

THE MINING ATHLETE

PHYSICAL AND MENTAL READINESS

MYN  **WELL**

SUSTAINABLE ON-SITE HEALTH SOLUTIONS



PRESENTERS:

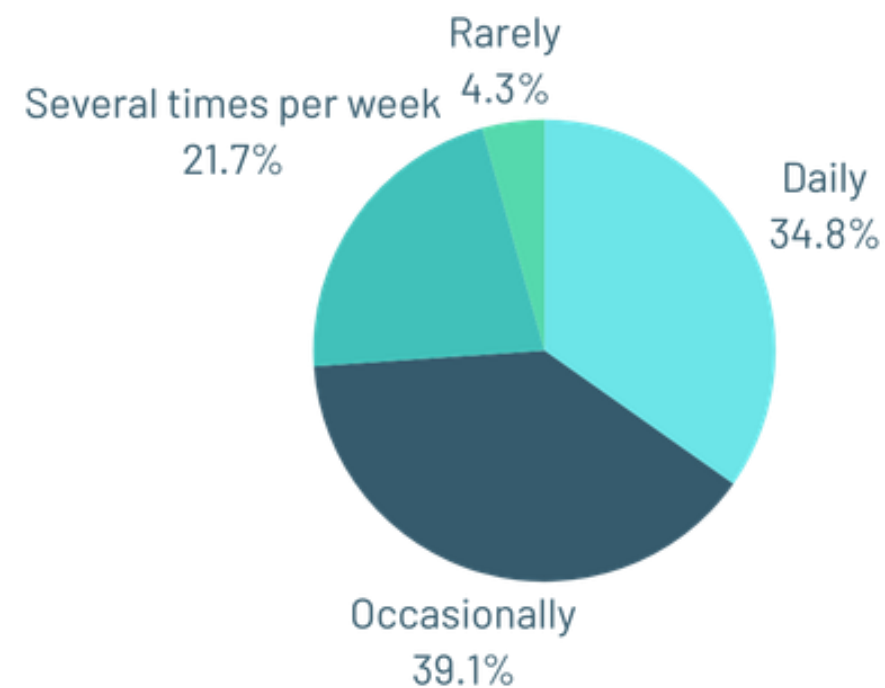
MARIO CAUSEVIC

PRIYA MALONI

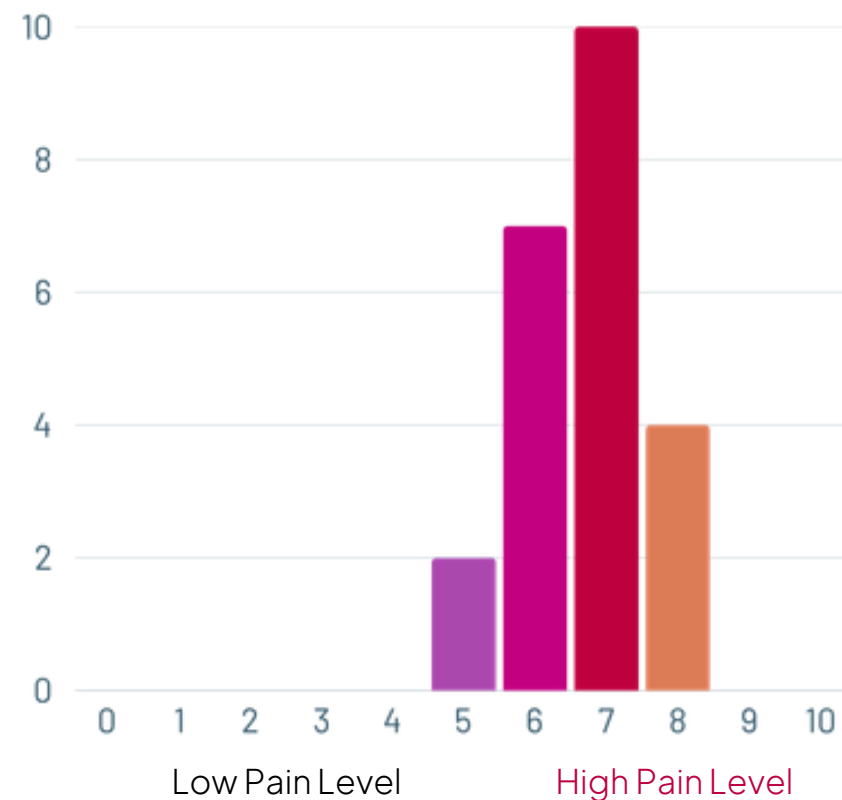


Introducing the concept of the Mining Athlete, reframing mine workers as high-performance athletes