

WE ARE PROUD SUPPORTERS OF THE SPRINGBOKS



Underground Mining Launches the “Love Your Life” Festive Season Safety Campaign

The PMC Underground Mining department welcomes the festive season with a colourful spirit.

The Lift I, II, SHEQ department, Construction and Mine Health and Safety Council, in a combined effort hosted a safety standdown resonating the business’ heartfelt desire to return workers home the same way they came – alive, injury free and safe.

The 2023 safety statics at PMC and Limpopo region at large illustrated by the Mine Health and Safety Council are astounding, echoing the message that the achievement of Zero Harm and an injury free workplace are possible if workers believe and are prepared to observe and practice according to the approved safety, occupational hygiene regulations and all relevant guidelines.

The standdown targeted all elements that could potentially reduce the quality of life for the miners such as physical, mental, emotional and financial difficulties. The mining environment is inherently risky and therefore, mineworkers are exposed to stressors such as vibrations, chemicals, noise or dust to name a few and if not reported and adequately controlled or eliminated, may lead to lifelong occupational diseases that may possibly lead to disability or even death.

PMC holds a high standard of health and safety and believes that with the innovative systems they have implemented throughout operations, and the efficiency of their health and safety representatives, they can attain a productive work environment that is safe and free from health hazards, injuries and fatalities. The Mine Health and Safety Act empowers miners through Section 22, 23, 83 and at PMC, workers’ rights are enforced and furthermore, workers are encouraged to



exercise those rights without fear of discrimination from their supervisors or the Employer.

To-date, PMC enjoys a Zero Fatality scoresheet, but this last quarter of the year will be the real tester of our perseverance, commitment to Zero-Harm, efficiency of our systems and agility of safety reps. The launch of the “Love Your Life” Campaign is a stanch reminder to workers to SLAP risks, keep engaged, focused, professional and not be preoccupied with silly tendencies typical of the “silly season”.

“Thank you to all of you for working safely. A special thank you to our Health and Safety professionals. Our work community cannot do without you.”
Aidan Schoonbee _ Senior Project Manager

Construction

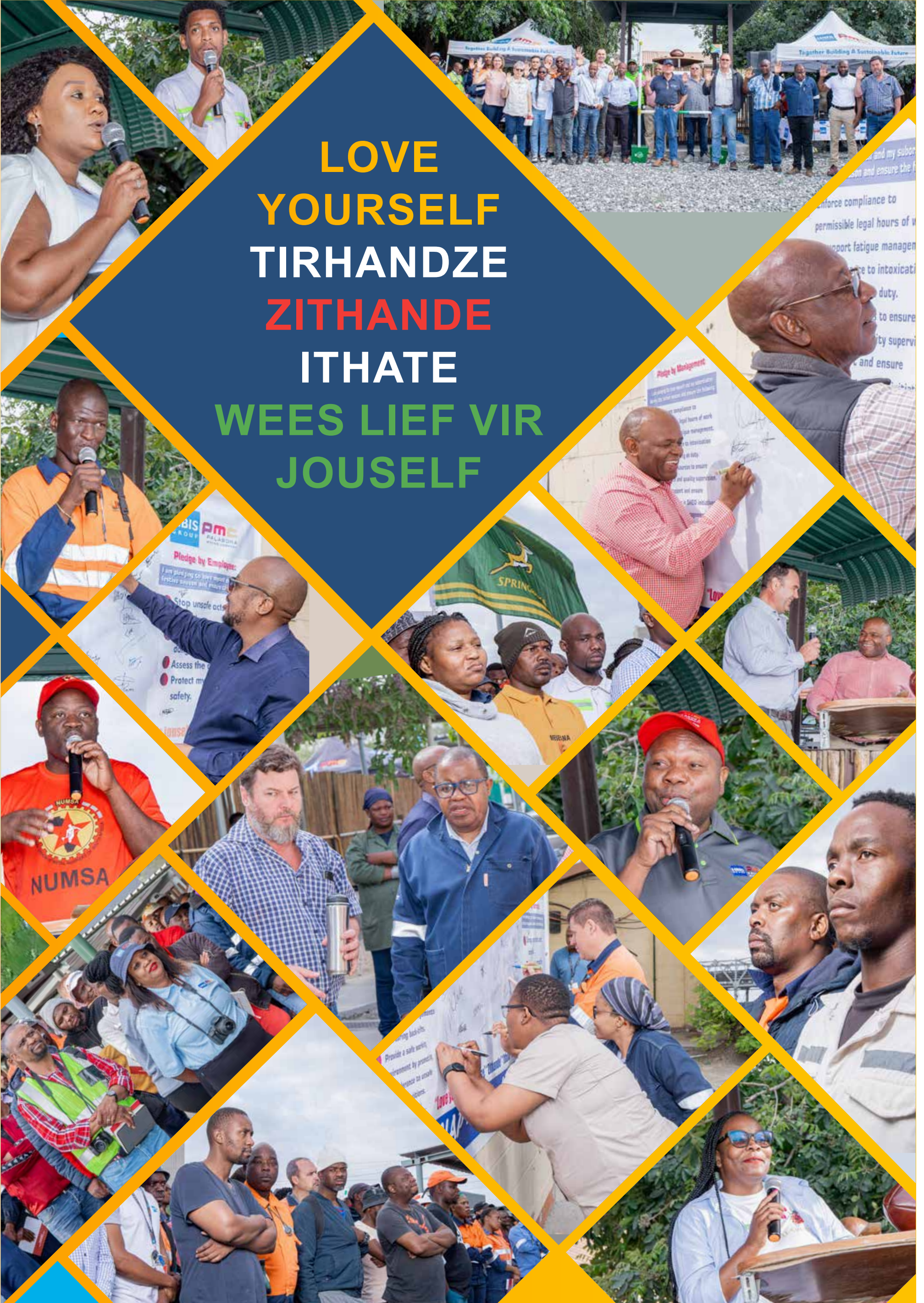
“Zero Harm is possible if we believe it! Love your life enough to protect it. And when you are tempted to take a shortcut or observe a colleague taking a shortcut and you keep quiet, ask yourself if you still love yourself and your life. **Johan van Dyk _ General Manager SHEQ**

