

For comments or queries contact the editor: zani.kutumela@palabora.co.za



THE SMELTER HOT METALS ELECTRICAL TEAM HAVE WRIST HIGH VOLTAGE ALARM DEVICES TO SAFEGUARD THEM FROM CONTACT WITH LIVE ELECTRICITY

Working with electricity is very dangerous but for trades such as Electrical Engineering, it is unavoidable. The Mine Health and Safety Act clearly states that the employer carries the responsibility to provide a safe and conducive workplace for the workers and that workers have the right to withdraw from an unsafe work area without fear of victimization from their leaders, if following the correct procedure to withdraw.

PMC management takes this responsibility seriously and have once again demonstrated their commitment to providing a safe working environment by procuring 12 wrist high voltage

alarm devices in an attempt to safeguard Electricians from contact with live electricity. The practice was noted as a best practice during a site visit at Sibanye Stillwater shaft 8, where a similar

“The employer carries the responsibility to provide a safe and conducive workplace

voltage detection device was used. As a result, now all Smelter Electricians have the voltage detection units as an additional safeguard to all

current Safety protocols. These do not replace any of the other Safety system controls that are already in place.

PMC management concurs that these devices have potential to save lives and avoid electrical contact or shock. Once donned they will sound an alarm whenever the Electrician is in close proximity to any medium to high voltage charged body ranging from 1000V up to 132KV.

This is yet another innovative way to prove that safety is prioritized at PMC to preserve lives.



DON'T DRINK AND DRIVE

SPEED KILL



Did you know?



Vultures



Hooded Vulture - *Necrosyrtes monachus*

- Critically endangered.
- Smallest of the vultures found on site, often seen in pairs.



White-headed Vulture - *Trigonoceps occipitalis*

- Critically endangered.
- Generally solitary species that nest in isolated territorial pairs.
- Only 1 pair have been seen visiting PMC.

White-backed Vulture- *Gyps Africanus*.

- Critically endangered.
- Most abundant visitor to PMC feeding sites.
- Went from least concern in 1988 to Critically endangered in 2015 due to the high rates of poisoning.



Lappet-Faced Vulture - *Torgos tracheliotas*

- Endangered
- The most powerful and aggressive of the African vulture species.
- Often seen alone or in pairs.



Cape Griffon Vulture - *Gyps coprotheres*

- Vulnerable
- These vultures nest on cliffs and only lay one egg per year.
- They are often confused with the White-backed vulture but are larger in size and have yellow irises



Introduction

Palabora is dedicated to the protection of the environment in which its activities are conducted. We are particularly conscious of our proximity to the Kruger National Park and the abundance of flora and fauna in the area. We attempt to promote harmonious co-existence of people, industry and wildlife through education and responsible management.

Situation Analysis

The nature of the operations at Palabora involves the use and reuse of large amounts of water daily. This has resulted in the formation of many water bodies on the property and that naturally attracts wildlife during the dry months of the year between May and December. The presence of wildlife always attracts the presence of scavengers, especially Vultures. At PMC we often have wildlife casualties due to our operations and the carcasses of these animals are taken to a designated area to allow safe access for vultures to feed.

Vulture Management on PMC

Palabora believes in gathering data so that informed decisions can be made on how to manage wildlife and minimize animal-human conflict on site as far as possible. We are also dedicated to the conservation of endangered species and in preventing any unnecessary loss of these animals. All Vulture species in South Africa are endangered or critically endangered. At PMC we have 5 Vulture species namely: **White-Backed Vulture, Hooded Vulture, White-headed Vulture, Lappet-faced Vulture, and the Cape Griffon.** These Vultures are monitored annually. We work closely with the EWT Vulture department and assist in some of their research projects. Vultures seen with "Yellow Tags" form part of these research projects and are closely monitored when they are on site.

Poaching, Problem Animals, Diseases and Human-Animal Interaction.

