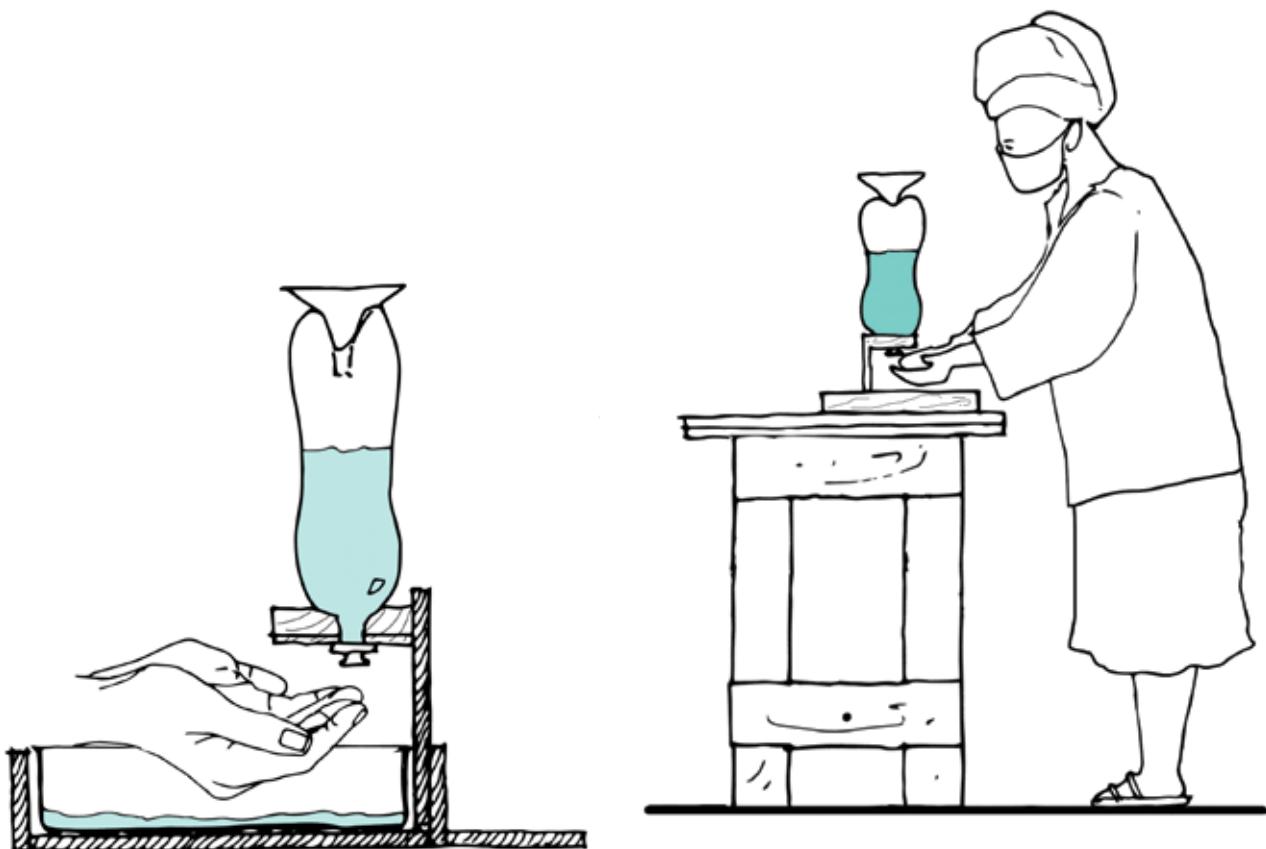
Zijwayeze inhlanzeko nokusebenzisa izinto zokuzivikela. ukuzijwayeza ukuhlanzeka kwezandla. kanye nokuzihlolela izimpawu ngokulandela lesibonelo, uma uphethwe isisu esihambisayo noma ubuyisa, kufanele uweme ukuphatha ukudla, okugenani izincuku ezimbili uze ubegcono.

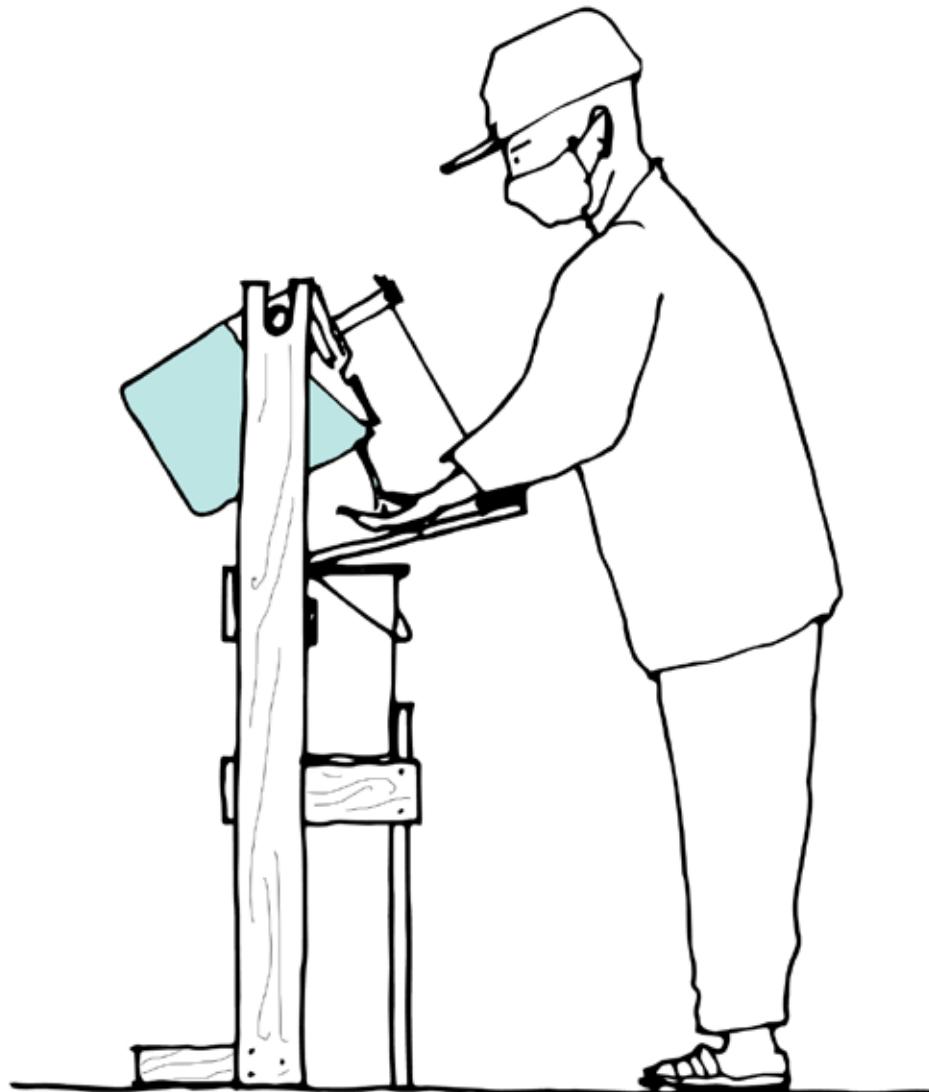
2.1

Geza izandla

Ukugeza izandla ngokuvamile kumele kube yisikompilo lawo wonke umuntu.

