

## What Have We Learnt?

Revisiting lessons learned in occupational health during COVID-19

Asbestos  
Abatement  
Regulations  
2020

## Taking a Closer Look

The Best Practice  
Assessment Scheme

SACPCMP Updated  
Fees: 2021

# SACPCMP

The South African Council for the Project and Construction Management Profession

— CONSTRUCTING NEW PERSPECTIVES —

# Year-end Message from the SACPCMP President

The end of a challenging year is upon us and while 2020 has provided its fair share of uncertainty, it has also required many of us to think and work differently, providing difficulties but also opportunities.

Our Council was not immune to the pandemic and its effects. The SACPCMP team mobilised rapidly to operate offsite and I can proudly report that despite the challenges faced, we pulled through the year with a clean audit for our 2019/2020 financial year as well as a number of developments on the operational front. These included the implementation of an improved registration platform, which offers a more secure environment with enhanced capabilities for governance.

The SACPCMP also contributed to sector support through its involvement offering thought leadership to the Infrastructure Investment Plan earlier in the year.

## Moving Forward

We look forward to continuing with the improvements embarked upon in 2020 and envisage that the Council will move forward in its efforts to remain not only sustainable but add value to a construction landscape that has immense potential to grow and prosper.

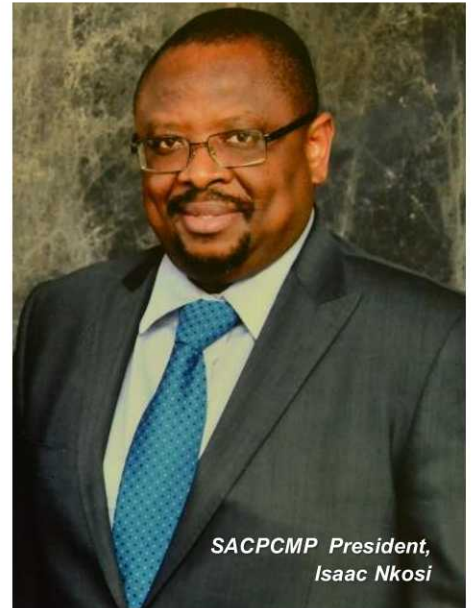
As we approach the end of 2020, I am certain many of us do this with the anticipation of putting a tumultuous year behind us, and the hope of welcoming new months of

stability. In addition to an already challenged Construction Industry, the global impact of the COVID-19 pandemic and resulting national lockdown placed strain on families, businesses and global economies that seemed unprecedented. Many suffered. Many were overwhelmed. And many lost loved ones and livelihoods.

## Health and Responsibility

Entering the year-end festive season, we usually take this time to celebrate with our loved ones. However, I would be remiss not to remind our valued staff and stakeholders to bear in mind that we must - each and every one of us - take responsibility for our health and safety in the face of a second COVID-19 wave.

Be cognisant of your surroundings, limit your gatherings to avoid



SACPCMP President,  
Isaac Nkosi

risky exposure, and follow the necessary sanitising and social distancing procedures. While keeping these safety measures top-of-mind at all times, I wish all SACPCMP Council members, staff, Registered Persons, and valued stakeholders a wonderful festive season.

May you enjoy a restful year end and return to us in 2021 refreshed and renewed.

Best wishes  
**Isaac Nkosi**  
President: SACPCMP

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# Seasons Greetings from the SACPCMP Registrar

*Happy Holidays*

As we say farewell to 2020, a year filled with challenges and lessons learnt, allow me to sincerely thank you on behalf of the South African Council for the Project and Construction Management Professions (SACPCMP) for the steadfast support of its stakeholders.

The year has proven to be a monumental one for the Council as we manoeuvred through the significant impacts of a global pandemic. The SACPCMP team worked

tirelessly to ensure that its 'Mission Critical' team maintained operational continuity working offsite. Although the SACPCMP offices have remained closed to the public, we commenced with interviews and examinations to ensure that the registration of professionals continued.

The system upgrade, which commenced early in 2020, is coming to a close and all registration activities were in full swing by September. We will review the efficacy of the improved systems during the first months of 2021 and look forward to feedback from our Registered Persons on this.

