



IsiHlomelo E: ISikhokelo seSebe iWCED Ukucoca kwezikolo kunye nokugcina impilo nococeko

ICandelo eliKhulu loPhuhliso noQuquzelelo lwamaZiko	E - ISikhokelo seSebe i-WCED: Ukucocwa kwezikolo nokugcinwa kwempilo nococeko	
E - ISikhokelo se Sebe i-WCED	Sikhutshwe: nge-15 Meyi 2020	Masijongisiswe njengesiyimfuneko okanye xa kuyimfuneko

Sivunywe yiNtloko yeSebe:



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E - ISIKHOKELO SESEBE I-WCED: SOKUCOCWA KWEZIKOLO KUNYE NOKUGCINWA KWEMPILO NOCOCEKO.

1. Injongo:

1.1. Izakhiwo zezikolo bezihleli zingenabantu kangangeeveki ezintandathu. Ngenxa yokuba inobomi obufutshane intsholongwane ye-corona, izakhiwo zezikolo zikhuselekile kwaye ngoko ke akukho mfuneko yokuzihlanzisa. Endaweni yoko, izikolo kufuneka zicocwe ngokupheleleyo ngezibulalantsholongwane. Ezi zikhokelo zilandelayo zinokulandelwa xa kucocwa izakhiwo zezikolo nasekugcinweni kococeko.

2. Imithetho-siseko yokuthintela nokulawula usuleleko:

2.1. Ukhuseleko lokusingqongileyo lungaphunyezwa ngokuthi kususwe amasuntswana asulelayo emoyeni nakumphezulu wezinto ngokusoloko kulandelwa iMithetho-siseko eyi-5 eBalulekileyo.

2.2. Oku kulandelayo yiMithetho-siseko eyi-5 eBalulekileyo yokuthintela ukunwenwa kwentsholongwane ye-Corona.

2.2.1. Zinxweme kwabanye abantu:

- Ngokuhlalela kude ebantwini kangangoko unako
- Ngokuhlala ekhaya xa ungaphilanga.

2.2.2. Ngokungasondelelani nabantu xa nikwindawo enabanye abantu:

- Ngokugcina umgama ubuncinane we-1.5 imitha (ubude obuziingalo eziyi-2) kwabanye abantu.
- Musani ukuxhawulana ngezandla, okanye ukwangana, okanye ukubulisana ngamanqindi, okanye ukubulisana ngengqiniba. Musa ukusondela.

2.2.3. Ukuhlamba izandla/ ukusebenzisa isibulalantsholongwane:

- Ukuhlamba izandla ngokupheleleyo ngesepha kunye namanzi imizuzwana eyi- 20.
- Okanye ukukhuhla izandla ngesicoci-zandla esinesibulala-zintsholongwane esine-alkhoholi
- Ukuhlamba izandla emva kokuba uphathe abantu, imiphezulu yezinto kunye nezinto.

2.2.4. Ukuziqhelanise nemimiselo yempilo nococeko elungileyo:

- Ukukhohlelela okanye uthimlele kwingqiniba yakho okanye kwithishu kwaye emva koko ufake ithishu emgqomeni wenkunkuma uze uhlambe izandla zakho kwangoko.
- Ukungabuphathi ubuso bakho ngezandla ezingahlanjwanga.

2.2.5. Ukusebenzisa imaski yobuso eyenziwe ngelaphu:

- Sebenzisa imaski yobuso eyenziwe ngelaphu ukugquma iimpumlo kunye nomlomo.
- Musa ukuyiphatha imaski emva kokuba uyinxibile.
- Hlala unxibe imaski ngalo lonke ixesha ngaphandle kwaxa ufuna ukutya/ ukusela. Xa uza kutya/kusela, yikhulule ngenkathalo ngemitya uze uyifake kwibhegi yephepha okanye yepplastiki.
- Hlamba izandla zakho qho ngesepha kunye namanzi imizuzwana eyi-20 ubuncinane. Ukuba isepha kunye namanzi azikho, sebenzisa isicoci-zandla esibulala iintsholongwane esine-alkhoholi.