- U Asiy eTafuleni usekhande amasampula ezinto zokusetshenziswa ukugeza izandla ezizobekwa ezindaweni zokusebenzela nasematafuleni okuhwebela. Lokhu kuyosiza ukulekelela ukuthi abahwebi namakhasimende abo akwazi ukugcina imiyalelo yenhlanzeko ngoba siyazi ukuthi indawo yaku Warwick amanzi awatholakali kalula.
- Lapho ukufinyelela ezikhungweni ze-WASH (Amanzi Nokuthuthwa Kwendle) kungelula, ukukhuthaza ukuhlinzekwa okuthuthukisiwe ukuze kuthuthukiswe impilo nokuphepha kubalulekile, kodwa okwamanje kuyanconya ukusetshenziswa kwezindawo zokuwashsha ezingomahamba nendlwana.
- Ukunxenxa izindawo zokuwashsha kanye nokuphatha iziteshi zokuwashsha kungase kube indima ebalulekile kubaluleki bezempilo.





Indlela efanele yokugeza izandla

- Geza izandla okungenani imizuzwana ewu-20 (cula "happy birthday" kibili)
- Hlanza zonke izingxenye zezandla zakho, ugeze phakathi kweminwe kuze kube phakathi nengalo.
- Geza izandla ngaphambi kokuba uqale usuku lwakho lokusebenza, usuku lonke, futhi ikakhulukazi ngaphambi kokudla.
- Geza izandla ngemva kokukhwehlela noma ukuthimula
- Geza izandla ngemva kokuthinta noma iyiphi into ethinta abanye njalo
- Geza izandla ngokushesha nje lapho ufika ekhaya



Zonke izindawo esizisebenzisayo okungaba amatafula, izitsha zokufaka imali ne mpahla esiyidayisayo kumele zihlanzwe njalo ngezibulala magciwane.

Uma kungenzeka cela amakhasimende akho agweme ukuthinta impahla oyidayisayo.

Ukuhlanza indawo kuhlanganisa ukubulalwa kwamagciwane ngokuvamile zonke izindawo ezingcolile okungaba, amatafula, izitsha zemali, izimpanhla nokunye.

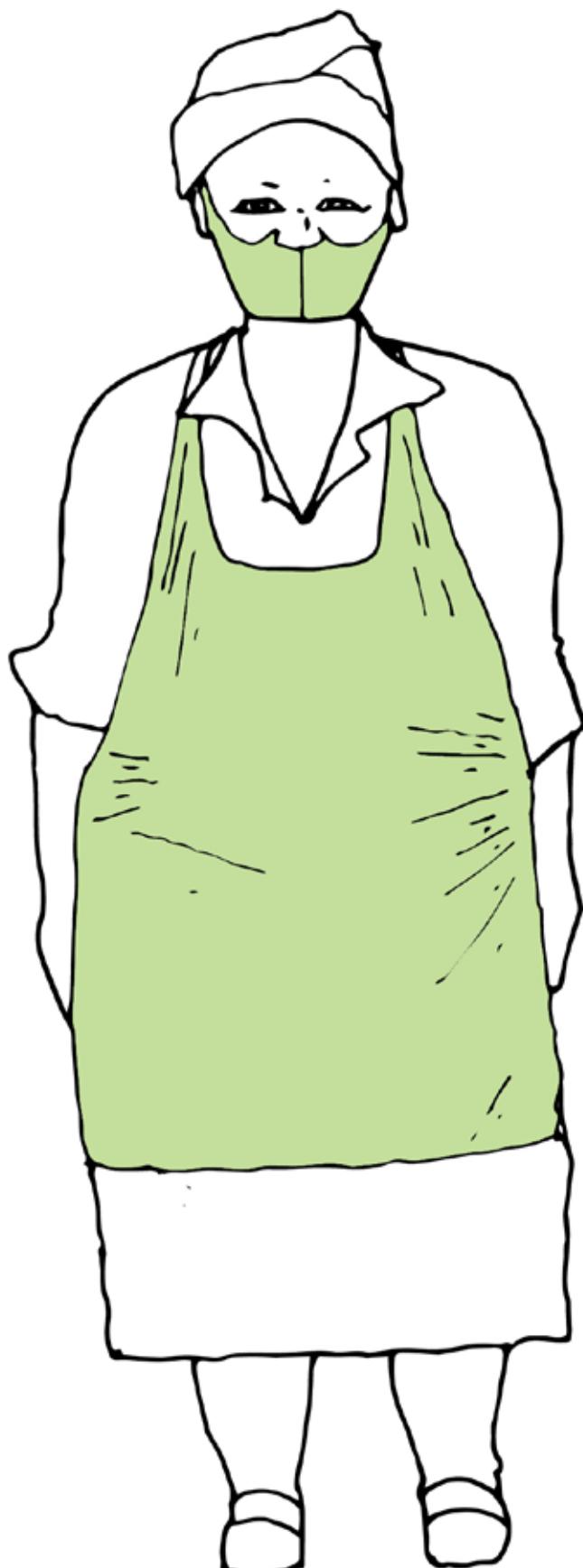
- Hlanza zonke izindawo ezivame ukuthintwa lokhu kuhlanganiswa umakhalekhukhwini wakho izibambo zeminyango nezindawo zokubambelela.
- Abahwebi basemgwaqeni kanye nabasezimakethe: hlaza amatafula kanye nempahla engadliwa oyidayisayo ngesibulali magciwane.
- Abanikazi bezipaza kanye nabesebenzi babo: sula izindawo namakhawunta, izisefo zemali kanye nezibambo ngesibulalali magciwane.

Indlela yoku zenzela isibulali magciwane:

Uma ungenayo l sanitiser, faka amateaspuni awu 6 e bleach emanzini awu 1 litre, lengxube isezenza njengesibulali magciwane sokuhlanza izindawo zokusenzela.

2.3 | Ukuzivikela

- Izinto zokuzivikela ezifana nesamfonyo zigciphisa amathuba okuba segcupheni okuhogela intuthu, amakhemikhali, noma izifo ezibangelwa umoya (isibonelo . i-Covid-19, umkhuhlane) abasebenzi abanomkhuhlane kumele bafake isamfonyo ukugciphisa ukusabalalisa umkhuhlane kozakwabo namakhasimende.
- Amagilavu avikela ukuthi singabi sencupheni noma engozini yokulinyazwa izinto ezibukhali noma amachemical.
- Amajazi, amaphinifa noma ama overall, anciphisa ukuthi ungabisencupheni yokuthelwa amakhemikhali anobuthi bese ethinta isikhumba.
- Gqoka amagilavu azokuvikela uma usebenzisa izinto ezibikali noma umkhiqiszo osulelekile.



