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PALABORA MINING COMPANY (PMC) IS ALLOCATING RESOURCES EFFECTIVELY TO ASSIST HOST COMMUNITIES

Palabora Mining Company (PMC) is extending the 3km tar road it built in Selwana village by a further 3kms. The stretchy 60km undeveloped provincial road leading to Eiland is a thorny issue and as a responsible corporate citizen, PMC is actively participating to bring about positive social change. The mining giant is investing a hefty sum of money to resolve a major challenge in Selwana village. Constructing a road, will impact the farm-orientated villagers in a multi-layered way enabling them to diversify the economy, and limit reliance on the mine for employment.

PMC has a firm understanding of local context. An initiative such as this, forges a bridge of collaboration between multiple stakeholders namely: PMC, Selwana residents, tribal authorities, local and national government. PMC has through this investment, successfully managed to

create a platform for Road Agency Limpopo (RAL) and the Ba-Phalaborwa local municipality to work together, delivering on the fair expectations of the locals in Selwana – who demand service delivery.

The investment to extend the road by a further 3kms is beyond compliance or an effort to retain a mining license. It is PMC's response to the locals' call seeking service delivery and social sustainability. It is a drive to demonstrate that the mine genuinely cares about those living within this mining town.

To this end, the socio-economic impact of constructing the first 3km road proves a return on investment and due diligence proves that extending the road will stretch benefits such as:

- issuing of fixed-term work to local contractors
- general employment for local workforce, especially women, youth and the disabled,
- skills transfer,
- sudden economic activity and alleviation of poverty in Selwana,
- easy access to town and nearby communities,
- reduced travel time to the city markets for emerging crop farmers in the Selwana,
- reduced wear and tear on vehicles,
- timely arrival.

It is the mine's conviction that noting the tangible social impact the project has on the community, government will also make strides to provide the necessary resources to continue with the project reaching Eiland.





Mental Health Awareness Campaigns Should Be A Continuous All Year-Round Drive & Not Limited To The Month Of October Only



Vermiculite Business cares about employees' mental health

23 September 2022

Vermiculite Business launches mental illness awareness as they celebrate Heritage Day in style

As part of his moral responsibility and showing the value of caring, Senior Manager Vermiculite Business, John Makgatho is ensuring that the employees are healthy and cared for. From 19 – 23 September was declared Wellness week, with the focus on mental health.

With so many stigmas attached to dealing with mental health, leadership felt it necessary to have the wellness week and invited PMC's Employee Assistance Practitioner, Nandi Nkosi, to provide a presentation on dealing with mental health and supporting fellow employees and family members.



To make this campaign interesting, the leadership at Vermiculite engaged the employees by creating a crossword competition and questionnaire to test the employee's knowledge. The competition was open to Vermiculite Business employees including contractors.

"It is important to have knowledge about mental illnesses because our jobs require reaching targets in a fast-paced environment, in instances where targets are not met, it becomes a problem which can affect others psychologically.

We are all striving for success in reaching targets with the work that we do. Inability to reach targets affects employees in many ways, it may result in

sadness, which leads to stress and ultimately affects our mental health", said Makgatho.

The atmosphere was electrifying as employees were excited and dressed up in their Heritage Day outfits and gathered to close-off their wellness week today while celebrating with a braai.



There were lots of prizes up for grabs, with 5 lucky employees walking away with a R500 Game Voucher each! The employees were: Ballentine Ramalepe (Dispatch), Maggie Mojela (Plant Operations), Nkateko Mmola (Afritop), Nkateko Matukane (Intern), Benny Mojabelo (Maintenance Fleet).



Congrats to all the winners and Happy Heritage Day!!

Dr. MGIBA's CORNER

Summer Ailments

Our Summers days can be very hot and uncomfortable to deal with. In addition to this, the hot weather might make you prone to various other diseases and infections. The human body is often dehydrated and has a compromised immune system in the summer. Furthermore, the hot weather also increases the presence of various infection-causing organisms.

Below are common diseases that you may be prone to this summer and how to prevent developing them.

Food Poisoning

Food poisoning is the most common during summer. Food poisoning occurs when we consume spoilt, contaminated, or unhygienic food. The hot summer weather makes the food spoiling process quicker. This might make us prone to consuming contaminated foods without even realizing it. The best solution is to only consume food from hygienic and trustworthy sources. Also, make sure to refrigerate food and not keep them outside for long periods.

Hyperthermia

Hyperthermia in simple terms is when the body temperature is much higher than what it should be. This happens when you stay under the sun for too long. Hyperthermia may cause other summer-related diseases such as heat strokes, heat exhaustion, etc. The best way to treat Hyperthermia is staying indoors more, regularly hydrating, drinking electrolyte drinks, wearing thin clothes, taking showers whenever need be, and so on.