### Follow Protocols, Be Vigilant

While I am sure we hoped that the end of 2020 would bring a time for relaxation and closure, the second wave of the COVID-19 pandemic has hit South Africa, and as such, we must not become complacent or relaxed in our approach to health and safety.

We must at all times remain vigilant and remember that our

safety is our responsibility. Follow the prescribed safety and hygiene protocol of washing hands, using sanitiser, wearing your mask and ensuring social distancing.

### Cherish These Times

Celebrate your time with your loved ones and cherish these special times always remembering that our safety is our responsibility and should never be ignored.

To all Council members, staff, Registered Persons, Voluntary Associations and valued stakeholders – I thank you for taking this journey with us and wish you all a safe and joyous festive season, and a prosperous new year.

Best wishes everywhen

**Butcher Matutle**  
**Registrar: SACPCMP**



**SACPCMP**  
**Registrar,**  
**Butcher Matutle**

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# What Have We Learnt?

Revisiting the lessons learned in occupational health during COVID-19 to ensure that infection rates are curbed

*by Dr Odette Volmink  
Occupational Medicine Specialist  
(National Institute for Occupational  
Health)*

**C** COVID-19 has dominated almost every sphere of our lives in 2020, with SARS-CoV-2 infecting more than 800 000 thousand people in South Africa and accounting for more than 20,000 deaths, while infections continue to rise by more than 4,000 new cases a day.

With still so much uncertainty around what the future holds during this festive season and in the upcoming year, it is important to take cognizance of what we have learned thus far in an effort to protect workers in the construction industry in the longer term against the continuing impact of COVID-19.

Like many industries globally, the construction industry has suffered major losses over the period of the pandemic. It has contributed only three percent to the South African GDP at this time, due to the decrease in demands alongside the increase in challenges related to COVID-19. Despite this, the construction sector continues to employ approximately 1.3 million people in South Africa.

During the pandemic, we have been forced to refocus our ener-



# What Have We Learnt? The Construction Industry & COVID-19

gies on ensuring workers' health is prioritised and that work sites are prepared optimally for reintroduction of workers into the workplace following lockdown.

Through this exercise, and in spite of being exposed to new ways of mitigating risk, it has become clear that the same basic principles of health risk identification and assessment remain the starting point to control hazards within the workplace.

## Construction Industry Requirements

The new COVID-19 hazard has required the construction industry to revisit risk associated with individual tasks in order to categorise

these, and to institute appropriate controls to mitigate them. The most hazardous tasks within the construction industry include those where employees are required to work within close proximity of each other. This necessitated the introduction of innovative ways of controlling these risks in order to allow for better social distancing.

We have also learned that appropriate, effective controls need to be extended beyond the work site to include the transportation of

workers and even break periods.

During this time of crisis, there have been up-to-date, translatable regulations to guide health and safety practice within workplaces.

For example, the Consolidated Directives on Health and Safety Measures in Certain Workplaces' under the Disaster Management Act succinctly lay out the role of the employer to ensure

the maintenance of a safe workplace and the protection of workers against COVID-19. This directive outlines the need to ensure good

**“Further obligations of the employer include the submission of data on symptom screening, testing, contact tracing, vulnerability information and return to work procedures for all workers in the private and public sectors.”**

ventilation, have administrative controls, social distancing, sanitizing and face masks in place in the workplace. It further emphasizes the

obligation of employers to be knowledgeable about vulnerable employees and to accommodate them appropriately.

It also introduces the necessity of daily symptom screening; with follow-up procedures should an employee have COVID-19 related symptoms.

The legislation ensures that the employers work with the health and safety committee and the company compliance officer to ensure that a safe workplace is created and maintained.

## Employer Obligations

Further obligations of the employer include the submission of data on symptom screening, testing, contact tracing, vulnerability information and return to work procedures for all workers in the private and public sectors.

This data will be essential for the development of an effective COVID-19 Occupational Health Surveillance system which would allow for



# What Have We Learnt? The Construction Industry & COVID-19

hot spot detection appropriate planning and implementation of necessary interventions with the aim of mitigating risk.

Occupational health programmes that include return to work procedures need to be in place that also take into account ongoing persistent health effects that have been associated with people post COVID-19 also known as Long COVID which could have effects on employees' fitness for work.

