

## SAFETY STATS

	MONTH
Man-hours – 12 Months Accumulative	202425
Man-hours for the Month (20 <sup>th</sup> to 19 <sup>th</sup> )	10080.5
Hours worked without an Recordable Case	942754
Manpower on Site	68
Recordable Incidents for the Month	0
Medical Treatments for the Month	0
First Aids for the Month	0
Days without Recordable Case	12067
Recordable Case Rate	0



Our Dekra audit went extremely well, a notable achievement from the Secunda team on a totally new safety system. We have also been nominated for an award regarding our system



### The Six Dimensions of Wellness: Emotional



Being in touch with your emotional presence and being aware and comfortable with your own thoughts and feelings. Emotional wellness relies on being able to express one's thoughts and sensations and to be able to absorb those of others.

#### 5 Habits to Improve your Wellness

**Protect Your Self Esteem** – Self-esteem is the armour we wear to the 'battle of life'

**Take Control after a Failure** – Focus, prepare, plan, improve your execution...

**Distract Yourself from Brooding Thoughts** – brooding is surprisingly damaging to your mental health. Distract yourself by engaging in a task that requires concentration.

**Find Meaning after a loss** – derive some good from the situation.

**Recover Self-Worth after a Rejection** – remind yourself of what you have to offer.



#### SSSSShow a little appppreciation

Some people love snakes. Others dislike or even fear them. No matter how you feel about snakes, they play an important role. All snakes are carnivores & most of them eat rodents, such as mice, rabbits and rats. Rodents eat human food & crops. They also carry disease. Snakes keep rodent populations under control. Without their help, rodents would overrun the earth. Thanks Warren Russell for the rescue at Alrode.



- May**
- 09 – Oscar Makhubela
  - 09 – Vashni Govender
  - 11 – Joseph Gumede
  - 17 – Victor Mbuli
  - 26 – Estelle Botha
  - 30 – Willem Greef

## Welcome

Warm Welcome to Sashin Kondiah,  
Working as Quality Engineer at the  
Secunda branch.



### "Lost in the Machine" Communication Matters

