

# **MUNICIPAL HEALTH**

## **Information & Awareness Document**

### **2023 - 2024**



Compiled by:

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Central Karoo District Municipality

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## Dear Reader

This information / Awareness Document to Category B-municipalities, Public Institutions and residents of the Central Karoo District aims to create an awareness regarding certain municipal health related topics and to promote the objectives of the Section in establishing a safe and healthy environment.

The environment plays an important role in the healthy living of human beings. It matters because it is the only home that we have, and it provides air, food and other needs. Humanity's entire life support system depends on the well-being of all the environment factors.

We have a moral obligation to protect the environment and promote the sustainable development of the planet for future generations. Environmental degradation is detrimental and is jeopardising the long-term health and security of animals, plants and humans.

Now more than ever, it is important that we understand the impact that our actions have on the environment. In order to become more environmentally aware, we also need to take measures to protect our district and hopefully undo some of the damage already caused by human activity.

Our Environmental Health Practitioners (EHP's) take responsibility for alleviating all kinds of stressors that affect our lives and need a wide range of skills and an understanding of a complex range of issues.

Unlike a medical practitioner where the benefits of their intervention are often immediately apparent to the individual, the benefits of an EHP doing his or her job successfully are likely to result in an issue never becoming a problem.

EHP's need to be recognized and valued as a vital part of the professional public health workforce.

We are sensitive to the public's needs in the performance of our responsibilities, we know what is expected of us as well as the importance of relationships with our clients, and of course the reputation we have to maintain as professionals.

Environmental health as a profession has historically been overlooked for its positive impact on health status. It is a profession that is needed as much now as it ever has been if we are to maintain the longevity and high health standards we expect. It is imperative that we also find methods to enhance the visibility of the profession and thus, attract and maintain the next generation of EHP's.

We are, as always, determined to bring change where it is within our capability. Where we cannot bring change, we will continue to present the challenges to the right role players for the necessary attention and actions.

I trust that this information will be of value to you. If you would like more information on certain topics, you are welcome to contact me or any of our Environmental Health Practitioners at the Central Karoo District Municipality.

**Gerrit van Zyl**  
**Manager: Municipal Health Services**

# ABOUT THE SECTION

The Central Karoo District Municipality is sanctioned by legislation to provide Municipal Health Services within its area of jurisdiction.

Currently the Municipality is implementing the full service as defined by the Health Act, 2003 (Act 61 of 2003) throughout the Central Karoo District.

Municipal / Environmental Health is a fundamental public health approach affecting the whole population and services provided by Environmental Health Practitioners (EHP's) are essential elements in building a healthy population.

The Section aims to create an environment supportive of good health and minimize those factors detrimental to our health in the Central Karoo district

We are focused on the needs and expectations of our communities and seek a good relationship between the municipality and its inhabitants, with a collective responsibility for the environment in order to ensure that all will live in an environment that is beneficial to their health.

The National Health Act, 2003 (Act 61 of 2003) defines Municipal Health Services as Environmental Health. In terms of Section 1 of the Act Municipal Health Services are defined as:

1. Water Quality Monitoring;
2. Waste Management and Monitoring;
3. Food Control;
4. Environmental Pollution Control;
5. Health Surveillance of Premises;
6. Communicable Diseases Control;
7. Vector Control;
8. Chemical Safety; and
9. Management of Human Remains

The Air Quality Management & Integrated Waste Management functions are also performed by the Section Municipal Health.



## STAFF & AREA OF SERVICE DELIVERY

Our staff component consists of a Manager, a Waste / Air Quality Officer, six operational Environmental Health Practitioners (EHP's) and an Office Assistant.

EHP's are employed at our Head Office in Beaufort West as well as our Prince Albert & Laingsburg Offices










Services are rendered in ten (10) communities, namely Murraysburg, Beaufort West, Nelspoort, Merweville, Prince Albert, Leeu-Gamka, Klaarstroom, Prince Albert Road, Laingsburg & Matjiesfontein, as well as in the rural areas of the Beaufort West, Prince Albert & Laingsburg Districts.



# MEET OUR TEAM

## CENTRAL KAROO DISTRICT MUNICIPALITY SECTION: MUNICIPAL HEALTH SERVICES



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# OUR STRATEGIC GOALS

The environmental health profession has never been more vital than it is today. The Section has four (4) overarching strategic goals in order to strengthen our services. For each of the respective goals, various objectives, action plans and time frames were set for achieving them.

Our strategic goals are as follow:

## **Build Capacity**

To establish a well capacitated / equipped Section in terms of staff, tools of trade, finances and professional development.

## **Foster Collaboration with Role Players**

To establishment of a good foundation for cooperation between role players and a collaborative culture with the focus on common goals in terms of the environment and public health.

## **Empower Communities Through Training & Education**

Bring changed and improved health & hygiene habits, serving as a barrier to diseases as well as empowered communities that become advocates for public health.

## **Execute / Enhance Specific Programs / Services**

i.e., water quality monitoring, waste management & monitoring, environmental pollution control, food control, health surveillance of premises, communicable diseases control, chemical safety, vector control and the management of human remains.

EHP's of the CKDM act as Public Arbiters of EH Norms & Standards, maintaining close contact with the communities we serve.

We act as advisers, educators, consultants, managers & enforcement officers, ensuring people are able to live, work and play in safe & healthy environments



# MHS AUDIT

The Section was audited during February 2023 in terms of the National Environmental Health Norms and Standards for premises and acceptable monitoring standards for environmental health practitioners.

The Section achieved an audit percentage of 89%, the second highest in the Western Cape Province.

The Audit included the following:

- Client Rights;
- Operational Management;
- Facilities and Infrastructure;
- Leadership and Corporate Governance; and
- Operational Activities Ito:
  - Water Quality Monitoring;
  - Waste Management and Monitoring;
  - Environmental Pollution Control;
  - Health Surveillance of Premises;
  - Vector Control; and
  - Law Enforcement; etc.



**The National Norms and Standards for Environmental Health is the outcome of a process that is aimed to strengthen the provision of environmental health services and clearly outline the monitoring standards for the delivery of quality Environmental Health Services in South Africa.**

# ABOUT OUR POPULATION

## DID YOU KNOW?

According to statistics the Laingsburg Local Municipality increased the most, in terms of population, with an average annual growth rate of 1.7%, the Prince Albert Local Municipality had the second highest growth in terms of its population, with an average annual growth rate of 1.4%. The Beaufort West Local Municipality had the lowest average annual growth rate of 1.05% relative to the other within the Central Karoo District Municipality.

Based on the present age-gender structure and the present fertility, mortality and migration rates, Central Karoo's population is projected to grow at an average annual rate of 1.0% from 80 000 in 2021 to 84 200 in 2026.

The population projection of Central Karoo District shows an estimated average annual growth rate of 1.0% between 2021 and 2026.

The average annual growth rate in the population over the forecasted period for Western Cape Province and South Africa is 1.4% and 1.3% respectively.

In 2021, the Central Karoo District's population consisted of 14.62% African (11 700), 8.83% White (7 060), 75.88% Coloured (60 700) and 0.67% Asian (534) people.

The largest share of population is within the babies and kids (0-14 years) age category with a total number of 23 500 or 29.3% of the total population.

The age category with the second largest number of people is the young working age (25-44 years) age category with a total share of 28.3%, followed by the older working age (45-64 years) age category with 16 900 people.

The age category with the least number of people is the retired / old age (65 years and older) age category with only 6 110 people.

	2011	2016	2021	Average Annual growth
Laingsburg	8,320	9,080	9,820	<b>1.67%</b>
Prince Albert	13,100	14,200	15,100	<b>1.40%</b>
Beaufort West	49,600	52,200	55,100	<b>1.05%</b>
Central Karoo	71,055	75,524	79,987	<b>1.19%</b>

Source: IHS Markit Regional eXplorer version 2236



## ...AND HOUSEHOLDS



If the number of households is growing at a faster rate than that of the population it means that the average household size is decreasing, and vice versa.

In 2021, the Central Karoo District comprised of 21 800 households. This equates to an average annual growth rate of 1.40% in the number of households from 2011 to 2021.

With an average annual growth rate of 1.19% in the total population, the average household size in the Central Karoo District is by implication decreasing.

This is confirmed by the data where the average household size in 2011 decreased from approximately 3.7 individuals per household to 3.7 persons per household in 2021.

	Central Karoo	Western Cape	National Total	Central Karoo as % of province	Central Karoo as % of national
2011	18,900	1,610,000	14,300,000	1.17%	0.13%
2012	19,100	1,650,000	14,600,000	1.16%	0.13%
2013	19,400	1,700,000	14,900,000	1.14%	0.13%
2014	19,700	1,740,000	15,200,000	1.13%	0.13%
2015	20,100	1,790,000	15,600,000	1.12%	0.13%
2016	20,500	1,840,000	16,000,000	1.11%	0.13%
2017	20,800	1,880,000	16,300,000	1.11%	0.13%
2018	21,000	1,900,000	16,400,000	1.11%	0.13%
2019	21,100	1,910,000	16,500,000	1.10%	0.13%
2020	21,200	1,930,000	16,500,000	1.10%	0.13%
2021	21,800	1,970,000	16,700,000	1.10%	0.13%
<b>Average Annual growth 2011-2021</b>	<b>1.40%</b>	<b>2.03%</b>	<b>1.56%</b>		

Source: IHS Markit Regional eXplorer version 2236

# 2022/23 IN NUMBERS

Environmental Health Practitioners (EHP's) are responsible for carrying out or enforcing measures that protect public health. We administer and enforce legislation related to environmental health and ensure that protective measures are in place and that the risk levels are as low as reasonably possible.

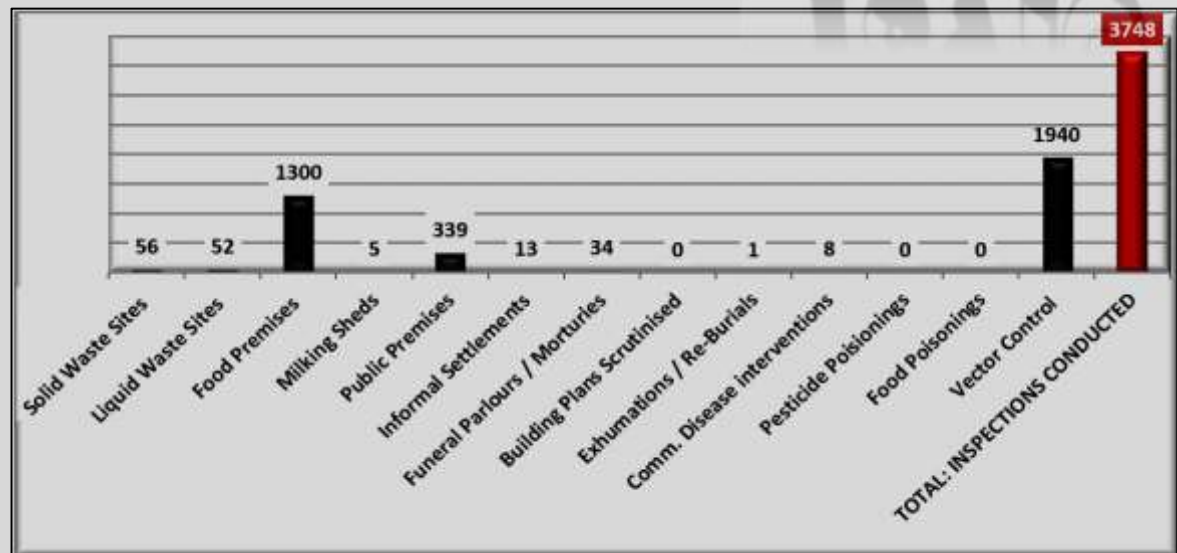
EHP's have a number of important responsibilities, including prevention, consultation, inspections, investigations and the education of businesses, establishments and the wider community.