## Strengthen Protocols Following the December Break

As the industry closes for the festive period coupled with increase in COVID-19 infection rates, it is imperative that the health and safety protocols be strengthened for returning workers post the December break. Particular considerations should be in place for migrant workers returning from hot spots in order to ensure that infection rates in the workplace do not further spike following the Christmas break.

If necessary, quarantine and improved screening needs to be fortified to prevent introduction of possibly infected workers into the workplace and accelerating spread.

Although there have been significant developments with regards to a possible COVID-19 vaccine, the actual rollout may only begin well into 2021. In the meantime, we need to continue all efforts to mitigate the spread of SARS-CoV-2 using the current evidence available to us.

Twenty-twenty hindsight has shown us the importance of reinforcing health and safety systems and practices within the construction industry. These lessons need to be remembered as we approach the new year, so that we build a legacy of worker protection in the construction industry in the midst of the COVID-19 pandemic.

## References

South African National department of Health. 2020 December 8. Update on Covid-19 Media Statement. <https://sacoronavirus.co.za/2020/12/08/update-on-covid-19-08th-december-2020/>

Zingoni T. 2020 October 19. Deconstructing South Africa's construction industry performance. <https://mg.co.za/opinion/2020-10-19-deconstructing-south-africas-construction-industry-performance/>

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*This article was authored by Dr Odette Volmink, Occupational Medicine Specialist for the National Institute for Occupational Health (NIOH)*

## About the NIOH

*The NIOH, a division of the National Health Laboratory Service, focuses on surveillance of occupational disease, specialised laboratories and health hazard evaluations, applied laboratory and epidemiological research, the statutory autopsy services in terms of the Occupational Diseases in Mines and Works Act, advisory services, as well as teaching and training in occupational health and safety.*

*The NIOH is a World Health Organization Collaborating Centre and has also been recognised as a Centre of Excellence. Our aim is to ensure the promotion of healthy, safe, sustainable workplaces across all sectors of the economy, including the informal economy.*



Taking a closer look at cidb's

# Best Practice Assessment Scheme

**D**eveloping skills and emerging enterprises in the construction space will soon become a shared responsibility between those contracted to execute infrastructure projects and their clients when the cidb Best Practice Project Assessment Scheme comes into effect in April 2021.

The Best Practice Project Assessment Scheme was gazetted by the Public Works and Infrastructure Minister, Patricia de Lille, with implementation date in Government Gazette 43726 of

