CARE NET CONSULTANTS
Your Partner in Workplace Health

FREE GUIDE FOR EMPLOYERS
2027 EDITION

HEALTH AWARENESS PACK · SEPTEMBER AND OCTOBER

HEART HEALTH PACK

Risk factors, warning signs and CPR at work



> Heart Awareness Month is September; World Heart Day is 29 September and World Restart a Heart Day is 16 October.[1]

September is Heart Awareness Month, with World Heart Day on 29 September, and World Restart a Heart Day follows on 16 October. World heart rhythm week falls in June.[1] Cardiovascular disease is the world's leading cause of death, and in South Africa about 10 adults die every hour from heart disease or stroke.[2,3] Most of that risk can be changed. This pack gives you the facts, the legal footing, a checklist and a poster for the notice board.

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2 Key facts and warning signs
3 Workplace actions and the law
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General health information only, not medical advice. Speak to a healthcare professional about your own health.

THE HEART IN NUMBERS

South African figures from the Heart and Stroke Foundation, global figures from the World Health Organization. Use them with the source alongside.

10 AN HOUR

South African adults die from heart disease or stroke.[3]

80%

of those deaths are preventable, says the Heart and Stroke Foundation.[4]

1 IN 3

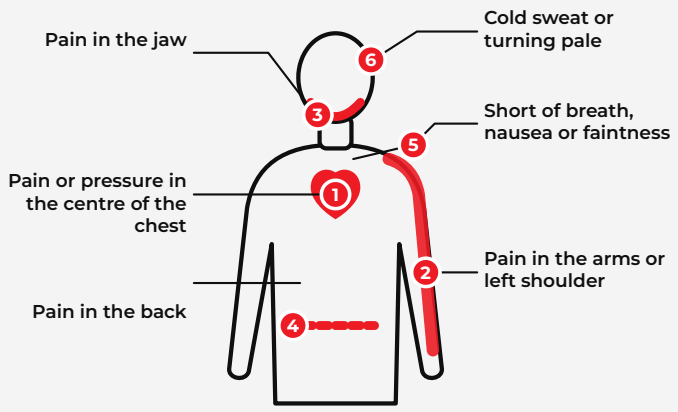
South African adults has high blood pressure.[3]

19,8 MILLION

people died from cardiovascular disease worldwide in 2022, about 32% of all deaths.[2]

KNOW THE WARNING SIGNS

A heart attack does not always look like the movies. Act on any of these signs.[2]



WHAT EVERY TEAM SHOULD KNOW

Most risk can be changed

Tobacco, unhealthy diet, obesity, physical inactivity and harmful use of alcohol all raise the risk.[2]

Women can feel it differently

Women are more likely than men to have shortness of breath, nausea, vomiting, and back or jaw pain.[2]

Act at once

Anyone with these signs needs medical care immediately. Call 10177, or 112 from a cellphone.[2,5]

Check, do not guess

Raised blood pressure often has no symptoms, so the only way to know is to have it measured.[6]

IN PRACTICE · NIGHT SHIFT AT A GERMISTON WAREHOUSE

Thabo, a forklift driver, says his chest feels tight and he is sweating in the cold. His supervisor stops the work, sits him down and radios the first aider. A colleague phones 10177 and another waits at the gate to guide the ambulance in. Nobody tells Thabo to walk it off.[2,5]

Every site needs someone ready to act. Trained first aiders and a clear emergency plan turn the first minutes of a cardiac arrest into a chance of survival.[7,8]

Small red numbers refer to the sources on the last page.

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WHAT THE LAW ASKS OF YOU

The law asks for first aiders and a safe workplace. It also protects the health information you hold about workers with heart conditions.

LAW	WHAT IT ASKS OF THE EMPLOYER
General Safety Regulations, regulation 3(4)	Where more than 10 employees work, at least one person with a valid first aid certificate for every 50 employees (100 in a shop or office), readily available.[7]
Occupational Health and Safety Act 85 of 1993, section 8(1)	Provide and maintain, as far as is reasonably practicable, a working environment that is safe and without risk to employees' health.[9]
Basic Conditions of Employment Act 75 of 1997, section 14(1)	A worker on duty for more than five hours continuously gets a meal interval of at least one continuous hour.[10]
Employment Equity Act 55 of 1998, section 6(1)	No unfair discrimination on listed grounds, which include disability. Judge fitness by the job, not the diagnosis.[11,12]
POPIA, sections 19, 26 and 27	Blood pressure readings and diagnoses are special personal information. Keep them secure and confidential.[13]

IN AN EMERGENCY: THREE STEPS

1 SPOT IT

Make sure the scene is safe. Check whether the person responds and shows signs of life.[8]

