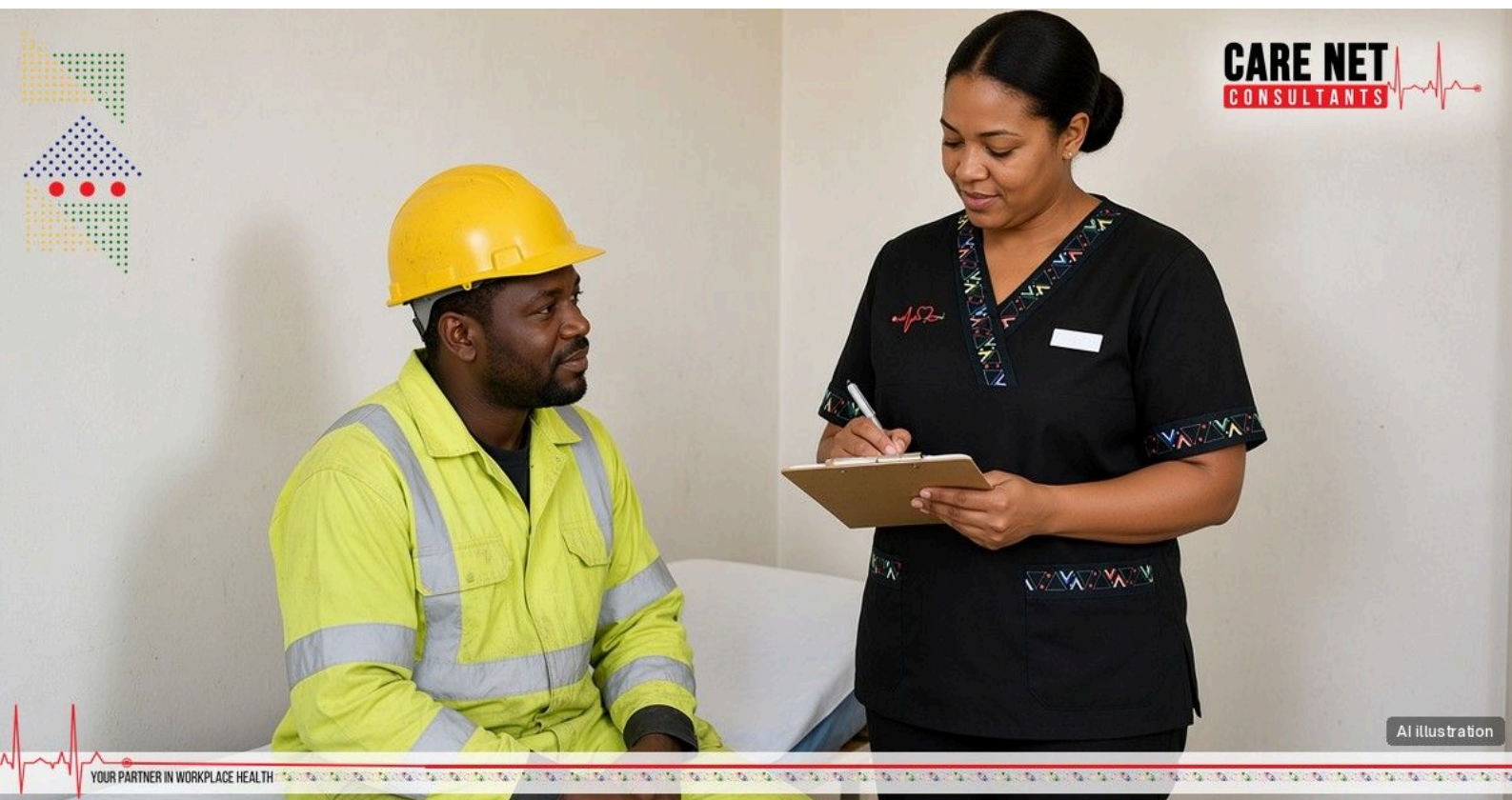


INDUSTRY HEALTH PACK

MINING HEALTH PACK

Medical surveillance, the red ticket and dust



On a mine the shift starts with a certificate at the gate. Behind that red ticket sit two Acts and a surveillance system the employer must run. This pack follows the law from the ticket back to the system, and sets out the medicals and checks a mining employer or contractor needs.

WHAT THE LAW ASKS OF YOU

These are the South African rules that matter most for a typical mining employer. They are summarised from the regulations themselves; read the gazetted text for the full duties.

