



PROFESSIONAL DEVELOPMENT FOR WOMEN

Women in Mining: Health, Safety and Wellbeing on Site

2 day course

Classroom, online or in-house

Course overview

Occupational health in mining was characterised on a workforce that did not include women, which leaves real gaps in exposure standards, equipment design and the provisions made for reproductive health. This course covers what is known and what is not. Delegates work through the physical demands of mining work and ergonomic risk where equipment and task design assume a different reach, strength and stature, and the exposure questions that remain open. The statutory provisions covering pregnancy, alternative placement and return to work are covered in detail. Fatigue on rotation, sleep and shift adaptation follow. Sanitation, hygiene and menstrual health underground are addressed practically. The course closes on mental health and isolation on remote operations.

What you will learn

- Assess ergonomic risk where equipment assumes a different body
- Identify the exposure questions that remain unresolved for this workforce
- Apply the statutory provisions on pregnancy and alternative placement
- Manage return to work after maternity in an operational role
- Manage fatigue, sleep and shift adaptation on rotation
- Address sanitation, hygiene and menstrual health underground
- Recognise and respond to isolation and mental health risk on remote sites

Who should attend

- Women working on mining operations
- Occupational health practitioners and nurses on mines
- Safety officers and hygienists
- Human resources staff managing placement and return to work
- Supervisors responsible for mixed crews

Course outline

- 01 Standards set on a workforce that excluded women
- 02 Physical demands and ergonomic risk
- 03 Equipment and task design assumptions
- 04 Exposure questions that remain open
- 05 Pregnancy, alternative placement and the law
- 06 Return to work in an operational role
- 07 Fatigue, sleep and rotation
- 08 Sanitation, hygiene and mental health on remote sites

Upcoming dates

Dates	Venue	Format	Fee per delegate
13 to 14 October 2026	Gaborone, Botswana	Classroom	R11,950
4 to 5 November 2026	Durban, South Africa	Classroom	R11,950
28 to 29 December 2026	Dar es Salaam, Tanzania	Classroom	USD 795
27 to 28 January 2027	Online	Online	R6,500



Fees and how to register

This 2 day course is **R6,500** per delegate online, **R11,950** in the classroom in South Africa, Botswana, Namibia, Lesotho and Eswatini, and **USD 795** in the classroom elsewhere in Africa. In-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afriscience.co.za, or WhatsApp us on **+27 63 479 1136**.

AfriScience Group | +27 61 536 6531 | info@afriscience.co.za | Pretoria, Gauteng, South Africa