

# Health and Safety Booklets

## My Wellness Journal & 30 DAY GET FIT CHALLENGE

**HOT OFF  
THE PRESS**

### WORKPLACE STRESS

This concise and practical booklet by psychologist Linda Brenchley is now available!



Available in isiZulu and Afrikaans

#### Topics covered:

- Workplace Stress
- What is Stress?
- Why do we get stressed?
- Consequences of Stress
- Causes of Work Related Stress

Order *My Wellness Journal and the 30 Day Challenge* for your staff and make it a year long campaign!

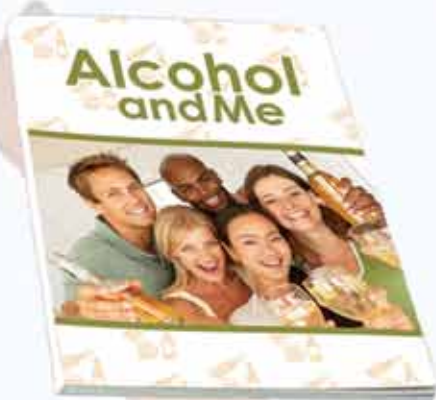


Available in isiZulu and Afrikaans

**Topics covered:** Rest, Thoughts, Fear, Worry, Stress-busters, Joy, Peace and Trust, Diet, Love, Believe, Helping Others, Get Into Shape In 30 Days

\* This booklet will be available in December 2017





Available in isiZulu and Afrikaans

### Alcohol and Me

**Cost: R8-50** per booklet ex VAT

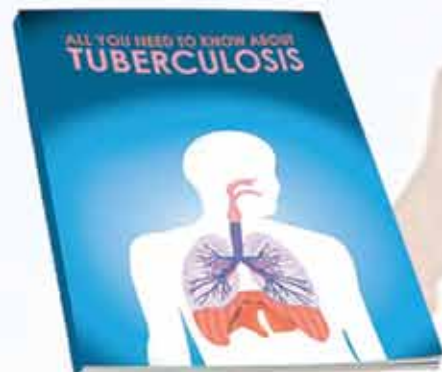
**Content:** Understand What You Are Drinking and How Much You Are Drinking, The Approximate Number of 'Drinks' Per Various Alcoholic Beverages, What Does Blood Alcohol Concentration Mean?, Factors Affecting Blood Alcohol Concentration, Circulation of Blood in the Body, Negative Effects of Alcohol in the Body, Elimination of Alcohol from the Body, Alcohol on the Road and in Your Workplace, The Mouth Alcohol Effect, Myths Surrounding Alcohol and You, Control Programmes Improve Health, Alcohol's Role In Accidents.



### Why Workplace Safety is So Important

**Cost: R8-50** per booklet ex VAT

**Content:** Why Workplace Safety is so Important, Keeping the Workplace Safe, The Rights of Workers Regarding Health & Safety, Why is the Act so important?, Rights to a Safe Workplace According to the Occupational Health and Safety Act 85 of 1993.



Also available in isiZulu

### All You Need to Know About TB

**Content:** What is TB?, What happens when a person becomes infected?, Will I know if I have been infected?, : When does TB become dangerous?, What are the symptoms of active TB?, Who is at risk of getting TB?, How does active TB spread to other parts of the body?....

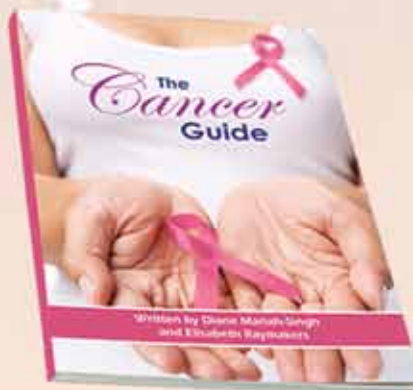


Also available in isiZulu

### Men's Health

**Cost: R8-50** per booklet ex VAT

**Content:** Health Symptoms Men Should Not Ignore, Chronic Obstructive Pulmonary Disease, Colon Cancer, Depression, Diabetes Mellitus, Erectile Dysfunction, HIV, Lung Cancer, Men and Cardiovascular Disease, Prostate Cancer, Sexually Transmitted Infections, Testicular Cancer, Alcoholism and Drug Abuse.



