CARE NET CONSULTANTS
Your Partner in Workplace Health

FREE GUIDE FOR EMPLOYERS
2027 EDITION

HEALTH AWARENESS PACK · MAY AND OCTOBER

HYPERTENSION AND STROKE

Know your blood pressure and the signs of a stroke



World Hypertension Day is 17 May; National Stroke Week runs into World Stroke Day on 29 October.[1]

World Hypertension Day falls on 17 May, and National Stroke Week in late October leads into World Stroke Day on 29 October.[1] High blood pressure is the main driver of stroke and heart disease, and many people who have it do not know. In South Africa, 46% of women and 44% of men aged 15 and over have hypertension.[2] This pack gives you the facts, the legal footing, a checklist and a poster for the notice board.

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

THE SILENT RISK

South African figures from the Demographic and Health Survey 2016, global figures from the World Health Organization.

46% AND 44%

of South African women and men aged 15 and over have hypertension.[2]

1 IN 5

South African women with hypertension have it under control, and only 13% of men.[2]

44%

of adults with hypertension worldwide, about 600 million, do not know they have it.[3]

1,4 BILLION

adults aged 30 to 79 had hypertension in 2024. Only 23% had it controlled.[3]

SPOT A STROKE FAST

Stroke signs come on suddenly, often on one side of the body. Act at once.[4]

1. Face weakness or numbness
2. Arm or leg weakness
3. Trouble speaking
4. Trouble seeing
5. Sudden confusion
6. Call 10177, or 112

WHAT EVERY TEAM SHOULD KNOW

You may feel nothing

People with high blood pressure may have no symptoms. The only way to know is to have it checked.[3]

What raises it

Older age, genes, excess weight, inactivity, a high-salt diet and drinking too much alcohol.[3]

Risk rises with age

In South Africa, 84% of women aged 65 and over have hypertension, compared with 17% at 15 to 24.[2]

Lifestyle changes help

A healthier diet, quitting tobacco and being more active lower blood pressure; some people also need medicine.[3]

IN PRACTICE · A MUNICIPAL OFFICE IN KIMBERLEY

During a meeting, Mrs Mokoena's speech becomes slurred and one side of her face droops. A colleague recognises the signs and calls 10177 while the first aider stays with her. Nobody waits to see if it passes.[4,5]

Diagnosis takes two readings. Hypertension is diagnosed when readings on two different days are 140/90 or higher. A wellness-day reading is a prompt to see a clinic, not a diagnosis.[3]

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

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WHAT THE LAW ASKS OF YOU

No law requires blood pressure checks for every worker. The law does ask you to manage health risks, train first aiders and protect health information.

LAW	WHAT IT ASKS OF THE EMPLOYER
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.[6]
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).[7]
Basic Conditions of Employment Act, section 22	Every employee earns paid sick leave, which covers clinic visits when a worker is ill.[8]
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.[9,10]
POPIA, sections 19, 26 and 27	Blood pressure readings are special personal information. Results go to the worker, with consent for anything more.[11]

STROKE: THREE STEPS

1 **SPOT IT**
Sudden face, arm or speech changes, often on one side.[4]

2 **CALL IT**
Call 10177, or 112 from a cellphone.[5]

3 **GET THE FIRST AIDER**
Send for the first aider and stay with the person until help arrives.[7]

FIVE WORKPLACE ACTIONS

Offer a numbers check
Run a voluntary blood pressure check at a wellness day, with confidential results and a referral where needed.[3]

Teach the stroke signs
Use a toolbox talk on sudden face, arm or speech changes and what to do.[4]

Cut the salt
Ask the canteen or vending supplier for lower-salt options.[3,12]

Support treatment
Make it easy for workers on blood pressure medicine to keep clinic appointments.[8]

Talk about it twice
Use the poster on 17 May and again for stroke week in October.[1]

IN PRACTICE · A BAKERY IN MITCHELLS PLAIN

The wellness day finds that several bakers have raised blood pressure. Each one gets a private referral letter. The bakery asks its supplier for lower-salt options in the staff canteen and agrees that workers on blood pressure medicine can keep their clinic appointments.[3,8]

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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.

