



REKORDS SPAT BY

RHS INTERHUIS!



Van links: Marli van der Westhuizen, Marguarite Raaths, Finlee Reynecke, Nicola van der Merwe, Juanco van der Merwe, Micha van Vuuren, Henco Pieterse en Joné Joubert.

Rustenburg – Die atlete van die Hoërskool Rustenburg (RHS) het rye gestaan om aan die jaarlikse interhuis deel te neem. Bont geklee gee elke atleet hul beste. 'n Merkwaardige 10 rekords spat; drie van die rekords wat gebreek is, is onderskeidelik in 1984, 1991 en in 2000 opgestel. Baie geluk aan elkeen van die atlete, mag jul 'n suksesvolle atletiekseisoen hê. Die volgende atlete is verantwoordelik vir die 10 nuwe rekords wat in 2019 opgestel is:

Joné Joubert

- O/14 dogters | 300m hekkies | Vorige rekord soos opgestel in 2013: 51.66 deur N van Heerden | Nuwe rekord: 48.41

Henco Pieterse

- Eerste rekord | O/14 seuns | 300m hekkies | Vorige rekord opgestel in 2018: 47.31 deur R. Waterboer | Nuwe rekord: 45.22
- Tweede rekord | Verspring | Vorige rekord soos in 2009 opgestel: 5.51 deur X le Roux | Nuwe rekord: 5.55

Micha van Vuuren

- Eerste rekord | O/14 dogters | 800m | Vorige rekord soos opgestel in 1991: 2:24.80 deur L Peyper | Nuwe rekord: 2:21.69
- Tweede rekord | O/14 dogters | 400m | Vorige rekord soos opgestel in 2007: 1:02.40 deur C Cato | Nuwe rekord: 1:01.98

Nicola van der Merwe

- O/19 dogters | 100m | Vorige rekord soos opgestel in 1984: 12.35 deur E Otterman | Nuwe rekord: 12.06

Juanco van der Merwe

- O/16-seuns | 100m | Vorige rekord soos opgestel in 2000: 11.20 deur C Krone | Nuwe rekord: 11.00

Finlee Reynecke

- O/14-dogters | Diskus | Vorige rekord soos opgestel in 2005: 34.39m deur M Marais | Nuwe rekord: 36.89m

Marguerite Raaths

- O/17-dogters | Diskus | Vorige rekord soos opgestel in 2015: 37.54m deur C Botha | Nuwe rekord: 39.39m

Marli Van der Westhuizen

- O/15-dogters | Spiesgooi | Vorige rekord soos opgestel in 2005: 36.30m deur M van der Merwe | Nuwe rekord: 40.36m



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CLASSES AVAILABLE EVERY WEEK:

- LEGAL LIABILITY FOR SUBORDINATE MANAGERS
- WORKING AT HEIGHTS
- HIRA
- BASIC FIRE FIGHTING
- HAND AND POWER TOOLS
- CONFINED SPACE



DID YOU KNOW? SAFETY ADVANTAGE IS ACCREDITED WITH SSEETA

THESE ARE SOME OF OUR SSEETA
ACCREDITED COURSES:

- | | |
|--|---------------|
| 1. ISO FACILITATION AND IMPLEMENTATION | 4. 45001:2018 |
| 2. ISO AWARENESS | 5. 14001:2015 |
| 3. OHSAS 18001 | 6. 9001:2015 |



TRAINING PROVIDED:

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| • Causation process techniques | • Legal liability for subordinate managers |
| • ICAM training | • Confined space entry |
| • Level 1 first aid | • ISO awareness |
| • Basic fire fighting | • ISO facilitation and implementation |
| • Legal liability | • Health and safety rep |
| • Hazard identification and risk assessment | • Effective stores-keeping |
| • Basics of total quality management | • General storage and stacking safety point of view |
| • Incident investigation | • Jackhammer safety |
| • Hand and power tools | • Materials handling and ergonomics |
| • Working at heights | • Handling and storage of hazardous chemicals |
| • Lock-out training | |
| • Stored energy awareness a1.2 | |
| • Supervisory principals | |

DID YOU KNOW? SAFETY ADVANTAGE IS ACCREDITED WITH HWSETA

**THESE ARE SOME OF OUR
HWSETA ACCREDITED COURSES:**

1. LEGAL LIABILITY FOR SUBORDINATE MANAGERS
2. HEALTH AND SAFETY REPRESENTATIVE
3. HIRA (HAZARD IDENTIFICATION & RISK ASSESSMENT)
4. INCIDENT INVESTIGATION
5. PLANNED TASK OBSERVATION
6. LOCK-OUT PROCEDURE
7. GENERAL RISK MANAGEMENT INDUCTION
8. CAUSATION PROCESS TECHNIQUES
9. STORED ENERGY
10. PRACTICAL RISK ASSESMENT