

NATIONAL REFINERY LIMITED



HSE NEWS LETTER

FEBRUARY– 2021

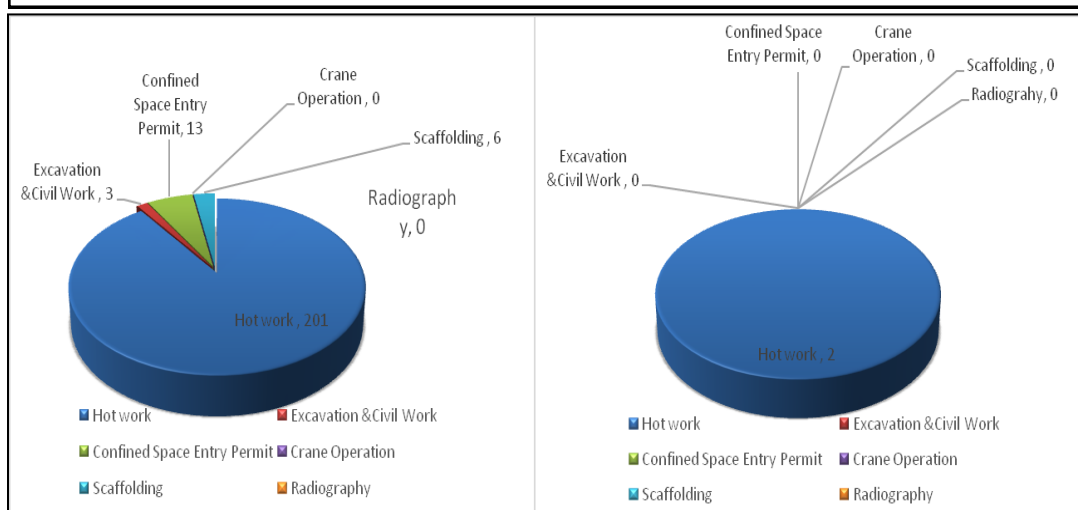
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Permit to Work System at NRL Korangi & K.T

Permit is regarded as a written agreement between the person authorizing the work and the person receiving the permit to work. Following Permit to Work were issued in the Month of **February 2021** at Korangi & K.T.



Korangi Refinery

Keamari Terminal

Safe Man Hours

NRL Safety Board is updated by second week of every month. Safety Board shows the number of Safe Man-hours worked by NRL MPT and Non MPT Staff. By the Grace of Al Mighty Allah and joint efforts by all of us, we have achieved **34.97448203 millions** safe man-hours without Lost Time Injury (LTI) as on **28th Feb 2021**. Let us all give top priority towards safety, as there is no any job, which cannot be done in a safer way.

Question or concerns regarding this news letter may be directed to:

Manager HSE
National Refinery Limited (NRL), 7-B, Korangi Industrial Zone, Karachi-74900, Pakistan.
Email: mgrhse@nrlpak.com

34.97 Million Safe man hours till 28th February 2021



SAFETY TRAINING SESSIONS AT HRDC



Fire Drills Conducted by Fire Department

♦ Fire Drill:

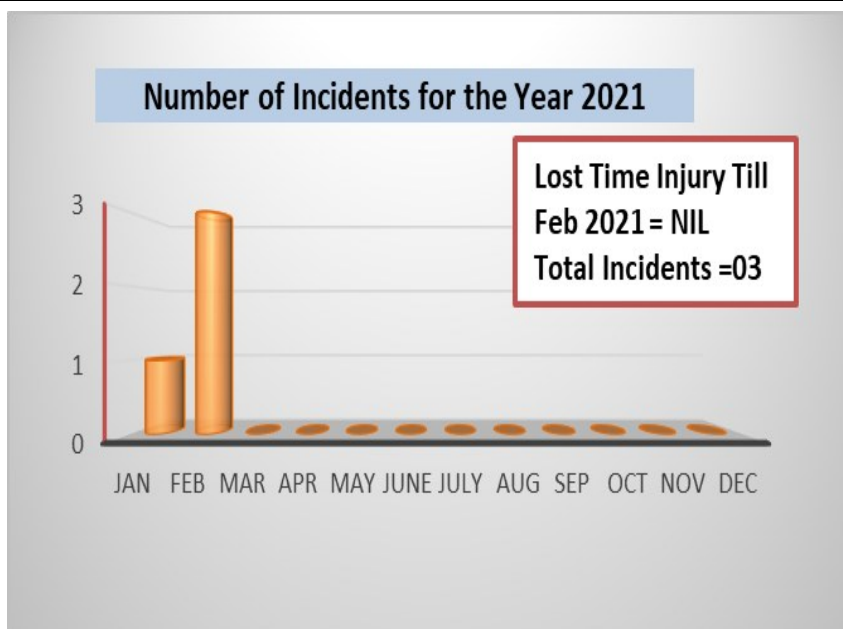
Every Thursday at 1000 hrs and Wednesday at 1530 hrs , planned fire drill conduct by the fire protection department at Korangi Refinery and Keamari terminal respectively, to check the preparedness or effectiveness of fire-fighting staff and firefighting equipment at the time of emergency. Also training regarding usage of fire fighting equipment is delivered to participant from different department in fire drill by the fire protection department.





INCIDENT / ILL HEALTH AND LOSS TIME INJURY

Incident	An incident is an unplanned, undesired event that adversely affects completion of a task.
Near miss	A near miss describes incident where no property was damaged and no personal injury sustained, but when given a slight shift in time or position, damage and / or injury easily could have occurred.
Accident	An accident is an undesired event that results in personal injury, property damage and equipment damage.
Loss Time injury (LTI)	If any NRL employee on duty had on the job accident, which render the employee medically unfit to resume of his duty next 24 hours is considered to be lost time injury (LTI).



INTERNAL / EXTERNAL MONITORING CONDUCTED BY HSE DEPARTEMENT



Ambient Air Monitoring



Drinking Water Sampling



Stack Emission Testing



Fugitive Emission Testing



Noise Monitoring in Plant



Vehicle Emission Monitoring

Heat Stroke

ہیٹ اسٹروک



ہیٹ اسٹروک سے کون متاثر ہو سکتا ہے؟
Who is at Risk?

بزرگ



Seniors

بچے



Children

کھلاڑی



Sportsmen

مزدور



Labour



کیفیات اور علامات
Signs And Symptoms



پسنے کا نہ آنا



No sweating

گرم سرخ و خشک
جلد ہو جانا



Heat, red
Dry Skin

الٹی و متلی آنا



Vomiting and
nausea

شدید پیاس لگنا



Extreme
thirst

چکر آنا



Dizziness

بے ہوش ہو جانا



Unconsciousness



احتیاطی تدابیر
Preventive Measures

گرمی سے بچیں



Avoid Direct
Heat Exposure

پانی اور مشروبات کا
استعمال زیادہ کریں



Drink Plenty of
water and Juices

ٹھنڈے پانی سے
غسل کریں



Shower with
cold water

گرم مشروب سے
پرہیز کریں



Avoid hot
drinks

ایمرجنسی کی صورت میں
ڈاکٹر سے رجوع کریں



Consult Doctor
in Emergency