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| Rio Tinto Coal Australia |
| Description: RioTinto_RGB_38mmPersonal Health, Safety & Environment Plan |

**Name: Vineela Lanka**

***The following are the HSE objectives that I will focus on in 2014.***

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| **Commitment to HSE**  As a Rio Tinto Coal Australia employee I will commit to the following actions:   * Follow the Take 5 process when starting tasks * Follow the Golden Rules at work. * Participate and contribute to Safety huddle discussions. * Host at least 1 Safety Huddle discussion. * Follow the Standard RTCA Work Practices and Procedures |  | **Health**  **I shall improve my health and wellbeing by:**  Personal contributions in the workplace:   * Drink Enough Water to keep hydrated. * Practice Deep Breathing Techniques to relieve stress. * Get exposure to sun during Lunch Break for Vitamin D.   Personal contributions at home:   * Exercise and maintain fitness by training at least 4 times in a week * Practise Yoga and Meditation daily for relieving stress and to improve concentration. * Follow healthy and safe work procedures at home Example:during lifting heavy objects |
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| **Safety**  **I shall improve my personal safety by :**  Personal contributions in the workplace:   * Safegurad my workstation and mobile. * Wearing PPE while working or visiting the Mine Pit   Personal contributions at home:   * Follow the Road Traffic Rules and Regualtions while Driving. * Adhering to the Road and Weather Conditions while Driving. * Use of Sun protection Methods to avoid over exposure to sun. * Wear PPE while working at home and in the Garden. |  | **Environment**  **I shall contribute to improving the environment by:**  Personal contributions in the workplace:   * Follow the recycle procedures for waste management. * Reduce paper wastage while printing.   Personal contributions at home:   * Reduce the wastage of Water, Electricity and Gas in daily activities. * Use of Eco friendly carry bags and items to minimise the pollution. |

**Leaders are encouraged at year end to review this plan and provide a response if the desired levels of behaviour were demonstrated throughout the year.**

Name: Vineela Lanka Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Leaders Name Samuel Lawrance Leaders Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_