3. Imisebenzi yosuku yabasebenzi abacocayo:

3.1. Imisebenzi yemihla ngemihla yabacoci iquka:

- 3.1.1. Ukucoca yonke imiphezulu yezinto (umz. Imigangatho, amagumbi okuhlambela, iidesika) ngokupheleleyo ngosuku ngesicoci esisibulala intsholongwane (kucetyiswa i-sodium hypochlorite 0.5% (biocide sachets) okanye umxube weblitshi oyi-250ml yeblitshi kwilitha eziyi- 5 zamanzi).
- 3.1.2. Imiphezulu ephathwa kaninzi enjengeetephu, imiqheba engqukuva yamacango amagumbi okufundela kunye nawethoyilethi, iziphatho zegeyithi, izivalo, iziphatho zeethoyilethi. Ezinye iindawo eziphathwa kaninzi zikwigumbi lootitshala. Izinto ezinjengee-mayikhoweyivu, iiketile, iifriji kunye nomatshini bokufotokopa kufuneka zicocwe kaninzi nge- 20 ml yeblitshi kwilitha yamanzi.
- 3.1.3. Ukuqokelelwa kwazo zonke iingxowa ezisemigqomeni ezinenkunkuma ekungenzeka ukuba ingcolisekile okanye inetyhefu kumagumbi okufundela nasezi-ofisini. Mayibotshwe ingxowa kwaye ilahlwe ngokufanelekileyo kwingxowa enkulu yokulahla inkunkuma. Mazibotshwe kwakhona iingxowa zokulahla inkunkuma.
- 3.1.4. Makunxitywe izixhobo zokhuseleko ngawo onke amaxesha njengoko kuchaziwe apha ngezantsi.

4. IziXhobo zokuziKhusela xa kucocwayo (Personal Protective Equipment) (PPE):

- 4.1. Bonke abasebenzi abacocayo kufuneka babambelele kwimithetho-siseko eyi-5 ebalulekileyo engasentla. Abasebenzi abacocayo kufuneka baqinisekise nokuba:
 - Imaski yobuso kufuneka inxitywe ngalo lonke ixesha.
 - Kufuneka bazikhusele izandla zabo ngokuzihlamba okanye basebenzise isibulala-ntsholongwane kaninzi, okanye banxibe iiglavu (ekufuneka nazo zicocwe ngokupheleleyo okanye zilahlwe.)
 - Kufuneka banxibe izihlangu ezivalekileyo.

- 4.2. Ukongeza, kucetyiswa ukuba abasebenzi abacocayo kufanele babenazo:
- Iiglavu ezomeleleyo zokusebenza,
 - Iimaski zobuso,
 - Izihlangu ezivalekileyo
- 4.3. Indlela elungileyo yokusebenzisa iindlela zokulandela nokwenza imithetho yemilo nococeko oluyimfuneko kunye nendlela elungileyo yokulahlwa kwe-PPE ibalulekile ukuze kuphetshwe ukungcoliseka kwabo zizixhobo ze-PPE ezandleni okanye kwiimpahla zomsebenzi. Abasebenzi abacocayo kufuneka bacoce izandla besebenzisa izixhobo ezilungileyo phambi kokuba banxibe izixhobo ezikhuselayo zokucoca nasemva kokuba bezikhulule, xa betshintsha iiglavu zokusebenza okanye emva kwako nakuphi na ukudibana nenkunkuma.
- 4.4. Imigaqo emayilandelwe:
- Ukuhlamba iiglavu zokusebenza ngesibulala-ntsholongwane kwaye uzomise ngephepha lokomisa. Malifakwe iphepha lokomisa emgqomeni wenkunkuma.
 - Ukukhulula iiglavu zokusebenza kwaye uzibeke kumphandle wento efakwe isibulala-ntsholongwane
 - Ukuhlamba izandla zakho ngesepha namanzi.
 - Imaski yobuso kufuneka ihlanjwe kwaye i-ayinwe yonke imihla.

