

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

PERIOD	27 TH JULY – 2 ND AUG 2026
DATE	Monday, 27/07/2026
TOPIC	CELEBRATING OUR SUCCESS IN INTER-MINES FIRST AID & SAFETY COMPETITION

On Sunday 26 July 2026, our team participated in the **final phase of the Ghana Chamber of Mines Inter-Mines First Aid and Safety Competition – Zone II** and delivered an exceptional performance.



ARL competed with leading mining companies including **Newmont Ahafo, Golden Star Wassa, Zijin Golden Ridge and Damang Gold Mine**) and attained an impressive **overall score of 77 points**, emerging as the **overall winners** of the competition.

ARL has qualified to the National Competition. We Say **Ayekooooooooo to the team!!!!**

DATE	Tuesday, 28/07/2026
TOPIC	PROHIBITION NOTICE-REGULATION 22 LI 2182

(1) Where an inspector has reasonable grounds to suspect that a mine or prospecting operation

- (a) is contravening any provision of these Regulations and that the contravention constitutes or is likely to constitute a hazard to any person or to the environment; or
- (b) has contravened any provision of these Regulations in circumstances that make it likely that the contravention will continue or be repeated and that this contravention constitutes or is likely to constitute a hazard to any person or to the environment; or
- (c) is using a practice which is dangerous and constitutes or is likely to constitute a hazard to any person or to the environment, the inspector may issue to the holder or manager of the mine or the prospecting operation a prohibition notice as set out in Form One of the First Schedule.

DATE	Wednesday, 29/07/2026
TOPIC	DEPARTMENTAL PROCEDURE DISCUSSION

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

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



DATE	Thursday, 30/07/2026
TOPIC	PSYCHOSOCIAL HAZARDS

Good housekeeping means having no unnecessary items about and keeping all necessary items in their proper places. Good housekeeping isn't the result of an occasional clean-up, it is the result of keeping clean and tidy all the time.

What Are the Benefits?

- Creates a positive first impression for employees and visitors, enhancing the organization's image.
- Promotes a safe, clean, and organized workplace that improves efficiency and productivity.
- Reduces costs by enabling work to be carried out more effectively.
- Helps identify and eliminate hidden hazards such as slips, trips, spills, and fire risks.
- Encourages stronger safety awareness and more meaningful safety discussions among employees.



Discussion: What must you do to ensure that your Work Area is clean and tidy?

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, 31/07/2026
TOPIC	THE THREE KEY ELEMENTS OF SUCCESSFUL TEAMBUILDING

The three key elements to successful teamwork focus on common goals with a collective responsibility to succeed.

1. Trust among team members - Building trust takes time among teams, and it is the responsibility of the team leader to focus first on **building trust**, that is, getting team members to open up. In some cases, the leader may have to take responsibility for building trust or change the team to achieve the necessary level of trust for team success.



2. Effective Leadership - Participative leadership is one of the most effective leadership styles for team building. Leaders offer guidance to all members of the team to ensure they are fulfilling their roles. Effective team leaders ensure that team morale remains high and that workers are motivated to perform well.

3. Communication - Effective communication builds trust, clarity, and loyalty. It allows members on the team to conduct risk assessments to identify deviations that may affect their work. It develops trust, builds camaraderie among the team members, boosts morale, and helps employees stay engaged in the workplace.

Discussions: What are some additional elements that can build a successful team and why?

DATE	Saturday, 01/08/2026
TOPIC	REPORTING OF NEAR MISSES ON THE MINE

A near-miss is an incident that under slightly different conditions could have resulted in any personal injury, illness, or property/production loss or damage to the Environment.

Examples of escape from Near-Misses:

- A worker slips on a wet floor but regains balance and does not fall.
- A hammer falls from a scaffold and lands close to a worker without hitting anyone.
- A forklift passes very close to a pedestrian, but no collision occurs.
- A rock falls from a highwall but lands away from people and equipment.



Identifying and investigating near-misses are key elements to finding and controlling risks before workers are injured or property is damaged. Failure to report a Near Miss Incident is a dismissible offence.

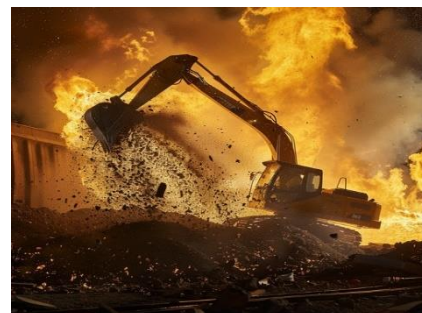
Discussion: When was the last time you failed to report a Near Miss? What happened?

DATE	Sunday, 02/08/2026
TOPIC	REPORTING OF NEAR MISSES ON THE MINE

Recent fire incidents on Heavy Mining Equipment (HME) have been linked mainly to equipment failures, poor inspections, and inadequate maintenance.

Common Causes of Heavy Mobile Equipment (HME) Fires

- Hydraulic, engine oil, fuel, or coolant leaks contacting hot engine surfaces.
- Accumulation of oil, grease, fuel, or combustible materials on equipment.
- Worn or damaged hydraulic hoses and fittings.
- Bearing failures generating excessive heat.
- Electrical faults, damaged wiring, or poor battery terminal isolation.



Key Controls

- Conduct thorough inspections of hydraulic, fuel, engine oil, coolant, and electrical systems.
- Check hydraulic hoses, clamps, fittings, and connections for leaks or damage.
- Keep equipment clean by removing oil, grease, and combustible materials.
- Ensure fire detection and automatic fire suppression systems are functional.
- Inspect and maintain portable fire extinguishers on all mobile equipment.

Discussion: What are the early signs of a potential fire on HME that operators should never ignore?



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