2.4 Ukuzivikela emlilweni

- gcina izinto ezivuthayo kude namalangabi.
- ungaggoki izingubo ezixegayo ezingokheleka ngomlilo kalula.
- ungasebenzisi amanzi ukucisha umlilo wamafutha – yemboza umlilo ngesihlabathi, ngengubo yokulala ewugqinsi noma ngesivalo sensimbi.
- sebenzisa isicishamlilo uma umlilo uqhubeka.
- sebenzisa amagilavu noma izibambo zamabhodwe ukuphatha izinto ezishisayo.
- yelapha ukusha
ngamanzi
abandayo kuphela
futhi ufunе usizo
lwezempiло
oluphuthumayo
uma ushe kanzima.
- gcina umililo
endaweni eyodwa
ehenqiwe.
- linda amalahle
nomlotha kuphole
ngokuphelele
ngaphambi
kokukulahla.
- hambisana
nemithetho
kamasipala
mayelana
nokusetshenziswa
kwezitofu zegesi.



Ukuhlonza ubungozi

Khasini elilandelayo likunikeza indlela yokubhala phansi okungadala ingozi nezindlela zokuyilawula. ngobungozi ngabubodwa obuhlonziwe sicela uphendule umbuzo ngokubhala esikhali esinikeziwe.

Ngokusebenza ngababili nisebenzisa umzenkelo onikeziwe ngezansi, hlonzani okungadala ubungozi nisebenzisa okungadala ingozi enikuhlonzile kuqequesho olwehlulwe.

| | | | | | | |
|-----------------|---------------------------------------|---|--|--|----------------------------------|-----------------------|
| Yini ewubungozi | Ubani ongaba sengozini futhi kanjani? | Hlonza ubungozi enkulu/ ephakathi/ encane | Yini okumele siyenze ukugwema ubungozi | Yini enye okumele siyenze ukugwema ubungozi? | Ubani okufanele enze lomsebenzi? | Kumele kwenziwe nini? |
| Ubungozi 1 | | | | | | |
| Ubungozi 2 | | | | | | |

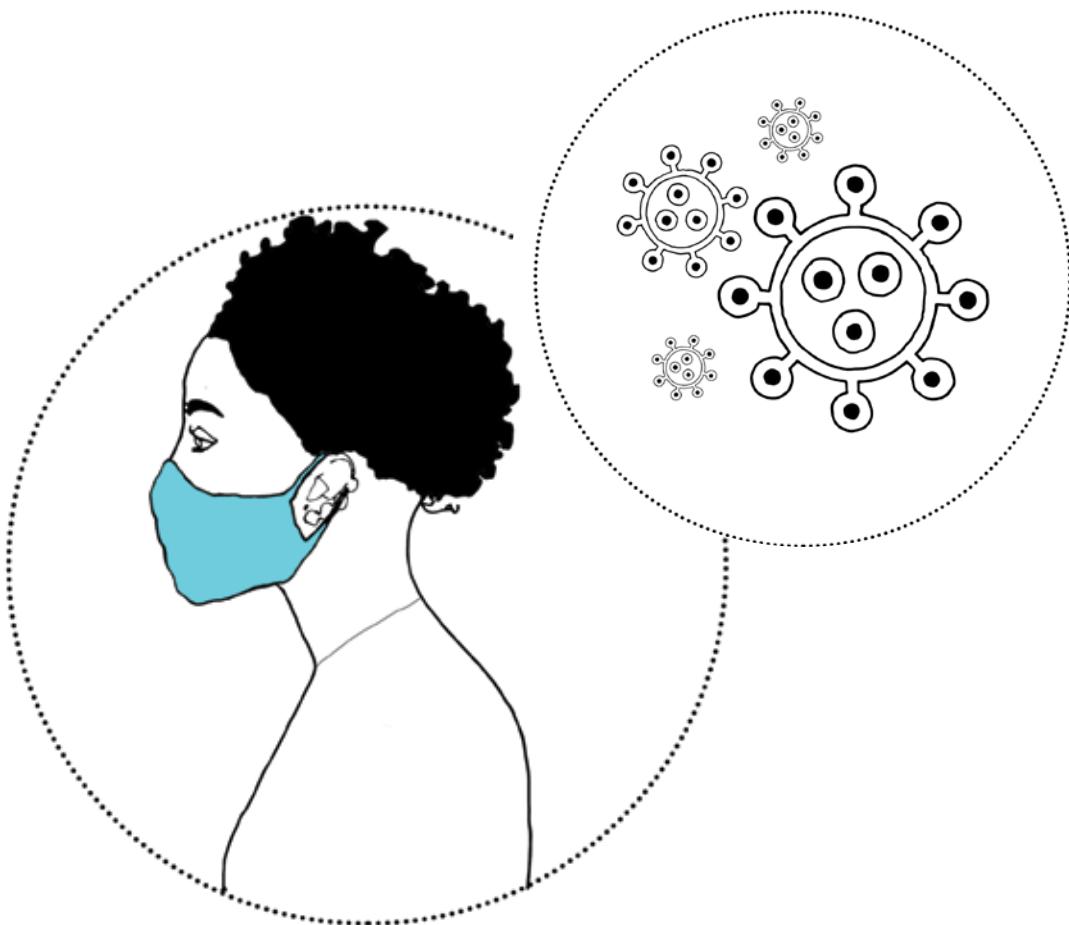
Ukubuyekezwa:

Ingabe loluqeqesho lukunike amandla okwenza indawo yakho iphephe?

Sinyathelo siniocabanga ukuthi ungasithatha?

Ucabanga ukuthi ungabalekelela ozakwenu ukuthi bagcine indawo yoku sebenzela iphephile?