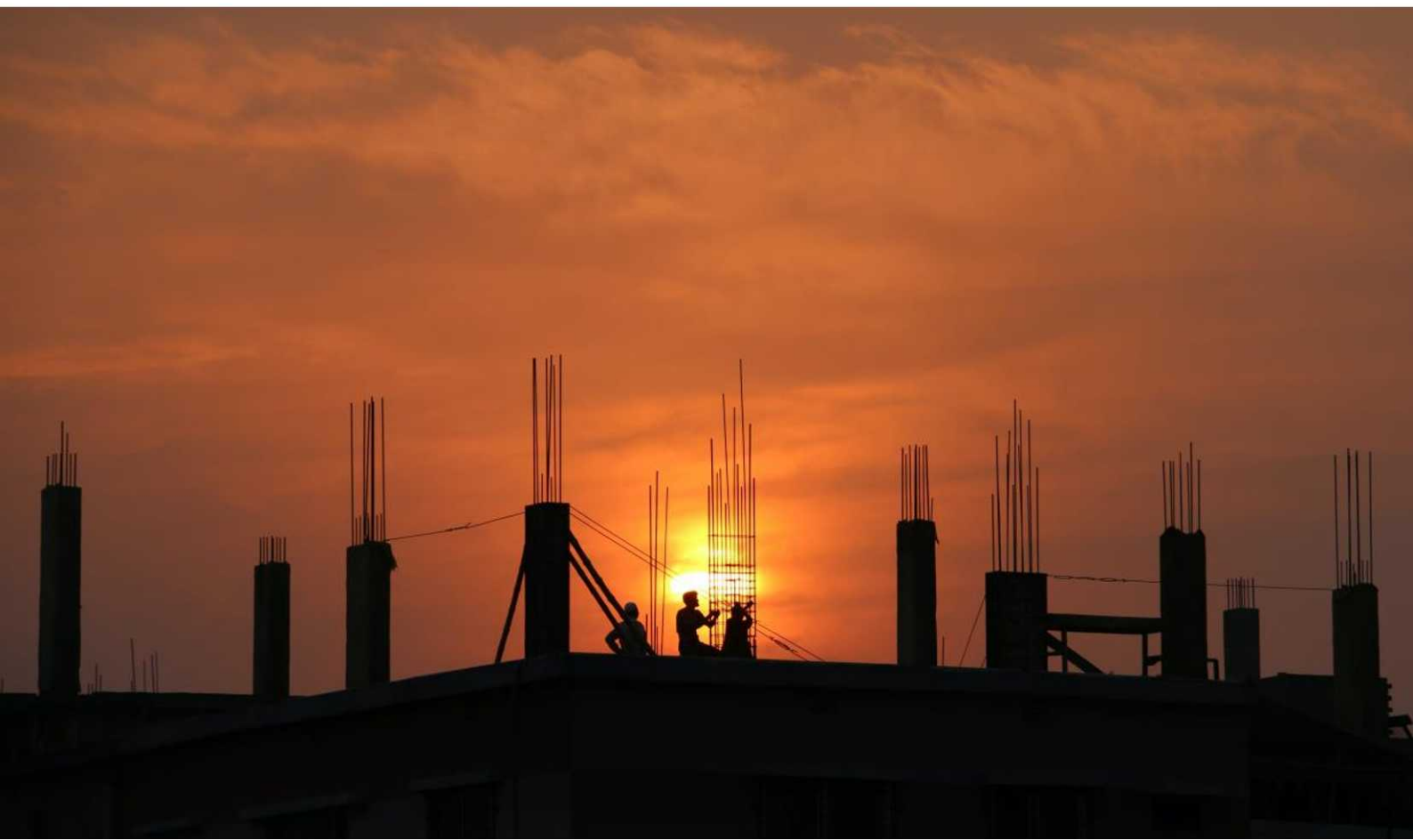
18 September 2020. The greatly anticipated move by industry will boost cidb's capacity to lead transformation and development programmes, and to build construction human resource capacity as anticipated by its founding legislation.

The phased implementation of the Best Practice Project Assessment Scheme will give national departments, government entities and implementors of Strategic Infrastructure Projects the mandate to build social development goals pegged to cidb standards

into infrastructure projects above R60 million when calling for construction tenders.

Strategic Infrastructure Projects have already had the green light to implement the Scheme from September 2020.

Initially, contractors awarded tenders for the prescribed projects will need to comply with the cidb Standard for Indirect Targeting for Enterprise Development through Construction Works Projects and the Standard for Developing Skills through Infrastructure Projects,



## Best Practice Assessment Scheme

when the scheme kicks off in 2020. These standards establish minimum measures of performance to social development goals and will be increased incrementally, as the Minister determines best practice priorities for the industry.

### Goals

The Standard for Indirect Targeting will require a contractor awarded a R60m project or above, in civil engineering or general building, to have contract participation goals for emerging enterprises amounting to at least 5% of the contract value at the time of award. To achieve minimum contract development goals, the contractor will have to provide learners employment opportunities for structured workplace learning to a maximum of 0.25 of the contract value.

Professional service providers (PSPs) will also need to apply the skills standard on professional services contracts.

### Beneficiaries

Among intended beneficiaries of the Scheme are emerging contractors between cidb Grades 1 to 6, learners and graduates seeking opportunities to acquire skills and workplace experience in the construction industry, as well as young professionals seeking candidacy.

The cidb Best Practice Project Assessment Scheme recognises that the desire for change alone is not enough to bring about development. Real change must follow expenditure by locating development at project delivery points, if government infrastructure investment must stimulate social

and economic growth. Hence it looks at the role and contribution of all parties involved in project delivery towards industry development.

Infrastructure development has a huge potential to boost economic and social development. Clients have a bigger role to unlock this potential through deliberate decisions when executing projects, to ensure that infrastructure contributes not only to construction industry development goals, but also to national priorities such as skills, enterprise development, job creation and a healthier and safer construction industry.

### Pool of Development Funds

Beyond the level of project delivery, the Best Practice Project Assessment Scheme further creates a pool of development funds to which individual infrastructure projects must contribute through the Best Practice Project Fee, set at a maximum of 0.25 % per project.

