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SHEQ DEPARTMENT KICKS OFF ITS MAIN SAFETY STRATEGY ON THE RIGHT FOOTING

Palabora Mining Company (PMC) has literally kicked-off its main Safety strategy for the year 2023. The SHEQ department, led by General Manager: Johan van Dyk has planned an all-year-round virtual tournament aimed at improving the safety

performance of PMC by fighting against the 15 fatal risks identified on site.

The Zero Harm Cup tournament is more than just a game of Soccer. It is another way that PMC management is demonstrating that they care and listen. Beyond the health benefits of participating in physical sport, participating in the virtual game fighting against the 15 fatal risks daily will highlight the importance of identifying and controlling risks in employees' minds and develop critical skills such as: communication, cooperation, problem identification & solving, decision-making and teamwork.

free to our loved ones.

Fighting against the 15 fatal risks identified on site daily will recalibrate employees' attitude and broaden their appreciation to always contribute their best to support operational strategies and policies to keep everyone safe.

PMC trusts that the 2023 Zero Harm Cup tournament will deliver its desired end state of being an injury-free mine for years to come.

The live soccer game held on Friday 31 March 2023 ended in a draw: Management (2) and Employees (2). The fun day ended with a surprise special event where EXCO members took free kicks at the goal posts to score extra points for their teams participating in the virtual matches against the fatal risks, and the spectators loved it. The employees blew their Vuvuzelas encouraging EXCO for the daunting task ahead.

What is clear now is that PMC workers and Management are aligned, ready and determined to BEAT the 15 fatal risks on site TOGETHER. Beating the 15 fatal risks will mean everyone gets to go home safely to their loved ones – Khumbul'ekhaya!

The Zero Harm Cup is a powerful reminder that achieving daily targets safely is possible. When everyone is aligned with the goal of achieving an injury-free work environment, the business stands to reap the benefit of uninterrupted production and we as employees get to go home injury



SEE SOMETHING! SAY SOMETHING AND SAVE SOMEONE!

ZERO HARM CUP #SAFETYASEMODLALO MANAGERS (2) vs EMPLOYEES (2)



Dr Mgiba's Corner



What is heart disease?

The term “heart disease” refers to several types of heart conditions. The most common type of heart disease is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

What are the symptoms of heart disease?

Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include

Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

Arrhythmia: Fluttering feelings in the chest (palpitations).

Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

What are the risk factors for heart disease?

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. About half of the people with heart disease have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

What is Heart attack?

A heart attack occurs when the blood flow to a part of the heart is blocked by a blood clot. If this clot cuts off the blood flow completely, the part of the heart

muscle supplied by that artery begins to die.

What is Heart failure?

Heart failure, sometimes called congestive heart failure, means the heart isn't pumping blood as well as it should. Heart failure does not mean that the heart stops beating — that's a common misperception. Instead, the heart keeps working, but the body's need for blood and oxygen isn't being met.

Heart failure can get worse if left untreated. If your loved one has heart failure, it's very important to follow the doctor's orders.

What are Arrhythmias?

Arrhythmia refers to an abnormal heart rhythm. There are various types of arrhythmias. The heart can beat too slow, too fast or irregularly.

Bradycardia, or a heart rate that's too slow, is when the heart rate is less than 60 beats per minute. **Tachycardia**, or a heart rate that's too fast, refers to a heart rate of more than 100 beats per minute.

An arrhythmia can affect how well your heart works. With an irregular heartbeat, your heart may not be able to pump enough blood to meet your body's needs.

Heart valve problems (Valvular heart disease)

When heart valves don't open enough to allow the blood to flow through as it should, a condition called stenosis results. When the heart valves don't close properly and thus allow blood to leak through, it's called regurgitation. If the valve leaflets bulge or prolapse back into the upper chamber, it's a condition called prolapse. All of these valvular conditions may lead to valvular incompetence with subsequent heart failure because the heart maybe overworked trying to compensate for the poor blood and oxygen supply.

Editor's comments



The Easter weekend is upon us. Many will be travelling either for leisure or to observe their spiritual practices. Be vigilant on the roads for your own safety and that of others.

DO NOT DRINK AND DRIVE. ARRIVE ALIVE!

Justice Malatji Is Always Spot On

Employee recognition is often limited to the acknowledgement of one's contribution towards the organization's goals and values. Senior Manager Smelter and Refinery: Brave Mushikita recently challenged the status quo by acknowledging Justice Malatji a Crane operator in his Division for his impeccable cleanliness.

Justice Malatji, locally born from Makhushane village, joined Palabora Mining Company on 01 August 2006 as a Crane Operator at the Smelter until now. A Crane operator's role is inherently risky, and his daily duties include the safe operation of large machinery: lifting, hoisting, and transferring large pots carrying hot molten across the converter aisle with precision. Having good personal hygiene can benefit both the employee and the business. Cleanliness is a mood enhancer, a confidence booster, stress reducer and a contributor to increased productivity and quality work output.

Mushikita understands that good hygiene is more than just physical appearance but a reflection of a person's way of life. Malatji handles his duties and the business' assets with the same respect that he accords himself. He maintains his

environment as clean as he maintains himself. *“I have observed that he is as clean when knocking off from work as he is when reporting despite him handling working in an environment which can be dusty”*, remarked Mr. Mushikita.

For sixteen years he has maintained his cleanliness, his shirt remains tucked in and his safety boot 'mirror' clean when reporting for duty.

“My job is my pride. I always make sure that I am neat and clean when reporting for duty because cleanliness is part of my character.” said Malatji



KIDDIE CORNER



Healthy Eating



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

- Diet
- Carrots
- Peas
- Nuts
- Butter
- Tomatoes
- Fruit
- Vegetables
- Protein
- Carbohydrates
- Fat
- Minerals
- Vitamins
- Eggs
- Potatoes
- Beans
- Fish
- Meat