Amanoti



ISIGABA 4

Izisekelo zeCOVID-19

Okuqukethwe

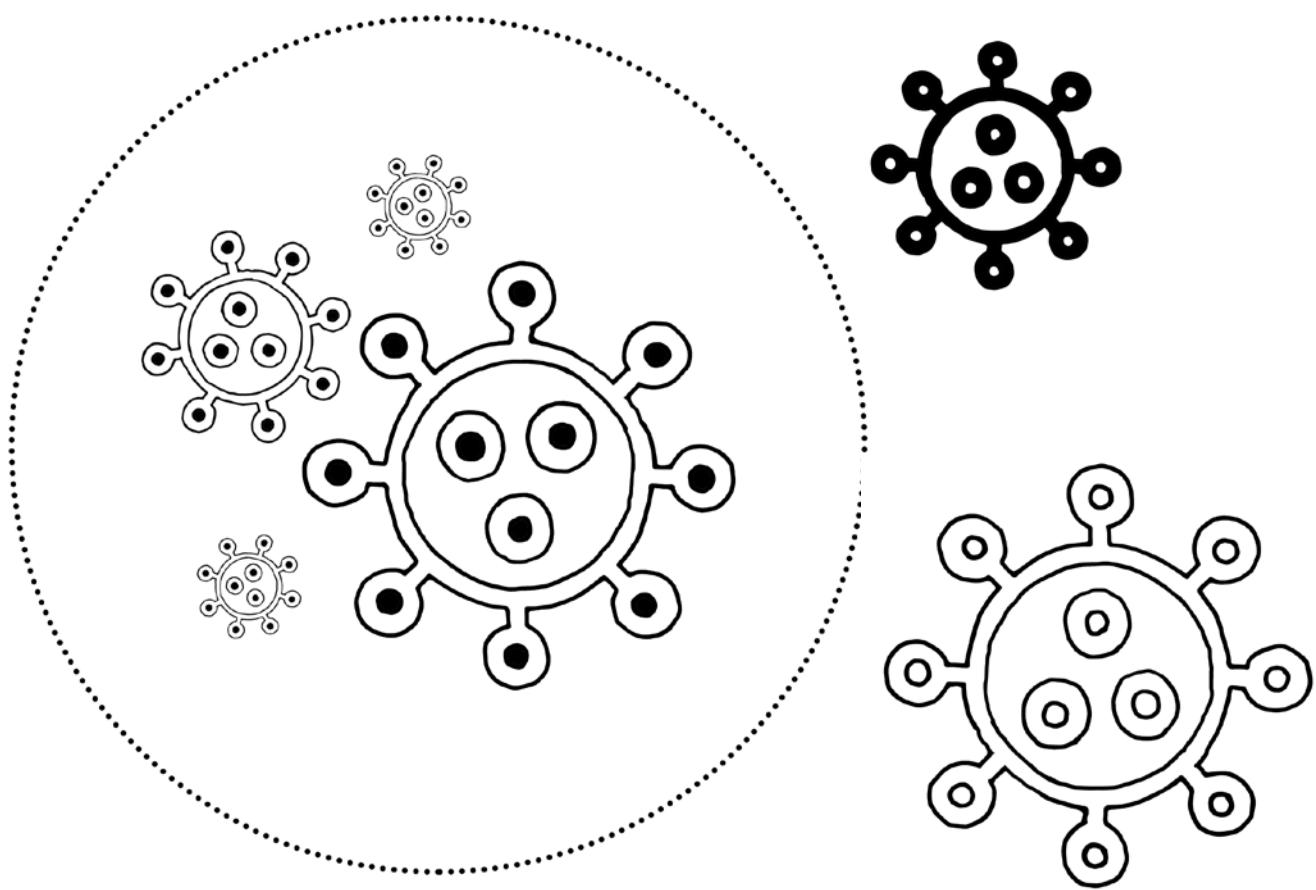
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Okulindele kuloluqequesho

Kubaluleki ukwazi ukuthi ungakuvikela kanjani ukutheleleka ngeCovid-19, kanye noku zijwayeza ukulandela izindlela eziphephile ezingasiza ukuzivikela kunanoma iluphi uhlobo lobhbhane. Ezinye izifo ezitholaka emoyeni njenge mikhuhlane zithathelana ngendlela efanayo ne covid-19 futhi ingesikhathi umuntu egula kungaba nemithelela engemihle ezimpilweni nasekuziphiliseni kuba hwebi ngesikhathi bengkhi emsebenzini. Inhoso yaloluqequesho ukulekelela amahwebi ukuthi bagweme ukutheleleka ngesifo ezithathelanayo njenge Covid-19.

Yini oyilindele kuloluqequesho

Bhala izinto ozilindele kuloluqequesho



COVID-19

Isifo esibangwa uhlobo olusha lengciwane le corona.U 'co' umele u corona, 'VI' umele u virus bese u 'D' umele u disease.

Igciwane le-Covid-19 yaqala ukutholwa kubantu ngo2019, futhi lwamenyezelwa njengobhubhane lomhlaba wonke yiNhlango Yezempilo Yomhlaba (WHO) ngomhlaka-11 March 2020.I-WHO yamemezela ukuthi lesi sifo ubhubhane lapho isifo sesikhula kakhulu. Lokhu kusho ukuthi izinga lokukhula liyakhuphuka, futhi osukwini baningi ababetholwa benaleli gciwane. Kusho ukuthi igciwane lihlanganisa indawo ebanzi, lithinta amazwe amaningana gesikhathi esifanayo.

Igciwane lafika emzansi ekuqaleni ngonyaka u2020 futhi izwe lase lisezigabeni ezechlukene zokuvala kezwe kusukela ngoMarch 2020 kuze kube yimanje.ngomhlaka 04 April 2022 llapho kwamiswa umthetho wokuvalwa kwezwe.Ngemumva kweminyaka engaphezu kwemibili yobhubhane, leli gciwane selishintshile izikhathi eziningana futhi iningi labantu liye laba nokuvikeleka okuthile ngenxa yokutheleleka. Kwabe sesisuka esimweni esiwubhubhane sase siba isifo esiyinjwayelo phakathi kwabantu nalapho siphila naso. Ukusabalala kanye namazinga sekuyinto ejwayelekile, futhi abantu akusallindeleke ukuthi bafe ngesifo. I-COVID-19 kungenzeka ibe ubhubhane.

Kubalulekile ukuqonda ukuthi ungayivikela kanjani i-Covid-19 izifo, kanye nokuthatha izinqubo zezempielo ezingase zisebenze uma kakhona abanye abanaleli gciwane noma olunye ubhubhane.Ezinye izifo eziningi ezitholakala emoyeni, ezinjengomkhuhlane, zithalelana ngendlela efanayo ne-Covid-19, nanoma yisiphi isikhathi kungaba nomthelela ongemuhle ezimpilweni zabantu abahwebayo.

¹ National Department of Health (NDoH). Knowledge Hub [Internet]. All you need to know about COVID-19: a complete guide. Pretoria: NDoH; 2021. <https://www.knowledgehub.org.za/lms/course/view.php?id=64>

**Ngabibili bhalani ngokuthi ibe namuthelela muni I covid-19
ezipmilweni zenu nakumabhizonisi?**

Ukuthintana nomuntu ngqo:

- Ukuthinta umuntu ogulayo noma izindawo ezsulelekile

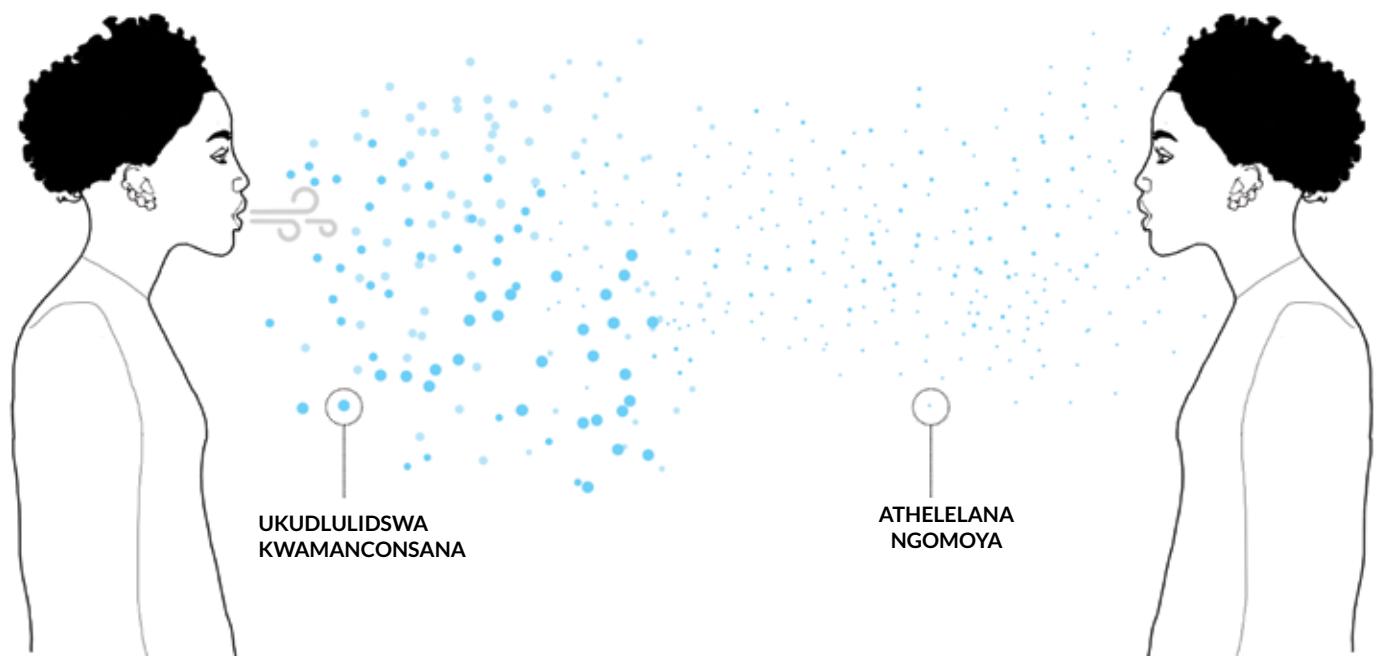
Ukululisa kwamaconsana:

- Ukuhogela manconsana (alinganiselwa ku 1 / 4mm abubanzi)
- Abantu abasondelene ngamamitha ambili, basengozini

Athathelana ngomoya:

- Ukuhogela amaconsana (alinganiselwe) ku 10-20 ububanzi)
- Abantu baphefumula umoya owodwa endaweni evalelekile

Umehluko phakathi kwamaconsana nokutheleleka ngokomoya



2

Ubani osemathubeni okutheleleka nge COVID-19?

- Bonke abantu basengozini futhi basengozini yokutheleleka kanye nokugula okubangwa I-COVID-19
- Abantu abake bathintana nabuntu osekuqinisekisiwe kuthi bane-COVID 19 nabo basengozini enkulu yokutheleleka
- Abanye abantu basengozini enkulu yokufa kanye nokugula okunzima isibonelo
 - Abantu abadala (abangaphezu kweminyaka ewu-60)
 - Abantu abanezifo abanamahlalakhona, njengesifo senhliziyo (kuhlanganise nomfutho wegazi ophezulu), izigulo ezinjengo mdlavuza, kanye nesifo sikashukela

3

I COVID-19 ngokuhlukana kwayo

- Amanye amagciwane adala lesisifo, angakwazi ukugwema aphinde alekelele amasosha omzimba. Ngalendlela leligciwane lingakwazi ukuzivikela ekuhlaselweni amagciwane.
- Lokhu ngungase kuholele ezinhlobeni ezintsha ezinganyusa iznga lokuthelelaka kakhulu.
- Izinhlonhlobo eziningi zikhonjwa emhlabeni wonke, kubalwa nelisha elibizwa nge 'omicron'.

4

Ihlonzwa kanjani I COVID-19?

COVID-19 ihlonzwa ngokuba
ihlolwe elabhhorethri ngokuba
kuthathwe amasampula emgudwini
wokuphefumula (isibonelo
isampula ekhaleni emphinjeni
noma esifubeni) lokhu kuthola
igciwane SARS-CoV-2. Ukuhlonzwa
kungenziwa elabhhorethri, noma
kusetshenziswe imshini ekhipha
imiphumelela ngalesosikhathi.
okungenzaka ingasho okoyikhona.



5

Ngubani okufanele ahlolelwe I COVID-19?

Noma ubani onenkinga yokuphefumula izimpawu zihlanganisa uku:



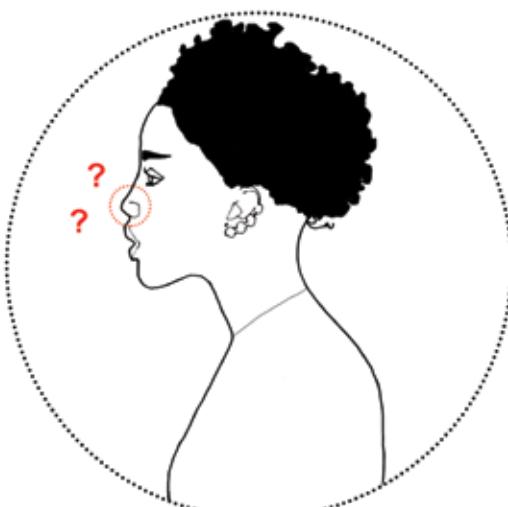
Ukukhwehlela



Umphimbo obuhlungu



Ukuphelelwa umoya



Ukulahlekelwa umuzwa wokuhogela



Ukulahlekelwa umuzwa wokunambitha

Unazo noma awunazo lezizimpawu (okumbandakanya imfiva, ubuhlunhu behada, amafinyila ukuphelewa amandla, ubuhlungu bemshipha, noma isifo sohudo) nokunye.

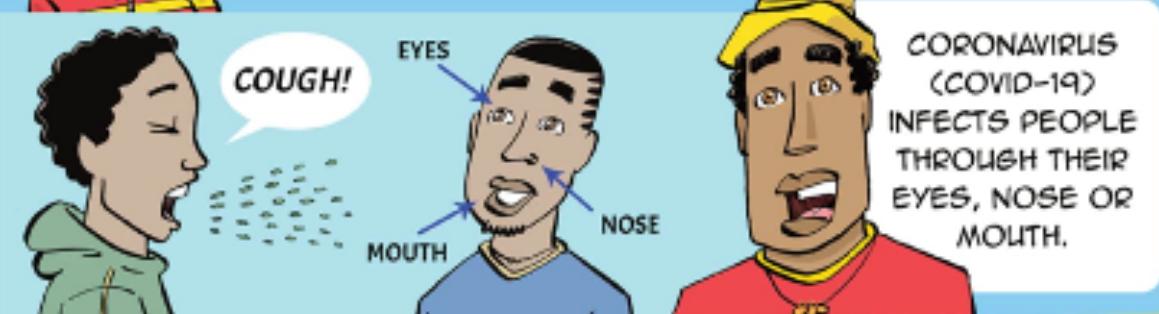
*English

HAY'KHONA CORONA!

YOUR ACTIONS CAN SAVE LIVES!



CORONAVIRUS (COVID-19) IS HERE.
THIS IS A NEW AND INFECTIOUS VIRUS WHICH SPREADS EASILY AND HAS ALREADY KILLED MANY PEOPLE AROUND THE WORLD.



