

Hierarchy of Risk Control Management.

COVID -19

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Hierarchy of Risk Control Management.



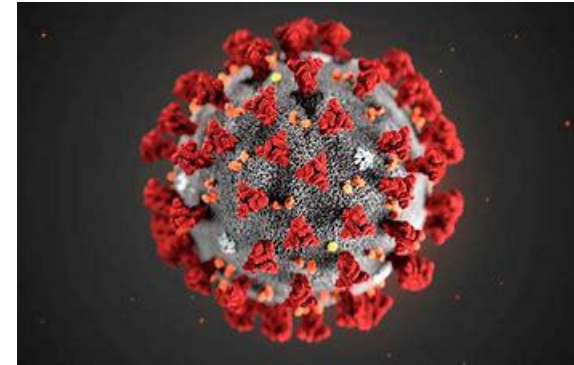
What is Virus?

A virus is a form of Biological agent.

Viruses are minute non-cellular organisms which can only reproduce in a host cell. They are very much smaller than bacteria and cannot be controlled by antibiotics. They appear in various strains and are continually developing new strains.

They are usually only defeated by the defence and healing mechanisms of the body. Drugs can be used to relieve the symptoms of a viral attack but cannot cure it.

Types of virus include the common cold, Aids (HIV), Hepatitis, Severe Acute Respiratory Syndrome (SARS), Middle East Respiratory Syndrome (MERS), and Corona Viruses, Herpes (HSV)



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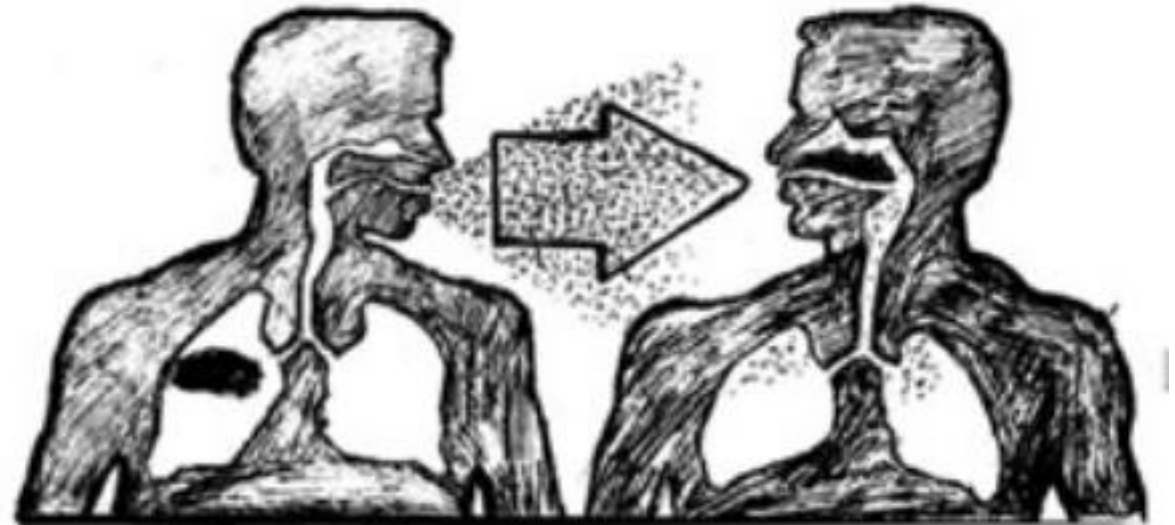


Routes of entry into the body by Covid -19:

Inhalation by breathing in droplets of the Corona Virus through the mouth and nose where in turn the virus enters the lungs and then into the blood stream.

Can Viruses be man made.

Yes synthetic viral technology.



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There are five key stages in the Hierarchy of risk control Management and a supplementary sixth stage. Those being:

- 1 Eliminate
- 2 Reduce
- 3 Isolate
- 4 Control
- 5 Personal Protective Equipment (PPE)

Supplementary sixth stage:

- 6 Discipline.