whose health, readiness, and recovery directly impact safety, productivity, and retention.

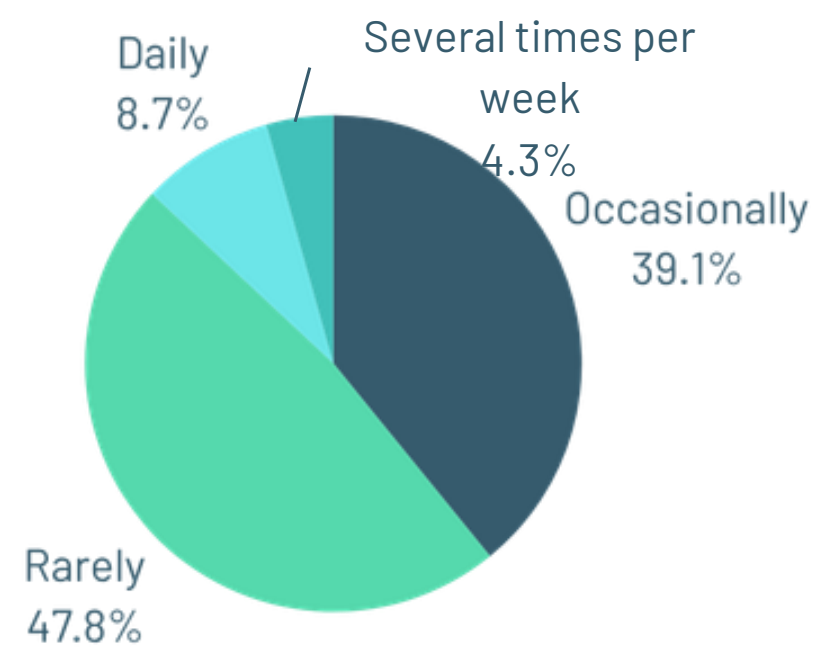
Before your first Mynwell visit, how often did pain interfere with your job performance?



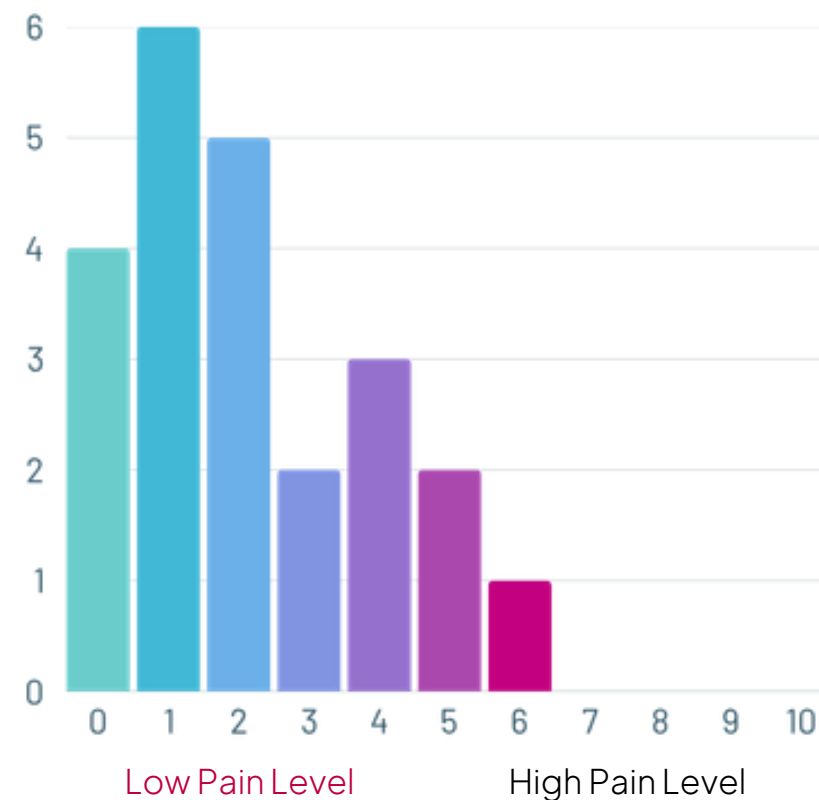
Please rate your pain level on a scale of 0-10 before treatment



