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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

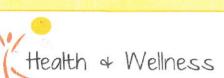
Fraud - Be Aware

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





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

Anril

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

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



Congratulations

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