One of the largest contributing factors to the decline in Vulture numbers is poaching. Poachers often poison the carcasses of animals they have killed in order to kill Vultures that come to feed on the scraps left behind. This is done to prevent the Vultures from indicating the location of the carcass to rangers or conservation officers in the area, thus giving the poachers ample time to escape. Unfortunately, this cruel act often leaves hundreds of vultures dead.

Behaviour awareness

Vultures are often seen circling in the air in groups ranging from only a few to hundreds at a time. This is often an indication of a carcass in the area, and when the vultures are monitored long enough, they will lead to its discovery. Contrary to beliefs, the vultures do not circle directly above a carcass, they will circle at a distance using their incredible sense of sight and smell to assess the carcass, only to descend towards it when it is safe to do so.

Vultures are regarded as the "cleaners" of the wild. They will scavenge for carcasses and spend days feeding on it until only the bones remain. The larger vultures such as the Lapped-faced and White-headed vultures are normally only present during the first few days. They have the means to tear open the skin and feed on the larger pieces of carrion first. After they open the carcass, the medium sized vultures such as the White-backed vultures dominate the scene in a feeding frenzy. They are then followed by the smaller vultures like the Hooded vultures that come to feed on the smaller scraps of carrion as well as the insects feeding on the carcass. The hooded vultures are often the last ones to leave a scene once everything is cleaned to the bone.





Mines Rescue Services (MRS) is a private sector, non-profit organization that, through the training of volunteer rescue team members, provides the resources and expertise for an effective emergency service primarily to the South African mining industry.



Meet Our Proto Champion: Wayne Smit

Wayne Smit celebrates 15 years of service as a PMC Proto member – Mine Rescue Service

1 When did you join PMC?

I joined PMC on the 1st of June 2005.

2 Section and role currently employed.

I am currently employed as Construction Superintendent at the Lift II Growth Project.

3 When did you join the proto team?

I became a Proto team member in Feb 2008.

4 What motivated you to join?

I was motivated to join Proto because I understood that as a Proto Brigadesman, I will have the potential to make an impact in my community as well as in my company by helping my fellow employees and friends in dire situations and contribute towards saving lives. It gives me pleasure to know that I will

be able to use the knowledge and skills that I have acquired through training towards becoming a Brigadesman to help someone in distress.

5 Share on your most memorable encounters as a proto member at PMC- both frightening and happiest moment?

Frightening Encounter:

My most frightening encounter at PMC was in 2018 when fighting the fire in the Underground at Conveyor 5.

Happiest Encounter:

My happiest encounter at PMC was also in 2018, for being part of the team that rescued approximately 180 people from a burning fire at Conveyor 5 in the underground.

6 What did receiving the 15-year Proto service award mean to you?

This award to me symbolizes the commitment, time, sweat and effort my family and I have given to the Emergency Services for the past 15 years.

7 Advise for other colleagues pursuing to join proto.

Being a member of the Proto team is a huge honour and not much else can be compared to the pride one feels when wearing the Proto insignia on the chest. However, the role requires full-time commitment and that should not be taken lightly.

8 If you had one superpower you would.....

I would want to see what the future holds, so that I may be able to plan and prepare accordingly, in order to keep my team safe from danger and save many more lives.



Meet Our Proto Champion: Jaco Erasmus

Jaco Erasmus celebrates 10 years of service as a PMC Proto member

1 When did you join PMC?

I joined PMC on the 6th of November 2001.

2 Section and role currently employed.

I am currently employed as a Fitter at Refinery Tankhouse Maintenance

3 When did you join the proto team?

I became a Proto member in 2010.

4 What motivated you to join?

I was motivated to join the Proto team because I wanted to make a difference and save people's lives as well as ensuring overall safety. Furthermore, I wanted to have the privilege of working with the amazing PMC Proto team.

5 Share on your most memorable encounters as a proto member at PMC- both frightening and happiest moment?

Frightening Encounter:

My most frightening encounter at PMC was fighting the fire underground, when Conveyor 5 was burning.

