



In the Spotlight

Fraud – Be Aware

Email Scams – do not open suspicious emails, verify sender credentials
 Banking Scams – there are currently 8 online scams running
 Identity Theft – personal Identity and fake companies, fake tenders

**Be Vigilant
 Be Cautious**

**Be Safe. Be Smart. Be Seen.
 MAKE SURE DRIVERS
 CAN SEE YOU.**



SAFETY STATS

	MONTH
Man-hours – 12 Months Accumulative	192344.5
Man-hours for the Month (20 th to 19 th)	10357
Hours worked without an Recordable Case	932673.5
Manpower on Site	84
Recordable Incidents for the Month	0
Medical Treatments for the Month	0
First Aids for the Month	0
Days without Recordable Case	1987
Recordable Case Rate	0



Health & Wellness

The Six Dimensions of Wellness:

Physical

Optimal wellness is met through the combination of good exercise & eating habits. It also entails personal responsibility and care for minor illness and also knowing when professional medical attention is needed, monitor your own vital signs & understand your body's warning signs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

Physical wellness follows these tenets:

- It is better to consume foods & beverages that enhance good health rather than those which impair it
- It is better to be physically fit than out of shape



March

- 08 – Yolande Venter
- 09 – Sifiso Madonsela
- 17 – Ernest Nkgudi
- 18 – Alinah Phadi
- 19 – Catherine Dyanti
- 23 – Johannes Mthethwa
- 24 – Abedbego Kunene
- 24 – Sanele Thango

April

- 01 – Isabella Homan
- 01 – David Mokolo
- 24 – Warren Russell



Congratulations

To the Read Family on the arrival of baby Graham on Thursday 23 March



Condolences

To the Heymans Family

Tenderly may time heal your sorrow
 Gently may friends ease your pain
 Softly may peace replace heartaches
 And may warmest memories remain