LAW	WHAT IT ASKS OF THE EMPLOYER
Mine Health and Safety Act 29 of 1996, section 13	The employer must establish and maintain a system of medical surveillance of employees exposed to health hazards, and act on what surveillance finds. ^[1]
Occupational Diseases in Mines and Works Act 78 of 1973, section 15(1)	No person may perform risk work at a controlled mine or works unless they hold a current certificate of fitness, and no owner or contractor may permit it except as that certificate authorises. ^[2]
ODMWA, section 23	A certificate of fitness is valid for the period the director determines, not exceeding three years. ^[3]
The red ticket	The everyday name for the ODMWA certificate of fitness. The term does not appear in the MHSA. ^[2,1]
Man Job Spec	CNC tests every certificate of fitness against the employer's Man Job Spec, so it should describe the real job and its hazards. ^[4]
OHS Act 85 of 1993, section 1(3) (a)	The OHS Act does not apply to a mine, a mining area or works as defined in mining legislation, except where that legislation provides otherwise. Mine work is governed by the MHSA, so check which Act applies to each site and contractor. ^[5,1]

Numbers in red refer to the sources on the last page. This pack is general information, not legal or medical advice.

THE MEDICALS **YOUR TEAM NEEDS**

Medical surveillance follows the exposure. Your risk assessment decides who is tested and for what, and your practitioner sets the programme. A typical mining employer plans for three moments in a worker's career.

WHEN	WHAT IT IS FOR
Pre-employment (before risk work)	No one may perform risk work at a controlled mine or works without a current certificate of fitness (ODMWA s15). The first examination also sets the baseline for surveillance. ^[2,6]
Periodic	Renew before the certificate lapses; validity is set by the director and cannot exceed three years (ODMWA s23). The MHSA s13 surveillance system decides what is repeated and how often. ^[3,1]
Exit	At the end of employment or exposure, to close the record and show the worker's health at the end of exposure. ^[6]

Tests and certificates to plan for

TEST	NOTES
Certificate of fitness	Issued by the occupational medicine practitioner against the Man Job Spec. ^[4]
Spirometry	Measures FEV1, FVC and their ratio. An abnormal result is a signal to repeat, confirm and investigate, not a diagnosis. ^[7,1]
Chest X-ray and TB screening	Dusty work raises TB risk; surveillance should look for both silica-related lung disease and TB. Chest X-ray is a CNC add-on when the risk calls for it. ^[4,8]
Audiometry	Hearing screening following SANS 10083. ^[4]
Vision	Keystone with colour vision for operators; Snellen for general work. ^[4]



Planning medicals?

Tell us the headcount, the site and the exposures. A sales executive replies the same working day with a fixed-price proposal.^[9]

Request a quote:

carenetconsultants.co.za/forms/quote-request.html

THE MAIN RISKS, AND WHAT HELPS

Prevention starts at the source: remove or reduce the hazard first, then protect the person. Medicals check that the controls are working.

Silica dust

Can cause silicosis and raises the risk of TB, even before silicosis shows on an X-ray.

Prevention: Dust suppression, ventilation, respirators, spirometry and TB screening.

Noise

Drills, crushers and fans.

Prevention: Engineering controls, hearing protection, audiometry.

Heat

Deep and hot workings.

Prevention: Acclimatisation, water, rest, fitness for heat.

Fatigue and shifts

Long and rotating shifts.

Prevention: Sensible rosters, fatigue reporting without blame.

Plant and vehicles

Operators need sharp vision and reaction.

Prevention: Operator medicals with Keystone vision screen.

Abnormal results

Workers fear for their jobs.

Prevention: Explain the next steps: repeat test, clinical review, referral if confirmed.



For your notice board

Our World TB Day poster is part of the free Care Net Health Awareness Pack, with posters for the South African health calendar in A4, A3 and A0.

carenetconsultants.co.za/health-awareness-pack.html

YOUR ONE-PAGE CHECKLIST

Print it, tick it, and file it with your risk assessment. Anything left unticked is your next action.

- ☐ Medical surveillance system in place under MHSA section 13
- ☐ Every risk worker holds a current certificate of fitness (red ticket)
- ☐ Contractors' certificates checked at the gate, not only own staff
- ☐ Man Job Spec completed for each job and kept current
- ☐ Dust, noise and heat exposures known per job
- ☐ Spirometry done to SATS standard, repeat process for abnormal results
- ☐ TB screening part of surveillance in dusty work
- ☐ Results acted on: referral, restriction or redeployment recorded
- ☐ Renewal dates tracked before certificates lapse
- ☐ Exit medical at end of employment or exposure
- ☐ Records stored confidentially (POPIA); workers can see their own
- ☐ Confirm whether MHSA or OHS Act applies at each site
- ☐ Emergency numbers 10177 and 112, plus the mine's own emergency line, posted

Checked by: _____ Date: ____ / ____ / ____

FIVE-MINUTE TOOLBOX TALK

DUST AND YOUR LUNGS

Dust damage is slow and silent. You will not feel it today. That is exactly why we talk about it today.