Happiest Encounter:

My happiest encounter is any moment during a call out where we can save a life.

6 What did receiving the 10-year award mean to you?

Receiving the 10-year recognition award was a great honour because I consider being a member of the Mine Rescue Services a great privilege. Furthermore, receiving the award symbolized that the hard work and effort we dedicate into our service as Proto Members is recognized.

Editor's comments

The year 2022 is sprinting to the end. We are now in the last quarter often referred to as the silly season. A time where we let our hair down, have a bit of fun and feel free to be a bit silly.

I would like to remind all of us to remain vigilant at work and continue striving to working safely.



Meet Our Proto Champion: Johan Bezuidenhout

Johan Bezuidenhout celebrates 10 years of service as a PMC Proto member

1 When did you join PMC?

I joined PMC in the year 2012. I previously worked at PMC as a contractor, and on the 1st of July 2012 I was appointed into a permanent role.

2 Section and role currently employed.

I am currently employed at the SHEQ department working as an Emergency Services Liaison Officer.

3 When did you join the proto team?

I became a Proto team member in December 2012.

4 What motivated you to join?

I joined Proto because I wanted to form part of this elite group of people who serve the mine and their fellow employees during any emergency. In 2005 when I first started working at PMC as a Contractor Supervisor, I wanted to join the Emergency Services, however, due to being a contractor employee, I was not able to join the PMC Proto team. When I was appointed as an

Electrician at Electrical Infrastructure in 2012, I therefore was granted the opportunity to join the Proto and I am in my 10th year of service to date.

5 Share on your most memorable encounters as a proto member at PMC- both frightening and happiest moment?

Frightening Encounter:

My most frightening encounter at PMC was in 2018 when Conveyor 5 was burning and there was a major fire Underground. I was part of the first team of Mine Rescuers that was sent underground to do a recce and to look for signs of life.

Happiest Encounter:

My happiest encounter was also during 2018 when Conveyor 5 was on fire. As the first team deployed underground to do a recce, we searched through the workshops looking for signs of life when we found one survivor. I vividly recall the look on his face when we reached him - the moment was priceless. Our team felt like superheroes because we were able to rescue an employee under those circumstances.

6 What did receiving the 10-year Proto service award mean to you?

I feel very honoured to receive an award for being part of the voluntarily Mine Rescue Service for the past 10 years. This is a really big achievement for me.

7 Advise for other colleagues pursuing to join proto.

My advise is that Proto is not a one-man show but rather requires the collaboration of teamwork. You must be committed and remain focused at all times in order to keep on another safe.

8 If you had one superpower you would.....

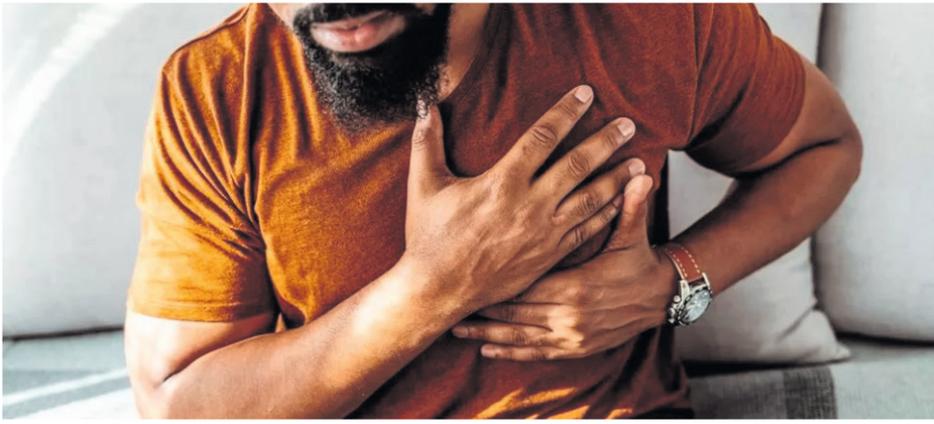
I would want the ability to change our country so that younger people can have a future. change our country so that younger people can have a future.

player, always having the heart and mind to look out for your fellow brothers.