CORONAVIRUS (COVID-19) INFECTS PEOPLE THROUGH THEIR EYES, NOSE OR MOUTH.

HOW CAN YOU KEEP SAFE AND SLOW DOWN THE SPREAD?



Wash your hands regularly with soap and water for at least 20 seconds.



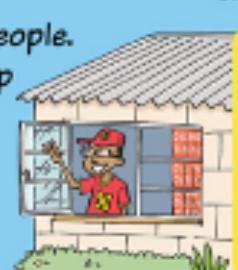
Avoid touching your eyes, nose, and mouth with unwashed hands.



Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin.



Avoid close contact with people.
Stay at home, and keep a physical distance from others.



REMEMBER, IF YOU TAKE CARE OF YOURSELF, YOU TAKE CARE OF OTHERS!

LOOK OUT FOR MORE HAY'KHONA CORONA MESSAGES.

Jive Media Africa  ACTIVATE AFRICAN KNOWLEDGE 

Developed in partnership with the United Nations in South Africa.

*Hay'khona is a South African expression signifying strong negative aversion. Note: saying "No, not here!" to COVID-19.

- Ukukhwehlela nokuthimula noma ukukhulumu kusabalalisa amconsi angahamba ibanga elingama metre amabili.
- Lawa amaconsi angafinyelela emlomeni noma ekhaleni lomuntu, oseduze engatheleleka ngegciwane.
- Abantu abangenazo izimpawu kodwa bebe begula bayalisabalalisa igciwane.
- Isamfonyo siyakuvikela siphinde sehlise ukudlulisa amaconsana.

Ngenxa yalokhu, ukugqoka isamfonyo kungasisa kuphinde kwehlise ukusabalala kwe gciwane.

Gqoka isimfonyo ngendlela

- Gwema ukuthinta ubuso, ikakhulukazi amehlo, umlomo, nekhala. Uma ukhwehlela noma uthimula 'yebhoza'. Uma ugqoke isimfonyo qinisekisa ukuthi ulivalile ikhala nomlomo.
- Sebenzisa Isamfonyo esihlanzekile.
- Washa uphinde u ayine izimfonyo zendwangu.
- Uma isimfonyo sakho kuyilesi okumele usiqqoke kanye, silahle emva kosisebenzisa.
- Uma ukhumula isimfonyo ngesikhathi sekhefu, khumbula ukuthi ingaphandle laso lingcolile futhi ingaphakathi kufanele lihlale lihlanzekile ukuze liphinde lisebenziseke. Geza izandla ngemva kokukhumula isifonyo, nangaphambi kokudla, ungathinti ngaphakathi. Sigaxe emagwa gweni ezindlebe ngentambo ukuze uvikeleke.
- Khuthaza amakhasimende akho ukuthi aggqoke isimfonyo uma egula, nomakukhona ogulayo emndenini, ikakhulukazi ezindaweni ezivalekile.



**Kungani ucabanga ukuthi ukukhuthaza ukugqoka
isamfonto kubalulekile? Ungakuxoxa kanjani lokhu nabantu
abangacabangi ukuthi kuwusizo?**

8 Ukuthinta izonto ozisebenzisayo

- Ukugwema ukuthinta imali.
- Sebenzisa isibulala magciwane ngaphambi kokusiza ikhasimende.
- Uma kungenzeka zithengele umshini wokukhokhisa ukugwema ukuthinta imali.
- Cela amakhasimemende akho agweme ukuthinta izimpahla ozidayisayo.
- Vumela amakhasimende azipakishe izinto zawo ngokwawo
- Gcina itafula lakho lihlanzekile

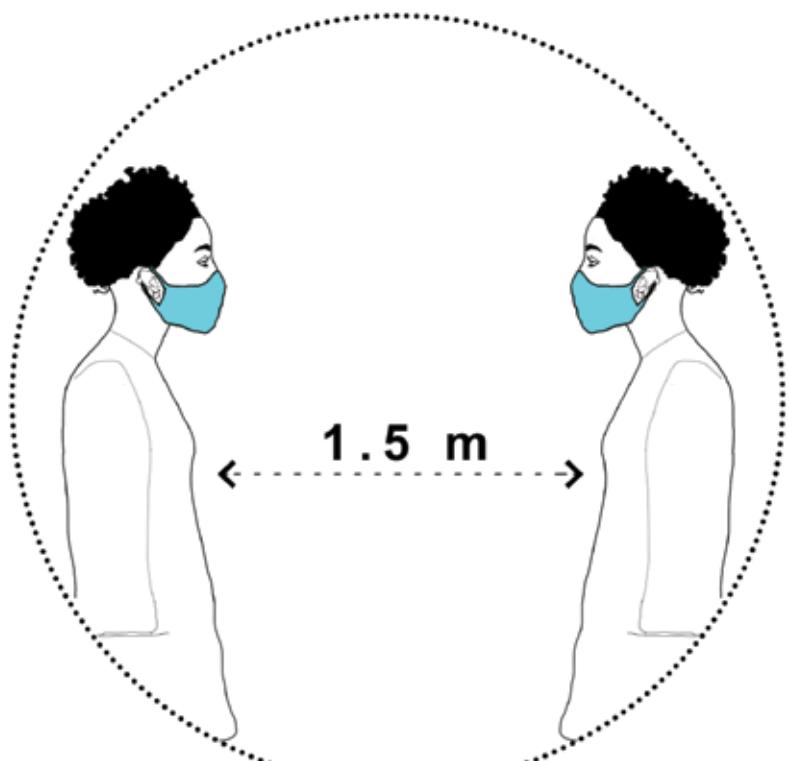
9 Ukuzihlola wena mathupha

Uma unalezi mpawu ezilandelayo kungenzeka unayo Icovid-19 okusho ukuthi akuphephile ukuthi ube semsebenzini kungenzeka uthelele abanye: uma unezimpawu ze COVID-19 kubaluekile ukuthi uthole usizo lwezempi. Bazokululeka ngokuthi uhlolele I COVID-19 baphinde bakunike imithi engakusiza.

10 Izihenqo kanye nokuqevelana

Lesi sinyathelo sokuphepha asisaphoqelekile, kodwa sibalulekile ikakhulukazi ngesikhathi sobhubhane, isibonelo COVID-19, ethelelana kalula ngamaconsana aphuma emlomeni kanye nokusodelana.