Today, how often does pain interfere with your job performance?



Please rate your pain level on a scale of 0-10 for today



Why is pain so important?

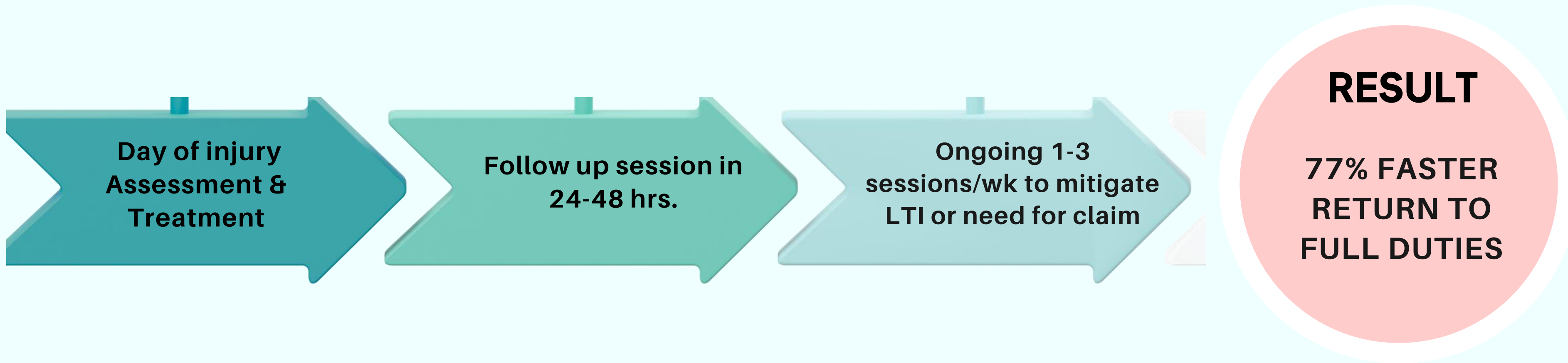
Pain competes for limited cognitive resources, **impairing attention, executive control, and decision-making**, especially during **demanding tasks**.

Pain causes **decreased mobility, slower movement** speeds, and **poorer coordination**.

Pain **increases perceived difficulty**, leading to **higher cardiovascular reactivity** and **mental exhaustion**.

WORKER CASES REQUIRING MODIFIED DUTIES (REDUCTION IN INJURY TIME)				
Job	Injury	Clinical & Insurance RTW Baseline	MYNWELL RTW Timeline	Reduction in Injury Time
	Lumbar Facet Syndrome	6+ weeks	1 day Modified Duty w/ additional treatment	
Production Miner	Slip & Fall Low Back Strain	2-8 weeks	9 days Modified Duty w/ additional treatment	
	Thoracic Facet Irritation	6+ weeks	1 day Modified Duty w/ additional treatment	
Production Miner	Thoracic Facet Irritation	6+ weeks	14 days Modified Duty	
Utility Operator	Rotator Cuff Dysfunction	12+ weeks	24 days Modified Duty w/ additional treatment	
Apprentice	Triceps Stain	8-12 weeks	1 day Modified Duty w/ additional treatment	
Lead	Gr. 2 Hamstring Strain	12+ weeks	3 days Modified Duty w/ additional treatment	
Production Miner	Rotator Cuff Strain	12+ weeks	3 days Modified Duty w/ additional treatment	
Production Supervisor	Rotator Cuff Tear	16-24 weeks	94 days Modified Duty w/ additional treatment	