“Thank you for going down and coming up everyday the same way you came to work – safely!

Thank you for your daily adherence to our 3-step safety plan: 1. Prayer 2. Audits and Inspections 3. Safety Standdowns, engagements and Reviews”
Sam Ngidi _ Senior Manager Operations & Lift II

SEE SOMETHING! SAY SOMETHING AND SAVE SOMEONE!

**LOVE
YOURSELF
TIRHANDZE
ZITHANDE
ITHATE
WEES LIEF VIR
JOUSELF**



EDITOR'S NOTE



All eyes are on South Africa as our national rugby team is delivering stellar performances proving their dominance.

Go Bokke!

Likewise, we are proud of our teams on site for their high safety performance and valuable contribution towards productivity and Zero-Harm.



EDITORIAL

PMC and the local traffic department patrol the R40 corridor on an extensive **Stop Magnetite Spillage Campaign**

On Tuesday the 17th of October 2023, PMC Magnetite and Stakeholder Engagement teams together with the local SAPS and Traffic Control department, patrolled the R40 corridor in celebration of October Transportation Month.

The R40 provincial road, in coherence with PMC business activities is critical for service delivery and economic development within Ba-Phalaborwa. The corridor enables mobility into Phalaborwa town and its surrounding communities, and it is also the main access point in and out of Phalaborwa for the Magnetite truck drivers who load Magnetite deposits at PMC and transport it to the harbour.

In line with PMC's sustainability commitment, prioritization of maintaining a good relationship between the business and the local communities, and risk mitigation of the business' impact on the safety, health and environment - we witnessed our teams at work rolling out environmental education - STOP Magnetite Spillage Campaign, mindful of our close proximity to the Kruger National Park, our possible impact on the animals, our employees, environment and the general community at large.



EDITORIAL



Our PMC Emergency Response Team are Literal Life-Savers!

The PMC Emergency Response team consists of both permanent and volunteer members who are highly trained to respond in cases of emergency in an attempt to minimize injuries and ultimately save lives.

Regulation 16.5 of the Mine Health and Safety Act Regulations requires that trained mine rescue personnel must be available at all times at underground operations. Regulation 24 of the same act also specifies requirements in terms of the provisioning of first aid equipment and the availability of trained and competent First Aiders at all mining operations.

On the 28th of September 2023, one of our contractor employees employed at Lucid Scaffolding working at the Smelter, lost consciousness and collapsed due to a medical condition. Her colleague, Eric Khosa noticed that she fell and raised the alarm. The Supervisor and Security Control were notified, and the PMC Emergency Services were dispatched to the scene. Chris Hamman, a contractor employee working for BGRIMM within the vicinity, responded to the scene and immediately started giving first aid treatment, whilst waiting for the Emergency Services to arrive. A member of the PMC Emergency Services, Carl Coetzee working close by also responded to the scene and assisted with the first aid

treatment until the EMS personnel on call arrived with the ambulance.

The employee was loaded into the ambulance and treatment continued whilst she was transferred to MarulaMed for further treatment.

Brave Mushikita (Senior Manager Smelter & Refinery Operations) commended the first responders on the scene who immediately started with first aid treatment whilst waiting for the EMS to arrive. Mr. Mushikita also recognized the EMS team's intervention and the agility with which they responded to the incident. Special mention to Christiaan Hamman, Eric Khosa and Carl Coetzee for their quick response and commitment to making a difference. Their immediate assistance to a colleague prevented the condition from worsening until the Medical Professionals could start their treatment. Giving first aid treatment is about treating injuries to prevent the condition from worsening and to promote recovery, it could ultimately mean saving a life.

Note: It is important for colleagues to disclose their medical condition as a way of empowering their colleagues to respond appropriately and within a reasonable time to ensure that the correct and prompt aid is provided.

