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HAPPY *mother's* DAY

PMC CONFIRMS THAT WOMEN HAVE A ROLE IN LARGE SCALE MINING

by electing a new WiM executive committee



Lenah Lenkoati: Secretary, Priscilla Hiine: Deputy Chairperson, Mpho Nyarela: Chairperson, Nhleko Mahumani: Additional Member, Caelyn Adendorff: Additional Member and Nokuthula Lushaba: Deputy Secretary

The appointment of the newly elected Women in Mining executive committee at Palabora Mining Company is confirmation that women play a critical role in the mining industry.

For decades, the mining industry has predominantly been male due to the inherent risks associated with mining activities, leading to the exclusion of women within the sector.

However, through the development

of technology and increased regulation in recent years, there is sufficient evidence supporting that there are significant improvements in mine safety, making the mining industry less dangerous.

Despite these technical successes, women working within the mining industry still face many challenges daily, for example:

- Lack of mentorship & coaching,

- Insufficient career development and guidance,
- Hygiene facilities,
- PPE for women.

Forums such as the Women in Mining, dedicate their resources to work with the management of their host organizations, to propel gender equality issues within the workplace, with the aim to create opportunities as well as resolve, and drive the inclusion of competent women into

an increasingly wider range of roles, positioning them to be trained and appointed as:

- Operators,
- Support staff,
- Board members,
- Management,
- Executive,
- Contractors,
- and Suppliers.



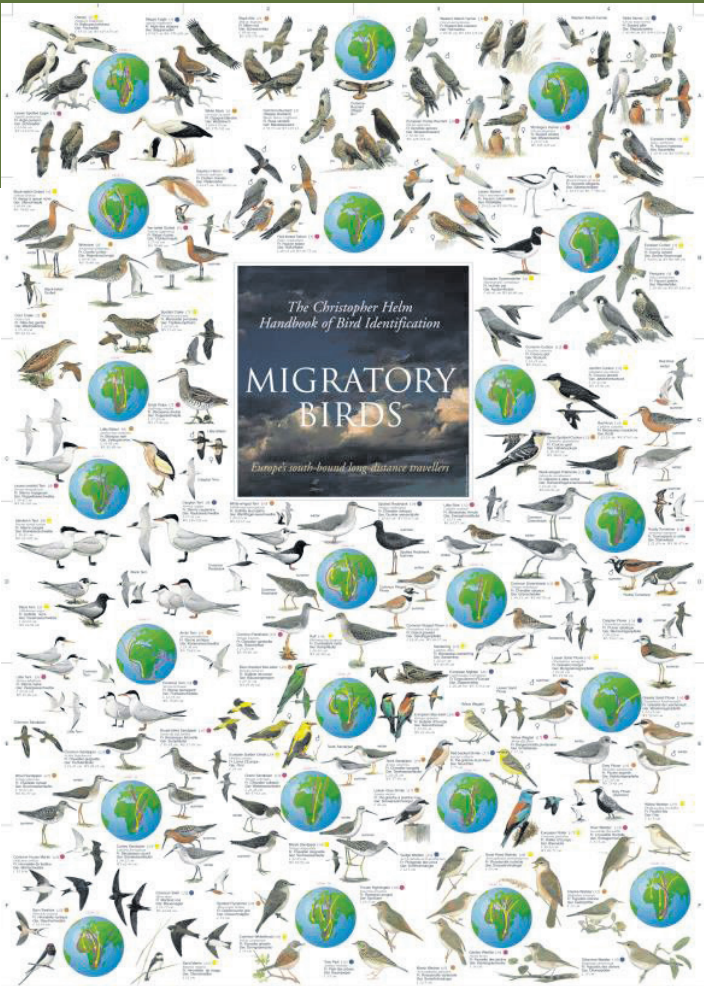
I see the opportunity to lead women in mining as an art canvas. Art combines what exists into something that never existed before. This is an opportunity for men to collaborate with women and proudly turn the organization into an industry trailblazer. In the same vein, I see an opportunity for WiM to impact host communities because social license is tantamount to our mining license. WiM presents an opportunity for the business to increase profit margins and safety statistics with the proactive development and appointment of women leaders being equitable to that of their collaborators.

Mpho Nyarela - PMC WiM Chairperson

SEE SOMETHING! SAY SOMETHING AND SAVE SOMEONE!

Did you know?

Migratory Birds



Amazing Travelers
Migratory birds fly across continents and oceans to find food, mates, and habitats.
South Africa is a popular tourist destination, attracting visitors from around the world to enjoy the country's spectacular wildlife, scenery and culture. Humans are not the only visitors attracted to South Africa by its natural bounty. Every year thousands of birds migrate to this beautiful country on the southern tip of the African continent to enjoy the spring and summer months. Most migrating bird species are insect-eaters and/or seed eaters that need to seek out available food sources and will often travel in large flocks over thousands of kilometers to meet their needs.

The Arctic tern migrates the greatest distance of any bird species, breeding north of the Arctic circle and then flying south to the Antarctic and back again, approximately 80,467 km (50,000 miles).