8 If you had one superpower you would.....

I would want the ability to see things before they happen so I can stop an accident from happening.

Dr Meso's Corner What is a heart attack?



A heart attack occurs when blood flow to a section of the heart muscle suddenly becomes blocked. If blood flow isn't restored quickly, that section of the heart muscle begins to die.

- Age: over 45 years for men and 55 years for women
- Family history of early heart disease

2 Coronary Artery Spasm

A less common cause of heart attacks is severe tightening, or spasm, of the coronary Arteries, which cuts off blood flow to the heart muscle. The spasm can occur in arteries that do not have any atherosclerosis.

The following factors may play a role in causing these spasms:

- Taking certain drugs such as cocaine
- Smoking
- Pain
- Emotional stress
- Exposure to extreme cold

Can a heart attack be prevented?

Whether or not a person has CHD, they can definitely lower their chance of suffering from a heart attack by treating any diseases that make a heart attack more likely (such as diabetes, high cholesterol and high blood pressure), and by following a healthy lifestyle.

- There are many ways someone can make their lifestyle healthier:
- Follow a diet that includes a variety of fruits, vegetables and whole grains and eat lean meats, poultry, fish, beans, and fat-free or low-fat milk or milk products.
 - Avoid saturated fats, trans fats, salt and sugar where possible.
 - Maintain a healthy weight
 - Be as physically active as possible
 - Quit smoking and avoid secondhand smoke

What causes a heart attack?

1 Coronary-Heart-Disease

The most common cause of heart attacks is Coronary Heart Disease (CHD), which is also known as Coronary-Artery-Disease (CAD). CHD is a disease in which a waxy substance called plaque builds up inside the coronary arteries. When plaque builds up inside the arteries, the condition is called atherosclerosis.

With time, the plaque may break open inside the artery. This causes a blood clot to form and grow on the plaque's surface. If the clot becomes big enough, it can obstruct or completely block blood flow through the coronary artery. If the blockage isn't treated quickly, the portion of heart muscle supplied by the blocked artery begins to die.

Risk factors contributing to CHD that can be controlled

- Smoking
- High cholesterol
- High blood pressure
- High blood sugar, diabetes
- Obesity
- Unhealthy diet, lack of exercise
- Emotional stress

Risk factors contributing to CHD that cannot be controlled

Mining Corner



Risk factors contributing to CHD that cannot be controlled

Emergency preparedness drills are a necessity with the objective to expose employees to a mock emergency to ensure that they can respond and evacuate swiftly in the case of real emergency, especially in the underground mining environment.

The Lift I Mining Management team has been proactive in prioritizing the safety of its operational team working underground.

On the 25th of October 2022, Lift I Mining Operations Manager: Rendani Nemathithi together with Mining Maintenance Manager: Xolisa Sidandala led their 73-member team on a safety drill underground. The team in attendance comprised: Health and Safety Reps, Miners, Supervisors, Superintendents, Managers and Contractors.

The 73-member group was divided into two manageable smaller groups, and each group was allocated a specified escape route to reach the refuge bay namely:

- Sacrificial 4 escape route to north outer refuge bay

- Sacrificial 1 escape route to north outer refuge bay

All 73 crew members were provided with appropriate PPE as well as self-contained self-rescuers - a form of personal safety breathing apparatus - in case of any emergency such as explosions or gas leakages. The emergency rescue pack drill was conducted at Conveyor 5 sacrificial 3. At that point, all employees donned their self-rescuers following the correct safety protocol and techniques.

The Ventilation department led by Paul Botha joined the Mining Ops team to ensure safety and also giving support towards the safety initiative.

The drill was a success as both groups understood the assignment and arrived at the refuge bay successfully.

The Mining leadership hopes that repetition will create memory muscle and in the unfortunate event of an emergency underground, the employees will respond appropriately.

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