- Gwema ukuthintana nomuntu ngqoh.
- Ukubingeleta ngokuxhawulana, ukwangana, ukuqabula,
- Siza amakhasimende asengozini kuqala (isibonelo. Abadala, abesifazane abakhulelwe, nalabo abakhubazekile)



Ubungozi bokusabalala kwegciwane I CORONA ngenkathi usemsebenzini:

- Amakhasimende angasifikile isimfonyo.
- Abahwebi nozakwabo abangasifikile isamfonyo.
- Ukungabi khona kwezindawo zokugeza izandla.
- Ukungalandelwa kahle kwemigomo yokuqhelelana ngebanga eliwu 1 m phakathi kwabahwebi namakhasimende.
- Izindawo ezingangenisi umoya ngokwanele.
- Ukungahlanzwa kwezindawo namatafula ngesibulali magciwane. i coronavirus ingasabalala kulezi zindawo uma umuntu othelekile ekwehlela noma ethimula phezu kwetafula noma ezimpahleni ezidayisayo.
- Ukungathuthwa kwemfucuza, izinto zokuzesula amakhala (tissue) ezisetshenziswe ezilahlwe ngumuntu othelekile zingasabalalisa i gciwane i corona uma zithintwa abantu ngokunganaki
- Akukho ukuzibophezelu okwanele kwezindlela zokuzivikela kwi-Covid 19

Abaluleki bezempilo kumele bakhuthaze ukwamukwela kwemithetho emihle yezempilo.Ucabanga ukuthi ungakwenza kanjani lokhu?

11 Umgomo weCOVID-19

11.1 Yini umgomo we COVID-19?

- Umgomo wenzelwe ukuhlinzeka amasosha omzimba ukuthi akwazi ukuzivikela kwiCOVID-19. Uyini umgomo we COVID-19?
- Imithi yokugoma ingase iqukathe izingxenye yezento ezithile eziqinisa amasosha omzimba emzimbeni. Vaccines may contain inactive parts of a particular organism that triggers an immune response within the body.
- Umuthi wokugoma angeke umubangele izifo umuntu ogonywayo kodwa ayovusa amasosha omzimba ukuthi asukume akuvikele.
- Emine imithi yokugoma idinga imithamo eminingi inikezwe amasondo noma izinyanga ziqhelelane.
- Lokhu kwesinye isikhathi kuyadingeka ukuvumela ukukhiqizwa kwamasosha omzimba azokuvikela.
- Umzimba uqeleshelwe ukuthi uzilwele ekuthelelekeni ngaleli gciwane manje nasesikhathini esizayo.
- Imithi yokugomela i-COVID-19 iyatholakala. Umhlinzeki wokunakekelwa kwezempiro ophethe umgomo
- Ukunezelwa komugomo inikezela ukuvikeleka okukhulu.



11.2 Kuyini ukuvikela komphakathi

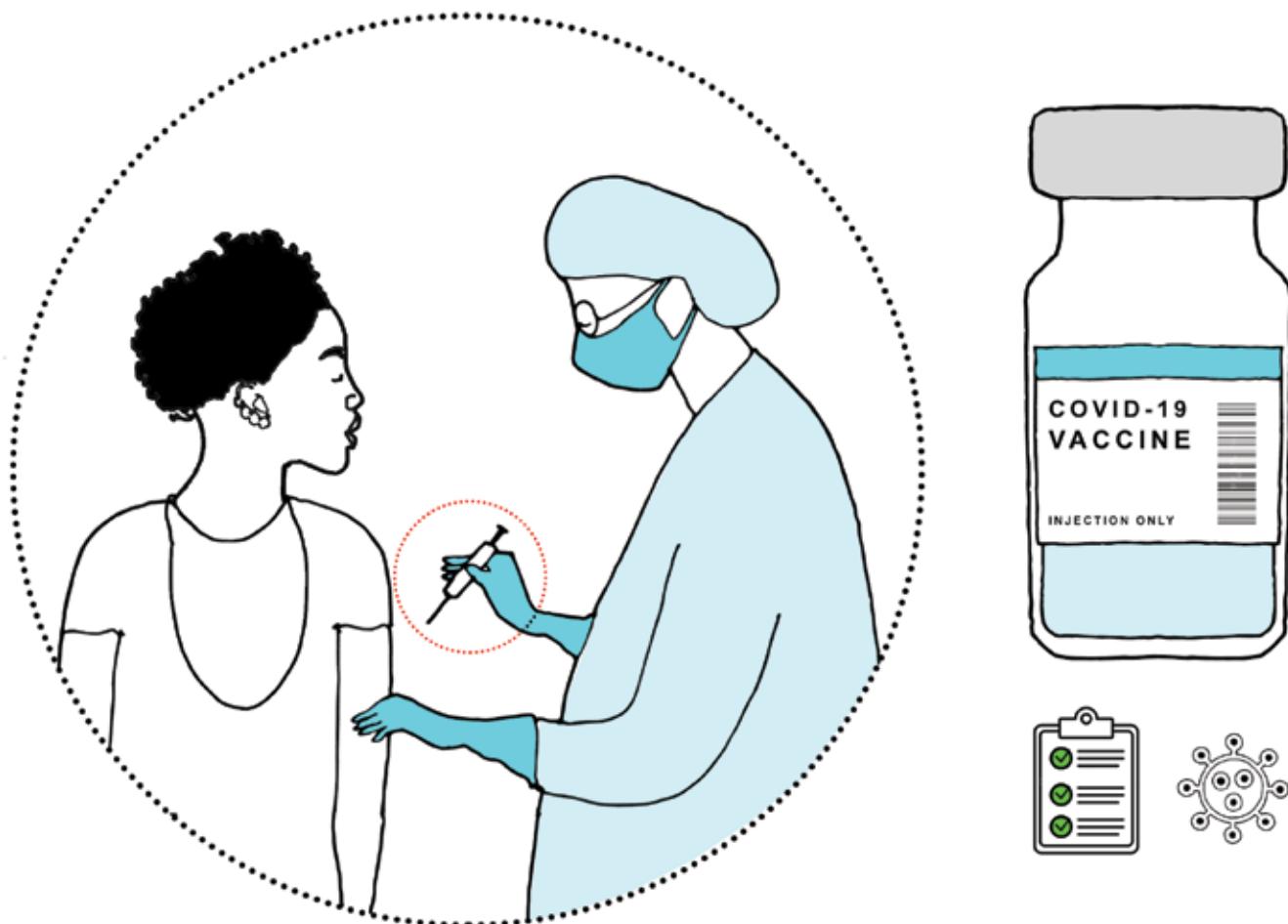
- Uma abantu abanangi emphakathini begonyiwe, igciwane liba nobunzima ekubhebhetheni ngoba iningi labantu elihlangana nabo sebegonyiwe.
- Uma bebaningi abantu abagonywayo, mancane amathuba okuthi labo abangakwazi ukuvikeleka ngemijovo babesengozini yokutheleleka.
- Lokhukubizwa ngokuthi ukuzivikela komphakathi (noma ukuzivikela kweningi).
- Abantu abangakwazi ukugonywa bazothola ukuvikeleka okukhulu, ngenxa yalabo abaseduze nabo abagonywayo.
- Ukugoma akuzivikeli wena kuphela, kodwa kuvikela nalabo abasempakathini abangakwazi ukugoma.
- Awukho umgomo owodwa vo, ohlinzeka ngokuvikelwa okungu-100%.



11.3

Kuthathwe ziphi izinyathelo okuqinisekisa ukuthi umgomo uphephile?