5. Ukucocwa kwee-ofisi kunye namagumbi okufundela:

- 5.1. Umphandle womphezulu wezinto (iitafile kunye neekhabhathi), ingakumbi ezo ndawo ziphathwe kaninzi, kufuneka zicocwe ngesibulala-ntsholongwane seblitshi engxengiweyo. i-20ml yeblitshi kwilitha nganye yamanzi).
- 5.2. Zonke iidesika zabafundi kufuneka zicocwe ngeblitshi engxengiweyo esisibulala- ntsholongwane (i-20ml yeblitshi kwilitha yamanzi).
- 5.3. Ilaphu lingasetyenziswa ukucoca le miphezulu yezinto ngesibulala-ntsholongwane.
- 5.4. Abasebenzi abacocayo kufuneka basebenzise iiglavu zokusebenza ezikhuselekileyo xa becoca.
- 5.5. Iziphatho zamacango amagumbi okufundela mazicocwe phambi kokuba utitshala okanye abafundi besifundo esifundelwa kwiklasi leyo okanye abafundi ababhaliselwe ukufundela kulo klasi bangene egumbini.
- 5.6. Umphezulu womgangatho kufuneka ucocwe kusetyenziswa imophu enesibulala- ntsholongwane esiyiblitshi engxengiweyo emva kokuba kutshayelwe.

6. Ukugcina indawo esingqongileyo icocekile kwaye ikhuselekile e-ofisini/ kwigumbi lokufundela

- 6.1. Imiphezulu yezinto eziphathwa kaninzi, umz. Umqheba ongqukuva wocango, kufuneka ucocwe kaninzi ngeyure nge-20ml yeblitshi kwilitha nganye yamanzi, okanye ilaphu lokosula elinesibulala-ntsholongwane/ulwelo.
- 6.2. Izixhobo ezifana neepeni, iirabha, iincwadi, iirula, iipensile, njl-njl. akufuneki babelane ngazo abafundi kunye/ okanye ootitshala, okanye zibekwe emlonyeni.
- 6.3. Amagumbi okufundela kufuneka abenendawo yokuphuma nokungena umoya elungileyo. Imimiselo yokukhohlela kunye nokuthimla (kwingqiniba egotyweyo) (kwithishu) kufuneka kubanjelelwe kuyo ngawo onke amaxesha.
- 6.4. Umqathango wokuqelelana kufuneka ugcinwe.
- 6.5. Amagumbi okufundela kufuneka acocwe ngesibulala-ntsholongwane kabini ngemini ubuncinane.
- 6.6. Iidesika/ izitulo kufuneka zicocwe ngabasebenzi/abasebenzi abacocayo ekupheleni kosuku, emva kokuba bephumile abafundi nootitshala okanye phambi kokuba kuhlalwe kuzo ngentsasa elandelayo.

7. Izinto ezidweliswe ngezantsi kufuneka zibekhona kwigumbi lokufundela ngalinye/ kwi-ofisi/kwigumbi lehostele/kwikhitshi/kwiholo lesikolo/kwindawo yengxoxo, kangangoko kunokwenzeka:

- 7.1. Isicoci esibulala intsholongwane ezandleni esine-60% ye-alkhoholi ubuncinane.
- 7.2. Umgqomo wokulahla inkunkuma onesiciko, ofakwe iplastiki (okanye ibhegi emnyama yenkunkuma) emakuhlwe kuwo zonke ithishu, amaphepha okomisa, kunye nenkunkuma enongcoliseko.
- 7.3. Amaphepha okomisa, iithishu okanye iphepha lasethoyilethi lokomisa izandla okanye lokosula umphezulu wezinto. Amaphepha okomisa kufuneka alahlwe ngokukhuselekileyo kumgqomo wokulahla inkunkuma ekufuneka ube nesiciko.