1. Use the water sprays and keep them working. Wet dust stays down.
2. Wear your respirator properly fitted for the whole time you are in dust. A beard can break the seal.
3. A cough that will not go away, night sweats or weight loss: go to the clinic. TB can be treated and cured.
4. Blow as hard and as long as you can in the breathing test. A poor blow can look like a problem.
5. An abnormal result means repeat and check, not a verdict. Ask the practitioner to explain it.
6. Do not smoke. It makes dust damage worse.

Talk it through

- Where is dust worst on our section?
- Are our sprays and ventilation working today?
- Who knows where to go for a TB test?

Ambulance from
a landline**10177**Emergency from
a cellphone**112**

Save both numbers in your phone today. Know where the first aid kit is and who the first aider is on your shift.

Talk given by: _____ Date: ____ / ____ / ____ Number attending: _____

HOW CARE NET CAN HELP

Certificates of fitness against your Man Job Spec, at a clinic or with a mobile unit at the mine gate. Every medical includes a risk-based exposure form and a review by an occupational health nursing practitioner, and is captured in My Clinic Online, our POPIA-aware record system.^[10]

4

fixed clinics

Walk-ins welcome. Busiest 8am to 2pm; afternoons are quieter. Saturdays for booked groups of more than 10.^[11]

16

mobile clinic units

From 10 employees on one site, Monday to Saturday. Most units carry inverters and battery packs.^[9]

Our fixed clinics

Midrand

875 16th Road Midrand, Unit 2 Alphen Square
North, Randjespark, Midrand, 1685
+27 60 070 2723

Elandsfontein

Cnr North Reef and Atlas Road, Shop 2 Delmond
Centre, Elandsfontein, 1429
+27 60 070 2723

Brackenfell, Cape Town

Cnr Kruis and Capricorn Way, Unit 15 Reserve 1,
Western Cape, 7560
+27 60 070 2723

Gqeberha

40 6th Avenue, Gqeberha, 6045
+27 60 070 2723

Get in touch

Request a quote

carenetconsultants.co.za/forms/quote-request.html

A sales executive replies the same working day with a fixed-price proposal.^[9]

Book medicals

carenetconsultants.co.za/forms/booking-request.html

Call or WhatsApp

+27 60 070 2723 | wa.me/27600702723

Email

salesdesk@carenetconsultants.co.za

Ambulance from a
landline

10177

Emergency from a
cellphone

112

In a medical emergency call these first. Care Net clinics are not emergency services.

SOURCES

Accessed October 2026. Legal summaries are drawn from the gazetted regulations on gov.za, labour.gov.za and health.gov.za, and from Acts Online. Health facts come from the named organisations. Care Net service details come from carenetconsultants.co.za.

1. Mine Health and Safety Act 29 of 1996, section 13 Medical surveillance (Acts Online). https://www.acts.co.za/mine-health-and-safety-act-1996/13__employer_to_establish_system_of_medical_surveillance
2. Occupational Diseases in Mines and Works Act 78 of 1973, section 15 (Acts Online). https://test.acts.co.za/occupational-diseases-in-mines-and-works-act-1973/15__prohibition_of_performance.php
3. Occupational Diseases in Mines and Works Act 78 of 1973, section 23 Certificate of fitness (Acts Online). https://test.acts.co.za/occupational-diseases-in-mines-and-works-act-1973/23__certificate_of_fitness.php
4. Care Net Consultants: Mining medicals and the red ticket. <https://carenetconsultants.co.za/mining-medicals.html>
5. Occupational Health and Safety Act 85 of 1993 (gov.za). https://www.gov.za/sites/default/files/gcis_document/201409/act85of1993.pdf
6. Care Net Consultants: Occupational health (pre-employment, periodic and exit medicals). <https://carenetconsultants.co.za/occupational-health.html>
7. Position statement for adult and paediatric spirometry in South Africa: 2022 update (SATS, PMC). <https://pmc.ncbi.nlm.nih.gov/articles/PMC10016099/>
8. WHO: World TB Day. <https://www.who.int/campaigns/world-tb-day>
9. Care Net Consultants: Mobile clinics. <https://carenetconsultants.co.za/mobile-clinics.html>
10. Care Net Consultants: Fixed clinics. <https://carenetconsultants.co.za/fixed-clinics.html>
11. Care Net Consultants: Contact us and clinic addresses. <https://carenetconsultants.co.za/contact.html>
12. Western Cape Government: Know who you can call in an emergency (10177 ambulance, 112 from a cellphone). <https://www.westerncape.gov.za/know-who-you-can-call-emergency>
13. Protection of Personal Information Act 4 of 2013, sections 26 and 27 (gov.za). https://www.gov.za/sites/default/files/gcis_document/201409/3706726-11act4of2013protectionofpersonalinformationcorrect.pdf

This pack is general information for employers. It is not legal or medical advice. Read the regulations for the full requirements, and speak to a qualified practitioner about individual health concerns. Worker medical information is special personal information under POPIA: keep it confidential and share fitness outcomes, not diagnoses.

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