Western Cape Government
Economic Development and Tourism

Izinto ezilukhuseleko emawuluqaphele nge Covid-19 xa usemsebenzini

UKULUNGELA INDAWO YOKUSEBENZA	E	H
Ninaso isicwangciso kwindawo enisebenzela kuyo nesiquka ukuqatshelwa komngcipheko		
Ziphawulwe iindawo enidibanela kuzo umz. eminyangweni, enkantini, kwiindawo enisebenzela kuzo, kwizindlu zangasese, apho kwamkelwa khona impahla		
Ezona ndawo ziphathwa kakhulu / izixhobo zokusebenza / izikhululo eziphawulweyo umz. umqheba wecango, amaqhosha okulayita ugesi, amaqhosha okuhambisa i lift, iheke ezijikelezayo		
Baphawulwe na abasebenzi abanomngcipheko (abangaphezu kweminyaka eyi > 60 nokuba/ okanye ngubani onezi zigulo umz. intliziyo, iswekile, ukuvaleka kwesifuba & nomdlavuza)		
Bayavunyelwa abasebenzi abanomngcipheko ukuba basebenzele emakhaya ukuba banganako, kutshintshwe imeko yomsebenzi wabo, balungiselelwe ukuba basebenzele bucala okanye banikwe ikhefu elikhethekileyo ukuba ezikho ezinye indlela		
Ingaba abasebenzi abakwaziyo ukusebenzela emakhaya bayavunyelwa na ukuba basebenzele khona		
Ingaba abasebenzi bohlulwe ze bangamaqela amancinci / bangena ngamaxesha angafaniyo / batshintshiselana ngamxesha omsebenzi & nokucuthwa kwexesha lokusebenza / bayathintelwa bangabi nakudibana – xa besebenza, ngamaxesha okuphumla ze kukhethwe indawo iqela ngalinye elinokusebenzela kuyo		
Abasebenzi baqeqeshiwe ukuba – bathintele ulosuleleko, banxibe izikhuseli (PPE), indlela yokuphatha imeko yomntu owosulelekileyo & nabantu abagulayo, baphululane iinkxalabo		
Lukhona uqhakamshelwano kunye nabantu esisebenzisana nabo		

UKHUSELEKO LWABANTU ESISEBENZISANA NABO	E	H
Ukhona umntu onicoca izandla emnyango xa ningena /niphuma evenkileni		
Likhona inani eliqingqiweyo labathengi abavunyelwe ukungena nabagcine isithuba se 6m²/umntu		
Lukhona ulawulo emnyango /ulawulo kulandelelwano ngomgca ngelokuqinisekisa umgama wobuncikane be 1.5m		
Ingaba bonke abasebenzi/abantu esisebenzisana nabo bayazinxima iiMaski		
Akhona amaphetshana okusula ungcoliseko okanye incindi esisicoci kwizithuthi zokunkinkqa kunye neemantyi		
Siyagcinwa isithuba se 1.5m phakathi kwabantu abathengayo naxa bebhatala		
Isalandelwa indlela yokucocwa kweendawo eziphathwa kakhulu ngabantu nezinje nge ngomqheba we “fridge” nee “freezer” ze loo misebenzi ibhalwe de igcinwe		
Kosulwa oko na emva kokuba naphambi kokuba umntu ethengile		
Umatshini wokubhathala ngeKhadi uyosulwa ngaphambi nasemva kokuba umthengi egqibile ukubhatala		

This checklist was compiled using the Western Cape Department of Health Guidelines on Preventing & Managing Coronavirus Infections in the Workplace (6 May 2020), the Department of Labour Regulations (4 June 2020) & the City of Cape Town Environmental Health guidelines.

Umntu obhatalisayo uyazosula na izandla qho xa egqiba kunceda umntu		
“Pens” usiba ekutyikitywa ngalo luyosulwa phambi nasemva kokusetyenziswa ngumntu		
Abasebenzi bayazinikwa izinto ezinqanda ukudibana/izinto zokukhusela ubuso ebantwini kwiimeko apho kunzima ukugcina isithuba phakathi kwabantu		
Abathengi bayazinikwa ngokwaneleyo izinto zokuhlamba izandla evenkileni		
Zicocwa rhoqo zonke iindawo ezinje ngezindlu zangasese, iindawo ezihanjwa ngumntu wonke, imiqheba yamacango, kunye nemitshini estyenziswa ngogesi		
Ucoceko lwabantu abazokothula imithwalo luyakholisa		
Izinto eziphethe ukutya okuhanjiswa zizithuthi ziyacocwa phambi nasemva nawuphi na umzi okothulwa kuyo		