Bird Migration is one of the great wonders of the natural world. Birds, when traveling between their breeding and wintering grounds, don't choose their path at random. From the Greater striped swallow that remains on the African continent, wintering in Zaire, Tanzania and Angola flying to South Africa, Zimbabwe and Namibia to spend their summers here raising their young, to the Amur falcon that travels here all the way from Northern China and Siberia to escape their harsh winters, all make use of set paths called **flyways**.
Migration is a huge feat of endurance requiring great strength and stamina, however today Birds face additional threats caused by human activities. **8 major flyways** are closely monitored by various authorities and organisations to protect these migrating species from such elements, **like urbanization, farming, hunting, and powerlines.**

These flyways are:

Americas Flyway: three flyways that connect North America with Caribbean and Central and South America	African-Eurasian Flyway: three flyways that connect Europe and northern Asia with Mediterranean, Middle East, and Africa	Central Asian Flyway: connects northern Asia with southern Asia and Middle East	East Asian-Australasian Flyway: connects north-east Asia with south-east Asia, Australia and New Zealand.
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Here are some of the seasonal visitors to PMC:



Community News



All Murray & Roberts learners complete their learnerships with flying colours

Murray & Roberts has blended well into the Palabora family by adopting and collaborating on best practices to ensure that they maintain a harmonious working relationship with the local communities. In supporting the business and local communities, M&RC enrolled another 20 local unemployed youth in their learnership program to enhance the local skills base.

As one of the leading PMC alliance partners with a strong character trait of being a responsible corporate citizen, M&RC strives towards making an impact and to improve livelihoods within Ba-Phalaborwa. The 20 learners were spoilt for choice, with a widespread selection of nationally accredited courses to register for. They have all successfully completed their 6 months learnerships. This is a proud moment for PMC, Murray & Roberts as well as the learners.

The qualifications they attained means that they are eligible competitors within the job market and that they now possess skills and competencies required not only locally, but across the mining industry. This has improved their chances of securing job opportunities in the job market.

To note, the 20 learners are not the first. Since the inception of Murray & Roberts' contract at PMC in February 2019, they have supported the empowerment of local youth by sponsoring a total of 98 learners with learnerships to pursue studies across various fields.

Dr Mgiba's Corner



What Is Malaria?

Malaria is a serious and sometimes life-threatening disease that is caused by a parasite that is transmitted through a bite of an infected female anopheles' mosquito. The commonest parasite that causes malaria within our region is Plasmodium Falciparum from the five types of malaria parasites. Once the parasites enter your body, they travel to your liver, where they multiply. They invade your red blood cells, which carry oxygen. The parasites get inside the red blood cells and lay eggs, they then multiply until the red blood cell bursts. This releases more parasites into your bloodstream. As they attack more of your healthy red blood cells, this infection can make you very sick.

Symptoms

Malaria is an acute febrile illness. In a non-immune individual, symptoms usually appear 10–15 days after the infective mosquito bite. The first symptoms of malaria are usually fever, headache and chills— may be mild and difficult to recognize as malaria. If not treated early, Plasmodium falciparum malaria can progress to severe illness, and lead to death. An infected person may also present with flu-like illness, muscle aches, and tiredness. Nausea, vomiting, and diarrhoea may also occur. Malaria may cause anaemia and jaundice (yellow colouring of the eyes).

In malaria endemic areas, people may develop partial immunity, allowing asymptomatic infections to occur or mild symptom presentation, so it is important to stay guarded.

Diagnosis

Malaria can be easily diagnosed with

Editor's comments



May month landed with the celebration of Workers' Day on 1 May. At PMC, we continue to celebrate and acknowledge our workers for their dedication and contribution to the economy.

#PMC #MINING #SAFETY #PROUDTOPROVIDE

NB: Happy Mother's Day

malaria rapid test, but the most accurate test is laboratory blood smear done through microscopy because it can also yield parasitic count.

Malaria Complications

Severe malaria frequently develops one or more of the following symptoms: severe anaemia, respiratory distress, or Cerebral malaria which may be characterized by mental confusion, seizures and coma. Multi-organ failure is also frequent i.e liver and kidney failure (from Black water fever)

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

- Children younger than 5 years
- Elderly
- Pregnant women
- Immunosuppressed people.

Treatment

Malaria is a preventable and treatable disease. Early diagnosis and treatment of malaria reduces disease and prevents deaths, and also contributes to reducing transmission. The best available treatment is artemisinin-based combination therapy (ACT). Antimalarial medicines can also be used to prevent malaria.

For travellers, malaria can be prevented through chemoprophylaxis, which suppresses the blood stage of malaria infections, thereby preventing malaria disease. Prior to their travel to malaria-endemic countries or regions, individuals should consult their doctors or any health care center for advice on travel and the preventive measures that should be taken.

Mining Corner **PMC EMBARKS ON A 12-DAY SHUTDOWN UNDERGROUND TO ACHIEVE OPERATIONAL EXCELLENCE**



On The 28th of April 2023, leadership from Underground as well as Asset Management hosted Mr. Wei: Chief Operating Officer for a visit at the Underground operations. The visit marked the successful completion of a planned 12-day maintenance shutdown on critical assets to improve the reliability and effectiveness of the infrastructure.

The visit comprised of technical experts from both Underground and Asset Management as well as Technology in order to execute the organizational objective to maintain

operational excellence. The 12-day Shutdown is a complement to the existing day-to-day maintenance strategy by the reliability engineers, UG technical and maintenance teams, planners and schedulers with the aim to ensure that all physical assets, equipment and machinery are reliable and properly maintained.

The COO spent half a day UG with the hosting team, visiting all the areas where improvements for compliance and efficiency were applied, namely:

- Lampsroom

- Crusher 3
- Dirty Water Pump Station
- Clear Water Pump Station
- Production Winder
- Conveyor 5

Maintenance is a critical activity to ensure operational sustainability. Proper maintenance of mining equipment increases the business' overall efficiency and performance which results in the improvement of employees' safety.

Implementation of checklists, improvement of training, changing of work schedules, launching

of new safety programs, enhancement of emergency response plans, and hosting of motivational pep talks although they are required and effective strategies – alone they will not yield the desired operational efficiency if the equipment is not maintained for optimal performance.

Maintenance affects the business' bottom-line also, when equipments are reliable – we can achieve production targets and even exceed them.

Zero Harm Cup-Retro Chiefs VS Isolation

We saw you