

HEALTH AND SAFETY TALKS

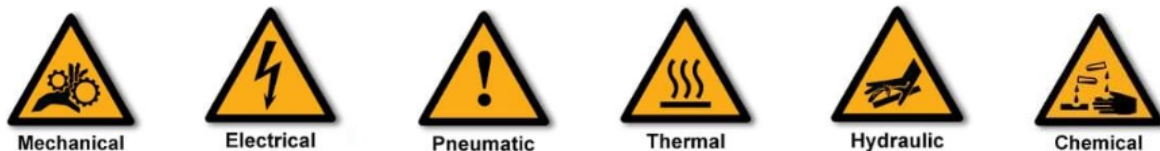


Break the “Critical Safety Season” Trends

As we approach the end of the year, maintaining a strong focus on safety becomes increasingly important. This period often brings heightened fatigue and reflection—whether from a sense of accomplishment or disappointment in unmet personal and professional goals—which can impact attention and decision-making.

During the ASPASA Quarter 3 meeting, we invited two industry representatives along with the Minerals Council South Africa (DMPR statistics) to present current incident trends. Based on this data, we identified the top five hazard categories affecting small surface mines. These categories now form the foundation of our Safety Critical Season campaign, aimed at reinforcing awareness and proactive risk management during this crucial time.

1. Hazardous energy



Lockout of energy sources – electrical and mechanical fatalities have been observed in industry statistics and it relates to the ISHE Audit findings of lockout process not followed to the end. Specifically starting the plant without signing the lockout register. Maintaining safety devices such as guards remains a key component of injury prevention.

2. Slips and trips



Under the general category there are a high number of injuries related to tripping and falling. We work in environments with uneven surfaces and multiple stairways.

A diagram with a red rectangular header at the top. Below it, six icons are arranged horizontally, each connected to the header by a dashed line. The icons and their corresponding labels are: a blue shield with a gear icon labeled 'SAFETY FIRST'; a person in a hard hat and safety vest icon labeled 'PROTECTION'; three blue binder rings icon labeled 'REGULATION'; an orange warning triangle with an exclamation mark icon labeled 'HAZARDS'; a person in a hard hat holding a heart with a pulse line icon labeled 'HEALTH'; and a blue shield with a heart and pulse line icon next to a person icon labeled 'INSURANCE'.

4. TMM



5. Mental Health



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Maintain all equipment and safety devices to ensure it is operable to prevent injury and accidents

Types of Energy Sources	Equipment	Identification/ symbols
Electrical	Circuit breakers, Switches, Motors, Pumps, Compressors	
Chemical or coolant	Pipelines, Pumps, Vessels, Tanks, Confined Spaces	
Mechanical	Motors, Pumps, Compressors	
Hydraulic	Pumps, Pipelines	
Pneumatic	Compressors	
Steam	Valves, Vessels, Tanks, Pipelines	
water	Pipelines, Tank, Vessels	
Radiation	Medical X-rays machines, Consumer products, Medical equipment	



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TMM management

Levels of Control



To prevent TMM related incidents:

1. Basic housekeeping on the haul roads and hard parks
2. Planned task observations on adhering to traffic management flows
3. Planned task observations on TMM operators following the correct operating rules
4. Review procedures to determine relevance
5. Annual medicals and chronic illness management of every person working on the mine
6. Constant awareness of the TMM rules



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SAFETY FIRST



PROTECTION



REGULATION



HAZARDS



HEALTH



INSURANCE

Slips and trips prevention



AVOID SLIP HAZARDS

- Be aware of your surroundings.
- Avoid distracted walking.
- Report hazards immediately.
- Wear shoes with slip-resistant soles.
- Clean up spills, if possible.
- Set out warning signs for others.



AVOID TRIP HAZARDS

- Watch for obstacles in your path.
- Avoid distracted walking.
- Report hazards immediately.
- Remove obstacles immediately.
- Wear shoes with toe protection.
- Be attentive in dimly lit areas.



AVOID FALL HAZARDS

- Be aware of your surroundings.
- Wear fall-protection devices.
- Use three-point contact on ladders and elevated positions.
- Report hazards immediately.
- Beware of open service pits and docks.



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SAFETY FIRST



PROTECTION



REGULATION



HAZARDS



HEALTH



INSURANCE

Mental Health management

5 TIPS FOR Taking Care of Your Mental Health

Practice
Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay
Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough
Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice
Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support
When Needed

Reach out to family, friends or mental health professionals when necessary.



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Contractor Management

Contractor Management Steps	
Step 1 : Planning	• Define the Job and the scope of work; • Identify hazards and assess risks • Specify health and safety requirements in the contract • Identify the necessary competence and resources required for the job
Step 2 : Selecting a contractor	• Identify potential contractors • Evaluate and compare the safety records and competence of potential contractors • Obtain and review safety policy, risk assessments, and safety performance records • Ensure the contractor has the necessary resources, qualifications, and competence to carry out the job safely
Step 3 : Working on site	• Hold a pre-start meeting with the contractor to discuss and agree on safety requirements • Clarify roles and responsibilities • Coordination of the work • Contractors sign in and out; • Name a site contact representation; • Reinforce any H&S information and site rules; • Check job and allow work to begin; • Provide support and advice where required
Step 4 : Keeping a check	• Managing the Contractor • Monitoring the contractor • Controlling the contractor • Assess degree of contact needed; • How is the job going; • Audit and inspection time to time • Ensure all necessary safety procedures are in place • Hold regular safety meetings with the contractor
Step 5 : Reviewing the work	• Review job and procedures followed by the contractor ; • Assess whether the contractor is meeting their obligations under the contract • Record the lessons learning and feedback from workers and supervisors ; • Record the Performance of the contractor • Ensure any issues are addressed and improved upon for future jobs



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