



ABOVE & BEYOND | ISSUE 16 | APRIL 2022

# Newz Buzz

**BIG Story**

## Crown National

**SPICING UP THE BIG RUGBY TEAMS  
AND SEASONING THE  
SCHOOLS ACADEMY**



*Six Gun Grill® is proud to be part of the  
Northern Tygerberg Klub – Youth Academy*







*Newz Buzz*

# 20 Big Kudos

## TO THE LADIES



Massive congrats to Six Gun Grill® Western Province Blitz Women on **becoming the T20 Champions!** Great job ladies!



What's cooking in the kitchen?



# Peri Peri Chicken Livers Recipe

## INGREDIENTS

- 500g Chicken livers
- Oil as needed
- ½ Onion, chopped
- 200ml Meister Club Peri Peri Sauce

## METHOD

1. Defrost and clean the chicken livers. Drain in a colander.
2. Cover the base of a pan with oil and sauté the onions for 5 minutes until soft.
3. Add the livers and fry for 15 minutes.
4. Add the Meister Club Peri Peri sauce to the pan and cook for 5 minutes.





# TOOLBOX TALK



FROM THE

# OHS



# Common

TOPIC:

## Forklift safety

A forklift is a powered truck used to carry, lift, stack or tier materials. It can be a pallet truck, rider operated forklift, fork truck, or lift truck. Forklifts are excellent labour-saving devices. They save time and reduce the likelihood of injury associated with manual material handling activities. However, forklifts can become very dangerous if operated by a reckless or untrained operator. Forklift accidents tend to be very serious, involving both personal injury and damage to property. These accidents can be avoided if operators use some common sense and follow safe operating procedures (*SHE – DOC – 19 Forklift Procedure*).

### FEW COMMON SAFETY RULES TO FOLLOW BEFORE OPERATING FORKLIFT:

- Never operate or attempt to operate a forklift without a valid license.
- Check the brakes and horn before use.
- Check the lifting capacity of the forklift before use to minimise risk of equipment toppling over.
- This information is found on the equipment's load rating plate.
- Always remember that the safe working load of a forklift reduces as the mast is tilted forward.
- Ensure that the lifting forks are in sound condition and centered on either side of the mast.
- Check and verify that tyres are in good operating condition and never drive with defective tyres.
- Identify, report and isolate all faulty equipment immediately to avoid unintended use.
- Always complete pre-trip inspection (*SHE-FORM-22 or 23*) to ensure that equipment is safe for use.

### SOME OPERATIONAL SAFETY CHECKS TO BE CONDUCTED INCLUDE:

- Ensure each load is carried, lowered and set down in compliance with training provided by an accredited and registered service provider.
- If a load is not placed correctly, reload it. Do not use the racks to reposition stock on a pallet!
- Always be on the lookout for pedestrians, even in areas where walkways have been marked.
- Do not allow any person to ride on the forks; use a certified/compliant lifting cradle.
- Do not lift a load with the mast tilted forward.
- Always put the heavy end of the load against the load backrest.
- When approaching a blind corner, use horn and drive slowly.
- Slow down when changing direction or on wet or greasy surfaces.
- Do not travel with forks raised or the reach mechanism extended.
- Avoid harsh braking, especially when carrying a load.

For all new story submissions, get in contact with Eric at [eric.ngidi@crownsfood.co.za](mailto:eric.ngidi@crownsfood.co.za)

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With thanks from the editor who goes the extra (S)MILE – Eric Ngidi