An EHP has the power to investigate, assess and control environmental factors that could pose a risk to health or wellbeing and has the right to enter your premises at any reasonable time without prior notice

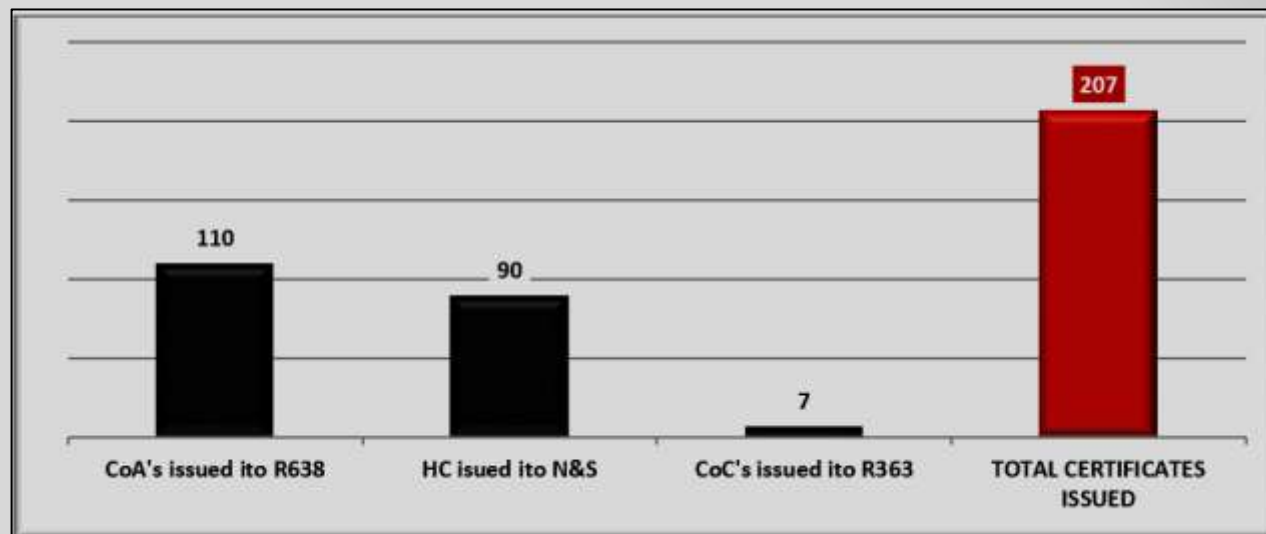
Below are graphs regarding services that were provided by the Section during the past financial year.

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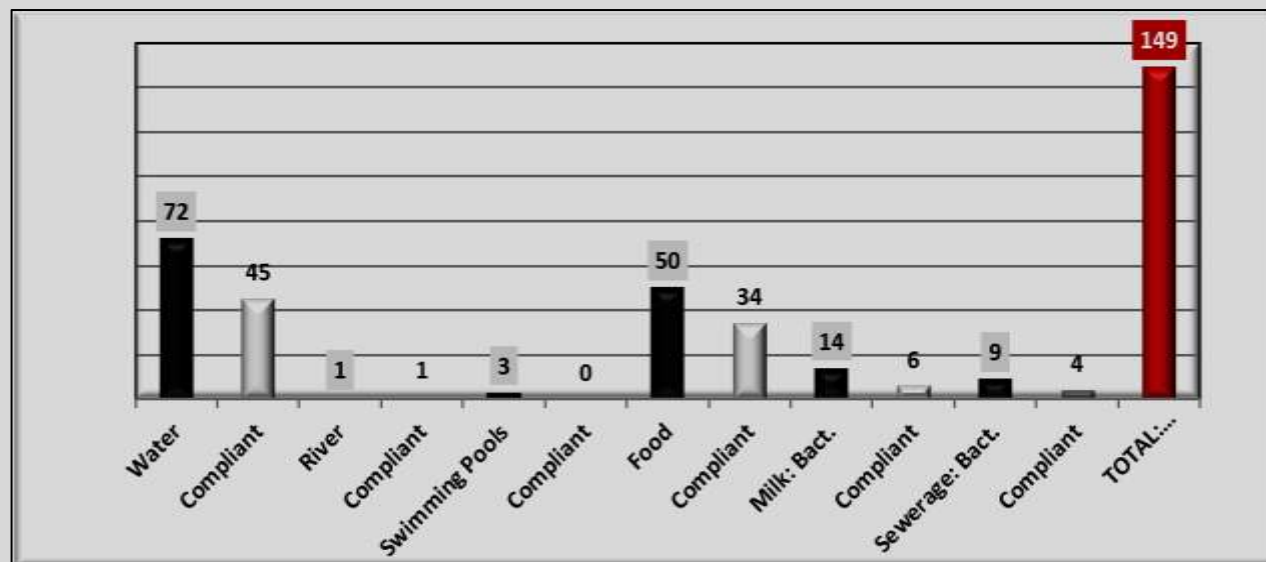
Type / number of inspections  
conducted by the Section →



Type / number of Certificates  
issued by the Section →

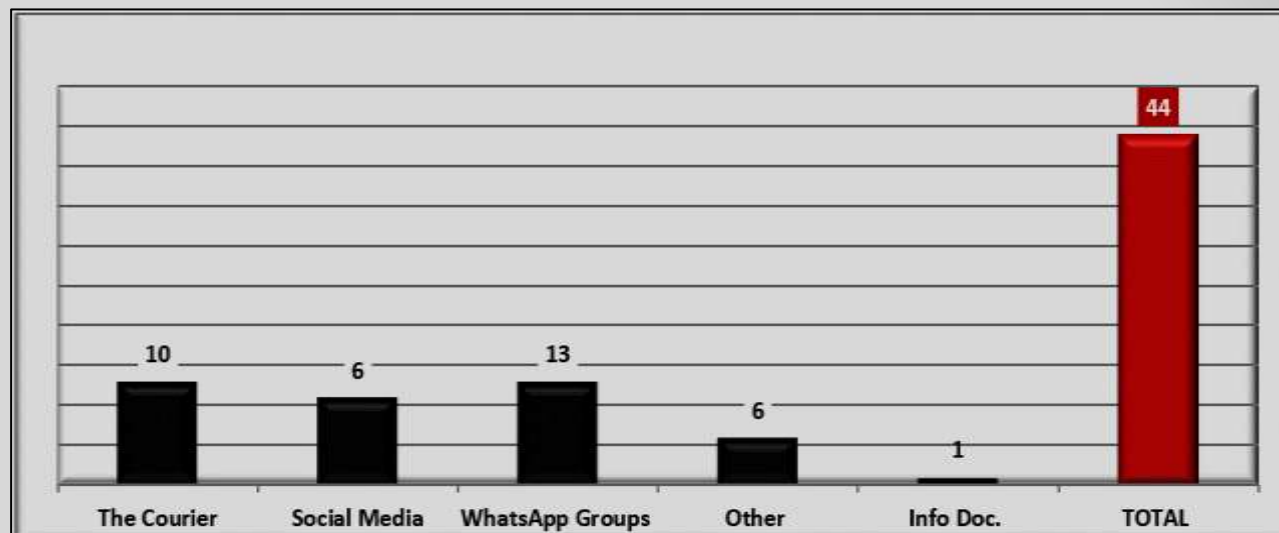


Type / number of samples  
taken by the Section →

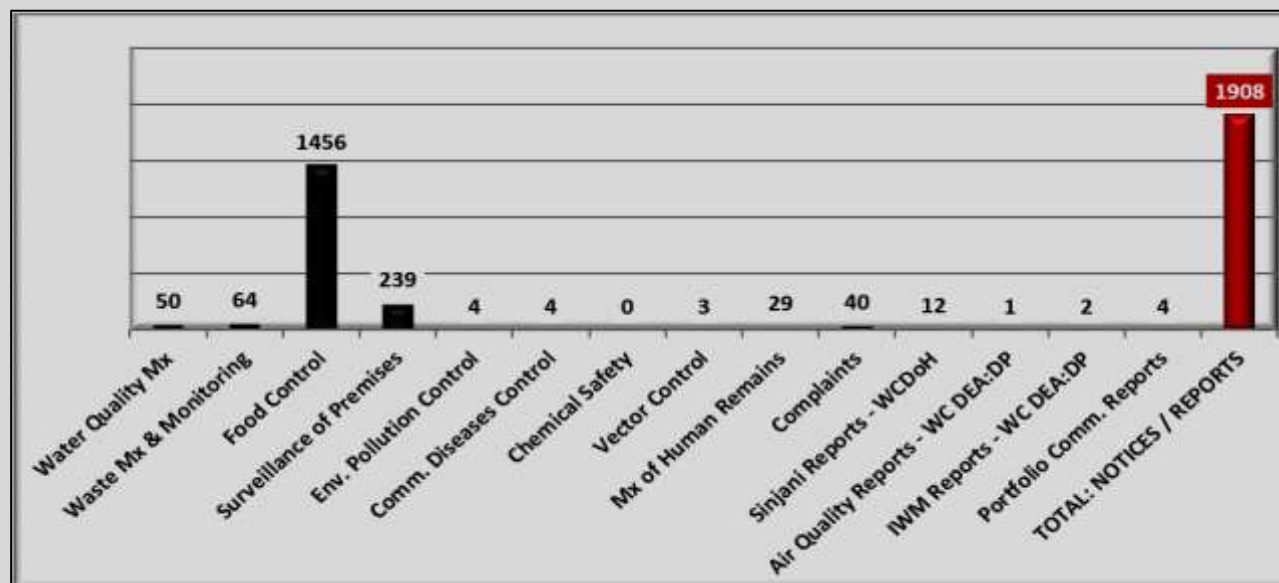




Type / number of training & education actions by the Section →



Type / number of Notices & Reports issued by the Section →



# CERTIFICATES ISSUED BY THE SECTION



The Regulation Governing the General Hygiene of Food Premises and the Transportation of Food, Regulation R638, as well as the National Environmental Health Norms and Standards require the issuance of certain Certificates by the Section Municipal Health Services of the Central Karoo District Municipality.

The latter places an obligation on the Section to immediately evaluate an application and, if the set requirements are met, to issue an appropriate Certificate for such premises.

**THE ISSUANCE OF A CERTIFICATE BY THE SECTION DOES NOT IMPLY THE APPROVAL OF AN APPLICANT TO OPERATE A BUSINESS ON A PREMISES WITHOUT THE APPLICANT HAVING TO COMPLY WITH ALL OTHER APPLICABLE REQUIREMENTS OF A CATEGORY B-MUNICIPALITY.**

The responsibility rests with the Owner or Person in Charge to also obtain approval from the Category B-Municipality, within whose jurisdiction such premises are located. However, an application and issuing of a Certificate may not be withheld until approval has been obtained by a Category B-Municipality or any other Department or Institution.

Different certificates are issued for different types of businesses in terms of applicable regulations and norms and standards. Before a certificate can be issued, an application form must be completed and certain administrative processes and services must be rendered in the completion of, and issuance of a Certificate.

