



NORTHERN STAR

Incident Flash Report

This report is intended to share the initial incident and any immediate actions taken.

IN-CONTROL REFERENCE NUMBER: TBA

		CATEGORY		CLASSIFICATION	
SITE	Central Tanami	INJURY	<input type="checkbox"/>	FATALITY	<input type="checkbox"/>
LOCATION	Groundrush	ILLNESS	<input checked="" type="checkbox"/>	LOST TIME	<input checked="" type="checkbox"/>
DEPARTMENT	Exploration	PROPERTY DAMAGE	<input type="checkbox"/>	RESTRICTED WORK	<input type="checkbox"/>
DATE	13 November 2015	PRODUCTION LOSS	<input type="checkbox"/>	MEDICAL TREATMENT	<input type="checkbox"/>
TIME	18:00 CT	NEAR MISS	<input type="checkbox"/>	MINOR	<input type="checkbox"/>
		OTHER	<input type="checkbox"/>	HIGH POTENTIAL	<input type="checkbox"/>

INCIDENT DESCRIPTION:

Diamond Drill offsider collapsed from over hydration (+16L water causing Hyponatremia) after completing 30m & 60m rod pulls , temperature during second rod pull +43C° at Groundrush.

IMMEDIATE ACTIONS TAKEN:

Signs and symptoms similar to dehydration, and treated as such at first action.

Attached document should be included in all subsequent safety meetings or pre-starts for greater awareness.

Under investigation

For further information contact:	Name: Russell Brown	
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Approved by:	Garry Mills	Review Date:	30/10/2018
		Approver's Signature:	G.Mills

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HYPONATREMIA (Water Intoxication)

A person with hyponatremia needs to be transported to hospital, recently a person on our site became confused and collapsed during work due to hyponatremia. This information sheet has been developed make employees aware of this condition.

What the cause?

Most commonly hyponatremia occurs when an individual consumes more water than their kidneys can process. At greatest risk are those working in very hot climates for more than four hours and, in the process, drinking so much water and sports drink that they dangerously dilute the sodium concentration in their blood, jeopardizing vital body functions. Normal healthy kidneys can safely filter approximately 15L per day, but not all at once!

First Aid Treatment

There is very little that can be done outside of a hospital for hyponatremia, so differentiating between dehydration and hyponatremia is the most important part of hyponatremia first aid. The main differences in signs and symptoms are the person has been staying hydrated or has consumed a large amount of water in a short period of time and body temperature.

Important messages

Drink to replace the fluids you lose through sweat and normal work activities. Sip water throughout the shift, increasing/decreasing as needed, instead of guzzling it down all at once, "water loading". If you need to consume large amounts of water, more than 1L/hr, to stay hydrated consider using electrolyte replacements. (Low Sugar) If in doubt ask questions and speak out.

Signs and Symptoms

- weakness
- dizziness
- nausea
- muscle cramps
- slurred speech
- confusion
- loss of consciousness
- seizures in severe cases
- drinking more than 1L per hour

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