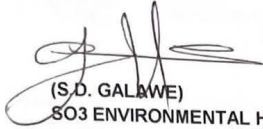


REQUEST TO CONDUCT MASTER'S RESEARCH STUDY WITHIN SANDF ENVIRONMENT



(S.D. GALAWE)

SO3 ENVIRONMENTAL HEALTH AREA MILITARY HEALTH UNIT FREE STATE: CAPT

DECISION BY COMMANDANT SA ARMY COMBAT TRAINING CENTRE

The request is fully supported.



(M.P. MOFOKENG)

COMMANDANT SA ARMY COMBAT TRAINING CENTRE: BRIG GEN

DISTR

For Action

Commandant
SA Army CTC

(Attention: Brig Gen M.P. Mofokeng)

Info

Chief of Staff
SA Army CTC


(Attention: Col L.L. Madikizela)

Internal

FILE: AMHU FS/R/103/23

Annexure C

RESTRICTED



sa military health service

Department:
Defence
REPUBLIC OF SOUTH AFRICA

Telephone: 051 402 2571
Fax: 051 402 1791
Enquiries: Maj T.I. Thapedi

AMHUF/S/R/105/7/1

Area Military Health Unit FS
Private Bag X20503
Bloemfontein
9300
/ 7 December 2024

TO WHOM IT MAY CONCERN

Subject: Restriction on Photographing SANDF Personnel for Data Collection

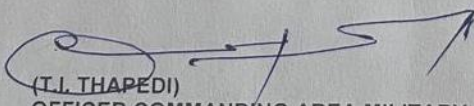
Dear Supervisors,

I am writing to you as the Unit's Commanding Officer within the South African National Defence Force (SANDF) to address the data collection process undertaken by Mr Siphon David Galawe for their research dissertation. Due to the highly sensitive, confidential, and secure nature of the SANDF environment, stringent measures are enforced to safeguard the privacy, security, and operational integrity of our personnel and facilities. As a result, the student was not permitted to take photographs of SANDF members or operational activities during their data collection phase. These restrictions align with our organisational protocols to prevent the dissemination of potentially sensitive information and ensure the safety of all involved.

In light of these constraints, the student was encouraged to utilise alternative documentation methods that adhere to SANDF regulations while still fulfilling the academic requirements of their research. We confirm that their data collection process was conducted in compliance with these policies and without compromising the confidentiality standards of SANDF.

We trust that this explanation will address any questions or concerns regarding the absence of photographic evidence in the student's research. If further clarification is needed, please do not hesitate to contact me directly on 051 402 1791.

Thank you for your understanding and cooperation in this matter.



(T.I. THAPEDI)
OFFICER COMMANDING AREA MILITARY HEALTH UNIT FS: MAJ

AREA MILITARY HEALTH UNIT FREE STATE

PRIVATE BAG X 20503

17 DEC 2024

BLOEMFONTEIN 9300

AREA MILITARY HEALTH UNIT FREE STATE

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Annexure D

Participant Study Code:

Environmental exposure measurements: data collection sheet

| Environmental exposure workdays | Ultraviolet environmental measurements |
|--|---|
| Day 1 | |
| Day 2 | |
| Day 3 | |
| Day 4 | |
| Day 5 | |
| Day 6 | |
| Day 7 | |
| Day 8 | |
| Day 9 | |
| Day 10 | |

Annexure E

CORNELIA GELDENHUYS

083 2877088
corrieg@mweb.co.za

10 February 2025

TO WHOM IT MAY CONCERN

Herewith I, **Cornelia Geldenhuys (ID 521114 0083 088)** declare that I am a qualified, accredited language practitioner and that I have edited the following master's dissertation:

**ASSESSMENT OF ULTRAVIOLET RADIATION EXPOSURE
AMONGST MILITARY OUTDOOR WORKERS: A CASE STUDY OF
MILITARY OUTDOOR WORKERS IN LOHATLA, NORTHERN CAPE**

by

SIPH0 DAVID GALAWE

All changes were indicated by track changes and comments **for the author to verify, clarify aspects that are unclear, make the necessary adjustments, and finalise.** The editor takes no responsibility in the instance of this not being done. The document remains the final responsibility of the author.



.....
C GELDENHUYS
MA (Lin) cum laude, MA (Mus), BA Hons (French), HED, HDL, UELM

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Annexure F



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ABSTRACT

Background: The study examined the health risks faced by military personnel at Lohatla in the Northern Cape, due to prolonged exposure to UVB during outdoor activities. The research highlights the increased risk of diseases like skin cancer, sunburn, cataracts, and immunological suppression, especially in tropical or desert areas. The study suggests that military organisations should implement preventative measures like sunscreen, shaded breaks, PPE, and adequate water to reduce these risks. It emphasises the need for focused interventions and protective measures to protect military personnel's health and operational preparedness.

Methodology: Significant risks were discovered in a study evaluating UVR exposure among military outdoor workers at the Lohatla Military Base in South Africa. The study measured exposure levels using electronic UVR dosimeters, stratified random sampling, and a cross-sectional methodology. The results are crucial for formulating policies to reduce the dangers of UVR exposure in comparable military settings. Wet bulb globe temperature measurements, questionnaires, structured surveys, and ambient UVR measurements were all used in the study. Strict adherence to ethical principles and data management procedures guaranteed participant protection and anonymity.

Results: The study evaluated the health effects of sun exposure, focusing on temperature changes and UV measures. The results showed no significant variations, with the UV index peaking at 12. Military outdoor workers' health outcomes and sun protection practices were examined, emphasising the need for targeted initiatives to reduce UV exposure risks.

Conclusion: According to the study, UV exposure and sun protection techniques cause occupational health concerns for military outside troops. 41.62% are female, whereas the majority are male. Younger employees between 18 and 25 are more susceptible to long-term health hazards. 71.42% have matriculation qualifications, demonstrating the importance of education. Wearing protective clothes and using sunscreen are two crucial sun-protection techniques. The study also emphasises the necessity of a thorough strategy for lowering UV exposure in high-risk environments. The study concludes that military outdoor personnel's health and safety can be enhanced significantly by addressing sociodemographic characteristics through education and customised sun protection techniques.

1 | Page

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