**The different type of certificates issued for premises are as follow:**

***A Certificate of Acceptability (COA)*** refers to the certificate required for formal & informal food premises, which also include vehicles used for the transportation of food, as outlined in the Regulation Governing the General Hygiene of Food Premises and the Transportation of Food Regulation R638 promulgated under the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act No 54 of 1972).

***A Health Certificate (HC)*** refers to a certificate that is issued to the person in charge of Accommodation Establishments, Beauty Spa, Hair Salon/Barber Shop, Early Childhood Development establishments/ (ECD'S) according to the National Norms and Standards for Environmental Health Practitioners Gazetted in 2005 promulgated under the National Health act 2003, (Act No 61 of 2003).

***A Certificate of Competence (COC)*** refers to the certificate that is issued to an owner or person in charge of a premises/vehicles used for the handling of human Remains, these may be Funeral Undertakers/Embalmers and crematoriums as required by the Regulation R363 Regulation for the Management of Human Remains Promulgated under the Republic of South Africa National Health Act, 2003 (Act No 61 Of 2003).

# RENEWAL OF CERTIFICATES

The following institutions / premises **MUST** have a relevant Certificate, issued by the Section Municipal Health of the Central Karoo District Municipality.

1. **A Health Certificate**, issued In terms of the National Environmental Health Norms and Standards for Premises (Notice 1229 of 2015), promulgated under the National Health Act (Act 61 of 2003):

Institution	Frequency of renewal
Child Care Centers / ECDS	Annually
Youth Care Centers	Annually
Children's Homes	Annually
Nursing Homes	Annually
Maternity Homes	Annually
Old Age Homes	Annually
Accommodation Establishments	Annually
Beauty Salons	Annually
Schools	Every 2 <sup>nd</sup> year
Offensive Trades (scrap yards, spray painting, abattoirs, brick burning etc.)	Once-off
Public Swimming Pools & Spa Baths	Once-off

2. **A Certificate of Acceptability**, issued in terms of the Regulations relating to the General Hygiene Requirements for Food Premises & the Transport of Food (R962 of 2012) promulgated under the Foodstuffs, Cosmetics & Disinfectants (Act 54 of 1972):

Premises	Frequency of renewal
Food premises (Formal / Informal)	Once-off



3. **A Certificate of Competence**, issued under the Regulations relating to the Management of Human Remains (R363 of 2013) promulgated under the National Health Act (Act 61 of 2003):

Premises	Frequency of renewal
Funeral Undertakers, Mortuaries & Crematoriums	Every 2 <sup>nd</sup> year

The responsibility for the renewal of the said certificates rests with the owner or person in charge of the relevant institution or premises.

Rates for the issuance of the applicable certificates are determined by Council on an annual basis.

**The issuance of a CoA is independent of any other legal obligation, such as zoning etc, and can thus not be regarded as a “licence” to carry out a food business while other legal obligations regulated by Category B-Municipalities and/or other stakeholders are not met.**

**The issuance of a CoA is only a verification that the physical aspects or structure of the premises meet basic hygiene requirements in order not to pose a hazard or risk to safe food preparation.**

**It is also for this reason that a CoA does not need to be renewed on an annual basis.**

**When does a Certificate expire temporarily?**

If during an inspection (after a Certificate was issued) a condition exist that can cause a health hazard, the Section may issue a prohibition notice for the business to rectify within a certain period.

During this period the Certificate EXPIRES TEMPORARILY

# FAILING AN EHP INSPECTION... WHAT HAPPENS NEXT?



Inspections by Environmental Health Practitioners (EHPs) of the CKDM are a routine part of running a business, but what happens if your premises are not up to scratch?

We look at the possible reasons for failing an inspection, the types of notice you could be served and what you should do next.

## **Reasons for failing an EHP inspection:**

There are many reasons your business could fall short of certain standards. Expired food products, evidence of cross-contamination, employee ill-health, signs of infestation, general cleanliness – all will give EHP's reason to believe your premises are in breach of health legislation, and therefore pose a risk to public health.

Of course, prevention is better than cure. By working with your local EHP you can ensure your premises maintain high standards of health and hygiene. But if standards slip and your business falls short of health and hygiene requirements, what happens next?

## **What happens if I fail an EHP inspection?**

The next steps will depend on the severity of the contravention. For minor issues the EHP will provide written advice on how you can make improvements. More serious offences will lead to the appropriate level of notice being served. This will often specify a deadline by which to rectify the situation.

In this case, following the inspection you will receive a notice detailing any improvements you need to make as well as a deadline to make them.

The notice can include banning you from using certain equipment or processes until improvements have been made. Your business will be revisited to make sure you have made the improvements.

In the most extreme cases, or if you fail to comply with an EHP's notification, your business can be closed and prosecutions pursued.

## **What different types of notice are there?**

**Compliance Notice** – these are issued when a breach in the law, that needs to be addressed, has been identified. It will tell you what needs to be improved and give you a deadline by which to rectify the issue. If you receive a Compliance Notice, it's important to take immediate steps to comply and contact the specified EHP if you're not able to meet the deadline specified.

**Prohibition Notice** – these are issued for more serious health and safety problems and, unlike a Compliance notice, ban you from using certain equipment or following certain processes. A Prohibition Notice is issued in cases of serious risk to the public. Unlike a Compliance Notice, a Prohibition Notice does not provide a deadline, but that equipment or process cannot be used until the matter is resolved. In most cases, this may close your business down until further notice.

**Prosecutions can follow both types of notices, either because of a failure to comply with the notice, or for the initial health and hygiene breach.**

# WATER QUALITY MANAGEMENT & MONITORING

## MHS Water Quality Evaluation Reports

Bi-annual Evaluation Reports on the status of water quality were sent to all Water Service Authorities (WSA) in the district during December 2022 and June 2023.

These evaluation reports aim to:

- Serve as a source of information to the relevant WSA.
- Promote safe access to safe potable water.
- Promote continuous effective water quality management in the district.

Load shedding-related electricity disruptions may have severe consequences for the continuous treatment and supply of water services. The consequences of electricity outages for potable water are so severe that in extreme cases disrupting water supply completely, and compromising water quality.

It is the responsibility of a Water Services Authority to inform its community if water quality does not meet the set standards. Should a notification in this regard be issued by a municipality, steps for the purification of water supplies will also be provided, where necessary.



Among the treasures of our land is water fast becoming our most valuable, most prized, most critical resource.

A blessing where properly used, but it can bring devastation & ruin when left uncontrolled.

## Overwhelming challenges

South Africa's National Water Act 36 of 1998 was hailed by the international community as one of the most progressive, radical and admired legislative measures worldwide.

But in the intervening years the well-intentioned legislation has been hobbled by poor strategic planning, limited investments and governance.

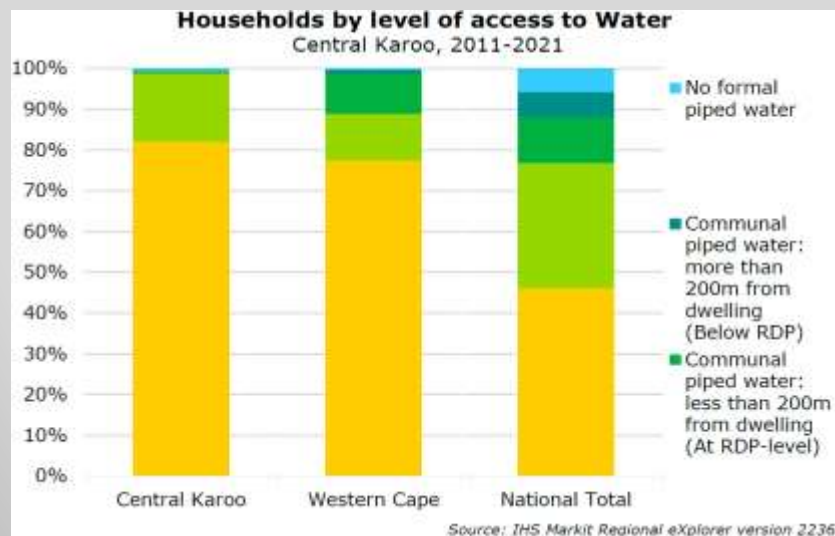
The Department of Water and Sanitation acknowledges that water services are being hampered by several factors. These include:

- a lack of funding,
- vandalism and theft,
- sewage losses before reaching the treatment works,
- construction and contractor issues such as not meeting deadline or quality objectives,
- lack of cooperation by municipalities,
- lack of capacity among Department of Water and Sanitation enforcement officials, and
- ongoing deterioration of infrastructure, processes and effluent quality.

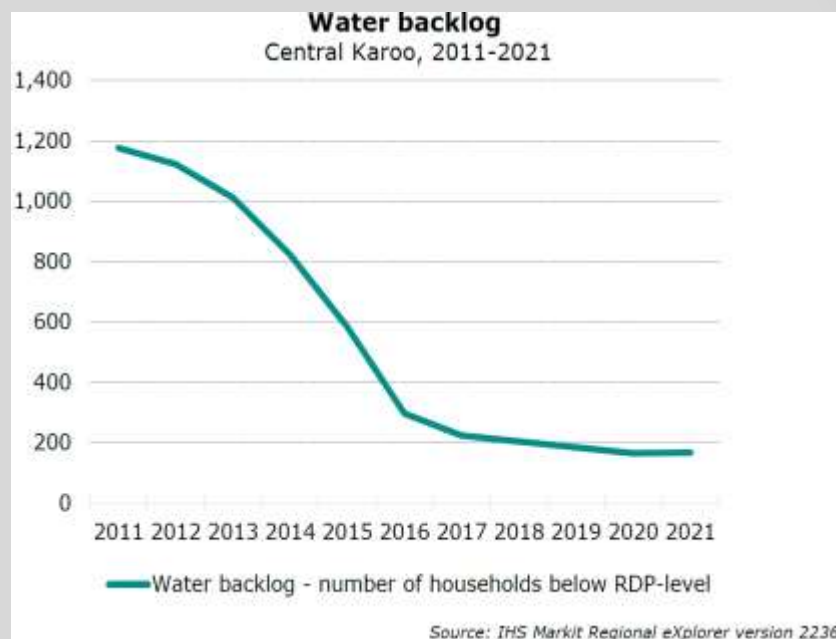
# DID YOU KNOW?

In 2021 the Central Karoo had a total number of 17 800 (or 82.01%) households with piped water inside the dwelling, a total of 3 660 (16.81%) households had piped water inside the yard and a total number of 129 (0.59%) households had no formal piped water.

The regions within Central Karoo with the highest number of households with piped water inside the dwelling is Beaufort West Local Municipality with 12 800 or a share of 71.85% of the households with piped water inside the dwelling within CKDM. The region with the lowest number of households with piped water inside the dwelling is Laingsburg Local Municipality with a total of 2 010 or a share of 11.27% of the total households with piped water inside the dwelling within CKDM.



When looking at the water backlog (number of households below RDP-level) over time, it can be seen that in 2011 the number of households below the RDP-level were 1 180 within the Central Karoo, this decreased annually at -17.71% per annum to 167 in 2021.



**The Water Services Act provides that everyone has a right of access to basic water supply... Every water services institution must take steps to realise these rights.**



Residents of the Central Karoo are reliant on surface and groundwater sources.

The most important potential consequence of a loss of water quality integrity is health problems caused by substances in the water.

