

HSE Representatives and Supervisors are to conduct & lead the daily Pre-Shift Information Meetings.

PERIOD	22ND – 28TH JUNE 2026
DATE	Monday, 22/06/2026
TOPIC	ACTS PREJUDICIAL TO SAFETY OR DISCIPLINE (REF. REGULATION 553 OF L.I. 2182, 2012)

A person who negligently or woefully.

(a) does an act which is likely to endanger the safety of the mine or the safety or health of persons in a mine, or
 (b) omits to do at a mine, a necessary act which secures the safety of the mine or the safety or health of persons in the mine commits an offence and is liable on summary conviction to a fine of not more than five hundred penalty units or a term of imprisonment of not more than three years or to both.



Discussion: What are some of the things we do that could endanger ourselves, our colleagues, or the mine?

DATE	Tuesday, 23/06/2026
TOPIC	BLOOD DONATION EXERCISE

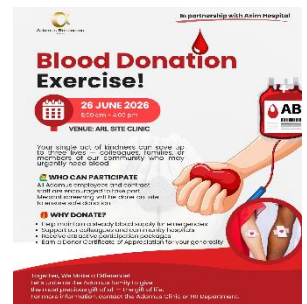
As part of activities to mark the World Blood Donor day and our ongoing commitment to corporate social responsibility and employee wellness, the **Adamus Resources Clinic**, in collaboration with **Axim Government Hospital** and the **Nkroful Community Blood Donor Association**, will be organizing a **Blood Donation Exercise** on Friday, **26th June 2026**, from **8:00 a.m. to 4:00 p.m.** at the Adamus Mine Site Clinic.

Who Can Participate

All **Adamus employees** and **contract staff** are encouraged to take part. Medical screening will be done on-site to ensure safe donation.

Why Donate?

- Help maintain a **steady blood supply** for emergencies.
- Support our colleagues and community hospitals.
- Receive **attractive participation packages**.
- Earn a **Donor Certificate of Appreciation** for your generosity.



DATE	Wednesday, 24/06/2026
TOPIC	DEPARTMENTAL PROCEDURE DISCUSSION

Supervisors are to select a procedure to be discussed and report to HSE Dept as part of your leading indicator targets.

Discussion: Supervisors must select one procedure to be discussed thoroughly.



DATE	Thursday, 25/06/2026
TOPIC	TASK RISK ASSESSMENT

Take 5 is a process that helps to identify hazards before starting a task or job. It is very important to identify potential hazards that may be encountered while undertaking any work activity.

BEFORE WE START ANY TASK – STOP AND THINK

1. **Stop** – Observe the work area and surroundings for any possible hazards.
2. **Think** - Consider the sequence of steps involved in carrying out the task from start to finish.
3. **Identify** – The hazards associated with the task, including any present in the immediate surroundings and hazards generated by the task.
4. **Plan** - Put controlled measures in place, but don't start if the work area is unsafe. Report to your supervisor to review the risk assessment.
5. **Proceed** - Once all control measures have been implemented, commence the task.



Discussions: When do we conduct Take 5? What is the relevance of undertaking “Take 5”?

Document: HSE PRE-SHIFT INFORMATION TALKS						
Prepared By	HSE Dept.	Reviewed By	HSE Manager	Approved By	General Manager	Nex Rev Date
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DATE	Friday, 26/06/2026
TOPIC	RAINY SEASON SAFETY

The rainy season increases the risk of injuries, vehicle incidents, flooding, equipment damage, and environmental incidents.

Slips, Trips and Falls

- Wet and muddy surfaces increase the risk of falling.
- Walk carefully and wear appropriate safety footwear.

Poor Road Conditions

- Reduced traction and longer stopping distances.
- Slow down and maintain safe following distances.

Lightning and Thunderstorms

- Risk of serious injury or fatality.
- Suspend outdoor work and seek shelter when required.

Reduced Visibility

Rain and Fog can obscure hazards.

Use headlights, beacons, and stop work if visibility is unsafe.



Discussion: What are the top three rainy season hazards in your work area, and how can we control them?

DATE	Saturday, 27/06/2026
TOPIC	"I WILL BE BACK HOME"

One of the most common phrases we say when leaving home for work is: "I will be back home."

This simple statement is more than just a phrase—it is a commitment. It reminds us of our responsibility to work safely and take care of ourselves and those around us. The promise is fulfilled only when we return home safely at the end of the day.

Our Responsibilities

To ensure we return home safely, we must:

- Take reasonable care of our health and safety and that of our colleagues.
- Identify and report hazards immediately.
- Take five minutes to assess risks before starting any task.
- Follow all procedures and safe work practices.
- Wear the required PPE at all times.
- Never interfere with or misuse safety equipment or devices.
- Report all injuries, incidents, and near misses promptly.

Discussion: How does your work today affect your ability to keep the promise, "I will be back home"?



DATE	Sunday, 28/06/2026
TOPIC	CONSERVATION AND PROTECTION OF WILDLIFE

1. Employees and contractors (and their families) are not allowed to hunt, trap, or otherwise kill or capture any wildlife species for private or commercial purposes.
2. Firearms are prohibited at ARL active mining areas, except for ARL security or police personnel.
3. If a wild animal or bird on ARL site threatens the safety of employees, families, or the public, authorized personnel may act to properly identify, capture, and remove such wildlife to a safe area.
4. Fishing within the active mining areas by any means (for example, the use of hooks, nets, poison, etc.) is a violation of Ghana laws and, therefore, employees and contractors are prohibited from fishing in the active mining areas.



Discuss: What is/are the reason(s) why we do not disturb wildlife of any kind on site?



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