June 5, 2012 is the day that will never be forgotten in King Edward VIII Hospital. This marks the day where the state of the art building was officially opened by honourable KZN Health MEC, Dr Dhlomo. The building was made possible by M-Net’s Carte Blanche “Making a Difference Campaign”; developed by Sakhiwo Health Solutions and designed by Hospital Design Group (HDG)

The BHP Paediatric Centre of Excellence is the largest project to date and is a state-of-the-art Hospital providing Intensive Care, High Care, Ambulatory and Outpatients services. This event celebrates the first time in South African history that a donation of this kind has been made possible by an investigative television show, in partnership with business to the state.

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Carte Blanche launched the Carte Blanche “Making a Difference” Trust to commemorate 20 years on air in August 2008. George Mazarakis, Carte Blanche’s Executive Producer, set the goal of raising R20-million, a million for every year on air, to support state paediatric units across the country. To date, through the generosity of corporate donors and viewers, Carte Blanche has multiplied that target numerousl...
PROPER MANAGEMENT OF WASTE

King Edward VIII Hospital Management has a pleasure in welcoming new Waste Management Officer. Zininzi Mazeka did Environmental Health Studies at Nelson Mandela Metropolitan University. Waste Management Officer’s job is to ensure proper management of any type of waste from generation point to the final disposal. For general waste she has to come up with ways of reducing, recycling and re-using. Zininzi is currently using ext 3890 and her speed dial is 6587.

SAFETY MATTERS

Miss Zininzi Mazeka: Waste Management Officer

Miss Jabulisiwe Buthelezi is the new Health and Safety Officer. She studied Environmental Health in Mangosuthu University. Miss Buthelezi has experience in both public and private sector. As a Safety Officer, among her duties is to ensure that working environment is safe for all employees and if not, she has put measures in place. Miss Buthelezi is hoping to have a healthy working relationship with everyone within the hospital, especially safety reps.

BUTT, HIPS AND THIGHS: Working the lower body means you’ll build strength and lean muscle tissue, and burn more calories. You should perform lower-body exercises up to three non-consecutive days a week. Include a variety of exercises, such as squats and lunges. Also include high-intensity cardio, but it must be done on the day you don’t do weights. While driving, contract your butt and squeeze your inner thighs. Walking up and down stairs will also help. Sit correctly (straight back, abdominals pulled in, shoulders back).

GET A FIRM BOBY