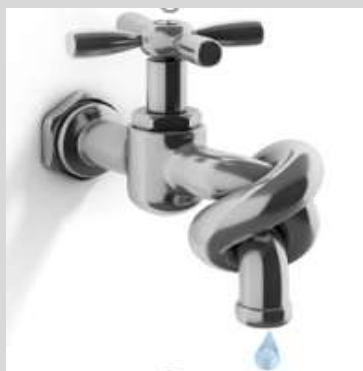
Groundwater coming from non-polluted locations is safe for domestic usage - to consume, prepare food, do laundry, take a bath and water your garden.

Authorities and those using “private water” however need to ensure that the chemical, microbial and physical properties of the water are suitable for everyday usage. It is also crucial to take into consideration all possible causes of pollution when picking out the best spot to drill a borehole.

Water can contain a large range of substances and many of these can be harmful to human health if ingested in high enough quantities. Exposure through the water distribution system may also occur by inhaling water droplets (e.g., in the shower), or through skin contact.

Certain substances cause an acute health risk, meaning that a person can get ill from it shortly after contact with the contaminated water.

Other substances create a chronic health risk, meaning that the substance will build up in a person's body over time and create health problems after prolonged exposure.



**With a water crisis comes potential health risks. Even before the taps are turned off, when clean drinking water is not readily available, there is a high risk of some diseases that you need to anticipate and mitigate.**

**The most significant water-borne diseases in South Africa are diarrhoeal diseases that may cause severe - even fatal - dehydration.**

**Infectious intestinal diseases remain a significant cause of death in all age groups and are the top cause of death in children from birth up to the age of four years**



# WASTE MANAGEMENT & MONITORING

## MHS Waste Management Evaluation Reports

Sustainability and improvement of waste management services remains a significant challenge for municipalities in the Central Karoo District.

A number of issues continue to be challenges for effective waste management in the Central Karoo. These may include e.g., ineffective data systems, a lack of compliance and enforcement capacity due to insufficient budgets, skilled capacity, appropriate equipment, a lack of education and awareness, operational costs for the management of waste, a lack of support to solid waste reduction and a lack of structured incentives for reduction, recycling and/or re-use of solid waste.

Annual Reports on the current status of all solid waste sites, illegal dumping of waste, littering, recycling initiatives, proposed actions etc. were sent to all local municipalities in the district during June 2023.

These evaluation reports aim to:

- Serve as a source of information to the relevant municipality.
- Eliminate any conditions harmful or injurious to human health.
- Promote effective waste management in the district.



**The negative public image of landfills is very much a result of experience with untidiness, litter problems etc.**

**These factors do not stimulate public confidence that a site is well managed.**



Mr. Leon Crawford, Waste Officer for Central Karoo District Municipality gave feedback the waste management status quo in the Central Karoo district at a South African Local Government Association (SALGA) Provincial Executive Committee (PEC) solutions based engagements with member municipalities in the Central Karoo District.





About 85% of littering is the result of people's attitudes

People who see existing litter are more likely to litter - research shows about 15% of littering is affected by the presence of existing litter.

People still think that it is the municipality's responsibility to clean up after them; that what they are doing will have no negative knock-on effect on the environment.

A further community attitude is the apparent belief that one's vote is one's currency; once you have voted for a particular political party, that party is obliged to provide everything you need or want, including to pick up rubbish that has been deliberately dropped.

**LITTER DOESN'T JUST  
GO AWAY...**

**LITTER IS WASTE IN A  
PLACE IT **SHOULDN'T** BE.**



- Choose not to litter.
- Keep your yard clean and free of things that can blow into the street & become litter.
- Always make sure you properly dispose of your garbage.
- Remove flyers etc. promptly from your front door before they are blown into the neighborhood as litter
- When you visit a park, remember to take out what you bring in. Keep trash in a bag or backpack until you can put them in a litter basket.
- Recycle all that can be recycled and put all other garbage in the proper containers.
- If you see a piece of litter, pick it up and throw it away.
- If you see a friend throwing something on the ground, ask them nicely to put it in the trash receptacle instead of on the ground.
- Help people to understand why littering is so bad.
- Volunteer in your community to help prevent and clean-up litter.



**LOVE IT**  
DON'T TRASH IT



**RESPECT YOURSELF**

**RESPECT OTHERS**

**RESPECT YOUR ENVIRONMENT**

**PLEASE!**

**PUT YOUR LITTER IN THE BIN!**

**BE COOL. DON'T LITTER!**



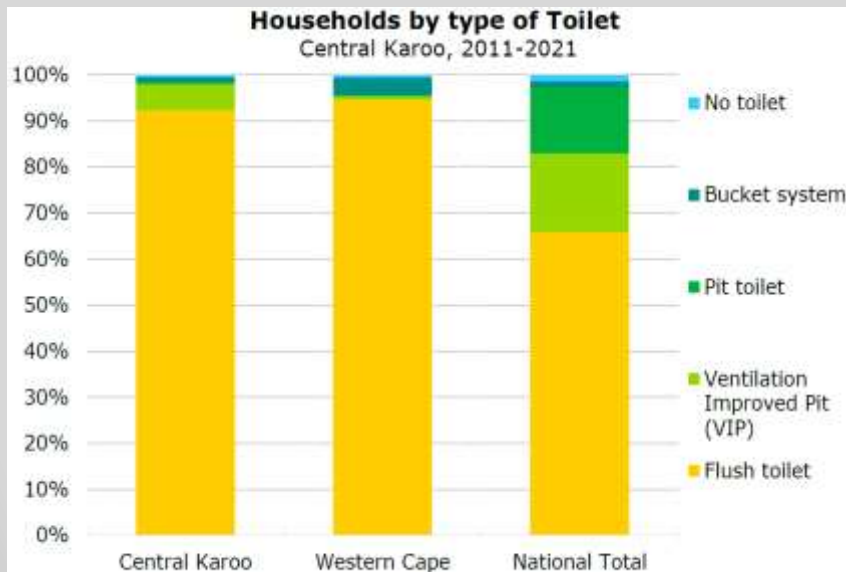
**A CLEAN COMMUNITY DISCOURAGES LITTERING &  
IMPROVES OVERALL COMMUNITY QUALITY OF LIFE**



# SANITATION

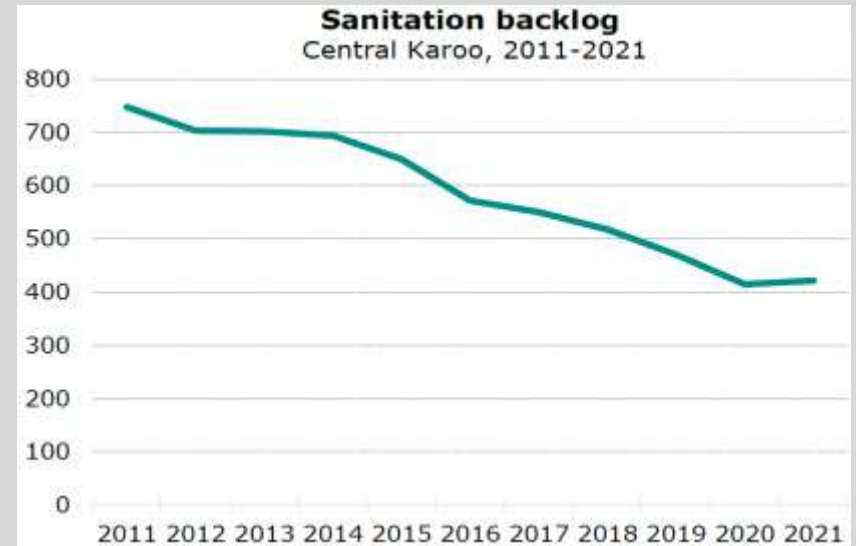
## DID YOU KNOW?

In 2021 the CKDM had a total number of 20 100 flush toilets (92.41% of total households), 1 230 Ventilation Improved Pit (VIP) (5.65% of total households) and 111 (0.51%) of total households pit toilets.



Source: IHS Markit Regional eXplorer version 2236

When looking at the sanitation backlog (number of households without hygienic toilets) over time, it can be seen that in 2011 the number of Households without any hygienic toilets in CKDM was 747, this decreased annually at a rate of -5.56% to 422 in 2021.



**Absence of basic sanitation facilities can result in an unhealthy environment contaminated by human waste. Without proper sanitation facilities, waste from infected individuals can contaminate a community's land and water, increasing the risk of infection for other individuals**

### How can we prevent poor sanitation?

Improve sanitation facilities by providing toilets and latrines that flush into a sewer or safe enclosure. Promote good hygiene habits through education. Proper hand washing with soap and water can reduce diarrhea cases by up to 35 percent.

# **NOT SURE WHEN TO CONTACT THE MUNICIPALITY WHEN THE DRAIN ON YOUR PROPERTY SEEMS BLOCKED?**

When a property owner applies for a sewer connection, the municipality normally provides a municipal connection inside the property boundary and the owner (or his builder) installs a sewer manhole at that spot. This manhole is used to determine whether a blockage is private or not.

A blockage on the house's side of this manhole is considered private and the owner must call a commercial plumber to repair.

A blockage on the street's side of this manhole is considered the municipality's responsibility

If you are not sure on which side the blockage is, report the query to your local Municipality which will send someone to help determine the origin of the problem.

If the blockage is on the private side of the municipal connection, the property owner will be informed accordingly and will have to call a plumber.



**If you own a business, it is your responsibility to ensure that your business practices do not block the municipal sewerage systems. Sewer systems are designed to accept bodily waste, toilet paper, and sink, bath, or basin wastewater. Anything other than this can damage or block the sewer system.**



## **DO NOT THROW TRASH OR PAPER TOWELS IN TOILET**

The persistent misuse of municipal sewer systems continue in areas across the Central Karoo, causing blockages and overflows which place the health of our environment and communities at risk. It also wastes our municipalities resources which could rather be used to extend service delivery to our communities. It is also hugely unpleasant and inconvenient for those who have to suffer the effects of a sewer blockage.

Municipalities in the Central Karoo cannot take up this challenge on its own. We call on our residents to help them to overcome this problem. They cannot do it without you.

There are three main conditions that a person would have to worry about if they found themselves exposed to sewer water or raw sewage in general.

The first is gastro-enteritis, which can induce vomiting, diarrhea and more.

The second is hepatitis, which can cause a discoloration of a person's skin due to a failure in a person's liver.

If a person has any cuts or rashes, those types of conditions could also be made worse due to an exposure to sewer water. Cuts and rashes would become infected.

**MUNICIPAL WORKERS MUST ALWAYS  
WEAR PROTECTIVE CLOTHING  
(INCLUDING GOGGLES AND MASKS)  
BEFORE THEY ATTEMPT TO CLEAN-UP  
SEWERAGE ETC.**

**EVEN IF THE WATER APPEARS "CLEAN",  
IT STILL CONTAINS THE SAME BACTERIA  
AND PATHOGENS THAT ARE FOUND IN  
"BLACK WATER".**



# CHOLERA

The country is experiencing an outbreak of diarrhoeal diseases or gastrointestinal infection, and a rising number of laboratory-confirmed cases of Cholera.

It is critical that our EHP's are also well informed of the diarrhoeal diseases and cholera situation and are able to manage cases appropriately, should it be identified in our district.

Cholera is an acute enteric infection caused by the bacteria *Vibrio cholerae*. Cholera mainly spreads through contaminated/polluted water and food. People can become infected directly through drinking contaminated water, or indirectly through eating contaminated food.

Cholera transmission is closely linked to inadequate access to clean water and proper sanitation facilities. Typical at-risk areas include informal settlements, rural areas, and typically informal trading settings, where minimum requirements for clean water and proper sanitation are sometimes not met.