INJURY RECOVERY PROGRAM

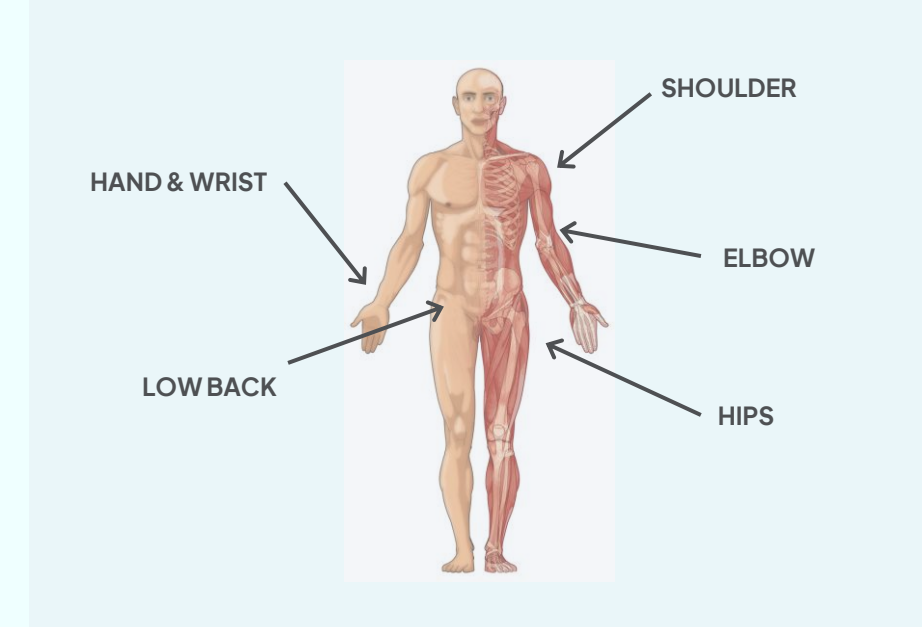
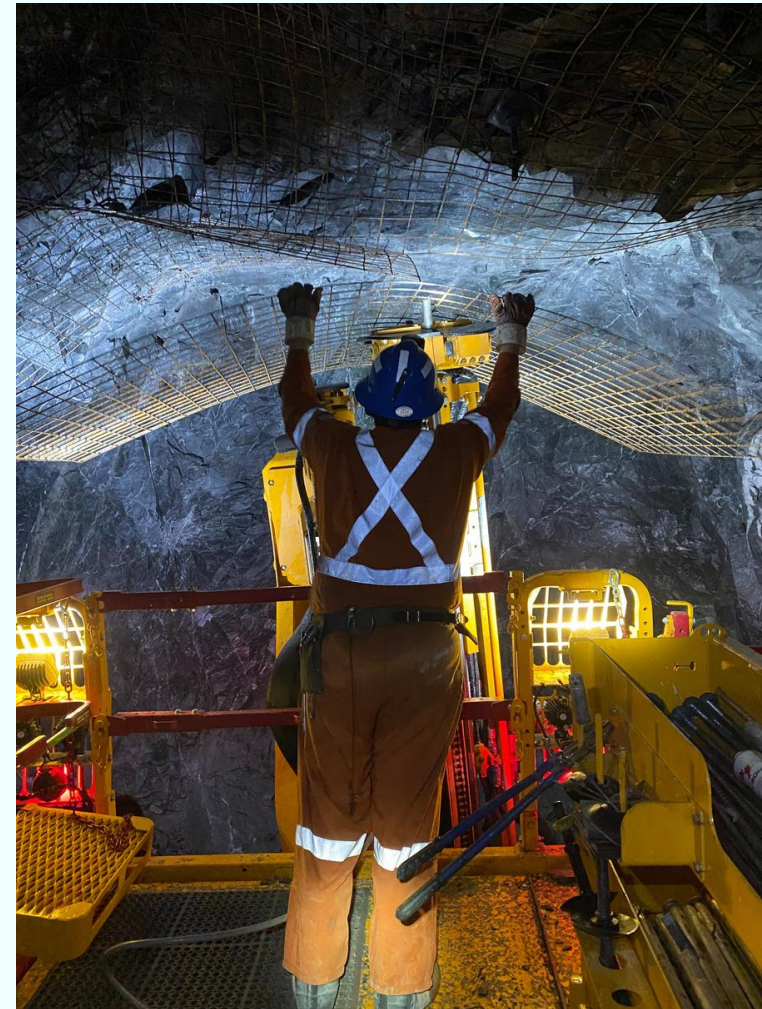
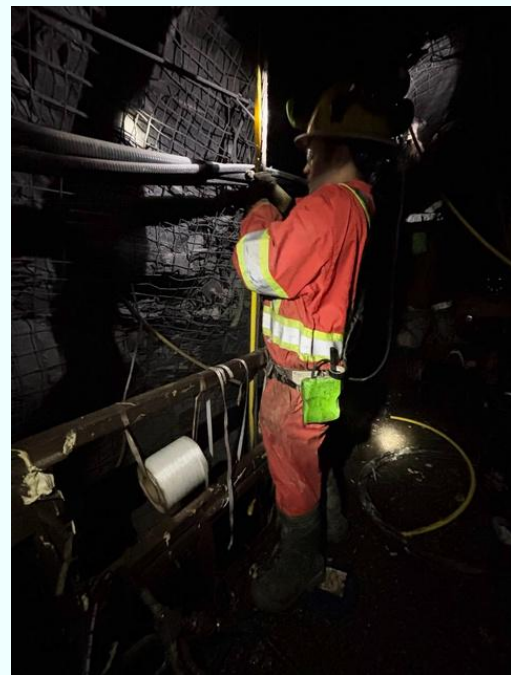
