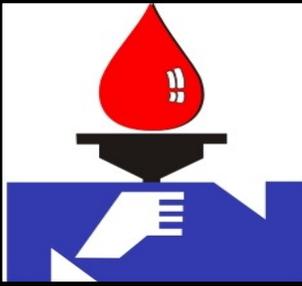


NATIONAL REFINERY LIMITED



HSE NEWS LETTER

October - 2020

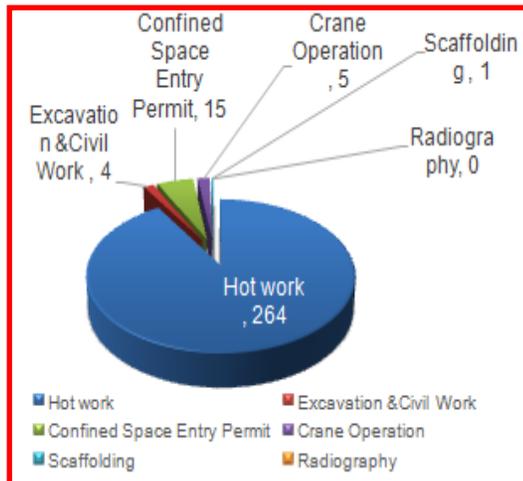
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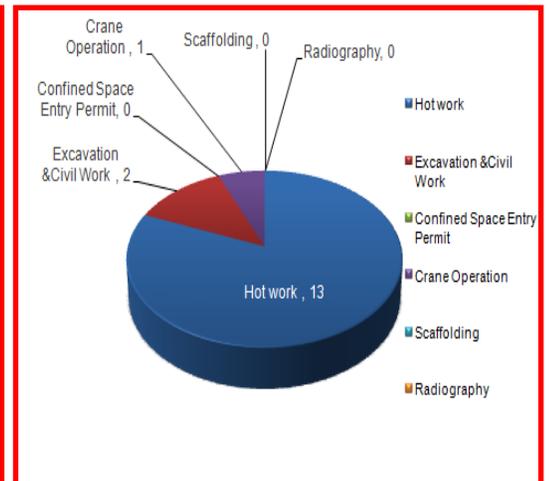
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Permit to Work System at NRL Korangi & K.T

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 **October 2020** at Korangi & K.T.



Korangi Refinery



Keamari Terminal

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: mqrhse@nrlpak.com

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 **34.31096016 millions** safe man-hours without Lost Time Injury (LTI) as on **31st Oct 2020**. Let us all give top priority towards safety, as there is no any job, which cannot be done in a safer way.

34.31 Million Safe man hours till 31st October 2020



House Keeping and Safety induction training to Newly Hired Apprentices Batch

◆ Class room training:

“ Importance of Good housekeeping, PPEs Implementation and HSE awareness “ sessions for Apprentices conducted by **HSE Department** at **HRDC**.

Safety inductions can be a major resource for helping prevent an injury or accident from happening in the workplace. It is the direct tool for bringing awareness of safety issues and procedures to all types of workers (from regular employees, contractors or even visitors). An effective safety induction can also ensure not just safety awareness affecting the person completing a job task or role but also ensure the safety of their coworkers too. It can set out important processes to follow , such as how to report an incident, safety procedures for working at heights, confined spaces, access control, restricted areas through to hazard reports.



Emergency Preparedness Response Plan Drill Conducted By HSE Department

◆ Emergency Response:

For the compliance of IMS (HSEQ) Management System against the mandatory requirement as specified in the Clause **8.2.5** (Emergency Preparedness and Response) of **ISO 14001:2015**, & **ISO 45001:2018** ,HSE department conduct Evacuation Drill as per define schedule every year to educate people how to respond in any emergency situation.

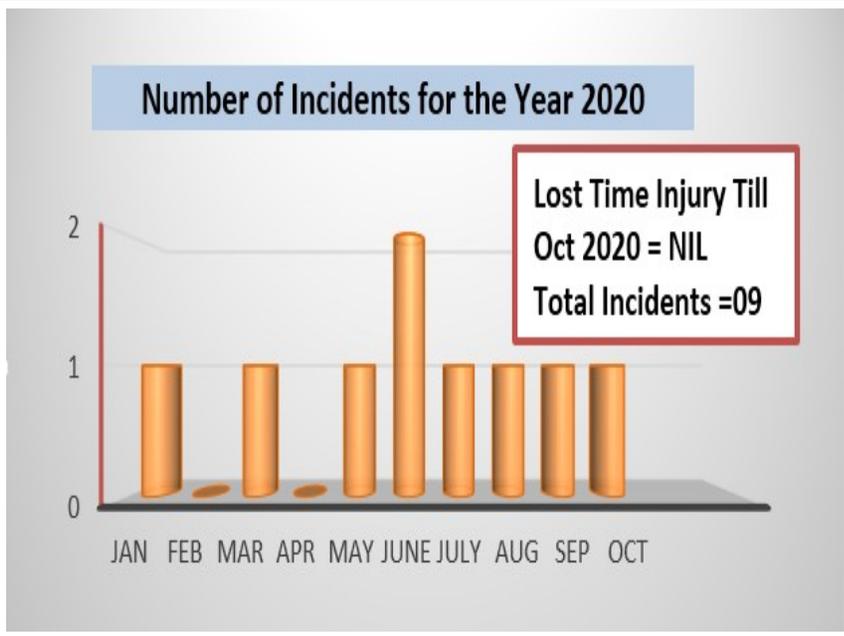


OUR AIM: **NO** ACCIDENTS



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

Safety Article: PREVENTION – SLIP, TRIP AND FALL

Why prevention of slips, trips and falls is important?

How do falls happen?

Statistics show that the majority (60 percent) of falls happen on the same level resulting from slips and trips. The remaining 40 percent are falls from a height. This document will summarize information on "falls on the same level" (slips and trips).

Slips happen where there is too little friction or traction between the footwear and the walking surface. Common causes of slips are:

- ◆ Wet or oily surfaces
- ◆ Occasional spill
- ◆ Weather hazards
- ◆ Loose, unanchored rugs or mats, and
- ◆ Flooring or other walking surfaces that do not have same degree of traction in all areas

Trips happen when your foot collides (strikes, hits) an object causing you to lose the balance and, eventually fall. Common causes of tripping are:

- ◆ Obstructed view
- ◆ Poor lighting
- ◆ Clutter in your way
- ◆ Wrinkled carpeting
- ◆ Uncovered cables
- ◆ Bottom drawer not being closed, and
- ◆ Uneven walking surfaces (steps, thresholds)

How to prevent falls due to slips and trips?

Both slips and trips result from some a kind of unintended or unexpected change in the contact between the feet and the ground or walking surface. This shows that good housekeeping, quality of walking surfaces (flooring), selection of proper footwear, and appropriate pace of walking are critical for preventing fall accidents.

What can you do to avoid falling at work?

It is important remembering that safety is everybody business. However, it is employers' responsibility to provide safe work environment for all employees. Employees can improve their own safety too.

You can reduce the risk of tripping by:

- ◆ Always using installed light sources that provide sufficient light for your tasks, or
- ◆ Using a flashlight if you enter a dark room where there is no light, and
- ◆ Ensuring that things you are carrying or pushing do not prevent you from seeing any obstructions, spills etc.

