

SILLY SEASON CAMPAIGN

“Khumbul’ekhaya”

OCT 2020- JAN 2021

BUFFALO
COAL



- This is the time of the year where people start planning for their Festive Season.
- During this time we tend to become distracted and accidents can easily occur.
- **The following tips can help you stay safe during this period:**
- **AT HOME**
 - Plan your festive break well in advance, it will eliminate worry and stress at work.
 - Consume alcohol responsibly, don't drink and drive – Arrive Alive!
 - Remember – **ZERO TOLERANCE** on the road.
- **AT WORK** – **[Most important aspect is SUPERVISION]**
 - **No-one** comes to work to get injured, we come to work to earn a salary to support our loved ones.
 - **Remember** – ZERO TOLERANCE at work and on the road.
 - You must conduct **MINI HIRA** before starting any task, stay focused.
 - **NEVER** take short cuts, always adhere to the rules and procedures when performing any task.

BE VIGILANT AT HOME, ON THE ROAD AND AT WORK!

The best gift is to KHUMBUL'EKHAYA from work everyday!

MINE/ OPERATION: _____

TEAM / DEPARTMENT/ SHIFT: _____

We commit to the **SILLY SEASON CAMPAIGN** and make a **PROMISE** to work safe and come home safely to **OUR** families.

We commit to:

- ensure that we are fit for work – well rested , good night’s sleep;
- come to work drug and alcohol free;
- only operate equipment if trained and authorised;
- use all the required PPE and safety equipment;
- not to take any short cuts and follow procedures;
- attend and participate in safety meetings

My signature below is my commitment to . KHUMBUL’EKHAYA everyday!

- 30 March 2020 – March 2021 - Covid-19 Awareness
- 1 to 31 October 2020 – Fall of Ground
- 1 November to 30 Nov 2020 – Mobile Machines (TMM)
- 1 to 31 December 2020 - Alcohol and Drugs
- 1 -31 January 2021 – Housekeeping

- Supervisors
 - discuss the topic at each toolbox meeting during the period of that topic;
 - conduct at least one quality PTO per week on the specific topic for that period and submit record to safety department;
 - conduct at least one quality planned Inspection per week on the topic relevant to that period and submit record to safety department;
- Management
 - Each management member conduct at least one VFL per week on the topic of that period;
 - Management Team conduct Group VFL on each Topic
- Safety Department
 - Develop a poster for each focus area and display it across the operation at strategic notice boards;
 - Develop a Checklist for housekeeping;
 - Safety Officers conduct at least one Planned Inspection per week on the topic for that period;
 - Safety officers analyse PTO's, VFL's and inspection reports and provide a feedback report to management and supervisors.
- Security Department
 - Conduct adhoc drug and alcohol voluntary tests at work places starting 1 October 2020 until 31 January 2021

The best way to prevent coronavirus (COVID-19) transmissions is to still follow the rules and regulations of level 1 by taking care of ourselves and of our loved ones. Avoid being exposed to this virus and keep on protecting ourselves.

HOW TO PROTECT YOURSELF AND OTHERS

Always cover your mouth and nose with a face mask or face shield when around others, family gatherings and when you must go out in public, such as to a grocery store. Covering your mouth and nose is meant to protect other people in case you are infected

- **Wash your hands often** with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 70% alcohol.
- **Avoid touching** your eyes, nose and mouth with unwashed hands.
- **Avoid close contact** with people who are sick. Some people without symptoms may be able to spread the virus.
- **Stay home** as much as possible and avoid non-essential travel.
- **Always Keep 1.5 meters** social distancing if you must go out in public.
- **Stay connected** with loved ones through video and phone calls, texts and social media.
- **Avoid hand shakes/hugging** others.

WHO IS AT HIGH RISK?

- Adults 65 years and older
- Adults with chronic health conditions like:
 - Asthma
 - Blood disorders (such as sickle cell disease)
 - Chronic lung disease
 - diabetes
 - Heart disease
- Kidney diseases
- Liver disorders
- People with a weakened immune system due to disease (such as people with HIV or AIDS and Cancer)
- People who have had a stroke
- Pregnant women
- Children younger than 2 years old

If you are at high risk for serious illness from COVID-19 it is critical for you to:

- **Stay at home** if possible and follow the other steps above. avoid all cruise travel and non-essential air travel.
- **Covid-19 symptoms** include fever, coughing, sneezing, sore throat and shortness of breath.
- **Call your health care provider** if you have concerns or ask about obtaining extra necessary medications in case you need to stay home for a prolonged period.
- **Call a medical professional** as soon as Covid-19 symptoms starts.

IF YOU ARE SICK

- You will experience the following COVID-19 symptoms like fever, coughing and shortness of breath. Keep track of your symptoms, which may appear two to 14 days after exposure and call to seek medical attention if your symptoms worsen, such as difficulty breathing.
- If you think you may have been exposed to COVID-19 contact your health care provider or go to the doctor immediately.

Emergency warning signs:

- If your symptoms become more severe call to get medical attention immediately. Warning signs include:
- Trouble breathing,
- persistence pain or pressure in the chest,
- Confusion
- inability to wake or stay awake bluish lips or face



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- Most people have mild illness and can recover at home. If you think you are sick:
 - **Stay at home and contact a doctor** for medical advice before visiting a medical office. Older adults and people of any age with serious underlying medical conditions should call a health care provider as soon as symptoms start.
 - **Separate yourself from other people** in your home
- Avoid sharing personal household items such as dishes, drinking glasses, cups, eating utensils, towels, bedding. Wash items thoroughly after using with soap and hot water
- On your own clean and disinfect surfaces daily in your sick room and designated bathroom. Have a healthy household member to do the same for surfaces in other parts of your home. If sharing the same bathroom clean and disinfect it after each use.
 - **Wear a mask** if you are around other people (e.g. Sharing a room or Vehicle) and before entering a health care provider's office.

- However, do NOT place face cloth covering a young child under the age of two years anyone who has trouble breathing, or is unconscious , incapacitated or otherwise unable to remove the mask without assistance.
- **Continue to keep the 1.5m social distancing** as facemask is not a substitute for social distancing
- **Cover your coughs and sneezes.** Use a tissue to cover your nose and mouth and throw used tissue in a dust bin if tissue is not available cough or sneeze into your elbow not your hands, and wash your hands immediately
- **Clean and disinfect frequently touched surfaces daily.** These include microwaves, tables, chairs ,door handles ,light switches, phones, keyboards, toilets and sink etc.

- Do your checklist on any vehicle you enter
- Ensure the driver is licensed and in a good state
- Always wear your seat belt
- Ensure the vehicle is road worthy
- DO NOT enter a vehicle that is overcrowded
- Your safety is your responsibility
- Practice SLAM – Stop, Look, Assess and Manage
- Follow Ubuntu

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- A – Abstain
- B – Be faithful
- C – Condomise
- D – Do it yourself
- Before you switch that light off make sure you are Safe



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