


National Mine Safety Week Program ~ Mill Processing

Theme: Fit for Work

Dates: 24th – 29th April, 2022

Sunday 24 th April Day 1	Monday 25 th April Day 2	Tuesday 26 th April Day 3	Wednesday 27 th April Day 4	Thursday 28 th April Day 5	Friday 29 th April Day 6
<p>Opening Program Fun Run 5am – 8am</p> <p>Starts at Basketball Stadium</p>	<p>Pre-start Meetings Topic 1: Fit for Work (General Overview)</p> <ul style="list-style-type: none"> - Screen MD's video message at all pre-starts - Supervisor/Superintendent video to be featured site-wide - Information Package - PowerPoint - Infographic Poster <p><i>Various Meeting Location</i> - At 07:00am, an appointed Manager will deliver the presentation</p> <p><u>Meeting Locations</u> Rubber Shop Mill Mess Processing Projects W/Shop Flotation Conference Room Grinding Coffee Room Reliability Meeting Room Crusher Meeting area</p>	<p>Pre-start Meetings Topic 2: Fatigue and Drug and Alcohol</p> <ul style="list-style-type: none"> - Information Package - PowerPoint - Infographic Poster <p><i>Various Meeting Location</i> - At 07:00am, an appointed Manager will deliver the presentation</p> <p><u>Meeting Locations</u> Rubber Shop Mill Mess Processing Projects W/Shop Flotation Conference Room Grinding Coffee Room Reliability Meeting Room Crusher Meeting area</p>	<p>Pre-start Meetings Topic 3: Safety Psychology (Advanced Safety Awareness and Behaviour)</p> <ul style="list-style-type: none"> - Information Package - PowerPoint - Infographic Poster <p><i>Various Meeting Location</i> - At 07:00am, an appointed Manager will deliver the presentation</p> <p><u>Meeting Locations</u> Rubber Shop Mill Mess Processing Projects W/Shop Flotation Conference Room Grinding Coffee Room Reliability Meeting Room Crusher Meeting area</p>	<p>Pre-start Meetings Topic 4: Mental Health</p> <ul style="list-style-type: none"> - Information Package - PowerPoint - Infographic Poster <p><i>Various Meeting Location</i> - At 07:00am, an appointed Manager will deliver the presentation</p> <p><u>Meeting Locations</u> Rubber Shop Mill Mess Processing Projects W/Shop Flotation Conference Room Grinding Coffee Room Reliability Meeting Room Crusher Meeting area</p>	<p>Pre-start Meetings Topic 5: Health and Hygiene</p> <ul style="list-style-type: none"> - Information Package - PowerPoint - Infographic Poster <p><i>Various Meeting Location</i> - At 07:00am, an appointed Manager will deliver the presentation</p> <p><u>Meeting Locations</u> Rubber Shop Mill Mess Processing Projects W/Shop Flotation Conference Room Grinding Coffee Room Reliability Meeting Room Crusher Meeting area</p>
	<p>Mill Mess Display</p> <ul style="list-style-type: none"> - Information Display - Play video for the day's topic - Quiz for each topic and goodies give away at the stall 11:30am – 12:45pm 	<p>Mill Mess Display</p> <ul style="list-style-type: none"> - Information Display - Play video for the day's topic - Quiz for each topic and goodies give away at the stall 11:30am – 12:45pm 	<p>Mill Mess Display</p> <ul style="list-style-type: none"> - Information Display - Play video for the day's topic - Quiz for each topic and goodies give away at the stall 11:30am – 12:45pm 	<p>Mill Mess Display</p> <ul style="list-style-type: none"> - Information Display - Play video for the day's topic - Quiz for each topic and goodies give away at the stall 11:30am – 12:45pm 	<p>Mill Mess Display</p> <ul style="list-style-type: none"> - Information Display - Play video for the day's topic - Quiz for each topic and goodies give away at the stall 11:30am – 12:45pm
	<p>Activity for the Day</p> <ul style="list-style-type: none"> • BMI checks <i>Various Work Location</i> - Light fitness exercise or 5-minute meditation in the morning - Do random observation on food selection during lunch time for healthy living 	<p>Activity for the Day</p> <ul style="list-style-type: none"> • APD conduct awareness sessions / BAC tests <i>Various Work Location</i> - Light fitness exercise or 5-minute meditation in the morning - Random observation for neat and safe dresser into the mess during lunch time. - Work groups formed to walk after work 	<p>Activity for the Day</p> <ul style="list-style-type: none"> • ASA Cross sectional coaching / coaching drive • ASA awareness sessions • GMs/Managers to allow 2-3 hours for ASA coaches to engage in the program <i>Various Work Location</i> - Light fitness exercise or 5-minute meditation in the morning - Individual personnel to provide 5x Take 5s and open discussion at the stall for their Fit for Work 	<p>Activity for the Day</p> <ul style="list-style-type: none"> • Invited guest / SME to give talks • 1 : 1 counselling sessions Pandemic and Isolation • Talks/experiences/key learnings <i>Various Work Location</i> - Light fitness exercise or 5-minute meditation in the morning - Mill Personnel Walkathon – Walk it Off - Random checks/observation for Mill personnel involve in Gym on Thursday 18:30 to 19:30pm program 	<p>Activity for the Day</p> <p>Health and Hygiene Program Video presentation</p> <ul style="list-style-type: none"> • Hygiene monitoring on SEG • Awareness sessions • Virtual Q&A session <i>Various Work Location</i> - Light fitness exercise or 5-minute meditation in the morning <p>~ Cake cutting and individual safety recognition during pre-start meeting at 07:00am</p>