Source National Examination Board in Occupational safety and Health,(NEBOSH) Introduction to Health and Safety at work.

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Eliminate:

Sadly we cannot eliminate as COVID-19 is here and will probably remain here for a long period of time.

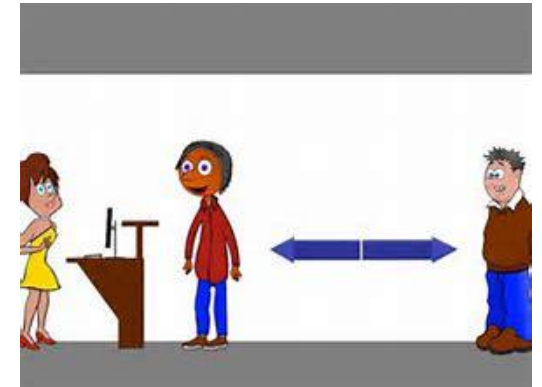
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Reduce or Substitute:

Companies can reduce the risk to people by the following:

- Taking temperatures before allowing people enter a premise
- Ensuring people keep social distancing when queuing
- Providing alcohol based gel at entry and exit points
- Makro not only provide face masks but plastic visors to their cashiers.



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Isolate:

Can you isolate yourself from the virus?

Yes you can stay at home.

However there is still an underlying risk if you have gardeners, pool cleaning services or maids visiting your property.

Food take away services:

- Contamination of packaging at source
- Health of delivery drivers
- Handling money.



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Control:

Control is where we have the greatest say in protecting ourselves, by following simple rules on the right.

In addition to help build your immune system eat healthily, exercise and Vitamin C can support the body's immune system. Vitamin C is a powerful antioxidant that helps fight against free radicals in the body.



Wash your hands regularly

- Before preparing meals
- Before eating meals
- After using the bathroom
- After blowing your nose, coughing and sneezing
- Before and after coming into contact with sick people
- After petting an animal



Wash your hands thoroughly

- Hold your hands under running water
- Rub your soapy hands together for 20-30 seconds
- Rinse your hands under running water
- Dry your hands with a clean towel



Keep your hands away from your face

- Do not touch your eyes, nose or mouth with unwashed hands



Coughing and sneezing etiquette

- Turn away from others and keep your distance while coughing and sneezing
- Use disposable tissues or the crook of your arm to cover your mouth and nose while coughing and sneezing



Keep pathogens at bay

- Avoid close contact
- Do not shake people's hands
- Keep a distance of one to two meters from sick people
- Clean wounds, disinfect them and place a Band-Aid or gauze over them

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Personal Protective Equipment (PPE)

This is wearing suitable and well maintained items such as gloves, goggles and respirators.

The underlying problem with PPE is that it gives the wearer a false sense of security especially if you do not follow the first four control measures.

Many masks being worn are not medical masks, in many cases people make their own in these cases they are porous, often reused and offer minimal protection unless you follow the first four control measures.

The only effective types of masks are the N 95 or surgical masks that during the Severe Acute Respiratory Syndrome reduced the chance of cross infection by 80% in medical teams in America. Source World Health Organisation (WHO).



What's the proper way to use a mask?

World Health Organisation (WHO) recommends:

- Before putting on a mask, clean your hands with soap and water or alcohol-based hand sanitizer
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask
- Avoid touching the mask while using it and clean your hands if you do.
- Replace the mask with a new one as soon as it's damp and don't reuse single-use masks
- Remove it from behind, discard immediately into a closed bin and then clean your hands with soap and water or alcohol-based hand sanitizer.

However the WHO goes onto say that you must wear a mask if you are sick yourself or caring for someone who is sick.

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Discipline:

This is about Organisations and Governments ensuring that all controls are monitored, reviewed and enforced.

This is about us as individuals ensuring we follow risk control management.

No Government can protect me from this virus, I am the only one who can protect myself and my family.