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SHEQ SPRING WALK DELIVERS ON ITS PROMISE TO BE AN ACTIVE FUN DAY

PMC teams led by the SHEQ department stepped into Spring with a fun walk. On 02 September 2022, the SHEQ Spring Walk drew everyone away from their desks or tools for a walkabout in the sun. GM SHEQ: Mr. Johan van Dyk together with his team, returned PMC's favourite Spring Walk after a two-year break due to COVID-19 interruptions. The 3.5km fun walk was open to both PMC employees, suppliers and contractors. The scenic route – with a potential to spot wild animals – cut across operational areas starting and finishing at the SHEQ Sports Arena.

Teams were ecstatic at the return of the race and started pouring in at the starting line up early. SHEQ delivered on its mandate to rejuvenate employees with a fun walk planned to meet the expected bells and whistles. The fun barometer reached maximum with some men wearing skirts, tutus and even bright coloured wigs. There was no limit to the creativity seen on the day. Some came dressed as pirates, some clowns, some fairies, some hippies whilst some used the opportunity to promote safety and printed safety slogans on their t-shirts.

All in all - the energy was electrifying. From the fun instructor led aerobics session that kicked off the day by Juluka Malope. It was an excellent opportunity for colleagues to network and know one another whilst dancing, turning, twirling or cheering, laughing and singing. Bubbles of happiness were bursting in the air and the good mood was transmittable.

The SHEQ team prompted everyone to adhere to all safety protocols to ensure employees safety along the route.

Emergency, Security and Environmental teams were visible along the

route conducting patrols. Also, contractor sponsored waterpoint stations were available along the route, hydrating all those who were participating.

Mr. van Dyk together with PMC management are proud of the SHEQ team and other colleagues that assisted in organizing the event. Initiatives like this one carry the magic to deliver on multiple purposeful mandates such as wellness, teamwork, social cohesion, sharing with the underprivileged, diversity and inclusion. This year, the team scored big with over 600 people supporting the event. We trust that those who attended the walk are refreshed and will demonstrate improved behavioural patterns, by leading others within the work areas to achieve their deliverables safely accomplishing Zero-Harm. Beyond this fact, true to PMC's caring nature the SHEQ

team through sourcing contractor donations managed to also assist those who are less privileged by sponsoring some groceries and 400 boerewors rolls to Philadelphia Drop-in Centre and Thabelang Disability Centre in Majeje and Namakgale respectively.

A special thanks goes out to all our sponsors:

Knight Piesold, Bora Mining, MBA Security, Murray & Roberts, Afritop, Heko, Seagle, Johnrendy, Joletu Music, Thato Madiba, Vakanayina, Coastal Hire, Thinavhuuo, Photoflurry, Laelo, Mabele.

GET READY,
the SHEQ team
promises to deliver
an even better/
bigger Spring day
**1st of September
2023**



More photos on Page 2 ►►



Photoflurry Productions

THE GOAL REMAINS ZERO-HARM! KHUMBUL'EKHAYA.



2022 SHEQ SPRING WALK



SHEQ Corner The Lasting Impact of COVID-19 on SAFETY

COVID-19 has had an impact on our behaviour and one of these is the fact that people have become reluctant to hold onto handrails when using stairs. We were sensitized not to touch surfaces, especially frequently touched surfaces, in an attempt to prevent contracting COVID-19, that we now see the impact of that reflected in our safety statistics. Year to date four (4) injuries on duty were reported as a result of slip and fall accidents on stairways. Two (2) of these resulted in First Aid Cases, one (1) in a Medical Treatment Case and one (1) in a Lost Time Injury.

ESSENTIAL SAFETY PRACTICES

Essential Safety Practices support the safe execution of work



Maintain 3-point contact when ascending or descending stairways

* Issue sling bags or backpacks to personnel who have to carry equipment, parts, clipboards, etc. so they have both their hands free to hold onto the handrails.

Mining



"Kedibone Safety Campaign" TRACKLESS MOBILE MACHINERY COLLISION SIMULATION

The LHD proves once more that it is top of the TMM food chain

On 05 August 2022, the underground Lift II Construction and Mining Teams embarked on a TMM safety awareness campaign. The objective of the campaign was to simulate a real collision between a LHD and a LDV. The simulation was a great learning opportunity for the teams, highlighting the risk of loss of life may be inevitable whenever TMMs collide underground. The LHD bucket collided into the LDV with a loud bang, crushing the doll Kedibone in PPE, seated on the passenger side, fastened with a seat belt.

The simulation prioritized the safety of all persons and employees in attendance by complying to the Underground Mining Traffic Management Plan including Vehicles and Driving Operating Procedures: GRW-DEV-OP-012.

- A detailed issue base risk assessment was conducted, and safety measures were put in place to ensure that the health and safety of persons is not

- compromised,
- Emergency Services and Security teams were on standby
- The LDV's engine was removed to avoid any possible oil spillages,
- Kedibone the doll was placed in the passenger seat (Donned with correct PPE) with safety belt on,
- The simulation was done 10 meters away from the on looking audience,
- Solid barricading or a solid barricade was used to cordon off man/machine interface during the simulation.
- Zero-Harm and reduction of machine related accidents/incidents and damage is possible if Teams establish:
- good communication between the Operators and Pedestrians through two-way radios,
- Use signaling as a critical tool to prevent accidents.



