

SAFETY FIRST

Fatigue is mental or physical exhaustion that stops a person from being able to function normally. However, fatigue is more than just feeling tired or drowsy - it is normal to become tired through physical or mental effort.

Causes of fatigue, there are many factors contributing to fatigue, including:

- Sleep loss
- Long periods awake (greater than 17 hours)
- Inadequate amount of sleep (less than 7 to 8 hours) or poor quality sleep
- Sustained mental or physical effort
- Disruption to circadian rhythms (internal biological clock)
- Inadequate rest breaks (varies with the task)
- Health and emotional issues
- Time of day when work is performed (e.g. shift workers)

Fatigue affects the ability to think clearly. As a result, people who are fatigued are unable to gauge their own level of impairment and are unaware they are not functioning as well or as safely as they would be if they were not fatigued.

Signs of fatigue include:

- Tiredness
- Sleepiness (including falling asleep against your will - 'micro' sleep)
- Irritability
- Giddiness
- Depression
- Loss of appetite
- Digestive problems
- Reduced capacity to judge risk
- Reduced hand-eye coordination

If you think you have fatigue take a break and go see your supervisor, if it continues you may need to see a doctor.

SG CONTROLS

High quality solutions without compromise.

APRIL REVIEW

As most of you will have noticed by now, the mining industry has changed dramatically in the last month. Since the last newsletter the iron ore price dropped to a 10-year low of \$46.70/t, Australia's fourth largest iron-ore producer halted trading and job-cuts were made across the board. As cost-cutting continues to be the driver, SG Controls becomes more and more competitive in the market-place. On the horizon are a couple of large scale electrical maintenance packages which, if successful would represent a major milestone in the company's history.

Coupled with this construction/commissioning work in Guyana is underway and is anticipated to grow from its original scope. Meanwhile, our engineers continue to provide ongoing secondment support and the electrical maintenance at the Mundaring Water Treatment Plant is moving along nicely.

The next few weeks and months will be a defining period for the company as we continue to adapt to changing market conditions. So far our diverse nature and the way we conduct our business has stood us in good stead. Let's hope this continues.





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JOB OPPORTUNITIES

Current and upcoming employment opportunities at SG Controls are listed below.

In addition, this is your chance to let us know where you currently are, whether you are interested in any work and if so what type.

This newsletter is designed to give previous employees preference for upcoming work and allows us to maintain an accurate, up-to-date labour database.

If you are interested in any of the opportunities or want to let us know you are available for work please send in your latest resume, certificates and two recent, applicable references to:

recruitment@sgcontrols.com.au

I would like to thank you in advance for all your correspondence and look forward to chatting to you soon.



If this newsletter is not something you are interested in or have full time employment elsewhere and wish to unsubscribe, please reply **STOP** to recruitment@sgcontrols.com.au



Opportunities:

If you are one of the following or know of anyone who is looking for work please send your resume and relevant licenses and certificates to:

recruitment@sgcontrols.com.au

Rio Tinto Inducted Electricians

- Relevant tertiary qualifications or certificates
- 4+ years' experience in commissioning in the mining industry
- Rio Tinto HSE/Essentials and Lock Holders inductions

BHP Inducted Electricians

- Relevant tertiary qualifications or certificates
- 4+ years' experience in commissioning in the mining industry
- Current BHP WAIO training and inductions

HV Technician

- Relevant tertiary qualifications or certificates
- Experienced in CD3 HV cable VLF testing experience



NEWSLETTER



SAY SOMETHING...

Do you have something you would like to share with everyone at SG Controls? It could be a safety issue, a sporting achievement, or a new member to your family? If so we would love to have your contribution to the monthly newsletter!

Please email admin@sgcontrols.com.au and remember everyone likes pictures! 😊



FACEBOOK

We have now got a Facebook page up and running so don't forget to "like" and "share" the page. The page can be found as

<https://www.facebook.com/SGControls>



LINKEDIN

Don't forget to follow us on linked in as well! Our linked in page is:

<http://www.linkedin.com/company/3280618?trk=tyah&trkInfo=tas%3ASG%20Controls%2Cidx%3A1-3-3>

GLOBAL POSITIONING



3 SG Controls are continuing to have a global presence.

SG CONTROLS YARNIMA

As part of the ongoing upgrades and maintenance at the Yarnima Power Station, SG Controls are working with site maintenance engineers to improve the communications of the control systems.

MUNDARING

Electrical and HVAC maintenance continues at the Mundaring Water Treatment Plant, with SG Controls currently developing the HV maintenance plans whilst providing on call and scheduled maintenance services.

KARRATHA

A small team of Hazardous Areas inspectors and designers have been engaged to complete audits on a number of sites in the Karratha and Pilbara region.

GUYANA

SG Controls have provided a team of engineers and E&I technicians for the construction and commissioning of the Aurora Gold Mine near Georgetown in Guyana, South America. Work is expected to continue for the next couple of months with the assistance of the local labour force.

MADAGASCAR

As part of the prefeasibility study of the Toliara Gold Mine, SG Controls are providing electrical engineering and design services including power station design, the Electrical CAPEX and load calculations.



NEWSLETTER