

How does Listeriosis spread?

According to The Department of Health, Listeriosis is usually spread through the ingestion of contaminated food products most frequently in raw or unpasteurised milk and soft cheeses, but also vegetables, processed foods, ready-to-eat meats and smoked fish products.

Symptoms of Listeriosis

- Symptoms start presenting them self between 3 – 70 days
- Flu like illness with diarrhoea including fever, general body pains, vomiting and weakness.
- Infection of the blood stream which is called septicaemia.
- Meningoencephalitis (infection of the brain).

Individuals at high risk of developing severe disease include newborns, the elderly, pregnant women, persons with weak immunity such as HIV, diabetes, cancer, chronic liver or kidney disease.

To prevent this, it is recommended to have fridge temperatures below 4 degrees C; and freezer temperatures below -18 degrees C.

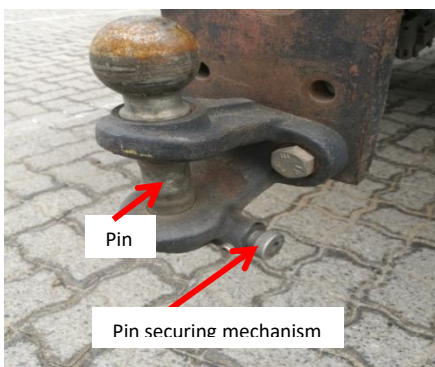
Avoid the following foods:

- Raw or unpasteurized milk, or dairy products that contain unpasteurized milk;
- Soft cheeses (e.g. feta, goat, Brie)
- Foods from delicatessen counters (e.g. prepared salads, cold meats) that have not been heated/reheated adequately
- Refrigerated pâtés

Bracket and Pin Tow hitch

If a Bracket and Pin type tow hitch is used as shown in the photograph, always ensure that the correct pin and pin securing mechanism is in place. If the pin securing mechanism is not in place the tow hitch may not be used. Only the pin supplied by the manufacturer may be used, no homemade pins or bolts will be allowed. Unless so designed by the manufacturers no 'R' clips will be used to secure the pin.

Contributed by Marilee Stander



RECOGNITION OF EXCELLENCE - SECUNDA

From Richard Da Siva, the senior VP of U243 steam station: "Guys, from myself and the vice president, I would like to extend our gratitude to the entire team for the great work chemical cleaning this boiler safely and efficiently!"

Three Lean Principles You Can Apply Today

Transitioning into a lean operation can seem like a monumental task. You want to be more efficient, you want to improve quality and consistency of output, and to cut down on waste. The problem is, there's so much to do it's a daunting undertaking.

Here's a tip. Start with these three things today and you'll be on your way to a leaner operation with a very healthy mindset.

1 You don't have to fix everything today

The first thing to do is relax. You don't need to do everything all at once. Think of the Pareto Principle, 80/20 rule

About 80 percent of the changes you want to make can be achieved with 20 percent of the effort needed for the entire process. Focus on the easiest, most obvious areas first. The things that will have the most impact. You can work on those higher-level problems later.

To be continued in the next issue
Contributed by Christine Heymans



Integrity: The Bottom Line

"Leadership is absolutely about inspiring action, but it also about guarding against mis-action. So, what sort of choices will you make as you face the inevitable character-defining decisions that shape a career of service & brilliance & separate virtuous leaders from opportunists? Simon Sinek
Warren Buffett: "In looking for people to hire, you look for 3 qualities: integrity, intelligence & energy. And if they don't have the first, the other two will kill you."



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