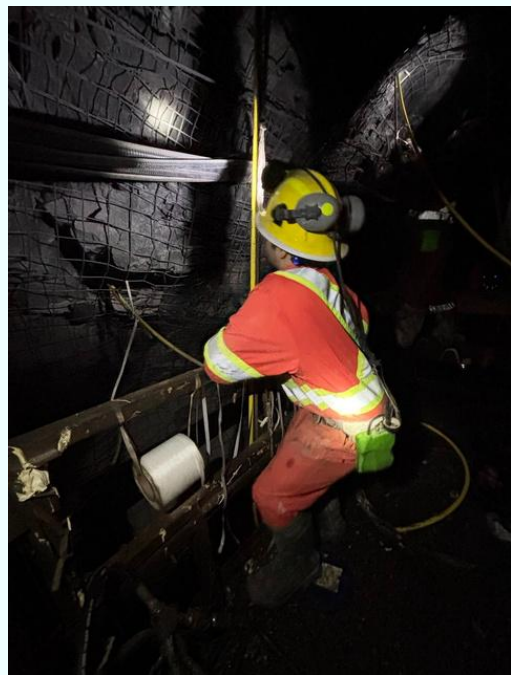
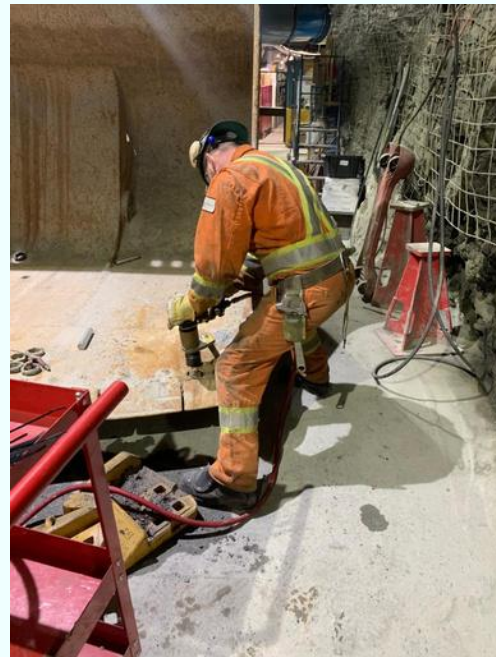
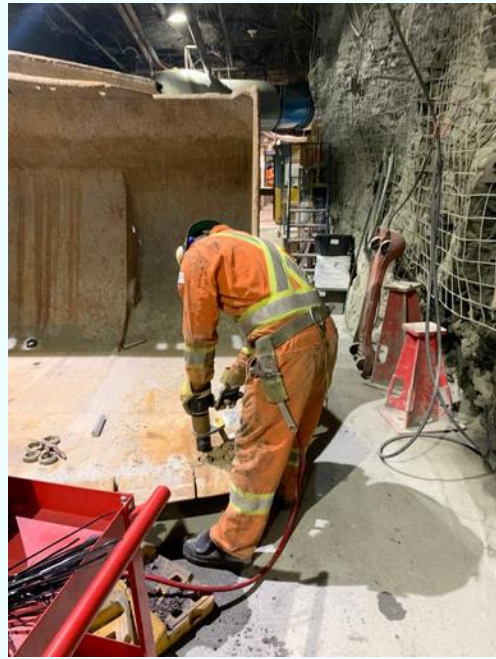