The Section MHS of the CKDM has a Cholera Management in place and EHP's are updated on a regular basis.

**Ultimately, if effective control of cholera is to be achieved, local authorities must execute their responsibility of ensuring that all citizens have access to safe water supply and adequate sanitation.**

## PREVENTION OF CHOLERA



### WASH HANDS

- Wash hands with soap and clean running water.
- Wash hands for 20 seconds.
- Wash before and after eating, handling food, using the toilet or changing a baby's nappy.



### WAYS TO MAKE WATER SAFE

1. Pour (filter) water through a clean cloth if the water is visibly dirty.
2. Bleach or boil your water.
  - Pour 1 teaspoon (5ml) of bleach into 20 litres of water, mix well and wait for 30 minutes before use.
  - Boil water in a clean container. Water must boil for at least 1 minute to make it clean and safe.
3. Store safe water in clean, closed containers.
4. Use within 24-48 hours.



### PREPARE SAFE FOOD (5 keys to safer food) Wash it, Peel it, Cook it, or Leave it.

1. Keep your hands, utensils and surfaces clean.
2. Separate raw and cooked food.
3. Cook food thoroughly.
4. Keep food at safe temperatures.
5. Use safe water and ingredients.



### TOILET USE

- Use a toilet or latrine to defecate (poo).
- If a toilet or latrine is not available, defecate (poo) 30m away from a water source and then bury the poo.



### KEEP IT CLEAN

- Always disinfect and clean your surfaces.
  - Food preparation areas and kitchenware.
  - Frequently touched areas and food surfaces.
  - Toilets and latrines.





# FOOD CONTROL

## FOOD CONTROL IN THE CENTRAL KAROO DISTRICT

Food safety is important as it helps to protect the consumer from the risk of food borne illnesses. It also helps to prevent consumers from risks of health-related conditions such as allergy and even death.

The Section Municipal Health Services of the Central Karoo District Municipality (CKDM) promotes food safety through interventions, regulation, policy and recommendations. Our inspections are conducted in accordance with the Regulations governing General Hygiene Requirements for Food Premises and the Transport of Food and Related matters, Regulation 638 of 22 June 2018.

Environmental Health Practitioners (EHP's) look out for correct labelling, handling and storage of food products, and see to it that minimum hygiene standards are maintained and that preventative measures are in place to avoid pest control issues.

Owners / Persons in Charge of food premises are informed of the results of any food sampling carried out at their premises, both resulting from a sampling programme or from a complaint received from a consumer.

Where the sampling was carried out following a consumer complaint, the complainant is also informed of the sample results.


The public is urged to report any irregularities, complaints or non-compliances to their nearest CKDM Municipal Health Office, or to lodge such issues to Tel: 023-4491000 or e-mail [gerrit@skdm.co.za](mailto:gerrit@skdm.co.za)

CKDM Municipal Health Offices where complaints can be lodged are as follow:

- CKDM Head Office, 63 Donkin Street; Beaufort West
- 6 Van Riebeeck Street, Laingsburg
- 33 Church Street, Prince Albert.

## DID YOU KNOW?

**The Central Karoo District has a total of nine hundred and fourteen (914) food premises.**



We all have an important role to play when it comes to food safety.

**Food safety is everyone's business - Safe Food, Strong Communities!**

# TIPS TO REPAIR FOR THE EHP VISITING YOUR FOOD PREMISES



Environmental Health Practitioners (EHP) will do unannounced assessments on food premises

All premises, facilities and equipment used in connection with the handling, preparation, storage and serving of foodstuffs on the premises must be in compliance with the Regulations Governing General Hygiene Requirements for Food Premises, Transport of Food and related Matters R638 of 2018 as published in terms of the Foodstuffs, Cosmetics and Disinfectant Act, Act 54 of 1972

A Certificate of Acceptability (CoA) must be in place.

**A risk assessment will be done with specific focus on the following areas: -**

1. Food handling and preparation activities
2. Hygiene practices
3. Competency of staff
4. Water and sanitation practices
5. Pest control methods
6. Environmental toxins on the premises



## **Critical Items**

Critical items are those that are directly related to foodborne illnesses.

- Proper hand washing stations and techniques (bacteriological hand soap, hand sanitisers, paper towels and dust-bins)
- Make sure food is coming from an approved source

- Ensure cooked foods are rapidly chilled in appropriate amount of time
- Check to make sure commercial dishwashers have the correct sanitizer concentration
- Assure there has been no cross-contamination between raw and cooked or ready to serve products (Storage)

## **Non-Critical Items**

Non-critical items are those that are not directly related to foodborne illnesses, but can become serious problems if not corrected. These items are usually denoted as “blue” items on an inspection sheet.

- Labelled food storage containers (Expiry dates, FIFO = First in First out)
- Current operator permit
- Properly calibrated thermometers
- Floors, walls and ceilings properly cleaned
- Employee changing or break area is separate from kitchen

## **Potentially Hazardous Foods**

Don't play chicken with your chicken.

- EHP's pays extra attention to potentially hazardous foods.
- These foods require precise time and temperature maintenance to prevent bacterial growth and food related illnesses.

- EHP's will meticulously check cooking, holding and storage temperatures of all your meat, poultry, seafood, and ready-made food products for safe temperatures.
- They will also ask to see your records to ensure you are doing the same.

### Manager and Staff Knowledge

- Restaurant owners are required to know their local health by-laws in order to operate a commercial food establishment.
- Management and staff must have up-to-date training on food safety practices, and employees must demonstrate knowledge of safe food handling and preparation.
- Records to prove the aforementioned must be kept.
- The Environmental Health Practitioners (EHP) will ask questions to test this knowledge.

### Employee Health

- An employee with cold or flu may not handle foodstuffs.
- When employees are sick, it's crucial you don't let them handle and prepare food.
- Send them home, or put them on a task where they are not handling food or utensils.
- Person to person contact is a leading cause of foodborne illness, and sick employees can easily transfer their germs to the customers, no matter how cautious they are.
- If a food borne outbreak is linked to a sick employee, the Local Health Department has the authority to check the worker's medical records and take samples in an effort to pinpoint an exact cause.



**It is critical that environmental health services be viewed as absolute necessities for ensuring the health and safety of our citizens.**



## No Pets Allowed – The Rules For Food Premises

The food-trading sector is responsible for ensuring that food safety management procedures are followed at all times.

Food handling premises refer to any location where food is manufactured, processed, produced, packed, prepared, kept, offered, transported, stored, or displayed for sale or for serving to the public in any serving area. The current regulation governing general hygiene requirements for these premises, as well as for the transport of food and related matters, is Regulation 638 of June 22, 2018, promulgated under the Foodstuffs, Cosmetics and Disinfectants Act.

In terms of Article 10 of the Regulation, the person in charge of food premises must ensure that: “An animal, subject to the provisions of any law, is not kept or permitted in a room or area where food is handled, except that – (a) a guide or service dog accompanying a person with a disability may be permitted in the sales or serving area of the food premises.”

This means that no animals (including domestic pets) are allowed at food premises or in any area where food is being served to the public, except in the case of a guide or service dog accompanying a person with a disability.



## Power Outages & Food Safety

### What can you do to plan ahead?

- Make sure fridge and freezer temperatures are cold enough (check by using fridge and freezer thermometers).
  - Refrigerator temperature should be at 4°C or lower.
  - Freezer temperature should be at -6°C or lower.
- Put block ice in the fridge if you know that the power will be out for more than four hours. You can also fill clean plastic bottles with water and freeze them ahead of time to use as ice blocks.
- Keep frozen foods close together. This will help keep them colder longer.
- If you know the power will be out for a long time, make arrangements to keep your perishable foods at a friend or family's fridge and freezer where there is power.



# MEAT SAFETY

Any person or persons who wish to slaughter animals for religious purposes of the Muslim faith or for indigenous religious or cultural purposes must obtain prior written permission thereto from the local authority of the area where such a slaughtering will take place.

Such person or persons must obtain prior written permission thereto from the local authority (Category B-Municipality) of the area where such a slaughtering will take place as well as from the Section Municipal Health Services (MHS) of the Central Karoo District Municipality (CKDM) before the event.

The Meat Safety Act 2000 (Act 40 of 2000) promulgated by the National Department of Agriculture exempts the slaughtering of animals for cultural or religious purposes from the requirements of the Act.

Whilst Section 7(2)(a) stipulates that slaughtering for cultural or religious purposes does not have to take place at an abattoir, Section 7(2)(b) is clear that this meat obtained from the animal slaughtered for cultural or religious purposes may not be sold to any person.

In order to prevent any nuisances, a Category B-Municipality must, before granting its approval, refer such an application to the Section MHS for its comments.

An application form, available at the Section's offices stipulating all the relevant details, must be completed by the applicant and submitted to the Section for an evaluation and consideration.

After receiving the Section's comments for consideration, a Category B-Municipality may grant permission whereby the Section will then issue a Health Permit for Cultural / Religious Slaughtering to the applicant when notified by the Category B-Municipality of its approval.

**Regulation 12(1)(a) and (b) of the Regulation Governing the General Hygiene of Food Premises and the Transportation of Food, Regulation R638** stipulates that all meat handled on a food premises must conform to the requirements of the Meat Safety Act 40 of 2000.

However, Section 7(2)(a) of the Meat Safety Act exempt animals from being slaughtered at an abattoir for 3 reasons, namely own use, religious and cultural purposes and Section 7(2)(b) clearly states that meat derived from these exemptions may not be sold to any person or used commercially.

As such, these Regulations makes provision for butcheries / food premises to handle meat exempted from the Meat Safety Act.

If a butcher chooses to handle such meat it is required that he must have a sign displayed that reads "The meat sold on these premises has been exempted from inspection in terms of Meat Safety Act, 2000 (Act No. 40 of 2000)," firstly for the consumers to make an informed choice i.e. to be aware that the specific butchery is handling meat not slaughtered at an approved abattoir and secondly for EHP's of the Central Karoo District Municipality to take note of that during inspections and in order to check hygiene standards/practices related to the equipment used as well as verify the source of the meat i.e. it was slaughtered for the 3 purposes exempted in the Meat Safety Act, 2000, amongst others

# ANSWERS TO A FEW OF YOUR QUESTIONS...

**The CoA is issued to the person in charge. When the person in charge changes does the applicant have to lodge a new application for the CoA to reflect the new person in charge? Or does he just need to notify the CKDM in writing of the change (section 3 (8)), without an application, subject to compliance, they can then issue the CoA. Section 3 (9) does not allow for the CoA to be transferred and by just issuing it, is this not considered a transfer?**

The Regulations does not allow the CoA to be transferred from one person to another.

Hence the requirement that the new person in charge must inform the CKDM of the change in writing within a period of 30 days.

Once this person has done so, he/she must apply in writing, ie. complete an application form as per Regulation 3(2), after which an inspection will be done and the CoA re-issued.

The intention thus is to inform the CKDM about the change and in so doing relevant application and inspection procedures can then be followed by the relevant EHP of the CKDM

**Vehicles/Trucks at a “registered” (approved) premises - should these trucks have different CoA’s or does the premises CoA applies to these trucks?**

Regulation 14 (6) exempts vehicles transporting, displaying or serving PREPACKED FOOD derived from a food premises that already have a CoA, provided a certified copy of the premises CoA is present in the vehicle at all times.

Vehicle details should be included on the actual CoA and thus a certified copy of the premises CoA containing the vehicle details, must be present in these vehicles. These vehicles are exempted from having a CoA, however must comply with the rest of the hygiene provisions given.

