

HEALTH AND HYGIENE ARE AT LEAST IMPORTANT AS SAFETY

7.1 Good personal hygiene. Good personal hygiene habits include:

washing the body often. If possible, everybody should have a shower or a bath every day. However, there may be times when this is not possible, for example, when people are out camping or there is a shortage of water

If this happens, a swim or a wash all over the body with a wet sponge or cloth

cleaning the teeth at least once a day. Brushing the teeth after each meal is the best way of making sure that gum disease and tooth decay are avoided. It is very important to clean teeth after breakfast and immediately before going to bed

washing the hair with soap or shampoo at least once a week

washing hands with soap after going to the toilet

washing hands with soap before preparing and/or eating food. During normal daily activities, such as working and playing, disease causing germs may get onto the hands and under the nails. If the germs are not washed off before preparing food or eating, they may get onto the food

changing into clean clothes. Dirty clothes should be washed with laundry soap before wearing them again

hanging clothes in the sun to dry. The sun's rays will kill some disease-causing germs and parasites

turning away from other people and covering the nose and mouth with a tissue or the hand when coughing or sneezing. If this is not done, droplets of liquid containing germs from the nose and mouth will be spread in the air and other people can breathe them in, or the droplets can get onto food

OVERCROWDING When there are too many people in any house, the likelihood of them getting disease is greater than if the house is not overcrowded.

sneezing and coughing in crowded rooms makes it easier to spread cold and flu germs

sharing towels can spread trachoma germs and other germs which cause eye infections (runny or sore eyes)

several children sleeping in the same bed makes it easier to spread a scabies infection



News, Views, Solutions
from Summit Systems
September 2020



RADIATION LABORATORY IMPORTANT ROLES.

Most people in NZ do not even know that we have a radiation laboratory and nor do they understand the importance of the various roles they play. They are administered by DoH and we do have a Director General when he is not busy on TV promoting the lockdown schemes of the current NZ Govt.

RADIATION LICENCES FOR MEDICAL PURPOSES

Licences may be granted for the following medical purposes:

- medical diagnosis – including cardiology, nuclear medicine, endocrinology, sentinel node biopsy general practice, radiology
- medical therapy – including ophthalmology, nuclear medicine, endocrinology and blood irradiation.
- other medical purposes – including research on humans, podiatric, chiropractic, and medical physics.

Schedule 3 of the Radiation Safety Act 2016 specifies authorised persons and activity or class of activity that may be performed without a use licence. Training requirements in the codes of practice issued under the Radiation Safety Act 2016 set out the basic level of radiation safety knowledge an applicant must demonstrate to be granted a licence.

TRAINING COURSES FOR MEDICAL PURPOSES

The Office of Radiation Safety (ORS) is not an authority body that approves radiation safety related training courses in New Zealand. Therefore, we are not responsible for the performance or qualifications of the individual trainers who are listed on this website. By distributing this list, we intend to help managing entities who are required to ensure radiation safety training requirements are met in accordance to the Radiation Safety Act 2016 (the Act), the Radiation Safety Regulations 2016 and the Codes of Practice issued under the Act. It is not our intention to be commercially disadvantageous to certain parties in this sector by disseminating this list.

If you have any questions about each training course, please direct your emails to providers who are on this list. If you wish to be listed as a training provider, please contact us at orsenquiries@health.govt.nz.

Summit Manager Name _____

Telephone/Email _____

All information in this newsletter is to the best of our knowledge true and accurate. No liability is assumed by the author, or publisher, for any losses suffered by any person relying directly or indirectly upon this newsletter. Please call Head Office for advice.

For God sent not his Son into the world to condemn the world; but that the world through him might be saved.
¹⁸ He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God John 3/17-18

NZ HEAD OFFICE ADDRESS, 77 Tarewa Road, Morningside, Whangarei NZ0110
PHONE 09 438 7555 or 7550, MOB 021 070 9141 summitsystemsNZ@gmail.com
EMAIL safetynz@xtra.co.nz web www.summitsystems.co.nz Skype Andrews_herb
ARCHIVED NEWS Go to Summit Systems Ltd website, then click on newsletters

2.

NOTIFIABLE OCCUPATIONAL DISEASES

The NOD System is administered by the WorkSafe service of the Dept of Labour MBIE.

Notification is made by the GP, occupational health nurse, inspector or individual. An investigation of both the workplace and the individual follows. WorkSafe is then often involved in both the recommendations and actions to be taken.

DISEASE CATEGORIES

- Asbestos-related disease
- Occupational asthma
- Other occupational respiratory disease
- Occupational disease due to chemical exposure
- Chronic solvent-induced neurotoxicity
- Occupational cancer
- Occupational illness due to infection
- Occupational noise-induced hearing loss
- Occupational overuse syndrome/osteoarthritis
- Occupational skin disease.

CLASSIC DEFIANCE “WE’VE GOT IT ALL COVERED” WE HEAR THIS COMMENT SEVERAL TIMES EVERY DAY

We would like to answer the Owner, Director or Manager who gives us full assurance that they have got it all covered. They simply do not have it all covered. They have not bothered to find out the facts and have ignored the best evidence that loudly proclaims that 95% of WorkSafe attempted prosecutions are successful. If all of the managers have everything so very well covered then why are so many prosecutions successful and why are the claims of WorkSafe not thrown out of Court?

Eczema is a skin condition caused by inflammation. Atopic dermatitis is the most common of the many types of eczema. While the word "dermatitis" means inflammation of the skin, "atopic" refers to an allergic tendency, which is often inherited. These eczema sufferers have a higher risk of developing other allergic conditions (like asthma or hay fever). Eczema is a chronic problem for many people. It is most common among infants, many of whom outgrow it before school age.



3.

50 PICTURES OF VIRUSES, BACTERIA AND DEADLY DISEASES

<https://weather.com/health/cold-flu/news/2019-01-30-stunning-microscopic-images-viruses-bacteria#4>

50 STRIKING MICROSCOPIC IMAGES OF VIRUSES & BACTERIA

Bacteria and viruses are some of the last things you hope to encounter on a day to day basis. After all, they're what make you sick. But if you look at bacteria, viruses and the cells they infect in electron micrographs, or images captured through microscopes, they can be quite fascinating to look at.

Electron microscopes, which capture these images, allow for greater magnification and resolution than standard microscopes because they use electron beams instead of light to capture the images we see. Then, with colored dyes and photographic color treatment, individual cells, viruses and bacteria can be easily identified — creating these almost surreal images.

Click through the slideshow above to see 50 striking electron micrographs of some of the world's most dangerous and deadly disease-causing viruses and bacteria

WE LOVE CONVENTIONAL CURES BUT WE APPRECIATE DIVINE AND HERBAL ONES EVEN MORE

Have you ever worked it out why Indian people average one per cent cancer rates and they are full of spices and curries.

Have you been able to ascertain why Indians and SE Asian peoples use so much turmeric which you can buy in the local super market. The fresher the better and the hotter and spicier the better for improvement to your BMR or basal metabolic rate or the rate at which your body burns up calories.

If you wish to use turmeric (1 teaspoon daily) you must also include a serious sprinkle of just ground black pepper to force it into full speed ahead.