UKUKHUSELWA KWABASEBENZI	E	H
Abasebenzi bayaqeqeshwa nge COVID-19 ze olo qeqesho lugcinwe kubhaliwe		
Bonke abasebenzela emakhaya baxilongwa iimpawu yonke imihla okanye qho xa befika - umz. imfuxane, ukukhohlela, umqala obuhlungu, amehlo abomvu okanye iphika; umzimba obuhlungu, ukungabi nakusezela ivumba okanye ukuva incasa, isiyezi, ukugabha, ukurhuda, ukozela, ukutyhafa okanye ukozela		
Bonke abasebenzi banazo iiMaski zasemsebenzini & ezokuya emsebenzini zezokugoduka		
Ikhona incindi yokucoca izandla & / okanye indawo yokuhlamba izandla zabasebenzi kwiindawo ezifanelekileyo		
Ikhona indlela yokucocwa kweendawo eziphathwa kakhulu yaye abasebenzi bayaxelelwa ngayo		
Siyagcinwa isithuba se 1.5m kuzo zonke iindawo, kuquka nendawo yokusebenzela, iivenkile nasezinkati		
Axhonyiwe amapheke-pheke okulumkisa abantu		
Abasebenzi bayazinikwa izinto ezinqanda ukudibana xa besebenza kwindawo engankulwanga (hayi izikhuselo zobuso)		
Indawo yokusebenzela ineentunja ezaneleyo zokufaka umoya omtsha okanye kusetyenziswa iimatshini zokupholisa		
Ii “Gloves” azisetyenziswa, zisetyenziswa ngaba basebenzi bacocayo		
Kukho amalungiselelo afanelekileyo ngelokuqinisekisa isithuba esibaphakathi kwabasebenzi kunye nabantu abazokothula imithwalo kwindawo yokwamkelwa kwempahla		
Qinisekile ukuba impahla esiyamkeleyo okanye iinkonzo esizinika abathengi zilandela zonke iingongoma zokhuseleko umz. oonokontraka abasemakhaya		
Zikhona iindawo zokuhlambela izandla, isepha kwakunye namaphetshana okosula kwiindawo zokuphumla/tyela abasebenzi nakiindawo zokungeniswa kweemveliso		
Kwisithuthi esilungiselelwe abasebenzi, ukuba sikhona siyagcinwa kwesithuba phakathi kwabo yaye neeMaski ziyanxitywa		
Kuyakhuthazwa ukuzigcina ukhuselekile kwiimoto esihamba ngazo nakwizithuthi zikawonke-wonke		

AMALUNGISELELO XA UMSEBENZI EFUMANEKE ECHAPHAZELEKILE	E	H
Ikhona indlela elandelwayo nesixelelwayo ngayo ukuze xa umsebenzi efumaneke echaphazelekile okanye esabonakalisa iimpawu ze Covid 19, neziquka oku kulandelayo:		
Xa kukho iimpawu ezibonakalayo, hamba uyokwenza uvavanyo ukuba se una > 55 iminyaka yaye / okanye unesinye isi/zigulo esise/zizezinye		
Umqeshwa ofumaneke echaphazelekile okanye obanakalise iimpawu uyaqinisekiswa ngokuba uvumelekile ukuba azihlalele yedwa – qhakamshelana neSebe leZempilo eNtshona Koloni xa umqeshwa engakwazu ukuba angazihlalela yedwa		
Qaphela yaye ukhathalele abo uye uhlangane nabo (ohlangana nabo nge : <1m; >15 mins); hlala ekaya uzinxweme kubanye abantu; wenze uvavanyo xa kukhoiimpawu ezibonakalayo yaye sele una (>55 iminyaka yaye / okanye unesi/zinye isi/zigulo osele unazo)		
Cocisisa indawo edyobhekileyo – valani ivenkile ukuze kucocwe ukuba inkulu indawo edyobhekileyo		
Ukuba uchaphazelekile, uxelela icandelo le WorkplaceCovidReporting@westerncape.gov.za kwiSebe leZempilo eNtshona Koloni okanye https://coronavirus.westerncape.gov.za/reporting-covid-19-workplace		
Kuyazanywa ukufumanisa iindlela umsebenzi anokuthi achaphazeleke ngazo ze kumiselwe amanyathelo okuthintela ukuchaphazeleka okunokosulela		
Abasebenzi basaxilongwa ngelokufumanisa iimpawu zokosuleleka yi coronavirus		
Kuyavalwa okwethutyana kwindawo yokusebenzela xa kufuneka kucocisisiwe ze kulandelwe umkhondo wabantu abakhe babamba apho kudyobheke khona		
Iyaphinda ivulwe indawo yokusebenzela		
Kuyaqinisekiswa ukuba esi sakhiwo sicociwe ze kwabulawa zonke iintsholongwane		
Abasebenzi ababuyela emsebenzini bayaphinda baqeqeshwe ngokutsha nge COVID-19		