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The Mirror Safety Initiative is a Solution that Aims to Mitigate the Historic Increase in Serious Injuries During the Festive Period by Prompting Corrective Thinking in Real Time

The mining environment is inherently risky and requires continuous commitment from both the Employer and Employees to work safely. The focus of the Minerals Council is on improving occupational health and safety across all mines in Southern Africa. To achieve this objective, the council has put in place laws and policies that regulate activities within the mining sector. The Mine Health and Safety Act is clear, that the employer has a duty of care towards the workforce and must always strive to prioritize prevention of injury on duty by creating a safe work environment for work to be conducted in.

Workers have the right to be trained and to be provided with the necessary resources to enable them to conduct their duties safely. Furthermore, workers must be informed of their rights by the employer and should be empowered to exercise those rights without fear of victimization, when

following the correct procedure to withdraw from dangerous work and to report the unsafe condition to the responsible person.

The MHSA promotes the rights of mineworkers including but not limited to:

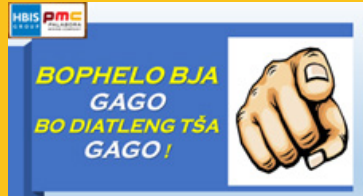
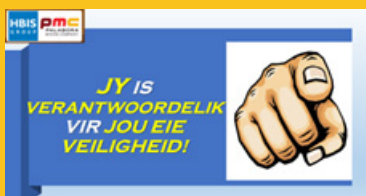
MHSA SECTION 22: YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY & THAT OF YOUR TEAM

MHSA SECTION 23: YOU HAVE THE RIGHT TO WITHDRAW FROM UNSAFE WORK

MHSA SECTION 83: NO DISCRIMINATION AGAINST EMPLOYEES WHO EXERCISE THEIR RIGHTS

The Mirror Safety Campaign is a proactive response by the employer to highlight the importance of remaining vigilant and focused entering the 2022 festive season. Our business behavioural trend analysis, and that of the South African Mining Industry, identifies a decline in safety performance during Q4. Year-end fatigue or the celebratory activities associated with year-end, may affect workers' efficiency and commitment to detail and as a result, shortcuts leave workers exposed and susceptible to injury or far worse, loss of life on duty.

Therefore, take a look in the mirror and be reminded that ULTIMATELY, YOU BEAR THE RESPONSIBILITY FOR YOUR OWN SAFETY!



The month of October has been declared Mental Health Awareness Month with the objective of not only educating the public about mental health but also to reduce the stigma and discrimination that people with mental illness are often subjected to.

PMC Railway Upgrade Launch



The Logistics team led by Mr Sanda Zungu, Senior Manager Supply Chain & Logistics together with the Projects team led by Mr Zakes Malepe, General Manager, Asset Management have collaborated to tackle the railway capacity expansion on site, optimizing its design with a 4km extension, enabling it to load and clear 80 wagons in one trip, to the maximum of 5 train trips a day. This expansion means, improved efficiency at the loading facilities and reduced magnetite cost of sales for the business . Our new tracks are laid to accommodate the Transnet locos . Transnet transfers, are now able to collect Magnetite and Vermiculite on site and transport it directly to the Maputo or Richards Bay ports.



Trains
DO NOT
WAIT



Dr. MGIBA's CORNER

Mosquitoes – It is more than just malaria



Most people instantly associate mosquitoes with malaria, but these tiny flying insects can transmit several other diseases too. Viruses transmitted by insects such as mosquitoes are called arthropod-borne or arboviruses. Most vertebrate hosts for these arboviruses are non-human and include birds, primates, and agricultural animals. Nevertheless, some arboviruses can be transmitted to humans with severe negative outcomes

Five of the most important arboviruses affecting communities in Africa include the chikungunya, dengue, West Nile, yellow fever and Zika viruses and it is estimated that half of the world's population is at risk of being infected by an arbovirus.

Some mosquito-borne diseases, but not all, can be fatal to humans and every effort must be made to prevent being bitten by a mosquito and infected using both pharmaceutical and non-pharmaceutical measures.

What Is Malaria?

Malaria is a serious and sometimes life-threatening tropical disease that is caused by a parasite and spreads through mosquitoes.

Malaria Transmission

Malaria is caused by plasmodium parasites, which are carried by anopheles mosquitoes. It is only a female mosquito that spreads the malaria parasite as she takes a blood meal from her egg development, and these blood meals are the link between the human and the mosquito hosts in the parasite life cycle.

