CARE NET CONSULTANTS
Your Partner in Workplace Health

FREE GUIDE FOR EMPLOYERS
2027 EDITION

HEALTH AWARENESS PACK · JUNE

MEN'S HEALTH PACK

Checks, cancer, alcohol and asking for help



Men's Health Month is June on the Department of Health calendar.[1]

June is Men's Health Month.[1] South African men carry heavy, often hidden, health risks: 44% of men aged 15 and over have hypertension, and only 13% of them have it under control.[2] Men are also more likely to smoke and drink heavily.[2,3] Most of these risks can be found early with a simple check. 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.

MEN'S HEALTH IN NUMBERS

South African figures from the Demographic and Health Survey 2016, the Global Adult Tobacco Survey 2021 and CANSA.

44%

of South African men aged 15 and over have hypertension; only 13% of them have it under control.[2]

41,7%

of South African men used tobacco in 2021, compared with 17,9% of women.[3]

16%

of South African men showed signs of problem drinking.[2]

1 IN 17

South African men will get prostate cancer in their lifetime.[4]

SIX THINGS TO CHECK

Many men avoid clinics. Bringing checks to work reaches them.[2,7]

1. Blood pressure
2. HIV status, voluntary and private
3. PSA test from 45 if at risk
4. Alcohol
5. Tobacco
6. Talking helps

WHAT EVERY TEAM SHOULD KNOW

Prostate cancer can be silent

Early on there may be no symptoms. Later signs include passing urine often at night and a weak stream.[4]

Know your risk

African ancestry, age from the 50s and a family history raise prostate cancer risk.[4]

Alcohol hits men hardest

Of 2,6 million alcohol deaths worldwide in 2019, 2 million were men.[5]

Talking helps

Asking for help with stress or low mood is strength. SADAG's 24-hour line is 0800 567 567.[6]

IN PRACTICE · A MINE WORKSHOP IN CARLETONVILLE

In Men's Health Month, the wellness team sets up beside the fitters' workshop at shift change. Bongani, 47, has his blood pressure checked for the first time in years and asks about a PSA test. HIV testing is on offer too, voluntary and confidential, with counselling before and after.[2,4,7]

A five-minute check can add years. Blood pressure, HIV status and a conversation about prostate health: make them easy to get at work.[2,4,7]

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

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WHAT THE LAW ASKS OF YOU

No law requires men's health checks. The law does set the rules for testing at work and protects the health information you collect.

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.[8]
HIV Code of Good Practice, items 5.10 and 7.1	Testing offered at work must be voluntary, with informed consent and counselling. Results stay confidential.[7]
Basic Conditions of Employment Act, section 22	Every employee earns paid sick leave: the days they would normally work in six weeks, in each 36-month cycle.[9]
Employment Equity Act 55 of 1998, section 6(1)	No unfair discrimination on listed grounds, which include disability. Judge fitness by the task, not the diagnosis.[10,11]
POPIA, sections 19, 26 and 27	Health results are special personal information. Results go to the worker, with consent for anything more.[12]

CHECK UP, SPEAK UP: THREE STEPS

1 CHECK UP

A wellness day brings blood pressure checks and HIV testing to the site.[2,7]

2 TALK PROSTATE

Share CANSA's PSA advice and the warning signs.[4]

3 SPEAK UP

Put SADAG's numbers up and let managers lead by example.[6]

FIVE WORKPLACE ACTIONS

Bring the check to the site
A wellness day with blood pressure checks and HIV counselling and testing reaches men who avoid clinics.[2,7]

Back the quitters
Support men who want to stop smoking or cut down on alcohol.[2,3]

Talk about it in June
Use the poster and a five-minute toolbox talk for Men's Health Month.[1]

Talk prostate
Share CANSA's PSA advice and the warning signs in a toolbox talk.[4]

Normalise asking for help
Put SADAG's numbers up and let managers lead by example.[6]

IN PRACTICE · A CONSTRUCTION COMPANY IN MBOMBELA

After a site foreman spoke about his own depression in a toolbox talk, two workers asked HR for help that same week. The company keeps SADAG's numbers on every site board and supports men who want to cut down on alcohol or stop smoking.[3,6]

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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.

CHECKS AT WORK

- [ ] We have offered a voluntary blood pressure check in the last 12 months.
- [ ] HIV counselling and testing at work is voluntary and confidential.
- [ ] Results go to the worker only, with referral where needed.
- [ ] CANSA's PSA advice is shared with men aged 40 and over.
- [ ] Workers know the warning signs of prostate cancer.

HABITS AND SUPPORT

- [ ] Quit-smoking support is shared with workers who want it.
- [ ] Our alcohol and drug policy is known to everyone.
- [ ] SADAG's 24-hour helpline is on every notice board.
- [ ] Workers can keep clinic appointments for chronic care.

PRIVACY

- [ ] Health information is stored apart from personnel files, with named access only.
- [ ] Wellness reports show group trends, never names.
- [ ] The poster is up and a toolbox talk is booked for June.

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.

MAN UP. CHECK UP. SPEAK UP.



1

CHECK UP

44% of South African men have high blood pressure.

2

PROSTATE

Prostate cancer can be silent. Ask about a PSA test from 45.

3

SPEAK UP

Struggling? SADAG: 0800 567 567, 24 hours.

FIVE-MINUTE CHECKS

- Blood pressure
- HIV test
- PSA test from 45
- Quit smoking
- Talk to someone

Ambulance from a landline **10177**

Emergency from a cellphone **112**

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

To arrange a health check, speak to: _____

MEN'S HEALTH MONTH: JUNE.

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Sources: SADHS 2016; Global Adult Tobacco Survey SA 2021; CANSA; WHO alcohol fact sheet; HIV Code of Good Practice; SADAG; 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. A men's health wellness day can sit alongside 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]
- **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.[16]

OUR FIXED CLINICS[13,18]

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[17]

Ambulance from a landline **10177**

Emergency from a cellphone **112**

In a medical emergency, call these first. Care Net clinics are not emergency services.[19]

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 and partners: Global Adult Tobacco Survey, South Africa 2021, fact sheet. https://cdn.who.int/media/docs/default-source/ncds/ncd-surveillance/data-reporting/south-africa/gats2021_south_africa.pdf
4. CANSA: Prostate cancer. https://cansa.org.za/prostate-cancer/
5. World Health Organization: Alcohol fact sheet. https://www.who.int/news-room/fact-sheets/detail/alcohol
6. SADAG: Emergency and helpline numbers. https://www.sadag.org/index.php?id=1872%3Aemergency-numbers&option=com_content&view=article
7. Code of Good Practice on HIV and AIDS and the World of Work (GN 451, GG 35435, 15/06/2012), items 5.10 and 7.1, gov.za. https://www.gov.za/sites/default/files/gcis_document/201409/35435gon451.pdf
8. Occupational Health and Safety Act 85 of 1993, section 8. https://www.gov.za/sites/default/files/gcis_document/201409/act85of1993.pdf
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10. Employment Equity Act 55 of 1998, section 6(1) (SAFLII consolidated text). https://www.saflii.org/za/legis/consol_act/eea1998240/
11. 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
12. 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
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: 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.
17. Care Net Consultants: Contact us. https://carenetconsultants.co.za/contact.html
18. Care Net Consultants: Occupational health clinic Gqeberha (40 6th Road, Newton Park). https://carenetconsultants.co.za/occupational-health-clinic-gqeberha.html
19. 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

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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