Community MURRAY & ROBERTS IN PARTNERSHIP WITH PMC DRILL BOREHOLES FOR THREE LOCAL SCHOOLS

Murray and Roberts in partnership with PMC has elevated the lives of local learners for the better. Proving that PMC cares about education and the lives of people within its host communities, the mining giant partnered with M&R and sponsored boreholes to three local primary schools in Makhushane.

The three local schools namely: Makhushane Lower Primary, Bollanoto Primary School and

St Patrick Mathibela are ecstatic to have access to water. The 16-metre well will eradicate the water crisis for the both the schools as well as for the nearby houses.

Clean water will make teaching and learning functional again. Learners and teachers will have access to clean and safe drinking water, water to wash their hands, water to water their school garden and water to flush their ablution facilities.



Editor's comments

Spring season marks the end of a blistering winter and the transitional period enabling new life. I hope that this Spring season will bring renewed hope. That its "magic" will rejuvenate our teams to experience a better safety performance across our operations. Enjoy the edition and KEEP SAFE!

Dr. MGIBA's CORNER

Diabetes or Sugar disease

Overview

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar. High blood sugar is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.

Types of diabetes

1. Type 1 diabetes (insulin dependent diabetes)
2. Type 2 diabetes (non-insulin dependent diabetes)
3. Gestational diabetes

Type 1 diabetes (previously known as insulin-dependent, juvenile or childhood-onset diabetes)

- Type 1 diabetes is characterized by deficient insulin production and requires daily administration of insulin.
- Type 1 diabetes occurs at any age and in people of every race, shape, and size.

Type 2 diabetes: formerly called non-insulin-dependent or adult-onset

- This type of diabetes is largely the result of excess body weight and physical inactivity and it happens to be the most common type of diabetes.

- Until recently, this type of diabetes was seen only in adults, but it is now also occurring increasingly frequently in children

Gestational diabetes

- Gestational diabetes is diabetes that start during pregnancy, this is due to mother's body not able to make and use all the insulin it needs for pregnancy.

Diabetes Symptoms include

- Excessive excretion of urine (polyuria), thirst (polydipsia), constant hunger, weight loss, vision changes (blurred vision), and fatigue.



Prevention

- Simple lifestyle measures have shown to be effective in preventing or delaying the onset of type 2 diabetes by achieving and maintaining a healthy body weight through exercise and healthy eating.

Diagnosis, treatment, and health impact

- Early diagnosis can be accomplished through routine check-up of blood sugar at any health centre, especially when noticing symptoms.
- People with type 1 diabetes require insulin, people with type 2 diabetes can be treated with oral medication but may also require insulin. It is essential to keep blood glucose controlled through regular monitoring.
- Over time, diabetes can damage the heart, blood vessels, eyes, kidneys, and nerves.

Sport

Tanya Van Vuuren Wins 1st Place at Body Building Competition

Tanya Van Vuuren conquers her pain to achieve her childhood dream to become a body builder. On 13 August 2022, Tanya proved that she has other talents besides her role as a Draughtsperson at PMC. She competed at a body building competition at the Physical Culture Association in Pretoria and took 1st position in the 35+ years group for toned bikini masters criteria and achieved 3rd position in the open group division for toned bikini. Tanya is now scheduled to represent Gauteng province in the South African championships later on this year.



Kiddies corner

Select one competition and enter. Only one entry allowed.



CROSSWORD PUZZLE (Age 8-13)

Your entry must have the following information:

- Child Name and age
- Parent Name
- Payroll Number

Complete the PPE crossword puzzle

			1						
		2							3
	2					4		5	
						3			
	4								
		5							

ACROSS



1. _____

2. Ear _____

3. _____



4. _____

5. _____ HAT

DOWN



1. _____


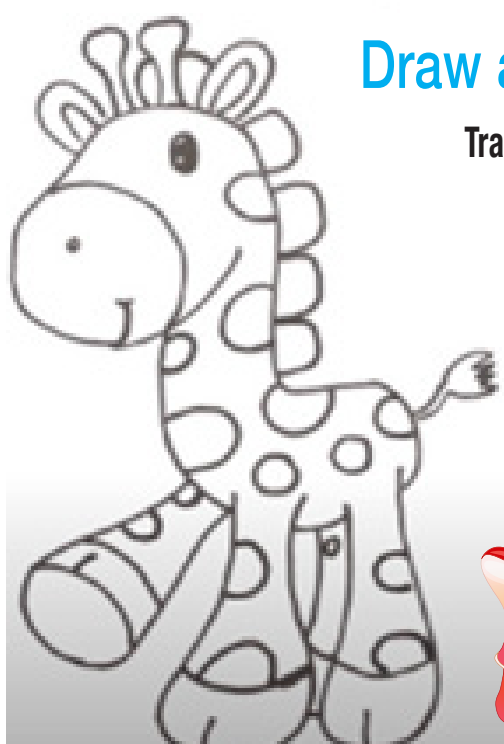
2. _____

3. _____




4. _____

5. _____



Draw and Colouring-In (Age 5-13)

Trace the pictures below and colour them in.



CONGRATULATIONS TO ALL PMC ATHLETES THAT PARTICIPATED IN THE 2022 COMRADES "DOWN RUN" IN KWA-ZULU NATAL