When a mosquito bites an infected person, a small amount of blood is taken which contains microscopic malaria parasites. About 1 week later, when the mosquito takes its next blood meal, these parasites mix with the mosquito's saliva and are injected into the person being bitten.

Once the parasites enter your body, it travels to your liver, where it multiplies. It then invades your red blood cells (which



carry oxygen) and once inside the red blood cells, lays eggs. It keeps on multiplying until the red blood cell bursts, releasing more parasites into your bloodstream. This infection can make you very sick.

Symptoms and Diagnosis

Symptoms of malaria include fever and flu-like illness, headache, muscle aches, and tiredness. Nausea, vomiting, and diarrhea may also occur. Malaria may cause anaemia and jaundice (yellow colouring of the eyes) because of the loss of red blood cells.

Malaria can be easily diagnosed with malaria rapid test, but the most accurate test is laboratory blood smear done through microscopy.

Malaria Complications

Some people are more likely to have serious health problems if they get malaria, including:

- Children younger than 5 years
- Elderly
- Pregnant women and their unborn children

If not promptly treated, the infection can become severe and result to the following complications:

- Cerebral malaria which may be characterized by mental confusion, seizures, and coma
- Liver and kidney failure (from Black Water Fever)

Prevention

With malaria, prevention is better than cure, so bite prevention and chemoprophylaxis are important ways of protecting yourself. (Chemo prophylaxis means taking antimalarial medication to prevent the disease.)

Consider the following:

- Use an effective insect repellent on clothing and any exposed skin
- If you sleep outdoors or in an unscreened room, ideally you should use mosquito nets impregnated with an insecticide.
- The net should be long enough to fall to the floor all around your bed and be tucked under the mattress.
- Check the net regularly for holes.
- Nets need to be re-impregnated with insecticide every six to twelve months (depending on how frequently the net is washed) to remain effective.
- If practical, you should try to cover up bare areas with long-sleeved, loose-fitting clothing, long trousers, and socks - if you are outside after sunset - to reduce the risk of mosquitoes biting
- Doors, windows, and other possible mosquito entry routes to sleeping accommodation should be screened with fine mesh netting. You should spray the room before dusk with an insecticide (usually a pyrethroid) to kill any mosquitoes that may have come into the room during the day.
- Anti-malarial medication (chemoprophylaxis) helps to prevent malaria. Talk to your doctor to find out which medication is the best for the area.

Consider Malaria Prophylaxis and Malaria Vaccine for prevention when visiting malaria endemic areas.

Editor's comments

October is mental health awareness month. Mental disorders vary in severity. Let us make effort to educate ourselves about mental health to reduce the stigma. Depression and Anxiety are REAL and many people, including ourselves, colleagues and loved ones are suffering in silence. Let us learn to practice kindness and compassion.

Enjoy this issue and KEEP SAFE!



Community News **PMC Pothole Repair Project**

PMC has invested heavily to repair roads within its 8 local communities. These are some of the many ways that PMC is demonstrating its commitment to ensure service delivery within its host communities.





Kiddies corner Select one competition and enter. Only one entry allowed.

Safety Week

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RPGKRXDYSTRAPPINGDSQEAPV
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RLSUHZDLRVJFHWHLKHOUKIY
QWCRLAYPTSONMXFGRGMLPXKE
DUANYESGULPRAEYBVNNRSZID
SSRSBWNCXPVXETKEMIIEKXHH
EDDCXJSWILVJEFCLKTRYXYPC
LRBSJKZIIYAOFOPOSHFTETJR
QAOTYJSBYYARCCRONIWGPFAF
ZZAUCSMXGSKJKTUDRLQKNWNK
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JNCIMETLTJEVSMZHSEBGAQEQ
YIWBMSGAOECXCMXYRHFLLKUQA
ILCNNHGSPTBVLRIJOEXRHN
SLSOKOKIFPEUDYAQVQAKKPJV
EADRUYNTPCZSJLXABGXGOARS
GFBTAGWSNGQLSSACRUJDQFFF
HQFUANNHANDLES LUGSZVFBDC
UBXECPSNAIRTS EDEPFTQMYVD

Your entry must have the following information:
• Child Name and age
• Parent Name
• Payroll Number

- | | | | |
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| Lock Out Tag Out | Gloves | Safety Glasses | Ear Plugs |
| Cardboard | Ladders | Raw Materials | Forklifts |
| Handle Slugs | Strapping | Heavy Lifting | Pedestrians |
| Burns | Electrical Shock | Falling Hazards | Housekeeping |
| Tripping Hazards | | | |