Priority High Risk - Mine Ops Teams

Open-Pit vs Underground Programming
(Medics, Nursing & HS teams)

ERGONOMICS TASK ANALYSIS

JOB SPECIFIC



PREVENTION SOLUTIONS

Ergonomics: positioning, equipment

Fit For Duty: Coaching

Stretching: mobility

Strengthening: Activation

Stability: Core

Our Detailed Approach (examples)



Safety Huddle Topics

- Proper Hydration
- Heat Stress Management
- Proper Warm-Up for Activity
- Plantar Fasciitis Management
- Tennis Elbow Management
- Safe Lifting Habits
- Carpal Tunnel Management
- Herniated Disc Management



Mental Health Minute topics

- Taking care of our health (both body and mind)
- Fit for duty...what does that mean
- Importance of sleep (strategies & tips)
- Champions of mental health
- Examples of resilience
- Shift work & strategies



Engagement Topics:

- Lifting Techniques
- Overhead Lifting
- Sciatica Symptom Relief / Prevention
- Ergonomics for Specific Job Tasks (i.e., core shack)
- Exercise Prescription for Injury Prevention
- Shifter-led stretching initiative
- Acute vs chronic pain management

Physical Demand Analysis

MYN*WELL

PHYSICAL DEMAND ANALYSIS – Alamos Gold Young Davidson Mine

Department: Production (Underground)		
Job title: Long-hole Driller (ITH)		
Dated Performed: November 15th, 2023		
Assessor: Bree Doucette		
Job description:		
→ Responsible for safe management and operation of equipment and tools required to perform duties of the position.		
→ Main roles of the Long-hole Driller is to set up stopes for drilling, unload supplies and drill rods, follow print layouts and drill long-holes for production blasting.		
→ Job tasks are primarily done in a team of 1 driller, they will be monitored for safety reasons by dispatch.		
→ Work is done in varying temperatures all year round.		
→ Long-hole Drillers are required to work a 10-hour shift on a 5 days / 4 off / 4 nights / 5 off rotation.		
→ Long-hole Drillers are permitted two 15 minute breaks (when time permits), and one 30 minute lunch break.		
→ Long-hole Driller is classified as a very high strength / mobility role as it requires frequent lifting up to 20kg.		
→ All employees who work underground must be able to scale and wash tunnels.		
→ All employees who work underground must complete a 5-point safety card before / during their shift.		
→ All employees who work underground must possess enough mobility to move to safety in the case of an emergency.		
Equipment description:		
→ The possession, use and/or access to the following is required for all employees who work underground: water hoses, a scaling bar, miner's hooked knife, pen/pencil, miner's wrench, lock and tag, flashing red light (flare).		
→ Main equipment used by the Long-hole Driller:		
