



MINERALS COUNCIL
SOUTH AFRICA



Khumbul'ekhaya



NATIONAL DAY OF HEALTH AND SAFETY IN MINING

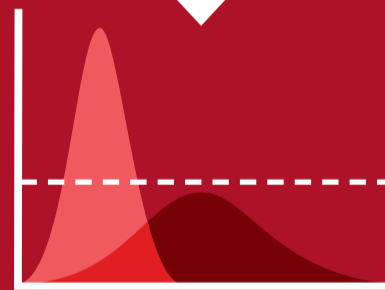
TOGETHER WE CAN



Eliminate
fatalities
at work



Stamp out
occupational
illness, such
as silicosis
and TB



Slow the
spread of
COVID-19,
at work and
at home



Achieve
Zero Harm



**STAY SAFE
AND HEALTHY**
AT HOME AND AT WORK

#MakingMiningMatter

#inthistgether #zeroharm #slowthespread



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OUR NEW NORMAL

**COVID-19 will be
with us for months
and years to come**

Learning to deal with it must
be our new normal



Many people
who get it will
not feel sick,
but they can
still spread it

Be responsible

**Protect yourself,
protect your colleagues,
protect your families
and communities. And,
especially protect those
who may be vulnerable**



**STAY SAFE
AND HEALTHY**
AT HOME AND AT WORK

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[#staysafeandhealthy](#) [#stopthespread](#) [#newnormal](#) [#zeroharm](#)



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STOP THE SPREAD:

Good hygiene will slow the spread of COVID-19



Wash your hands regularly for 20 seconds with soap and water



Avoid close contact with anyone who has a fever and cough



Avoid close contact with other people if you are coughing or have a fever



Cover your mouth and nose with your elbow or a tissue when you cough or sneeze



Avoid touching your face

Good hygiene at work and at home will protect you and your loved ones from getting sick



STAY SAFE AND HEALTHY
AT HOME AND AT WORK

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#inthistogether #staysafeandhealthy #stopthespread



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STOP THE SPREAD:

Even though we are in this together, we need to stay apart



Avoid public places and crowded areas



Keep a distance of 1.5 to 2 metres from other people where possible



If you can't keep a social distance, make sure that you wear a mask



Wash your hands with soap and water if you come into close contact with other people or places

Social distancing at work, and in your community, can reduce the spread of the virus



STAY SAFE AND HEALTHY
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STOP THE SPREAD:

Your mask protects you, your family and your community

Wear a face mask or covering every time you leave your home

MAKE SURE:



Your mask covers your nose and mouth completely



You keep it on if you cough or sneeze



You don't touch your mask while wearing it



You wash your fabric face masks after every use with soapy water

Keep yourself and others safe wherever you go by wearing a mask



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STOP

VIOLENCE AGAINST WOMEN

During this time of lock-down, more and more women are being abused, injured and killed in their homes

**THIS
MUST
STOP**



There is no
excuse for
abuse

**Don't be a bystander.
Report abuse, give help, get help**



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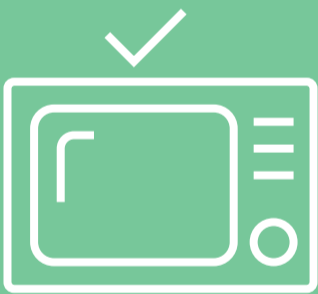


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IT'S NORMAL TO FEEL SCARED AND UNCERTAIN IN THIS TIME OF COVID-19

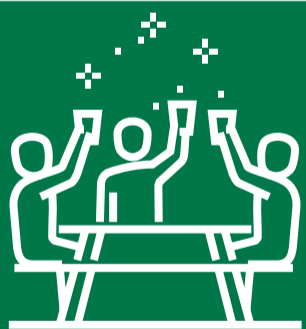
Stay informed - the more informed you are the better you feel



Don't believe everything you hear - get your information from reliable sources



Be kind to people around you - anyone can get COVID-19, and most people recover quickly



Be responsible - risky behaviour will make you feel worse and increase the chance of getting ill



Speak to your children - they too are worried at this time

Get help if you feel like you can't cope - speak to your doctor, your nurse, a friend, to religious leaders



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