BLOOD PRESSURE CHECKS

- [ ] We have offered a voluntary blood pressure check in the last 12 months.
- [ ] Results go to the worker only, with a referral where needed.
- [ ] Workers know that a raised reading needs a clinic visit, not panic.
- [ ] Blood pressure checks are added to medicals where the role requires them.

STROKE READY

- [ ] Everyone knows the sudden signs of a stroke.
- [ ] Emergency numbers 10177 and 112 are displayed at every phone and first aid box.
- [ ] We have enough first aiders on every shift.

SUPPORT AND PRIVACY

- [ ] Workers can keep clinic appointments for chronic medicine.
- [ ] Canteen and vending options include lower-salt food.
- [ ] Health information is stored apart from personnel files, with named access only.
- [ ] Wellness reports show group trends, never names.
- [ ] The poster is up and talks are booked for May and October.

OUR ACTIONS FOR THE NEXT 12 MONTHS

_____

_____

_____

Completed by _____ Date _____ Next review _____

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CHECK YOUR PRESSURE. ACT FAST.



1



CHECK

You may feel nothing. Get your blood pressure checked.

2



SPOT A STROKE

Sudden weakness of the face, arm or leg, or trouble speaking.

3



ACT FAST

Call 10177, or 112 from a cellphone.

STROKE SIGNS: ACT FAST



Face drooping



Arm weakness



Trouble speaking



Trouble seeing



Sudden confusion

Ambulance from a landline **10177**

Emergency from a cellphone **112**

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

To check your blood pressure, speak to: _____

WORLD HYPERTENSION DAY: 17 MAY. WORLD STROKE DAY: 29 OCTOBER.

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Sources: WHO hypertension and cardiovascular diseases fact sheets; South Africa Demographic and Health Survey 2016; Western Cape Government emergency numbers.

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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. Blood pressure checks can sit inside the medical programme you already run.[13,14]



Our nurses and mobile units come to your site, from 10 employees.[14]

4 FIXED CLINICS

Walk-ins welcome. Busiest 8am to 2pm; afternoons are quieter. Saturdays for booked groups of more than 10.[13]

16 MOBILE CLINICS NATIONWIDE

A mobile clinic at your gate from 10 employees, six days a week, Monday to Saturday.[14]

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.[15]
- **First aid training**
  SETA-certified first aid courses, on your site or at our Midrand centre.[16]
- **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.[17]

OUR FIXED CLINICS[13,19]

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[18]

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. National Department of Health, Stats SA, SAMRC and ICF: South Africa Demographic and Health Survey 2016, Key Findings. https://www.samrc.ac.za/sites/default/files/attachments/2022-08/SADHS2016KeyFindings.pdf
3. World Health Organization: Hypertension fact sheet. https://www.who.int/news-room/fact-sheets/detail/hypertension
4. World Health Organization: Cardiovascular diseases (CVDs) fact sheet. https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)
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. Occupational Health and Safety Act 85 of 1993, section 8. https://www.gov.za/sites/default/files/gcis_document/201409/act85of1993.pdf
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. 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
9. Employment Equity Act 55 of 1998, section 6(1) (SAFLII consolidated text). https://www.saflii.org/za/legis/consol_act/eea1998240/
10. 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
11. 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
12. World Health Organization: Healthy diet fact sheet. https://www.who.int/news-room/fact-sheets/detail/healthy-diet
13. Care Net Consultants: Fixed clinics and clinic addresses. https://carenetconsultants.co.za/fixed-clinics.html
14. Care Net Consultants: Mobile clinics. https://carenetconsultants.co.za/mobile-clinics.html
15. Care Net Consultants: Pre-employment medicals. https://carenetconsultants.co.za/pre-employment-medicals.html
16. Care Net Consultants: Health and safety training. https://carenetconsultants.co.za/health-safety-training.html
17. 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.
18. Care Net Consultants: Contact us. https://carenetconsultants.co.za/contact.html
19. 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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