8. Ukucocwa kweethoyilethi:

- 8.1. Isiphatho socango lwethoyilethi, njl-njl. kufuneka sicocwe ngesibulali-ntsholongwane esiyiblitshi engxengiweyo (i-20 ml yeblitshi kwilitha nganye yamanzi) ngeyure, okanye ubuncinane phambi okanye emva kwe-intavali nganye nasemva kokuba abafundi bekhutshiwe ngemini.
- 8.2. Ukuya ethoyilethi kufuneka kube nomthetho omisiweyo sisikolo ukuqinisekisa ukuba akukho bafundi baninzi ngexesha elinye kwithoyilethi. Makucingwe ngee-intavali ezishyanisiweyo ezithoyilethi ukunqanda ugxalathelwano lwabafundi .

9. Ukugcina ucoceko nokhuseleko ezithoyilethi/ kumagumbi okuhlambela:

- 9.1. Isitishi esiphathekayo sokuhlambela izandla, isepha yokuhlamba izandla (ulwelo) okanye isicoci esibulala iintshologwane ezandleni esine -60% ye-alkhoholi kufuneka sibe kuzo zonke iindawo ezinoncedo lwethoyilethi, ukuze kuhlanjwe izandla emva kokuba kusetyenziswe iindawo ezinoncedo lwethoyilethi.
- 9.2. Isicoci esibulala-iintsholongwane (Kucetyiswa u-0.5% we-sodium hypochlorite (biocide sachets) okanye umxube weblitshi oyi-250ml yeblitshi kwiilitha eziyi-5 zamanzi) kufuneka isetyenziswe ekucoceni ngosuku kuyo yonke imiphezulu yezinto.
- 9.3. Imiphezulu ephathwa kaninzi, umz. litephu, umqheba ongqukuva wocango kunye neziphatho zeethoyilethi kufuneka zosulwe ngeyure okanye xa kuyimfuneko nge-20ml yeblitshi kwilitha yamanzi okanye amalaphu anesibulala-ntsholongwane/ ulwelo.

10. Iindlela zokunciphisa imiba engayingxaki ezikolweni:

- 10.1. Emva kokuba isikolo sicociwe, kubalulekile ukunyamekela ukuba ukhuseleko lokusingqongileyo lugciniwe. Olu luxanduva lwabo bonke abasebenzisa isikolo (ootitshala, abasebenzi basesikolweni kunye nabafundi). Makulandelwe ezinye iindlela zokunciphisa ingozi ezilapha ngezantsi ukuze ziqwalaselwe ngabantu bonke:
 - 10.1.1. Umntu ngamnye (umzali, utitshala, umfundi okanye undwendwe) ongena okanye ophuma esikolweni, kufuneka ahlambe izandla zakhe okanye azihlanzise esangweni/ egeyithini esebenzisa isitishi sokucoca izandla esixhotyiswe ngesepha engamanzi okanye isepha namanzi abalekayo okanye asipreye izandla ngamanzi (okanye bahlanzise izandla ngesicoci esibulala iintsholongwane ezandleni esine-60/70% ye-alkhoholi).
 - 10.1.2. Okwangoku mabangavunyelwa abazali kunye neendwendwe kumasango esikolo kangangoko kunako.
 - 10.1.3. Makujongwe ubushushu bomntu ngamnye (umzali, utitshala, umfundi okanye undwendwe) ongenayo esikolweni nge-digital thermometer scanner ngolu hlobo:
 - 10.1.4. Iqondo elingu-38° C nangaphezulu libonisa ukuba umntu anganayo ifiva.
 - 10.1.5. Iindwendwe kunye nabasebenzi abanefiva abavumelekanga ukuba bangene kumhlaba wesiko.
 - 10.1.6. Abafundi abanefiva kufuneka bohlukaniswe kwabanye abantu ngokuhlala bade babenako ukubuyele ekhaya. Abazali/abantu abagcina abantwana kufuneka kuqhagamshelwane nabo ngaphandle kokulibazisa. Kucetyiswa ngokumandla ukuba kwezi meko, abazali bacelwe ukuba beze kubalanda abantwana babo kwaye bacelwe ukuba bamthathe umntwana/umntwana obegcinwe bucala bamse kwagqirha okanye ekliniki.
 - 10.1.7. Ukufakelwa, ukujongwa, nokongezwa ngokufanelekileyo kwezinto/izixhobo luxanduva lwenqununu okanye lalowo kudluliselwe kuye igunya.