2 CALL IT

Call 10177, or 112 from a cellphone. Send someone for the first aider.[5,8]

3 START CPR

If trained or advised to: hands in the centre of the chest, arms straight, push firmly 100 to 120 times a minute.[8]

FIVE WORKPLACE ACTIONS

Count your first aiders
Check you have enough trained first aiders on every shift, as regulation 3(4) requires.[7]

Practise the emergency plan
Make sure everyone knows who to call, where the first aid box is, and how to guide an ambulance in.[5,7]

Teach the warning signs
Use a toolbox talk on heart attack and stroke signs, including how women may feel it differently.[2]

Offer a numbers check
Run a wellness day where workers can have their blood pressure measured, with confidential results.[6]

Make healthy choices easy
Smoke-free premises, water, healthier food and proper meal breaks all lower heart risk.[2,10]

IN PRACTICE · A CONSTRUCTION SITE IN GQEBERHA

Before the September toolbox talk, the site manager checks the first aider count on every shift, puts 10177 and 112 on the site board and walks the ambulance route from the main gate to the slab. The talk ends with the trained first aider showing hands-only CPR on a training manikin.[7,8]

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YOUR ONE-PAGE CHECKLIST

Work through it with HR and your health and safety representative. Tick what is in place; anything unticked becomes your plan for the year.

READY FOR AN EMERGENCY

- [ ] We have enough valid first aid certificates for every shift and site.
- [ ] First aiders can do hands-only CPR and know when to start.
- [ ] Emergency numbers 10177 and 112 are displayed at every phone and first aid box.
- [ ] Everyone knows how to guide an ambulance to the site.
- [ ] Workers know the warning signs of a heart attack and a stroke.

A HEART-HEALTHY WORKPLACE

- [ ] Shift rosters allow a proper meal interval.
- [ ] Healthier food and drinking water are available at work.
- [ ] Our premises are smoke-free, or smoking is limited to a legal designated area.
- [ ] The poster is up and a toolbox talk is booked for September.

CHECKS AND HEALTH INFORMATION

- [ ] We have offered a voluntary blood pressure check in the last 12 months.
- [ ] Results go to the worker only, with confidential follow-up.
- [ ] Health information is stored apart from personnel files, with named access only.

OUR ACTIONS FOR THE NEXT 12 MONTHS

_____

_____

_____

Completed by _____ Date _____ Next review _____

General health information only, not medical advice. Speak to a healthcare professional about your own health.

SPOT IT.
CALL IT.
START CPR.

1



SPOT IT

Make sure the scene is safe. Does the person respond?

2



CALL IT

Call 10177, or 112 from a cellphone. Fetch the first aider.

3



START CPR

If trained: centre of the chest, arms straight, push hard 100 to 120 times a minute.

HEART ATTACK WARNING SIGNS



Chest pain or pressure



Pain in the arm, jaw or back



Short of breath



Nausea or faintness



Cold sweat, turning pale

Ambulance from a landline **10177**

Emergency from a cellphone **112**

Care Net clinics are not emergency services. In an emergency, call these first.

Our first aiders on this site: _____

WORLD HEART DAY: 29 SEPTEMBER · RESTART A HEART DAY: 16 OCTOBER

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Sources: WHO cardiovascular diseases fact sheet; SAMRC World Restart a Heart Day 2026; Western Cape Government emergency numbers; General Safety Regulations.

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HOW CARE NET CAN HELP

Care Net runs occupational health programmes for employers: medicals and certificates of fitness at our fixed clinics, or with a mobile clinic at your site. For Heart Month, a wellness day and first aid training can sit alongside the programme you already run.[14,15]



Our nurses and mobile units come to your site, from 10 employees.[15]

4 FIXED CLINICS

Walk-ins welcome. Busiest 8am to 2pm; afternoons are quieter. Saturdays for booked groups of more than 10.[14]

16 MOBILE CLINICS NATIONWIDE

A mobile clinic at your gate from 10 employees, six days a week, Monday to Saturday.[15]

ON SITE AND AT OUR CLINICS

- **Medicals with health checks**
  Blood pressure, vision and other checks are added to a medical when the role requires them.[16]
- **First aid training**
  SETA-certified first aid courses, on your site or at our Midrand centre.[17]
- **On-site HIV counselling and testing**
  At workplace wellness days, Care Net offers on-site HIV counselling and testing: voluntary and confidential, with counselling before and after the test.[18]

OUR FIXED CLINICS[14,20]

Midrand
875 16th Road Midrand, Unit 2 Alphen Square North, Randjespark, Midrand, 1684
+27 60 070 2723

Elandsfontein
Cnr North Reef & Atlas Road, Shop 1 Delmond Centre, Elandsfontein, 1601
+27 60 070 2723