**Should ablution facilities be attached to the main building of a food premises.**

The Regulations are not prescriptive on this dependant again on the identified hazards and risk profile of the food handling activity keeping in mind “Best available” method.

Thus it is not a requirement that it must be attached to the food premises. If not attached to the food premises, you capture such information.

**Use of residential area as premises for food handling, e.g. caterers.**

The regulations are not applicable to Private households that handles food for own consumption or without compensation by any other person.

Caterers, however using their private residence to handle food for sale, must have a CoA.

Similarly, Bed & breakfast and lodging type facilities, where meals are prepared and provided to patrons, also require a CoA.

### CoA REQUIREMENTS - Do NOT apply to the following:

Private residences where food is handled for the purpose of making it available without compensation to a church, educational or sports organizations.

However, the person in charge of such organization who receives that food must keep a record of the type of food and the address of the private residence for 30 days after receipt of the food. This is in case any incidents of food poisoning occur.

**Exempted from having a CoA but must still comply with the rest of the hygiene provisions and as such can still be checked/inspected by an inspector whenever possible to verify compliance!**

### Sleeping on food premises

An **area** in which food is handled should not be used for sleeping purposes.

EHP's of the CKDM need to assess each and every situation based on risk and in doing so keep the best available method in mind.

A person may sleep in the same room where low risk (shelf stable) prepacked food is handled, **provided there is some sort of partition between him/her and the area where food is handled** - this would be regarded as a best available method in this instance.

An example of a low risk shelf stable food is pre-packaged food sold at an informal/ spaza shop in which the area used is only storage and selling of the low risk pre-packaged food.

### Exemptions, Additional Requirements And Reservations

A person in charge of food premises may apply for exemption from any of the provisions of the regulations, **except** for the requirement for a certificate of acceptability.

The CKDM will process the application and may grant the exemption if it will not result in a health hazard.

## DID YOU KNOW?

Any person who contravenes a provision of these Regulation 638 or allows such a contravention to take place shall be guilty of an offence. The Regulation does not prescribe any penalties/does not have a penalty clause and as such, penalties as per Section 18(1) of the FCD Act will be applicable on conviction for contravention of any requirement of this Regulation.

Penalties prescribed by the FCD Act are as follows:

- on a first conviction, to a fine or to imprisonment for a period not exceeding six months or to both a fine and such imprisonment,
- on a second conviction, to a fine or to imprisonment for a period not exceeding twelve months or to both a fine and such imprisonment, and
- on a third or subsequent conviction, to a fine or to imprisonment for a period not exceeding twenty-four months or to both a fine and such imprisonment.





# HEALTH SURVEILLANCE OF PREMISES



**The surveillance of premises requires regular monitoring of all premises including private and public buildings to ensure compliance with applicable health requirements.**

**This is done to minimise any harmful environmental health risk.**

## **MHS Informal Settlement Evaluation Reports**

Bi-annual Evaluation Reports on the status of informal settlements were sent to the Beaufort West and Prince Albert Municipalities during December 2022 and June 2023.

These Evaluation Report aims to:

- Serve as a source of information to the relevant Municipality;
- Eliminate any conditions harmful or injurious to human health; and
- Promote a safe and healthy environment.

Section 73(1) of the Municipal Systems Act states that a municipality must give effect to the provisions of the Constitution and give priority to the basic needs of a community, promote the development of the community and ensure that all members of the community have access to at least the minimum level of basic



# THE HEALTH RISK OF ASBESTOS ROOFS

The risk to householders from asbestos is very low under normal circumstances.

Undisturbed asbestos roof material in good condition doesn't pose any health risk as asbestos fibres are bound together in the material.

The natural ageing and weathering of asbestos roofs releases asbestos fibres over time. This is however unlikely to pose a risk to health due to the fact that the nature of the process (ageing and weathering) release low levels of asbestos fibres which occur over a long period and the fibres are dispersed, diluted by the wind and washed away in rainwater runoff systems.

When the roof material is disturbed through some tasks involving the use of power tools for drilling, cutting, grinding, sawing and sanding during activities such as maintenance work, significant numbers of asbestos fibres are released into the air and this pose a risk of contracting asbestos related diseases.

The replacement/removal of damaged roofs should be done according to the Asbestos Regulations, 2001, promulgated under the Occupational Health and Safety Act, 1993 (Act No. 85 of 1993) and should also be conducted by a registered asbestos contractor as required by the Asbestos Regulations.

The disposal of asbestos roofs should be done according to the Regulations for the Prohibition of the Use, Manufacture, Import and Export of Asbestos and Asbestos Containing Material, 2008, promulgated under the National Environmental Management: Waste Act, 2008 (Act No. 59 of 2008).

Asbestos waste should be disposed of in a Class A landfill site.

**There is enough evidence to support that asbestos roofs including those damaged through the natural ageing and weathering pose very low health risk.**

**It is recommended that asbestos roofs in good condition should not be removed but should be inspected for damage and deterioration from time to time.**

**Care should be taken when maintaining/removing damaged or deteriorated asbestos roofs not to expose the people living in those houses and employees involved.**

**The use of power tools and high-pressure water blasters should be avoided.**





# AIR QUALITY MANAGEMENT

## INDOOR AIR QUALITY

Tips to live in an environment that is not harmful to your health



### BURNING COAL INDOORS

#### DANGERS TO HEALTH RELATED TO INDOOR USE:

Harmful chemicals, such as:

- Benzene,
- Carbon monoxide, & Formaldehyde are released into the air & may be inhaled due to the combustion of coal indoors.

### HOW TO AVOID HEALTH EFFECTS

- Ensure there is enough air circulation in room
- Keep Coal supplied with fresh oxygen
- Use only a few pieces of coal at a time when igniting
- Regularly clean the fire place/stove & repair any damage



### BURNING WOOD INDOORS

#### DANGERS TO HEALTH RELATED TO INDOOR USE:

Increased risk to:

- Lung disease
- Asthma attacks
- Respiratory infections
- Pneumonia and Bronchitis

### HOW TO AVOID HEALTH EFFECTS

- Only use dry wood.
- Ensure the fire place is clean.
- Allow enough air to circulate the room.
- Dirty glass doors on wood stoves, or smoke from the chimney are both signs that wood is too moist or the fire needs more air.



### BURNING PARAFFIN (KEROSENE) INDOORS

#### DANGERS TO HEALTH RELATED TO INDOOR USE:

Kerosene (Paraffin) heaters can release pollutants such as:

- Carbon dioxide, Nitrogen dioxide & Sulphur dioxide

### HOW TO AVOID HEALTH EFFECTS

- Replace old kerosene (Paraffin) heaters with new ones
- Use alternative heating sources such as Propane(gas) heaters
- Place the kerosene (Paraffin) heater outside when igniting & after when you turn it off



# SHALE GAS MINING

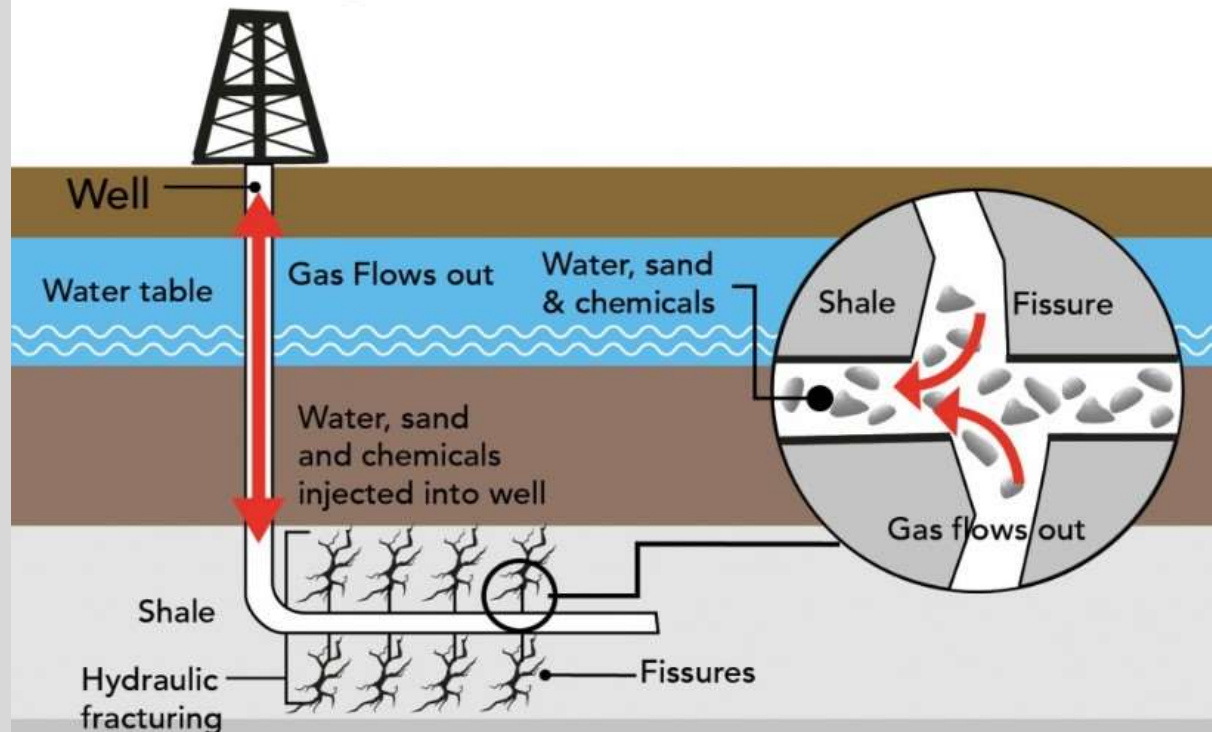
## DID YOU KNOW?

