



INTERNET ARTICLE

Mpumalanga officials reminded of the importance of mental health

20 October 2023

October has been declared as an annual OHS Month within the Department of Water and Sanitation. This annual campaign assists in creating and maintaining a culture of safety in the Department. The OHS crusade seeks to reduce and prevent injuries and fatalities as well as encourage active participation in OHS matters at all levels. Our department has opted to commemorate the OHS Month in October every year.

The Mpumalanga Provincial Office celebrated OHS and Wellness Month under the theme **“Mental health is just as important as physical health”** with two awareness activities in Bronkhorstspuit and Mbombela on 12 and 19 October respectively. The Bronkhorstspuit awareness event included officials from the Bronkhorstspuit and Groblersdal offices and the Mbombela event included officials from Mbombela and Lydenburg offices.

The focus of this year’s OHS and Wellness awareness celebrations was mainly on the importance of mental health. The programme looked at a person’s health holistically and included presentations and engagements on mental health management, financial management, IOD procedures and physical health management through physical activities such as aerobics, fun run, sack race, netball and soccer matches.

Virgin Active took the officials the aerobics sessions to promote healthy lifestyle. Ms Petunia Bopape from AKESO presented on mental health and encouraged officials to take their mental health as seriously as they take their other health issues.

After the presentations, officials got down and dirty and participated in physical sporting activities that included sack races, fun run, netball and soccer. Officials had fun while taking care of their health, both physical and mental.

Occupational health and safety and employee wellness is crucial for a healthy working environment and productivity. A health, safe and happy official is a productive official which contributes to the Department achieving its goals.

The Department’s celebration of OHS Month is part the celebration and commemoration of the Annual World Day for Safety and Health at Work. Since 1996, trade union movements worldwide have been organising the International Commemoration Day for Deceased (Dead) and Injured Workers annually on 28 April. The purpose of this commemorative is to honour the memory of victims of occupational accidents and diseases. While we honour injured and

SOUTH AFRICA IS A WATER SCARCE COUNTRY





water & sanitation

Department:
Water and Sanitation
REPUBLIC OF SOUTH AFRICA



fallen workers, we also celebrate the prevention and reduction of injuries and fatalities in the workplace. Therefore, the purpose of this day is two-pronged focused; with both commemoration and celebration.

This day is celebrated to promote the prevention of occupational accidents and diseases globally. It is an international awareness-raising campaign intended to focus attention on the magnitude of the occupational health problem as well as promoting and creating a safety and health culture that can help reduce the number of work-related injuries, diseases and fatalities.

Themba Khoza

SOUTH AFRICA IS A WATER SCARCE COUNTRY



Department of Water and Sanitation South Africa



DWS RSA