<ul style="list-style-type: none"> • Long-hole drill • Long-hole drill remote control stand • Measuring tape • Spray paint • Red laser light • Rods (4" up to 35kg, 6" up to 60kg) 	<ul style="list-style-type: none"> • High pressure hose • Mobile air compressor/booster • Copper based grease and grease brush • Oil buckets (up to 20kg) 	<ul style="list-style-type: none"> • Drill bits (4.5" up to 7kg, 10" up to 60kg) • Drill hammer attachment (6" up to 75kg) • Hole plugs • Casings (up to 2kg) • Kleen-flo (brakes/parts cleaner)
<ul style="list-style-type: none"> • Scoop/vehicle with forks (to load the air compressor) 	<ul style="list-style-type: none"> • Sledgehammer (up to 5kg) • Drill canister • Light bars 	<ul style="list-style-type: none"> • Dust cone (up to 7kg) • Wheel chocks (up to 2.5kg) • Hand saw
Personal protective equipment (PPE) required:		
→ Hard hat/head protection, hard hat reflective halo, blue flashing light attached to the hard hat, safety glasses, steel-toe (rubber/leather) boots (yellow for visibility), high-visibility coveralls, double hearing protection (i.e., earmuffs and earplugs), headlamp and radio, miner's belt, miner's wrench and wrench pouch, gloves, miner's knife, a source of time (i.e., wrist/pocket watch).		
PHYSICAL DEMANDS		
Task	Body Action / Load Demand / Frequency (Rarely - R, Sometimes - S, Frequently - F, Constantly - C)	Duration
Task 1: Travel to worksite / work area (via mine hoist, and/or underground man-carrier vehicles)	<ul style="list-style-type: none"> • Standing (F) • Walking up to 50m (S) • Walking up to 20 minutes (S) • Seated posture (S) • Pulling body weight with upper body into Man-carrier vehicle, handles at or above shoulder level, step at or above shin height (S) • Varying amplitudes of whole-body vibration from ground conditions and hoist movement (F) • Crouching, squatting, bending, twisting to remove possible hazards in the passageways (S) • Reach up to take measurements of air volume with Kestrel tool 	Up to 1 hour total (10% of workday)
If driving:	<ul style="list-style-type: none"> • Lower leg push up to 10kg of force to depress gas pedal (F) • Pushing and pulling of upper body to turn steering wheel up to 2.5kg (F) • Cervical movement for shoulder checks (F) 	
* Must be able to withstand pressure changes, change in lighting, close proximity to other people, loud noises, and varying intensities of full-body vibrations.		

ANNUAL SUMMARY SITE X 2025 (PHYSICAL)



316

New Workers
Assessed



100%

Departments
Reached



2128

Follow-Up
Appointments



693

Huddles
Attended



78,060

Minutes of
Treatment



35%

Utilization
*based on 900
workers*

TOP 5 OF 2025

Department Utilization

1. Shaft
2. Production
3. Mill
4. Construction
5. Maintenance

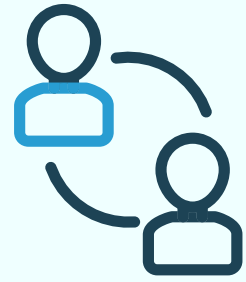
Area of Injury

1. Back
2. Shoulder
3. Neck
4. Knee
5. Elbow

Mechanism of Injury

1. Posture
2. Sprain/Strain
3. Overuse/Repetition
4. Direct Trauma
5. Slip/Trip/Fall

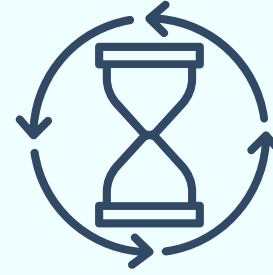
6 MONTH SUMMARY SITE X 2025 (MENTAL)