**Hydraulic fracturing ("fracking" or "hydro-fracking") is a technique in which water, chemicals, & sand are pumped into the well to unlock the hydrocarbons trapped in shale formations by opening cracks (fractures) in the rock & allowing natural gas to flow from the shale into the well.**

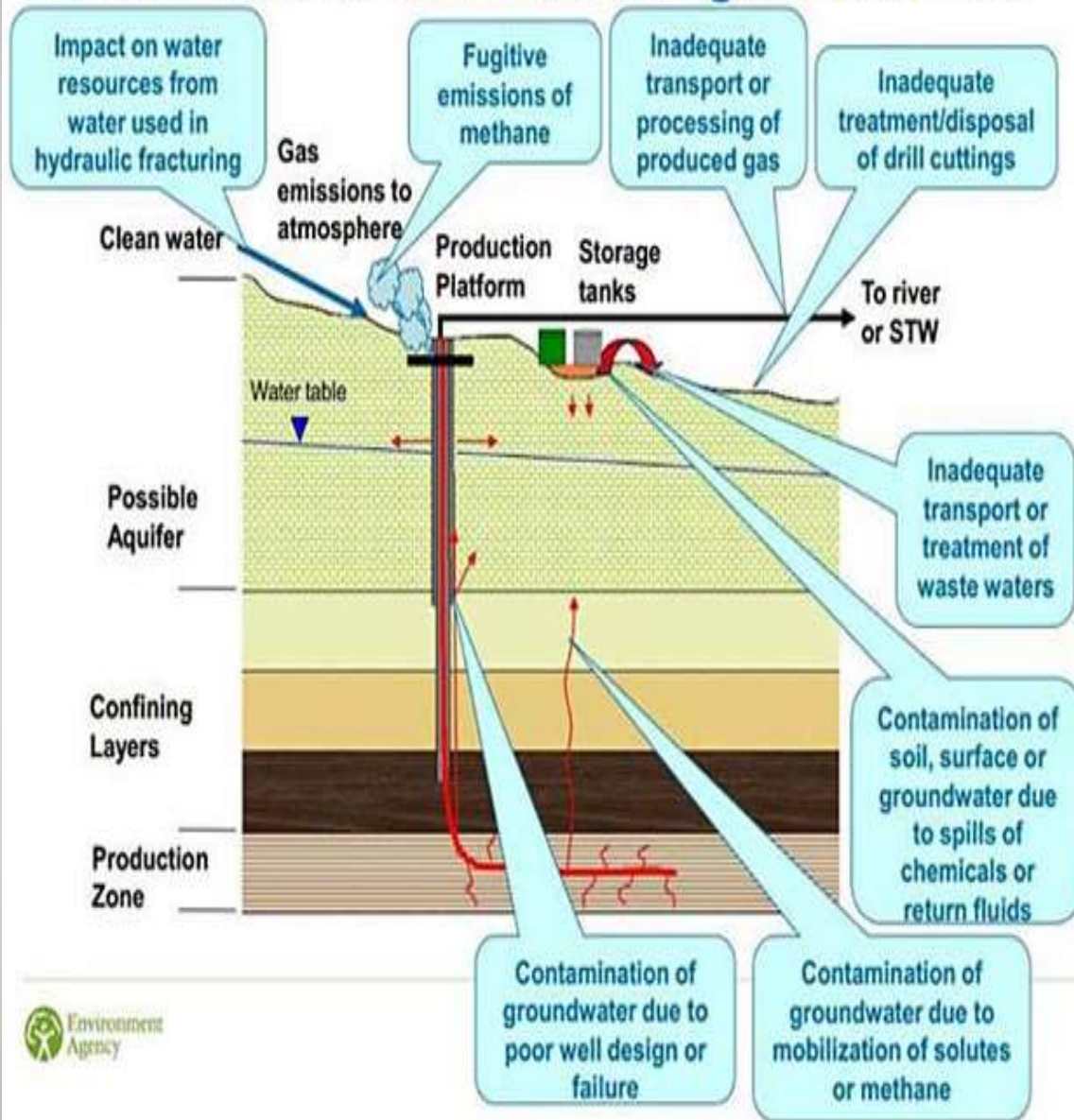
As shale gas seeks to increase its role as energy source, there is public concern about the shale industry's possible impacts on the environment. These include water shortages, groundwater and surface-water pollution, fugitive greenhouse gas (GHG) emissions, local air quality degradation and various community impacts.

The establishment of sound baseline information is a prerequisite before any exploration is undertaken. Similarly, adequate baseline information regarding the sub-surface environment must be regarded as a prerequisite for any production of shale gas.

## Shale gas extraction



# Environmental risks of shale gas extraction



Meeting electricity needs through shale gas could have huge benefits.

Natural gas has much lower levels of carbon dioxide emissions than coal.

Gas could also be a very much cheaper way to meet our future electricity needs than the nuclear option

# CLIMATE CHANGE

Climate change is an observable reality. The change under way is impacting on us now and will continue to impact in future years.

Preparing for sudden and unexpected weather incidents, like overwhelming flooding or life sapping heat waves, involves critical environmental health readiness.

So too the need to adjust to new air and water borne diseases, new pest threats and exotic diseases brought to our shores by the change in climate.

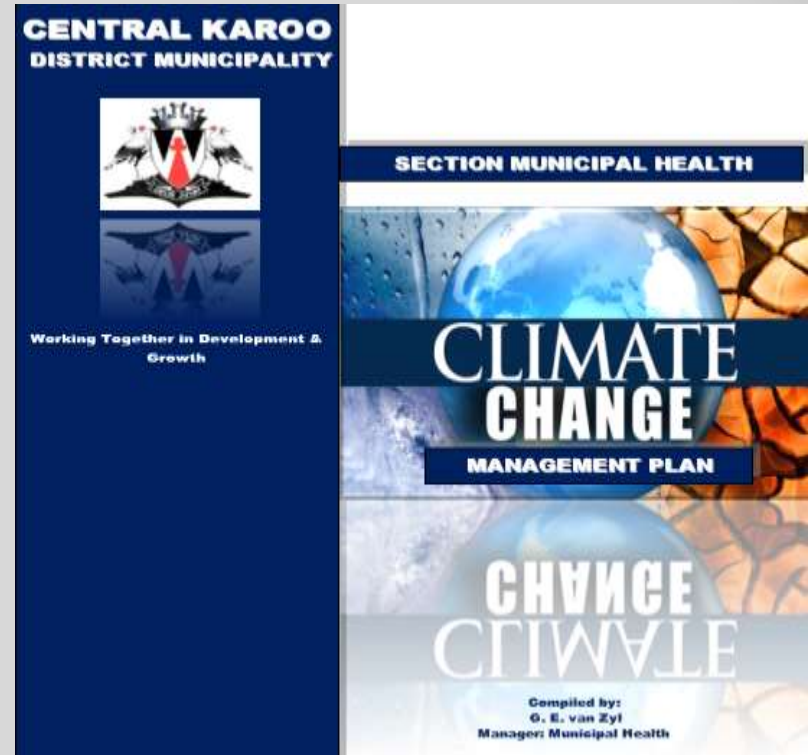
In all probability, the main cause of climate change is human activity, particularly our propensity to burn carbon fuels.

Without change in our habits, climate change will go on getting worse, causing catastrophic harm to future generations. We have to mitigate future climate change by changing our habits now.

Greater energy saving efforts, more use of renewable energy sources, changes in travel patterns with more walking, cycling and use of public transport, these are some of the solutions – and EHPs promote them all.

**It is important that we all accept responsibility for the consequences of our actions and that we can make choices to reduce the impact. In this regard local authorities also have an important role to play, representing the interest of the communities they serve.**

**We are the first generation to feel the impact of climate change and the last generation that can do something about it.**





# ECO FRIENDLY WORKPLACES

## Think GREEN

If you are last to leave the room, please...



## Turn It Off.

- \* Printers
- \* Computers
- \* Lights



Think.



Act.



Save.

### WORKING GREEN... HOW TO MAKE YOUR OFFICE MORE ENVIRONMENTALLY FRIENDLY

It's the usual – turning off the lights, computers and other electronic equipment that aren't in use during out of office hours.

When you leave your office at the end of a day, make sure all lights, computers, printers and other electrical equipment are turned off.

During the day you can make sure that display screens are set to a lower brightness or go into screensaver mode after 10 minutes of inactivity.

Additionally, energy saving bulbs should always be used where possible and so should natural sunlight.

Bring in plants! Incorporating elements of nature helps to create a healthy working environment. Adding living plants not only improves indoor air quality but also provides a cleaner, happier space for employees to work in.

### Tips for Online Meetings

- Come prepared - read the agenda, have documents ready
- Mute your microphone when you are not speaking
- Turn off all notifications and make sure your cell phone is on silent
- Write down thoughts that come to mind that are not on the agenda (having a "parking lot" works well)
- Use your air time wisely (there is no need to comment on every item)
- Utilize the chat feature
- Stay present



# REDUCE - REUSE - RECYCLE

Consider the hierarchy of lowering your environmental impact as “**reduce, reuse, recycle**”. The greatest strategy is to reduce trash, followed by reusing and recycling products whenever possible.

**Reducing waste** saves energy, precious resources, and raw materials. The following are some examples of waste reduction strategies:

- By not keeping equipment on standby, you can save electricity.
- To save water, turn off the faucet when brushing your teeth;
- Rather than throwing your food waste in the trash, compost it.

The more goods we **reuse**, the more energy we save and the fewer valuable materials we waste. It might be as basic as storing items in old glass jars or as imaginative as transforming an old bedside table into something new. Reusing is an important aspect of the reduce, reuse, recycle philosophy!

It may seem inconvenient to have to sort your glass, cans, and plastic with such care. However, it is critical that you do so. Glass and aluminum, for example, may be recycled indefinitely and turned into brand new items. Making something out of recycled materials uses less energy and resources than making something brand new.

**Recycling** is a brilliant idea, even if it isn't a completely flawless procedure. Those recycled water bottles might be used to make garden furniture or apparel. Glass is transformed into new bottles or jars.

**Don't roll your eyes when you hear the words “reduce, reuse, recycle,” because it's well worth the effort.**

**CENTRAL KAROO DISTRICT MUNICIPALITY**  
**SECTION MUNICIPAL HEALTH SERVICES**

### Waste minimisation tips

- Create compost:** place your food scraps in a **compost heap** and reap the benefits in your garden
- Boycott single use water bottles:** save tons of litter to landfill by reusing your own water bottle
- Shop smart:** plan ahead when shopping, **create a weekly menu** to reduce food waste. Look for **refillable items** where possible
- BYO bags:** get ready for the upcoming **plastic bag ban** and start using your own, reusable bags when shopping

**“We must all face the choice between what is right and what is easy.”**  
- Albus Dumbledore

Summit

# CHEMICAL SAFETY



## Watch out for these chemicals in your home

You may already know that some common household products contain potentially dangerous chemicals. These products include, among others:

- cleaning agents such as bleaches, dishwasher powders, oven cleaners, drain cleaners and turpentine
- pest control products
- gardening products
- weed killers
- swimming pool chemicals
- liquid petroleum gas (LPG).

While an adult may know not to swallow these, a child might think they are safe to touch or eat or drink. You and your family can live safely with these chemicals around your home if you store them safely (away from children) and use them correctly.

**Keep chemicals in their original packaging, so you can easily identify them. Do not keep chemicals in:**

- containers that the product may react with or cause to degrade;
- unlabelled containers;
- containers that originally stored a different product (particularly a food or drink product); and
- containers that cannot be sealed.

 <b>WARNING</b>	
	<b>Wear chemical goggles, face shield &amp; rubber gloves when handling chemicals</b>





# COMMUNICABLE DISEASE CONTROL

## HEPATITIS

**Although there are many different types of hepatitis viruses (A-E), Hepatitis B & C are the most concerning and cause nearly 8000 new infections daily, mostly going undetected**

HEPATITIS	How it spreads	Prevention	Treatment
<b>A</b>	<b>Feces</b>  Contaminated food or water	<ul style="list-style-type: none"> <li>• Vaccine</li> <li>• Practice good hygiene</li> </ul>	<b>No specific medication available</b>  Treated through supportive care (rest, adequate nutrition, and fluids) to help relieve symptoms
<b>B</b>	Through contact with the blood or bodily fluids of an infected person	<ul style="list-style-type: none"> <li>• Vaccine</li> <li>• Practice safe sex</li> <li>• Blood screening</li> </ul>	Combination antiviral therapies (with Tenofovir or Tenofovir derivatives plus lamivudine)
<b>C</b>	Blood-to-blood contact	<ul style="list-style-type: none"> <li>• Practice safe sex</li> <li>• Avoid sharing needles, toothbrushes, razors or nail scissors</li> </ul>	Combination therapies with direct acting antivirals (DAAs)
<b>D</b>	Contact with infected blood (only occurs in people already infected with hepatitis B)	<ul style="list-style-type: none"> <li>• Hepatitis B vaccine</li> <li>• Avoid sharing needles, toothbrushes, razors or nail scissors</li> </ul>	Interferon
<b>E</b>	<b>Feces</b>  Contaminated food or water	<ul style="list-style-type: none"> <li>• Practice Good Hygiene</li> <li>• Avoid drinking water that has come from a potentially unsafe source</li> <li>• Cook food well</li> </ul>	<b>No specific medication available</b>  Supportive Care

# VECTOR PREVENTION & CONTROL

## The Role of Environmental Health Practitioners Is –

- To investigate and evaluate complaints regarding vectors;
- To identify the breeding places or causes of the problem;
- To recommend corrective procedures to the responsible authority or transgressor to prevent further breeding and spread of vectors; and
- To develop awareness in communities of the spread of zoonotic diseases (refers to diseases that can be passed from animals, whether wild or domesticated, to humans) by means of vectors and the control thereof through education and training.

