

MURRAY & ROBERTS CEMENTATION REACHES MONUMENTAL MILESTONE 1000 meters reached on PMC vent shaft sink

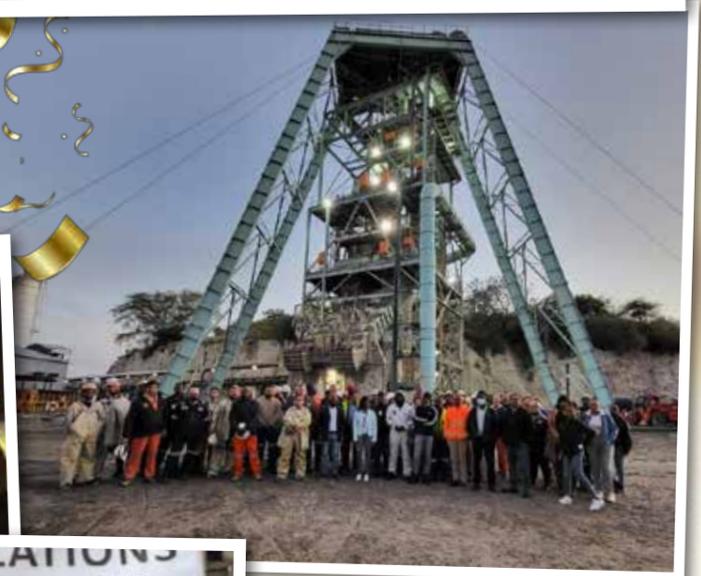
Leading underground mining contracting company, Murray & Roberts Cementation achieved a remarkable milestone at the end of July 2023 when it successfully reached the 1000 meter mark on its contract to sink the 1200 meter ventilation shaft at PMC's Lift II expansion. This significant feat stands as a testament to the company's exceptional capabilities and dedication to safety.

The Palabora Mining Company Lift II expansion project is a crucial endeavor for PMC, aimed at enhancing the efficiency and capacity of their operations. The 8.5 meter diameter ventilation shaft will serve the Lift II block cave and plays a pivotal role in the overall mining infrastructure.

Reaching a depth of 1000 meters in the ventilation shaft is a major accomplishment, highlighting the expertise and commitment of Murray & Roberts Cementation in tackling complex mining projects. The company's ability to execute such a technically challenging task underscores their reputation as a reliable and competent partner in the mining industry.

Fred Durand, Murray & Roberts Cementation's Senior Project Manager, says one of the most remarkable aspects of this project is the unwavering focus on safety. "Despite the immense challenges involved in underground mining and especially blind sinking, we have maintained an impeccable safety record throughout the Lift II expansion project. The team's relentless dedication to safety protocols and best practices resulted in an impressive milestone earlier this year of 574 consecutive days without a Lost Time Injury (LTI)."

He says that the achievement of this remarkable safety milestone showcases the company's



commitment to ensuring the wellbeing and safety of its workforce. It demonstrates that, alongside its technical competency, Murray & Roberts Cementation prioritises the welfare of its employees and strives for a Zero Harm work environment.

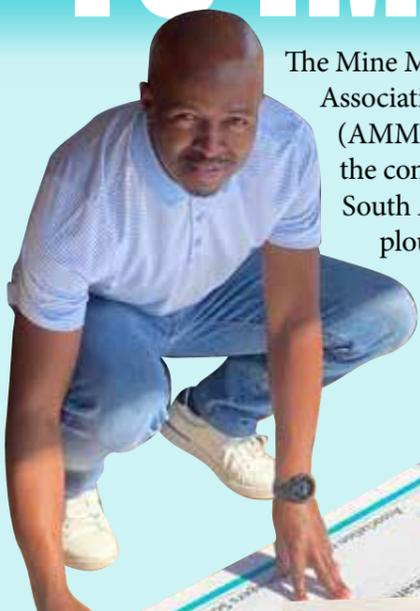
"As the ventilation shaft project enters its final stages, the excitement and anticipation among all stakeholders, including PMC and Murray & Roberts Cementation, are palpable. The

successful completion of this project will not only mark a significant engineering feat but will also have a profound impact on PMC's mining capabilities," Durand concludes.