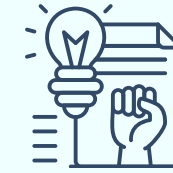
75 Unique Workers
Seen
245 Follow-Ups



94%
No outside
therapist



19,080
Mins



8.33%
Current Utilization
(based on 900
workforce)

EAP Ontario
2024
Utilization 5.2%
20,000 mins of
therapy

Presenting Issues

Relationship
Stress
Anxiety
Trauma
Depression

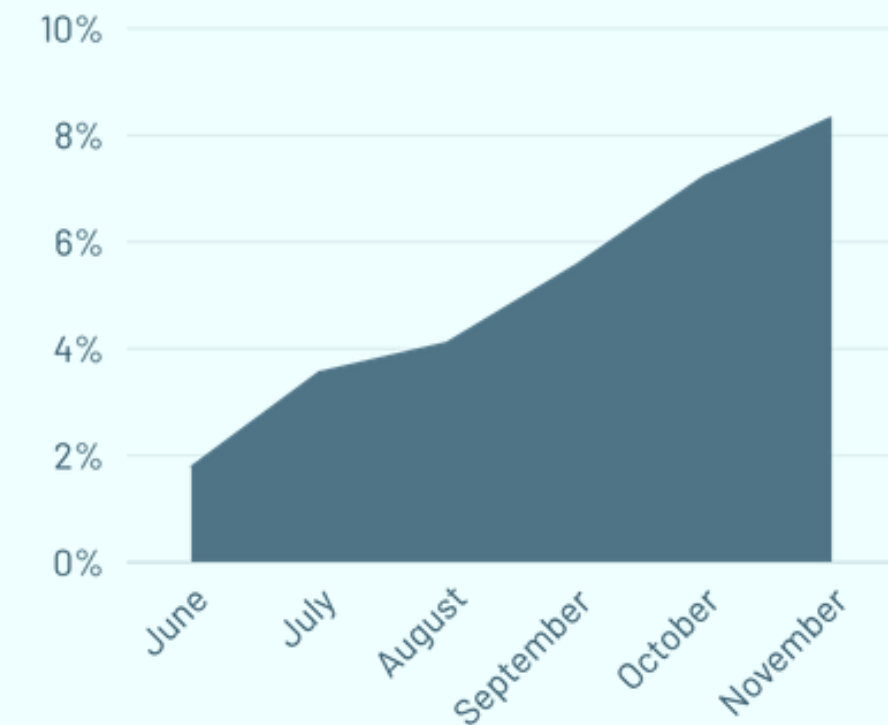
UTILIZATION DETAILS

Top Department Utilization

1. Underground
2. Mill Operation
3. Health & Safety / HR
4. Construction
5. Portal

- **Employees presenting with severe conditions decreased by 12.84% from intake to follow-up**
- **Utilization increased at an average of 1.3% each month**

Utilization by Month



TRENDS WE SAW ACROSS ALL SITES

- **MINE OPERATIONS** UTILIZED THE SERVICE **MOST** FREQUENTLY, WITH A LARGE PERCENTAGE BEING **LOWER BACK** PAIN DUE TO **POSTURE**
- **MAINTENANCE** HAD THE **HIGHEST AMOUNT OF SLIPS / TRIPS / FALLS INJURIES**
- **11.68 % OF EMPLOYEES USED EXTERNAL OFF-SITE PHYSICAL HEALTH SERVICES**
- **6% OF EMPLOYEES USED EXTERNAL OFF-SITE MENTAL HEALTH SERVICES**
- **ON-SITE CLINIC AV# OF FOLLOW UPS: 7.26**
- **HIGH PROGRAM UTILIZATION OF 40%**

OUR MISSION FOR THE MINING INDUSTRY

Help retain and attract new skilled workers to the mining sector by creating a culture around well-being and belonging to meet demands of the workforce shortage and expectations by 2030*.