**Environmental Health Practitioners (EHP's) are very important as the first line of defence to ensure sufficient monitoring in vector control management and pest control to address public health pests and vectors that spread pathogens as well as those that cause a nuisance, in response to assist the public at large.**

## Don'ts

Don't let water to collect in and around house, office or school

Don't store water in uncovered or not properly covered containers/tanks

Don't let broken earthenware, bottles, pots, tyres etc. to collect outside or on rooftops



## The role of pesticides

Chemical control of vectors using pesticides is a key element in the fight against vector-borne diseases.

When used properly and as part of integrated vector management (IVM), pesticides can effectively and safely control disease-transmitting pest populations and prevent potential outbreaks. In many situations the use of pesticides is the most cost-effective method available.

## Signs Of Rodent Activity

Rodents are most active at night, so direct rodent sightings are not usually the first indication of a problem. It is essential to monitor regularly for signs of rodent activity:

- Rodent droppings. Droppings smaller than a grain of rice are from mice.
- Droppings that are soft when pressed are fresh.
- Clean droppings daily using safe clean-up methods to learn if infestation is on-going.
- Damaged food containers. Bags and boxes with holes is a sign.
- Rub marks (dark, greasy smudges) and signs of gnawing/ holes. These signs could be from current or previous activity.
- Burrows and nests. These should be destroyed, whether fresh or old.
- Footprints and tail marks in dust, flour or sand.
- Damage to ornamentals and fruits, such as hollowed lemons.
- Noises at night, such as scratching, chewing and running;
- Pet behaviour. If your pet shows interest in a corner of the garage, investigate

**Successful prevention of rodents and other vectors requires long term commitment by all stakeholders to these objectives:**

- Proper sanitation.
- Proper storage practices.
- Proper landscape management.
- Eliminate standing water to prevent mosquitoes that can carry diseases.
- Perform routine inspections, monitoring and recordkeeping.





# MANAGEMENT OF HUMAN REMAINS

The management of human remains is one of the nine key municipal health functions performed by Environmental Health Practitioners (EHP's) of the Central Karoo District Municipality. It is governed by the Regulations relating to the Management of Human Remains, Regulation number 363 of 22 May 2013, promulgated under the National Health Act, Act 61 of 2003.

For EHPs, the management of human remains involves the monitoring of funeral undertakers, mortuaries, crematoriums and cemeteries for compliance and also the management, control and monitoring of exhumation, reburial and disposal of human remains.

Currently, as it stands, ESKOM continue to implement load-shedding. It is for this reason that we urge all funeral undertakers, crematoria and mortuaries to have a backup plan (like generators during load-shedding).

Fridges need to keep running during power outages to prevent bodies from decomposing. The decomposed bodies do not only compromise the dignity of the deceased but also pose health threats for those exposed.

**One of the core functions of a funeral parlour is the cold storage of human remains of the deceased in order to preserve the body until such time it is ready to be buried.**



## Disposal of corpses

No person may inter a corpse in such a manner that it constitutes a health nuisance, and for this purposes the following apply:

The lid of the coffin, or where one coffin has been buried on top of another coffin, the lid of the top coffin, may not be less than 1500mm in depth.

*(Extract from CKDM Municipal Health By-law)*

# COMPLAINT INVESTIGATIONS



**YOUR HEALTH IS  
DIRECTLY LINKED TO  
YOUR ENVIRONMENT**

All Environmental Health related complaints are investigated.

On receipt, a public complaint is registered for record purposes and investigated within 48 hours.

Complaints regarded as urgent or poses immediate danger to human health are investigated within 24 hours.

Feedback is provided to a complainant within 7 days of receiving the complaint and follow-up inspection is conducted to ensure the elimination of a condition resulting in a complaint.

A compliance notice is issued where deemed necessary by the Environmental Health Practitioner and a report is compiled on completion or closure of every public complaint.

**SORRY!**  
**YESTERDAY WAS THE**  
**DEADLINE**  
**FOR ALL COMPLAINTS**



# TRAINING & EDUCATION

**EHP'S CONDUCT  
AWARENESS RAISING,  
EDUCATION &  
PROMOTION  
PROGRAMMES IN  
COMMUNITIES ON  
VARIOUS ASPECTS OF  
ENVIRONMENTAL  
HEALTH AS PART OF  
COMPLIANCE  
MONITORING &  
ENFORCEMENT**





# JOINT OPERATIONS IN THE CENTRAL KAROO...

The main purpose of our Joint Operation Management Plan is to adopt a strategic approach to managing joint operations in the Central Karoo and to provide a clear direction to all stakeholders.

Co-operative relations between the Central Karoo District Municipality, our local municipalities and other Sectors / Institutions are essential to the success of local government and other service providers in the Central Karoo District.

Our Constitution is the supreme law and provides a fundamental framework for structures and processes of government. It also serves as the ultimate resource on how institutions of government should operate, as well as co-operate with one another.

The Central Karoo District municipality, local municipalities and National / Provincial Departments are sanctioned by legislation to provide and promote certain services within our area of jurisdiction.

We are under an obligation to support one another at the request of the other. A lack of cooperation between these essential role players in the Central Karoo has prejudiced service delivery over the years and there is a need for an intergovernmental approach towards co-operative relations and teamwork on all levels.

Our Joint Operations Management Plan is currently in a draft format and will soon be provided to all role players for further input and finalisation.

## JOINT OPERATIONS: MANAGEMENT PLAN

1<sup>ST</sup> Draft



The forming of collaborative arrangements allows municipalities and other stakeholders in the Central Karoo to pool resources, reduce duplication and form a common platform to develop initiatives.

# RESPONSIBILITY OF MUNICIPALITIES IN PREVENTING HEALTH NUISANCES

## Every local municipality must-

- (i) Ensure that all municipal service works are maintained to such an extent that health nuisances are prevented;
  - (i) Take all reasonable measures to: -
    - Keep its municipal area in a clean and sanitary condition;
    - Prevent its stormwater systems from becoming obstructed or being polluted;
    - Prevent effluent from sewage works to pollute watercourses, rivers, streams and underground water;
    - Arrange its refuse removal schedules with a view to prevent the lengthy accumulation of refuse and waste;
    - Remove all illegal accumulations and dumping of refuse and waste in a regular manner;
    - Provide as many refuse receptacles as possible in streets and public places;
    - Keep public land from becoming overgrown with vegetation,
    - Ensure that dumping, littering, refuse removal, overgrown erven and any other activities that may create health nuisances are adequately regulated;
- Take adequate measures to prevent illegal burning of refuse waste or other fires that create unnecessary smoke, ash or pollution;
  - Take all reasonable measures to prevent the breeding of pests, bring any potential health nuisance to the attention of the Section MHS; and

**Working  
Better  
Together**



# MUNICIPAL HEALTH INPUTS

## DID YOU KNOW?

The nature of some applications handled by certain Departments within Category B- municipality requires in some cases also a municipal health input.

In order to ensure that applications submitted to B-Municipalities are not in conflict with relevant health legislation etc., Category B-municipalities were requested to submit applications with regards to the following to the Section for written comments, if any, before approval is granted.

Applications referred to are the following, namely:

- Applications for new construction and changes to existing construction with regards to public premises / buildings. (Private residences excluded.)
- Applications for the issuing of trade licenses.
- Applications for the keeping of animals and poultry.
- Applications in land use changes.
- Any other development applications on which the comments of the Section may be required.



We MAKE the  
world we live in  
and **SHAPE** our own  
**environment.**

-ORISON SWEET MARDEN-



# DID YOU KNOW?

*Municipal officials must follow the "Batho Pele" principles which require public servants to be polite, open and transparent and to deliver good service to the public*

## *Consultation*

Citizens should be consulted about the level and quality of the public services they receive and, wherever possible, should be given a choice about the services that are offered.

## *Service standards*

Citizens should be told what level and quality of public service they will receive so that they are aware of what to expect.

## *Access*

All citizens should have equal access to the services to which they are entitled.

## *Courtesy*

Citizens should be treated with courtesy and consideration.

## *Information*

Citizens should be given full accurate information about the public services they are entitled to receive.

## *Value for money*

Public services should be provided economically and efficiently in order to give citizens the best possible value for money

## *Redress*

If the promised standard of service is not delivered, citizens should be offered an apology, a full explanation and a speedy and effective remedy; and when complaints are made, citizens should receive a sympathetic, positive response.

## *Openness and transparency*

Citizens should be told how national and provincial departments are run, how much they cost and who is in charge.

## *Redress*

If the promised standard of service is not delivered, citizens should be offered an apology, a full explanation and a speedy and effective remedy; and when complaints are made, citizens should receive a sympathetic, positive response.

## *Value for money*

Public services should be provided economically and efficiently in order to give citizens the best possible value for money.



# REPORTING HEALTH NUISANCES

**The owner, occupier or user of land or premises must –**

Ensure that a health nuisance does not exist or occur on his or her land or premises;

- Within 24 hours of becoming aware of the existence of a health nuisance on the land or premises, eliminate the health nuisance, or if he or she is unable to eliminate the health nuisance;
- Take steps to the satisfaction of the municipality to reduce the risk to municipal health; and
- Report the existence of the health nuisance to the municipality.



MUNICIPALITY	SERVICE	NUMBER
Central Karoo District Municipality	Head Office: Beaufort West	023-449 1000
Beaufort West Municipality	Beaufort West Office	023 – 414 8100
	Murraysburg Office	049 – 844 0007/9
	Merweville Office	023 – 501 4057
	Nelspoort Office	023 – 416 1676
Prince Albert Municipality	Prince Albert Office	023 – 5411 320
	Leeu – Gamka Office	023 – 5212 135
	Klaarstroom Office	023 –
Laingsburg Municipality	Laingsburg Office	023 – 5511 019
	Matjiesfontein Office	023 -

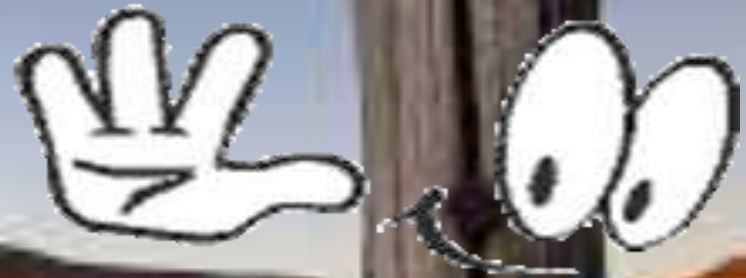
MARK YOUR  
CALENDAR!

Calendar  
2023

EVENT	DATE
World Environmental Health Day	26 September 2023
World Rabies Day	28 September 2023
Global Handwashing Day	15 October 2023
World Food Day	16 October 2023
World Toilet Day	19 November 2023



**Dream big, work hard, stay  
focused & surround yourself  
with good people**



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