Compliance to the cidb Register of Projects (RoP) is crucial for the effective implementation and achievement of the objectives of the Best Practice Project Assessment Scheme.

The RoP forms the basis and foundation through which clients must report projects that are implementing the scheme as well as their achievements on set development goals. It is also a critical cidb monitoring tool.

For more information on the cidb Best Practice Project Assessment Scheme, contact Ishmail Cassiem via: [ishamilc@cidb.org.za](mailto:ishamilc@cidb.org.za)







# SA Launches Asbestos Abatement Regulations, 2020

*By Sindi Kwenaite  
SACPCMP Acting Manager: Education*

**T**he Department of Employment and Labour, in partnership with the National Institute for Occupational Health (NIOH) recently had a free virtual launch of the Asbestos Abatement Regulations, 2020 as scheduled by the Director General of the Department of Employment and Labour.

According to the Mesothelioma Centre, between 1910 and 2002, South Africa mined more than 10 million tons of asbestos. It was only in 2001 that the remaining asbestos mines ceased production and closed down. In 2008 all types of

asbestos were outlawed in South Africa. Being that there was an era when this industry was highly lucrative, the environmental impact of asbestos is still prevalent, and the exposure risk continues to threaten the health and well-being of South Africans.

Over the years, the main exposure to asbestos was through occupational and environmental exposures to toxic dust. An example of a risk of exposure for construction workers is when repairs and demolitions of older buildings and structures, which likely contain asbestos materials, are performed. This in turn poses a severe health risks to construction workers. Thus, it's important that

Construction Health and Safety Professionals, update their Asbestos Abatement Regulations knowledge.

“Environmentally acquired asbestos-related diseases (ARDs) are of concern globally. In South Africa, there is widespread contamination of the environment due to historical asbestos mining operations that were poorly regulated”.

This statement by Ntombizodwa Ndlovu of the NIOH and others, in a published journal article in the Global Health Action Journal, highlights the importance of regulation to protect workers and the general

## Asbestos Abatement Regulations, 2020

public. The Asbestos Abatement Regulations, 2020 were promulgated on 10 November 2020, by the Minister of Employment and Labour. The 2020 Regulations replace the Asbestos Regulation 2002. The Gazetted Asbestos Regulations is available at the following link: <http://www.gpwonline.co.za/Gazettes/Pages/Published-Seperated-Gazettes.aspx>

The Department of Employment and Labour also recorded a video statement, which briefly explains what is in the newly promulgated Asbestos Abatement, available on YouTube, at the following link: [Asbestos Abatement Regulation - YouTube](#)

### Upload CPD Activity

The SACPCMP has validated this webinar as a Category A – Core CPD activity, worth 3 CPD hours. If you attended this webinar live, submit your NIOH attendance certificate on the 'Add CPD hours' in the CPD Section of your Registered Profile.

If you missed the free virtual launch of the Asbestos Abatement Regulations, 2020 hosted by the Department of Employment and Labour, in partnership with the NIOH you can watch the webinar recording available on YouTube through the SACPCMP's Registration Platform. Answer an online questionnaire and, once successfully completed, earn the allocated CPD hours.

# Council Chat

SACPCMP News and Updates



### Validation of free NIOH COVID-19 Webinars

The National Institute of Occupational Health (NIOH) formed an COVID-19 Outbreak Response team which developed training modules to promote workplace preparedness and prevention before, during and beyond the National Lockdown. The COVID-19 training interventions assisted the efforts of the National Department of Health led by the COVID-19 Occupational Health Outbreak Response Team in response to the National Coronavirus Command Council.

The NIOH hosted 58 free webinars online, on various topics concerning COVID-19 prevention, between March and October 2020. The SACPCMP has validated several of these webinars as CPD activities. If you attended the relevant webinars, upload your attendance certificate to your profile.

For a complete list of the NIOH validated COVID-19 webinars contact: [education@sacpcmp.org.za](mailto:education@sacpcmp.org.za) or [cpd@sacpcmp.org.za](mailto:cpd@sacpcmp.org.za)

## SACPCMP 2020 Year-end Closure

The SACPCMP confirms that its operations will close for the 2020 year-end period on 22 December 2020 (12h00) to 11 January 2021. The closure will extend to the following operational activities: Examinations and Interviews, Assessments and Moderations, Registration Applications, Payment allocations, Issuing of Invoicing, Review of CPD submissions, Registration/Application queries.