11. Iinqununu maziqinisekise ukuba:

- 11.1. Ziyawufumana umthwalo wezinto zokuqala zokucoca o-odolelwe izikolo zonke liSebe i-WCED. Ziya kusayinela ukuwufumana kwaye zigcine ikopi ukuze kamva ithunyelwe kwisebe.
- 11.2. Izixhobo kufuneka zithengwe kwakhona ukuthintela imeko apho kunokungabikho zixhobo zisisiseko zempilo nococeko.
- 11.3. Ziqinisekise ukuhlaziywa koqeqesho olungococeko lwezandla kunye neendlela zokukhumbuza abafundi.
- 11.4. Zinxibelelana nabazali malunga nokubaluleka kococeko lwezandla kunye nomqathango wokuqelelana ukuthintela ukunwenwa kwentsholongwane i-COVID-19.

12. Imigaqo yococeko lwezandla:

- 12.1. Ukucocwa kwezandla kaninzi kufuneka kube yinxenye yendlela yobomi bemihla ngemihla esikolweni.
- 12.2. Umntu ngamnye ongena kwigumbi lokufundela kufuneka ahlambe izandla ngesepha (elulwelo) kunye namanzi (ukutsho ukuthi acocekileyo angakhange asetyenziswe ngaphambili, oko kukuthi ingabi ngamanzi asuswe ubumdaka) okanye azihlanzise (ubuncinane ngesibulali-zintsholongwane esine-60 % ye-alkhoholi) izandla zakhe kwakho xa eshiya igumbi lokufundela.

13. Izixhobo ezincedisa ekuhlambeni izandla kufuneka zibekhona. Umyalezo oneenkukacha kufuneka uquke noku:

- 13.1. Ukuphepha ukuphatha amehlo, iimpumlo kunye nomlomo.
- 13.2. Ukunxiba imaski/ ngawo onke amaxesha, ingakumbi xa uthetha nabanye abantu.
- 13.3. Ukulandela umthetho wempilo nococeko xa uphefumla: ukugquma umlomo nempumlo yakho ngengqiniba yakho egotyweyo okanye ngethishu xa ukhohlela okanye uthimla, emva koko ulahle ithishu oyisebenzisileyo emgqomeni wenkunkuma onesiciko.
- 13.4. Ukugcina umgama oyi-1.5 m ubuncinane phakathi kwakho nabanye abantu, okt. makungabikho kudibana ngomzimba phakathi kwakho naye nawuphi na umntu ngexesha lesikolo kunye/okanye phambi kunye/okanye emva kwesikolo kunye okanye endleleni esuka ekhaya eya esikolweni okanye esuka esikolweni eya ekhaya okanye nayiphina enye indawo ukusuka apho.
- 13.5. Ukungathetheli ebusweni babanye abantu ukuba awuyinxibanga imaski egqume umlomo wakho.

FIGHT GERMS BY WASHING YOUR HANDS!



1 Wet your hands



2 Soap



3 Lather and scrub - 20 sec



4 Rinse - 10 sec



5 Turn off tap



6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands