

## Preparing for Prominent Hill Quick Reference Guide



### I'm new to FIFO work – what should I plan for?

FIFO work is a very particular lifestyle and can be an extremely rewarding career choice. While there are benefits to FIFO work, there are some factors to consider and plan for – especially when working in a remote location like Prominent Hill.

- Being away from home through important events can lead to feelings of missing out and isolation from your loved ones. Talk to your friends and family ahead of time, about when and how you'll stay connected, especially when significant events are happening. Wi-Fi and computers will be available to help you stay connected.
- Family can't just pop over for a quick visit and being away for long periods at a time can put a strain on your personal relationships. As well as staying connected while you're away, discuss with your loved ones how you'll do the same when you return home.
- Long rosters and long hours, in often extreme weather conditions, can leave you fatigued. Remember, we all need to be fit for work mentally and physically. Start to prepare your mindset to use downtime to focus on the support you need for your overall health, for example, hydration, rest, social connection and physical fitness.
- You may find it difficult to relax and recharge outside your usual routine. Think about the sorts of activities that you know help you re-energise and bring along anything, for example, books, that you might need. Alternatively, there are a few phone apps available that can be used to help you manage stress, improve sleep and increase focus. They are called mindfulness and some options are [Calm](#), [Aura](#) and [Headspace](#). We offer a free subscription to Calm for our workforce.
- After a long shift, you will be able to use downtime to have a drink at the Blue Duck bar with your workmates. Alcoholic drinks, non-alcoholic drinks, snacks, and confectionery are available at the Blue Duck. Remember, **bringing alcohol to Prominent Hill is prohibited** and there is a daily limit on the amount of alcohol that can be purchased from the bar (6 mid strength drinks.) You will need to have your Prominent Hill ID card visible when purchasing alcohol. You are provided this ID on your first visit to site – don't lose it! Remember, Our Village Charter expects you to show respect to our bar staff and those around you while drinking.
- Social connection is important to us, that's why we have recreational activities available for you to fill the gap with fun stuff. Pop-up food stations will be available in the Blue Duck area along with social and sporting events. You will see what's on from the posters around the place, the weekly newsletter, your pre-starts and from TV screens in the Dry Mess and Operations Hub.

While your physical health is important, be prepared to focus on keeping mentally healthy as well. Talking about things before you go is important so that, if you do experience challenges, you've got systems set up to help – and given yourself permission to ask for it.

Onsite support will be available when you need it, but we will also have confidential, external support available to you and your family through the Employee Assistance Program (EAP) – sharing the details before you go means you have the tools in place for when you might need them most.

**To find the EAP details, and more tips on how to stay well on site, check out the Prominent Hill Wellbeing guide.**



## What do I wear and how do I get my PPE?

It's important to dress for the work you have on. If you are working solely in the operations office, feel free to wear no high-visibility clothing. There is no official dress standard, just dress comfortably, practically and professionally – no holey jeans or activewear.

PPE is mandatory. If you're working out of the office onsite, so it's important that you have this packed and ready to go.

- Mandatory PPE includes a hi-vis shirt with long sleeves and hi-vis pants, safety boots, hard helmet, protective gloves and safety glasses.
- PPE will be supplied by your employer.
- PPE should be ordered prior to your arrival on site. It can be delivered to your home, the Adelaide office or you can arrange for delivery to site.



## Where can I store my stuff?

If you have a permanent room allocated due to your roster, you will have a lockable cupboard allocated to you in your room. For more information, visit the Travel and Accommodation Office to see if your room is permanent or not.

There is the ability to store your clothing onsite in the permanent lockers in the Operations Hub. Here you can leave boots, pillows or other items that you want to be stored. For more information, ask your leader.

There's also temporary storage available at camp. You can reserve a temporary locker through the Travel and Accommodation Office.



## What do I need to take?

Here's a handy checklist of things you may need during your time at Prominent Hill.

- ☐ Food and water will be supplied. Following food border restrictions, you may wish to bring along some of your favourites as long as they won't spoil in travel. You should also bring any personal medication you may need.
- ☐ Lunchbox to keep your food in for lunches.
- ☐ Laundry powder for washing clothes.
- ☐ All PPE for onsite activities.
- ☐ General toiletries and any personal medication you may need – Panadol will be available to purchase on site.
- ☐ After-work wear relative to climate.
- ☐ Athletic wear should you wish to use the gym.
- ☐ Swimwear should you wish to use the pool.
- ☐ A laptop or tablet if you have one.
- ☐ A Telstra SIM card if you want full coverage otherwise your phone switched to Wi-Fi calling to use other providers.
- ☐ Noise-cancelling headphones are great for the plane.
- ☐ To lighten the load on the Village Wi-Fi service we recommend downloading the shows and movies you want to watch prior to arrival – this will ensure a fabulous unbuffered experience.

When packing, just remember you will have a weight restriction of 12kg check-in and 7kg carry-on.

## What is the climate like?

The weather will vary through the region's seasons:

- Summer (December to February) is extremely hot and can reach up to  $>45^{\circ}\text{C}$ . There is also a chance of dust storms and lightning alerts between the months of November and January.
- Autumn (March to May) can be very mild and dry.
- Winter (June to August) can be very cool and dry in the winter and may fall to  $<10^{\circ}\text{C}$ .
- Spring (September to November) can range from very mild to hot.

**To stay up to date with the weather on your arrival, check the Coober Pedy weather forecast for the day of your site visit.**



## What happens if I run out of my medication?

- Each worker has a responsibility to be fit for work. All medications should be declared to your supervisor and the site medics. If you require medication, ensure that you have adequate supplies before you come on site.
- If you're feeling unwell onsite, you'll be able to talk to the onsite nurse and will also need to notify your supervisor. Our site is fully equipped to deal with any emergencies and incidents that may affect you or those around you and the Royal Flying Doctor Service is only ever a phone call away.



## What is the time zone in the area?

The time zone at Prominent Hill is Australian Central Standard Time (UTC +9:30) which is the same time zone as Adelaide.