Despite the closure period, the Council's **online registration platform will remain available** to all applicants and Registered Persons. In addition, all payments made during the recess period will be accepted and allocated in January 2021 when staff resume their duties.

The SACPCMP operations will officially resume on Monday, 11 January 2021, following which, the examination and interview schedule for February 2021 will be announced.

# SACPCMP

The South African Council for the Project and Construction Management Professions

— CONSTRUCTING NEW PERSPECTIVES —

## Fees and charges are for 2021/22 financial year 1 April 2021 to 31 March 2022 in terms of the Project and Construction Management Professions (Act 48 of 2000)

The South African Council for the Project and Construction Management Professions (SACPCMP) is empowered in terms of Section 12 (1) of the Project and Construction Management (Act 48 of 2000) to determine fees and charges payable to the Council. The relevant prescribed fees are set out in the schedule below and come into effect on 1 April 2021.

### Schedule: Interpretation

The South African Council for the Project and Construction Management Professions hereby prescribes its schedules of fees for the period 1 April 2021 to 31 March 2022

- Persons registered with the Council in terms of the Act, are required to pay the applicable Annual fee. The Council invoices the registered person annually in December.
- In terms of section 20(1) (a) (iii) of the Act the Council may cancel the registration of a registered person if he/she fails to pay the prescribed annual fee or portion thereof within 120 days of it becoming due or within such further period as the Council may allow, either before or after the expiry of the 120 days
- A registered person, whose registration has been cancelled in terms of clause 2 above, is liable to pay all arrear annual fees and outstanding fees and all applicable charges on application of reinstatement
- An administrative fee will be charged should the applicable annual fee not be paid within the prescribed period
- The annual fee for initial registration is calculated on a pro-rata dependent on which month of the year registration takes place.

The fees prescribed herein include Value Added Tax (VAT)

| CATEGORY  | APPLICATION FEE | INTERVIEW FEE | EXAMINATION FEE | REGISTRATION FEE | ANNUAL FEES |
|---|-----------------|---------------|-----------------|------------------|-------------|
| Professional (Pr. CM, Pr. CPM, Pr. CMe)           | R2 611.98       | R4 308.61     |                 | R1 332.82        | R4 377.20   |
| Candidate (C. CM, C. CPM)                         | R2 611.98       |               |                 | R1 332.82        | R3 387.61   |
| Specified Category: Construction Mentor           | R2 611.98       | R4 308.61     |                 | R1 332.82        | R3 946.64   |
| Professional Construction Health and Safety Agent | R2 611.98       | R4 308.61     |                 | R1 332.82        | R4 377.20   |
| Construction Health and Safety Manager            | R1 032.63       |               | R1 205.96       | R1 304.68        | R3 691.33   |
| Construction Health and Safety Officer            | R327.38         |               | R573.36         | R286.67          | R3 095.18   |
| Candidate Construction Health and Safety          | R284.67         |               |                 | R281.34          | R2 767.70   |
| Professional Building Inspectors - PrBlInsp       | R312.00         | R3 952.00     | R1 144.00       | R1 352.00        | R4 095.00   |
| Certified Building Inspectors - CBInsp            | R312.00         |               | R1 144.00       | R1 248.00        | R3 465.00   |
| Professional Building Inspectors - PrBlInsp       | R312.00         | R3 952.00     | R1 144.00       | R1 352.00        | R4 095.00   |
| Certified Building Inspectors - CBInsp            | R312.00         |               | R1 144.00       | R1 248.00        | R3 465.00   |

(Continued on page 11)

Fees and charges are for 2021/22 financial year 1 April 2021 to 31 March 2022  
in terms of the Project and Construction Management Professions (Act 48 of 2000)

(Continued from page 10)

| APPLICATION FEES FOR VALIDATION OF CPD ACTIVITIES  |           |
|--|-----------|
| Description  | Fees      |
| Activities up to half a day  | R2 335.85 |
| Activities up to 1 day   | R3 266.35 |
| Activities with minimum period of up to 2 days   | R4 355.13 |
| Activities with more than 2 days   | R5 171.61 |
| Re-Evaluation of existing Programs/<br>Courses validated by Other Built Environment Councils | R2 137.98 |
| Activities more than 1 week  | R5 988.20 |
| Activities more than 2 weeks   | R6 933.74 |