Also available in isiZulu

### The Cancer Guide

**Cost: R8-50** per booklet ex VAT

**Content:** What is Cancer?, How Do I Do a Breast Self-Exam?, Treatment of Cancer, How do I take care of my body during cancer?, How Do I Cope With Cancer?,



Also available in isiZulu

### Passport to Health

**Cost: R8-50** per booklet ex VAT

**Content:** Cholesterol, High Blood Pressure, Blood Glucose Level, BMI, Enjoy a Variety of Food, Be Active, If You Drink Alcohol Do So Sensibly, Drink Lots of Clean Safe Water, Make Starchy Foods the basis of most Meals, Eat Plenty of Vegetables and Fruit, Eat Dry beans, Peas, Lentils and Soya Often....

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### Diversity

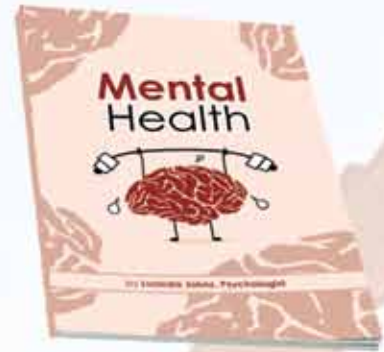
**Cost: R8-50** per booklet ex VAT  
**Content:** Valuing Diversity: More Than Meets the Eye, Personal Diversity Management, Diversity in the Workplace



Also available in isiZulu

### Women's Health

**Cost: R8-50** per booklet ex VAT  
**Content:** What Every Woman Should Know About Her Health, Sexually Transmitted Infection (STI), Cancer of the Cervix, Breast Cancer, Colon Cancer, Cardiac Disease, Thyroid Disease, Dieting: Why Being Kind to Yourself is Important, The Subtle Signs of Domestic Abuse



Also available in isiZulu

### Mental Stress

**Cost: R8-50** per booklet ex VAT  
**Content:** What is Mental Health?, What is Mental Illness?, Depressive Disorders, Anxiety Disorders, Anger Management, Stress Management, Work Life Balance, Dealing with Loss.



Also available in isiZulu

### Kick it in the Butt - Quit Smoking

**Cost: R8-50** per booklet ex VAT  
**Content:** The "not so cool" effects of Smoking, Smoking and Cardiovascular Disease, Smoking and Cancer, Why Cigarettes are so addictive, What's in a Cigarette?, Second-Hand Smoke, Hubby Bubbly, Pregnancy and smoking, Quitting for Goodl....



Also available in Afrikaans

### A2Z of HIV

**Cost: R8-50** per booklet ex VAT  
**Content:** A is for Anti-retroviral, B is for Body Fluids, C stands for CD4, D is for Diagnosis, E is for Exposure, F is for Female Condoms, G is for Gender Based Violence, H stands for Human Immunodeficiency Virus (HIV), I Stands for Immune System, J stands for Just Diagnosed, K is for knowing your status (HIV Testing), L stands for Living Positively with HIV, M stands for Mother to Child Transmission or MTCT, N stands for Non Discrimination, O stands for Opportunistic Infections, P stands for Prophylaxis (PEP and PrEP), Q is for Quilt or (Names Project AIDS Memorial Quilt), R stands for retrovirus, S stands for Serodiscordant (or Magnetic), T stands for Treatment (Combination therapy or ART), U stands for Undetectable = Untransmittable, V stands for Viral Load, W Stands for Window Period, X stands for AIDS Ribbon, Y stands for Youth, Z stands for Zero (Getting to Zero)



Available in isiZulu and Afrikaans

### Stop Gender Violence

**Cost: R8-50** per booklet ex VAT  
**Content:** What is Domestic Abuse?, The Subtle Signs of Domestic Abuse, Recognizing an Abusive Relationship, A Closer Look at the Subtle Communication Patterns of Abusive Relationships, Your Personal Inquiry: Discovering Communication Patterns in Your Own Relationship, Harassment at Work,



### Order our kits:

- Noise Induced Hearing Loss Kit
- Stress management Kit
- Toolbox Talks Kit
- Diversity Kit In a Box



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