Did You Know ?

Seizure symptoms can vary widely.

- Temporary confusion.
- A staring spell.
- Stiff muscles.
- Uncontrollable jerking movements of the arms and legs.
- Loss of consciousness or awareness.

Call To Action

- Employees are encouraged to inform their team members/supervisors of their medical conditions such as Epilepsy, Asthma, etc. to assist Rescue teams apply the correct treatment.
- Carry a copy of your Medical Aid and ID in a case of emergency where you are injured and lose consciousness and must be admitted for hospitalization.



ZERO HARM CUP

IT IS HERE ARE YOU READY?

QF 1:
Sinkers (Vent Shaft) vs BB Bronco's (Growth construction)

QF 2:
Refined Hawks (S & R) vs Smelter Risk Assessors (S & R)

QF 3:
Dyna Clones (Vermiculite) vs Sec. Crushers & Automills (Conc.)

QF 4:
Cavers (Mining Lift I) vs TFP & CFP (Concentrator)

Fatal Risk Opponents

- Risk Assessment
- Occ. Hygiene Stressor: Fatigue
- Vehicles & Driving

QUARTER FINALS: 1-15 NOVEMBER 2023

Name: _____ Date: _____

Chronic Diseases and Disabilities

V N O I T A R E N E G E D R A L U C A M P I F G
 Q U I H K H Y S Q P M N O I T A L L I R B I F U
 N E N E G O C N O U I K N F Q S I T I R H T R A
 W B G J U F R W Q X O Y S P M L Z C E N I F S C
 Z L J M D I S A B I L I T Y N X S A P X M K I H
 C A R D I O V A S C U L A R E Y I R V H P T S W
 X N A D A I G C H D O P O D T S R C Q I A K A T
 Y P N D E K O R T S W I I I E P O I Q S I B T E
 C G I Z F H K J P A P A R A C O T N Z T R U S W
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 R R U U I U V P E E Z E I E N B E G R M D S T T
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 N C N X U L I L R R X Z N E E W A N W N I T M A
 I Q I L J W V J E Y S N I S R Z N S H E S K X N
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 D O Z S O B J E L M G H U W B S G I H M O E F I
 I U G R O M U T A D U B S Q F I N J R X N A S L
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 R M C Q F E C S I T I R H T R A O E T S O Y K A

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|----------------------|---------------------|-----------------|-----------------|
| ADA | ALLERGEN | ALLERGY | ANEURYSM |
| ANGINA PECTORIS | ARTHRITIS | ASTHMA | ATHEROSCLEROSIS |
| BIOPSY | CANCER | CARCINOGENS | CARDIOVASCULAR |
| CHRONIC DISEASE | DIABETES | DISABILITY | FIBRILLATION |
| HISTAMINE | IMPAIRED MOBILITY | IMPAIRED VISION | INSULIN |
| MACULAR DEGENERATION | MALIGNANT | METASTASIS | ONCOGENE |
| OSTEOARTHRITIS | RHEUMATOIDARTHRITIS | STROKE | TINNITUS |
| TUMOR | | | |

DR MAGIBAS CORNER

What is Alzheimer's Disease?

- Alzheimer's disease is the most common type of dementia.
- It is a progressive disease beginning with mild memory loss and possibly leading to loss of the ability to carry on a conversation and respond to the environment.
- Alzheimer's disease involves parts of the brain that control thought, memory, and language.
- It can seriously affect a person's ability to carry out daily activities.

What is known about Alzheimer's Disease?

- Age is the best-known risk factor for Alzheimer's disease.
- Family history—researchers believe that genetics may play a role in developing Alzheimer's disease. However, genes do not equal destiny. A healthy lifestyle may help reduce your risk of developing Alzheimer's disease. Two large, long term studies indicate that adequate physical activity, a nutritious diet, limited alcohol consumption, and not smoking may help people.
- Changes in the brain can begin years before the first symptoms appear.
- There is growing scientific evidence that healthy behaviors, which have been shown to prevent cancer, diabetes, and heart disease, may also reduce risk for subjective cognitive decline.

What are the warning signs of Alzheimer's disease?

Alzheimer's disease is not a normal part of aging. Memory problems are typically one of the first warning signs of Alzheimer's disease and related dementias.

In addition to memory problems, someone with symptoms of Alzheimer's disease may experience one or more of the following:

- Memory loss that disrupts daily life, such as getting lost in a familiar place or repeating questions.
- Trouble handling money and paying bills.
- Difficulty completing familiar tasks at home, at work or at leisure.
- Decreased or poor judgment.
- Misplacing things and being unable to retrace steps to find them.
- Changes in mood, personality, or behavior.

How is Alzheimer's disease treated?

Medical management can improve quality of life for individuals living with Alzheimer's disease and for their caregivers. There is currently no known cure for Alzheimer's disease. Treatment addresses several areas:

- Helping people maintain brain health.
- Managing behavioral symptoms.
- Slowing or delaying symptoms of the disease.