The validation period for all CPD activities is one year.

| CPD BUNDLES    |           |
|----------------|-----------|
| CPD BUNDLE 1   | R1 512.25 |
| CPD BUNDLE 2   | R1 512.25 |
| CPD BUNDLE 3   | R1 512.25 |
| CPD BUNDLE 4   | R1 512.25 |
| CPD BUNDLE 1-4 | R4 234.30 |
| CPD BUNDLE 1-3 | R3 175.73 |
| CPD BUNDLE 1-2 | R2 117.15 |

| PROGRAMME ACCREDITATION CATEGORY        |            |
|---|------------|
| Description                             | Fees       |
| Re-accreditation of Existing Programmes | R89 530.48 |
| Paper-based Assessment                  | R26 836.96 |
| Annual Report Assessment Fee            | R10 500.00 |

| OTHER APPLICABLE FEES   |                            |
|---|----------------------------|
| Voluntary Association – Annual Fee  | R5 198.60                  |
| Administrative Fee - Professionals  | 10% of outstanding balance |
| Administrative Fee - Candidates   | 10% of outstanding balance |
| Certificate fee   | R17.25                     |
| RPL – (Pr. CM, Pr. CPM, Pr. CMe, CHSA)  | R15 040.00                 |
| RPL – (CHSM, CHSO)  | R10 047.47                 |
| RPL – Specified Category (PrBInsp, CBInsp)  | R10 047.47                 |
| Assessment of logbooks (C. CM, C. CPM)  | R596.88                    |
| Assessment of Logbooks Candidate CHS  | R402.50                    |
| Appeals Fee   | R6 000                     |
| CBE Levy (Professional)   | R48.30                     |
| CBE Levy (Candidate)  | R24.15                     |
| Reinstatement Penalty Fee   | R 2 875.00                 |
| <b>Re-instatement of De-registered Persons</b><br>Where a person who was previously registered and whose registration has been cancelled for failing to pay the prescribed annual fee wishes to re-register or reinstate his/her registration, such a person shall, before the application is approved, pay: <ol style="list-style-type: none"> <li>1. The prescribed fee at the time of reinstatement comprising of the annual and registration fee.</li> <li>2. Arrear fees owed up to the time of deregistration.</li> <li>3. Any expenses incurred by the Council in connection with the recovery of any arrear fees and;</li> <li>4. A reinstatement penalty fee of R2 875 incl VAT as determined by the Council.</li> </ol> |                            |

#### BANKING DETAILS

|                    |  |
|--------------------|--|
| <b>BANK</b>        | NEDBANK  |
| <b>ACC NAME</b>    | The SA Council for the Project and Construction Management Professions |
| <b>ACC NO</b>      | 128 406 4557   |
| <b>BRANCH</b>      | BUSINESS CENTRAL   |
| <b>BRANCH CODE</b> | 128 405  |

The document is downloadable from: [www.sacpcmp.org.za](http://www.sacpcmp.org.za)

# SACPCMP

The South African Council for the Project and Construction Management Professions

— CONSTRUCTING NEW PERSPECTIVES —

# Stay Covid-Safe: Practice Festive Season Restraint

With the spike in COVID-19 cases in South Africa, the country faces stricter lockdown conditions in advance of the year-end festive season. Super-spreader events had been noted as high-risk gatherings, and people are being encouraged to practice restraint this festive season, especially where these events are concerned.

A super-spreader event is when a single person infects a large number of other people with COVID-19, or when a gathering is linked to a large number of COVID-19 cases. Super-spreader events are not instances of spread within one household; instead, these are large clusters of cases where infection occurs in settings such as funerals, rallies, festivals, concerts, markets, night clubs, parties, restaurants or bars etc.

Super-spreader events are dangerous because coronavirus spreads significant distances indoors, via invisible aerosols, that can linger for hours in the air and can be inhaled by passers-by.

## Airborne Transmission

It has been confirmed that airborne transmission is the main way that transmission happens at close range, with prolonged contact. This means if you are not wearing a mask and practicing social distancing the risks of being infected are very high. Generally, when there are crowds of people and consumption of alcohol protocols are not followed and super-spreader events occur.