- Umgomo we COVID-19 udlule ezigabeni zokuhlolwa ukuqinisekisa ukuthi uphephile.loku kubalwa ukuhlolwa amazweni, okubalwa neningizim Afrika.kubhandakanye izinkulungwane zabantu
- Lokhu kuhlolwa kwakuhlelelwe ukuthi kubonakale ukuthi inamiphi imthelela kubhekela nokuphepha kwawo. Babhekela nabantu ababuthaka nabasegozini yokutheleleka nge COVID-19.
- Uma sekuhloliwe kwaqinisekisa ukuthi umgomo we COVID-19 uphephile futhi uyasebenza uchungechunge lwabazimele ukuqinisekisa ukuthi uphephile.
- Lokhu kuhlaganiswa ukuhlolwa izikhathi ezahlukene, nezincomo ezivela kulawo mazwe akhiqize lomgomu ungasebenziswa, ngaphambi kokuthi iWHO iqinisekise ukuthi lomgomu ungasetshenziswa.
- Ithimba elizimele lwabacwaningi elasungulwa i WHO lacubungula imiphumela eyavela kulabo ababehloliwe kwahlanganiswa ubufakazi ngokwezifo, neminyaka ethintekayo, ubugozi ngokwezifo kanye nolunye ulwazi.
- Ithimba libe selikhapha izincomo zokuthi lomuthi wokugoma kumele usetshenziswe kanjani.



Uhlelo olalandelwa ukukhiqiza lomgomo kwaqinisekiswa ukuthi kulandelwa izindela ezifanele njengazo zonke ezenziwa uma kungiqhizwa imithi. Zikhathi sokwenza ukcwaningi safinyezwa ngoba kwakungelula ukuthola abazobamba iqhaza, nangexha yoxhaso lwezimali olanele lokwenza lomsebenzi.

INKOLOZE

Kwaxhanyazelwa ngesikhathi kwenziwa umgomo ngakho-ke awunakwethenjwa

Uhlelo olalandelwa kwenziwa lomgomo lwaba nokuqikelela nolulandelwayo uma kwenziwa yinoma uluphi uhlobo lomuthi, isikhathi saba sifishane ngoba kwakuphuthuma ukuthola abantu abazobamba iqhaza, nokuthi kube khona uxhaso mali oluvela kuhulumeni ikhona okwenza ukuthi litholakale ikhambi lomgomo.

INKOLOZE

Umgomo awubasizi labo esebethelelekile ngeCOVID-19

Mzimba uyakwazi ukuzilwela kuleli gciwane kodwa lokhu kuba okwesikhashana kuyenzeka ukuthi uphinde utheleleke.

INKOLOZE

Umgomo awudingakali ngoba I COVID-19 isabulale abambalwa

Lolubhubhane lweCOVID-19 lufaka igcindezi enku lu kumnyango wezempiro nokuba isibalo sabashonile sisincane, abanigi basegcupheni yokufa umangabe ungakwazi ukubanakekela.

INKOLOZE

Ukuthi osomabhizinisi abakhulu bazenzela inzuko ngalolu bhubhane

Iqiniso: lolubhubhane lwe COVID-19 selubange umonakalo omkhulu emhlabeni wonke akukho sizwe esingakaze sithinteke. umgomo uletha ithemba lokuhlenga izimpilo nokuthi isimo sempilo sibuye-le kwesijwayelekile ngalokho ohulumeni abanigi sebebe nezingxoxo nabakhandi bemithi yomgomo ukuqinisekisa ukuthi umgomo uphephile.

INKOLOZE

Ukuthi umgomo ufaka emzimbeni into ezosesthenziswa ukulawula nokuphatha abantu

Iqiniso: lomgomo ayikho into oyifaka emzimbeni womuntu okuwukulawula futhi abukho ubufakazi balamampunge. ukuthola lomgomo angeke kwenze ukuthi abantu balawuleke nokuthi kutholwe imininingwane yabo yangasese ifakwe kumqulu thizeni.

INKOLOZE

Uhulumeni uhlangene namabhizinisi amakhulu ukuthi kusetshenziaswe lomgomo noma unobungozi

Iqiniso: U hulumeni uzibophezele ukuhlenga izimpilo kanye nemisebenzi. indlela esheshayo yokuthi isimo sibuyele kwesijwayelekile ukuqinisekisa ukuthi iningi lomphakathi livikelekile kuleligciwane, ukugoma iyona ndlela elula nengasebenza ukwenza isimo sibengcono.

INKOLOZE

Umgomo indlela yokuthi ababesincindezele baqhubeke basincindezele futhi

Iqiniso: uhulumeni ngeke avumele nanoma isiphi isimo lapho izwe noma isizwe singavunyelwa ukuthi kuncindezelwe abantu nanoma ingaziphi izindlela. ososayensi noHulumeni bonke jikelele, nalona wethu bonke babambe iqhaza olwazini oluholela ekwakheni lelikhambi. akubanga nje umsebenzi wamazwe asentshonalanga nalawo acebile. kodwa kube ukubambisana komhlana wonke.

INKOLOZE

Imibhoshongo ye 5G iyimbangela yaloluhubhane ngenxa yemisibe eyikhqizayo

Iqiniso: inhlango yomhlaba yozokwelapha bakubeke kwasobala ukuthi angeke wahamba ngamagagasi omsakazo noma ngomahalekhukhwini. i covid-19 isabalala nasemazweni amanangi engenayo lembhoshongo ye 5G.

Ngabe ukhona yini umuntu omaziyo obekholelwa kulezi zinkoleze esezichaziwe, ngabe lolulwazi esikunika lona kuwashisthile umqondo wakho?

Izindaba ezingamampunge zinobungozi, ungakwazi ukubhala uphinde uchaze ukuthi zingaki izinkoloze ezingamanga? Ubuphi ubunzimaocabanga ukuthi ungaahlangamezana nabo?

Ukucobelelana ngolwazi

Abalekeleli bezempilo kumele bancobelele abanye ngolwazi lokuzivikela ebungozini, nokunye okumayelana nendawo abasebenzela kuyona.

- Ekuqaleni kobhubhane lweCOVID-19, imiyalelelo yezempilo eyenzelwe abahwebi yasungulwa ukugcuphisua ukubasegcupheni nokutheleleka.
- Inqubomgomo emayelana nobungozi bokutheleleka ngegeciwane le COVID-19, yenzelwa abahwebi ukuze babenolwazi. Inhlangao u WIEGO nongoti abaqahamuka emnyangweni wezempilo eNyuvezi yaKwazulu Natal ngaphansi komnyango weOccupational and Environmental Health Department kanye nabakwa Asiye eTafuleni ibona abasungula lenqubomgomo
- Lenqubomgomo kuhloswe ukuthi kuvikelwe abahwebi nabantu abasebenzisana nabo ngokuvamile. Lenqubomgomo iyatholaka ngeisiZulu, isiXhosa, isiSotho, isibhunu kanye nesiFrench, iyolokhu inezelwa njalo uma kuvela ulwazi olusha.

A South African example of Public Health information:

COVID-19

COVID-19 Workplace Preparedness & Prevention
HEALTHY, SAFE & SUSTAINABLE WORKPLACES

Workplace Hotline: 0800 2121 75

www.nioh.ac.za | info@nioh.ac.za | [@nioh_sa](https://twitter.com/nioh_sa)

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