Aidan Schoonbee, Senior Manager for PMC's Lift II Construction, Concentrator and Vent Shaft congratulated the Murray & Roberts team and praised the collaboration that had been achieved between Employer and Contractor. Murray & Roberts Cementation have aligned with the Owner's team to display technical excellence, professional management and passionate safety leadership from the day site establishment commenced in October 2019.



AMMSA PLOUGHS BACK TO IMPROVE COMMUNITIES



The Mine Managers Association of South Africa (AMMSA) is supporting the constitution of South Africa by actively ploughing back to improve the livelihoods of the less fortunate

within its host communities.

The association of mining engineers is proving that engineers are not only deemed national assets due to their scarce core skills, but rather, that the technical experts are also valuable because they are socially conscious and actively support initiatives that promote wellness,

community development and the eradication of poverty.

This July, in line with the philanthropic spirit of former statesman Tata Nelson Mandela, AMMSA representatives from neighboring local mines PMC and Foskor: Sam Ngidi (PMC), Martin Nyarela (Foskor) and Expect Kwinana (Foskor), remained significant through showing respect to Phurulenke Disability Center in Mashishimale village by handing over a donation cheque to the value of R30 000.

AMMSA's interest in the wellbeing of the learners at Phurulenke has firmly challenged our stereotypes and

common assumption about people living with disabilities. All of us are now spurred to think harder about the rights of disabled people, and our individual roles to contribute towards leading a more inclusive and integrated society with the potential to advance them to equality.

PMC is very proud of AMMSA - for its proactiveness, and people orientated approach. Years from now, we might learn, the visitation from AMMSA influenced some community learners in Mashishimale to have interest in pursuing engineering studies or that some are employed at either- PMC or Foskor – and paying it forth.



We promote wellness, community development and the eradication of poverty.



Editor's Comments

August is national women's month. A reminder for women to build back, claim their space and not go unnoticed. We applaud PMC for its efforts to achieve gender equality within its operations.

Be Safe! Keep Safe! Practice ZERO-HARM! Khumbul'ekhaya



NANDZU PROJECTS BRINGS RELIEF TO THE NEEDY IN SELWANA VILLAGE

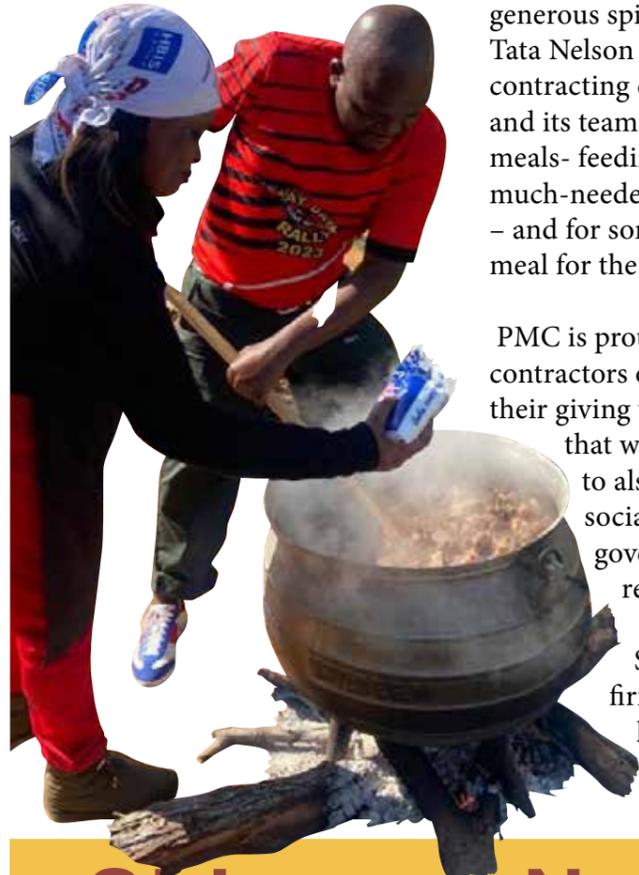
Non-Government Organizations such as Mohlanatsi Daycare Center, are important within communities as they relentlessly perform a wide range of services aimed towards bringing positive change to enhance the livelihoods of the poor and marginalized. Mohlanatsi Daycare Center in Selwana village, is one such NGO, reaching out and serving the less fortunate within Selwana Village.

The center serves the community by providing one nutritional meal daily ensuring that the needy and children from low-income households at least meet some of their body's nutritional requirements.