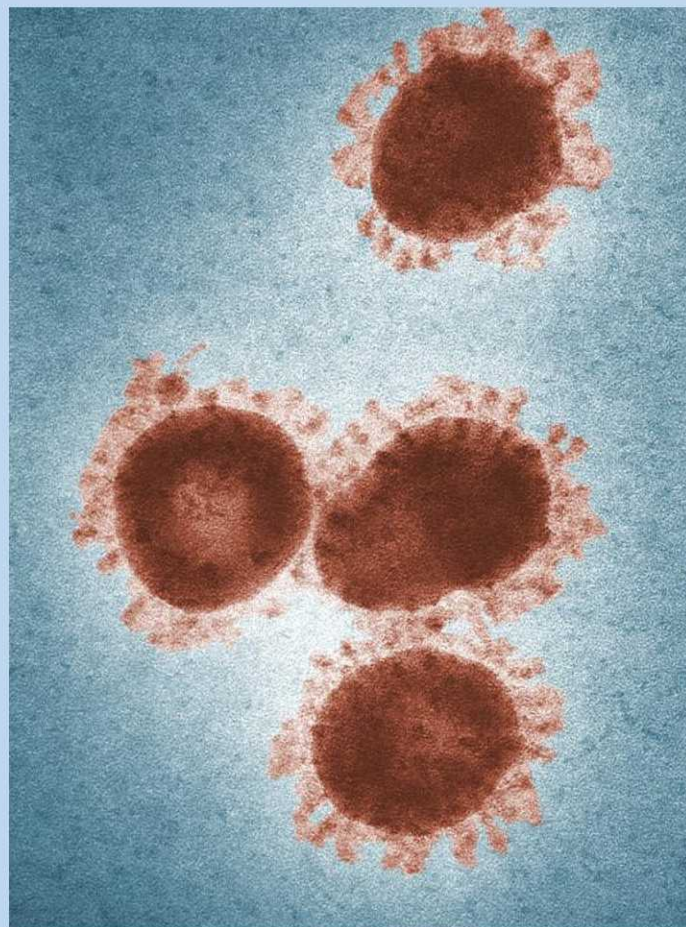
As we approach the festive season there has been an increase in super-spreader events, especially linked to end-of-year parties attended by school students. Non-pharmaceutical interventions are not adhered to as partygoers binge drink and feel uninhibited.

## Second Wave

The festive season for many is a time to relax and enjoy themselves, but as we witness the 'second wave', this enjoyment must be with restraint so as to protect ourselves and others.

The more people have gatherings and flout protection protocols the higher the number of positive cases will increase. Many countries have had to return to Lockdown Level 5 due to uncontrollable surges in infections. A return to a 'hard' Lockdown in South Africa would have a devastating effect on the country's economy and health care system.

As a reminder for the festive sea-



son, to avoid being exposed to super-spreader events, adhere to the following:

- Always wear a suitable mask that covers your nostrils and chin;
- Avoid crowded spaces (especially during the festive season shopping rush);
- Avoid events that take place indoors;
- Avoid gatherings, but if unavoidable, keep them small and, where possible, host them outdoors;
- Practice social distancing, at all times;
- Regularly, wash your hands with soap and water and/or sanitiser.

Don't let your guard down this festive season. It will be like no other we've experienced before. Be vigilant and stay safe!



20 - 30 seconds

**IN THE  
ABSENCE OF  
CLEAN WATER  
AND SOAP**

# **DON'T COMPROMISE HAND SANITISE**



**1a**

Apply a palmful of the product in a cupped hand, covering all surfaces



**1b**

An elbow, press or squeeze bottle can be used depending on availability



**2**

Rub hands palm to palm



**3**

Right palm over left dorsum with interlaced fingers and vice versa



**4**

Palm to palm with fingers interlaced



**5**

Back of fingers to opposing palm with fingers interlocked and vice versa



**6**

Rotational rubbing of left thumb clasped in right palm and vice versa



**7**

Rotational rubbing, back and forth with clasped fingers of right hand in left palm and vice versa



**8**

Once dry, your hands are now safe



**NATIONAL HEALTH  
LABORATORY SERVICE**



**NATIONAL INSTITUTE FOR  
OCCUPATIONAL HEALTH**

Division of the National Health Laboratory Service

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