Brackenfell, Cape Town
Cnr Kruis & Capricorn Way, Unit 15 Reserve 1, Western Cape, 7560
+27 60 070 2723

Gqeberha
40 6th Road, Newton Park, Gqeberha, 6045
+27 60 070 2723

GET IN TOUCH

Request a quote	carenetconsultants.co.za/forms/quote-request.html
Book medicals	carenetconsultants.co.za/forms/booking-request.html
Call or WhatsApp	+27 60 070 2723 | api.whatsapp.com/send/?phone=27600702723
Email	salesdesk@carenetconsultants.co.za[19]

Ambulance from a landline **10177**

Emergency from a cellphone **112**

In a medical emergency, call these first. Care Net clinics are not emergency services.[5]

General health information only, not medical advice. Speak to a healthcare professional about your own health.

SOURCES

Accessed 26/11/2026. Health figures come from the named organisations; legal points are summarised from the Acts and Codes themselves; Care Net details come from carenetconsultants.co.za. Photographs show the Care Net team at work. Illustrations are drawn for Care Net.

1. National Department of Health: 2026 Health Awareness Calendar. https://www.health.gov.za/wp-content/uploads/2026/01/Health-Awareness-Calendar-for-2026-Final.pdf
2. World Health Organization: Cardiovascular diseases (CVDs) fact sheet. https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)
3. Heart and Stroke Foundation South Africa: Annual Report 2025. https://www.heartfoundation.co.za/wp-content/uploads/2025/10/Heart-and-Stroke-Foundation-Annual-Report-2025_Online.pdf
4. Heart and Stroke Foundation South Africa: home page (lives lost daily). https://www.heartfoundation.co.za/
5. Western Cape Government: Know who you can call in an emergency (ambulance 10177, cellphone emergency 112). https://www.westerncape.gov.za/know-who-you-can-call-emergency
6. World Health Organization: Hypertension fact sheet. https://www.who.int/news-room/fact-sheets/detail/hypertension
7. General Safety Regulations, regulation 3: First aid, emergency equipment and procedures (Acts Online). https://www.acts.co.za/occupational-health-and-safety-act-1993/gsr_nr1031_3_first_aid_emergency_equipment_and_procedures
8. SAMRC: World Restart a Heart Day, 16 October, every heartbeat counts. https://www.samrc.ac.za/news/world-restart-heart-day-16-october-every-heartbeat-counts
9. Occupational Health and Safety Act 85 of 1993, section 8. https://www.gov.za/sites/default/files/gcis_document/201409/act85of1993.pdf
10. Basic Conditions of Employment Act 75 of 1997, sections 14 and 22 (Department of Employment and Labour). https://www.labour.gov.za/DocumentCenter/Acts/Basic%20Conditions%20of%20Employment/Act%20-%20Basic%20Conditions%20of%20Employment.pdf
11. Employment Equity Act 55 of 1998, section 6(1) (SAFLII consolidated text). https://www.saflii.org/za/legis/consol_act/eea1998240/
12. Code of Good Practice on the Prevention and Elimination of Harassment in the Workplace (GN 1890, GG 46056, 18/03/2022), Department of Employment and Labour edition. https://www.labour.gov.za/DocumentCenter/Code%20of%20Good%20Practice/Employment%20Equity/Prevention%20and%20elimination%20harassment%20in%20the%20workplace-English%20version.pdf
13. Protection of Personal Information Act 4 of 2013, sections 19, 26 and 27 (gov.za). https://www.gov.za/sites/default/files/gcis_document/201409/3706726-11act4of2013protectionofpersonalinforcorrect.pdf
14. Care Net Consultants: Fixed clinics and clinic addresses. https://carenetconsultants.co.za/fixed-clinics.html
15. Care Net Consultants: Mobile clinics. https://carenetconsultants.co.za/mobile-clinics.html
16. Care Net Consultants: Pre-employment medicals. https://carenetconsultants.co.za/pre-employment-medicals.html
17. Care Net Consultants: Health and safety training. https://carenetconsultants.co.za/health-safety-training.html
18. Care Net Consultants: service confirmed by Care Net management on 24/11/2026 (on-site HIV counselling and testing at workplace wellness days); not yet listed on carenetconsultants.co.za.
19. Care Net Consultants: Contact us. https://carenetconsultants.co.za/contact.html
20. Care Net Consultants: Occupational health clinic Gqeberha (40 6th Road, Newton Park). https://carenetconsultants.co.za/occupational-health-clinic-gqeberha.html

This pack is general information for employers. It is not legal or medical advice. Read the Acts, Codes and regulations for the full requirements, and speak to a qualified practitioner about individual health concerns. Worker health information is special personal information under POPIA: keep it confidential and share fitness outcomes, not diagnoses.

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