Skin conditions

Various skin conditions may be caused, triggered, or worsened by the hot summer weather. Skin-related diseases such as Lupus, Sclerosis, Psoriasis, etc. may have inflammatory symptoms in the summer. To avoid worsening or causing skin disease, take regular showers, apply ointments, and hydrate the skin.

Headaches

Headaches are very common during summer. Headaches may be caused due to the hot weather or due to dehydration. Staying under the sun or even outdoors in the hot weather can make you sweat a lot. This might make you dehydrated as well as low on energy. Make sure to consume enough water and also regularly eat food or consume electrolyte drinks (ORS) if needed.

Hay fever

Hay fever is an infection caused by allergies



in summer. You may experience hay fever if your body is unable to fight infection. The most common symptoms of hay fever are fever, lethargy, coughing, watery eyes, blockage of the nose, and sneezing. It can be avoided by keeping your surroundings clean, maintaining a healthy immune system, and wearing a face mask if needed.

Heat rashes

The hot weather may cause rashes or redness on the skin due to the clothes we wear or by chafing. This happens more often if you are sweating or/ and walking for long hours. The best solution is to avoid long hours outdoors. If that is unavoidable, you can use ointments or rash and chafing creams to avoid and treat them.

Waterborne diseases

Similar to food poisoning other common summer diseases are waterborne diseases. The hot weather gives rise to various organisms that are notorious for attacking the human body. As the name suggests, these diseases might be contracted due to consumption of contaminated water or due to dirty water bodies in your environment. Some of the most common waterborne diseases are Typhoid, Cholera, etc.

In conclusion, keeping good hygiene and staying indoors can help you avoid various diseases that you may be prone to in summer. Furthermore, eating well and maintaining a good diet is the best way to maintain a healthy and strong immune system.



Editor's comments

October is Breast cancer awareness month. In this issue I would like to support, honour and remember patients and survivors as well as those who have fallen. Let us educated ourselves about the disease. Early detection can save lives.



Mining

Caleb Monyela's name is written amongst the "GCC" stars.

Former PMC bursary holder and current Engineer-in-Training (B-Tech Electrical Eng.) graduate has attained his Government Certificate of Competency (GCC) certificate in the year 2022.

1 When Did You Join PMC? I joined PMC in 2010 as a bursar and in 2016 I was employed permanently as an Engineer- in-Training until present.

2 Section And Role Currently Employed At? Currently I am employed as an acting Supervisor at Crushing and Conveying Lift II Horizontal Development & Undercutting.

3 What is GCC And What Is Its Purpose? GCC stands for Government Certificate of Competency. It is a certificate issued by the Chief Inspector from the Department of Employment and Labour (Factories Engineer) or the Department of Mineral Resources (Mines Engineer) or South African Maritime Safety Authority (Marine Engineer) certification for Mechanical or Electrical engineers who are working in the factories or Mine or marine industry in South Africa.

A Certificate of Competency (GCC) is a license to operate for qualified Engineers in the mining and heavy industry. GCC focuses on the legal and technical aspect of engineering.

4 Describe Your GCC journey? I started my journey to attain a GCC license in 2016 and finally completed my Annexure E exposure program last year in 2021.

I had a lot of challenges during my journey but one of the main ones was finding exposure opportunities from other mines. However, the team at Training & Development were very helpful, and continuously sought opportunities from various mines across South Africa until at last all the modules were covered and signed-off.

Thereafter, all the learnings and preparations I applied to write the GCC exams in June 2022 and thankfully passed both plant and law simultaneously.

5 Motivation to pursue your GCC? After graduating I thought I was an Engineer and when I arrived at PMC and I was advised that to be a certified Engineer, I needed a GCC license and that's how the journey began.

6 Support Throughout Your Journey? Training & Development made it all possible. They ensured that we complete all external training on our Annexure E and



booking us to attend preparation courses before the exams.

The Chief Engineer allowed us consulting time with him to help us prepare for the exams.

Lift II Engineering Managers provided the exam resources needed for the exam.

Lastly and most importantly – PMC as an organization was behind us and fully supporting us.

7 Advise For Other Colleagues Pursuing To Attain Their GCC Always seek guidance from Section Engineers and Engineering Managers.

Keep your Annexure E as your P1 during your training.

Focus and prepare well and in time for exams.

8 What Is Next For You? I am looking forward to being appointed as a Section Engineer. In that role I will have the opportunity to apply and demonstrate the skills I have acquired as an Engineer-in-Training.

9 Where Do You See Yourself 5 Years from Now? I see myself as a leader in the engineering space also I wish to enhance my knowledge about legal obligations and responsibilities as 2.13 Engineer. As an Engineering Manager, I will develop and guide junior Engineers and transfer my skills.

10 If You Had One Superpower You Would.....Make sure that all employees at PMC come to work and return home safe without any injuries and keep up with all scheduled work.



COMPETITION

Drawing COMPETITION



Make a safety poster, with a catch safety slogan and urge workers to work safely. The poster content and imagery must be mining related