Nandzu stepped in strong to enhance the overall effectiveness at Mohlanatsi Daycare Center. Aligned with the benevolent and generous spirit of former President Tata Nelson Mandela, the PMC contracting company donated food and its teams prepared nutritional meals- feeding over 200 children a much-needed, hot, delicious meal – and for some possibly their only meal for the day.

PMC is proud to have responsible contractors onsite and hopes that their giving will cause a ripple effect, that will influence the rest to also commit to closing social gaps that even the government is unable to reach.

Shine on Nandzu, for firmly addressing the hunger crisis in Selwana Village– even if the relief was for just a day!



Shine on Nandzu



HEPATITIS



Different types of hepatitis viruses.

What is hepatitis?

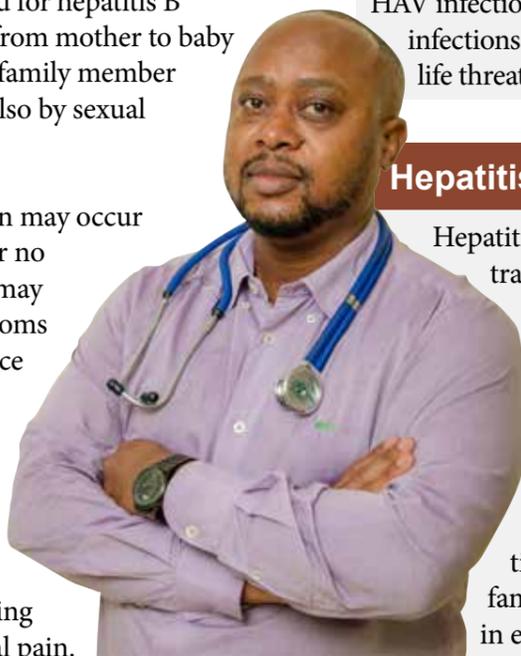
Hepatitis is an inflammation of the liver. The condition can be self-limiting or can progress to fibrosis (scarring), cirrhosis or liver cancer. Hepatitis viruses are the most common cause of hepatitis in the world but other infections, toxic substances (e.g. alcohol, certain drugs), and autoimmune diseases can also cause hepatitis.

There are 5 main hepatitis viruses, referred to as types A, B, C, D and E. These 5 types are of greatest concern because of the burden of illness and death they cause and the potential for outbreaks and epidemic spread. In particular, types B and C lead to chronic disease and are the most common cause of liver cirrhosis and cancer.

Hepatitis A and E are typically caused by ingestion of contaminated food or water. Hepatitis B, C and D usually

occur as a result of parenteral contact with infected body fluids. Common modes of transmission for these viruses include receipt of contaminated blood or blood products, invasive medical procedures using contaminated equipment and for hepatitis B transmission from mother to baby at birth, from family member to child, and also by sexual contact.

Acute infection may occur with limited or no symptoms or may include symptoms such as jaundice (yellowing of the skin and eyes), dark urine, extreme fatigue, nausea, vomiting and abdominal pain.



Hepatitis A virus (HAV)

Hepatitis A virus (HAV) is present in the faeces of infected persons and is most often transmitted through consumption of contaminated water or food. Certain sex practices can also spread HAV. Infections are in many cases mild, with most people making a full recovery and remaining immune from further HAV infections. However, HAV infections can also be severe and life threatening.

Hepatitis B virus (HBV)

Hepatitis B virus (HBV) is transmitted through exposure to infective blood, semen, and other body fluids. HBV can be transmitted from infected mothers to infants at the time of birth or from family member to infant in early childhood.

Hepatitis C virus (HCV)

Hepatitis C virus (HCV) is mostly transmitted through exposure to infective blood. This may happen through transfusions of HCV-contaminated blood and blood products, contaminated injections during medical procedures, and through injection drug use.

Hepatitis D virus (HDV)

Hepatitis D virus (HDV) infections occur only in those who are infected with HBV. The dual infection of HDV and HBV can result in a more serious disease and worse outcome. Hepatitis B vaccines provide protection from HDV infection.

Hepatitis E virus (HEV)

Hepatitis E virus (HEV) is mostly transmitted through consumption of contaminated water or food. HEV is a common cause of hepatitis outbreaks in developing parts of the world.

