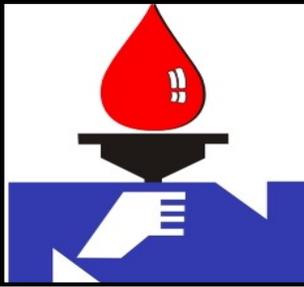


NATIONAL REFINERY LIMITED



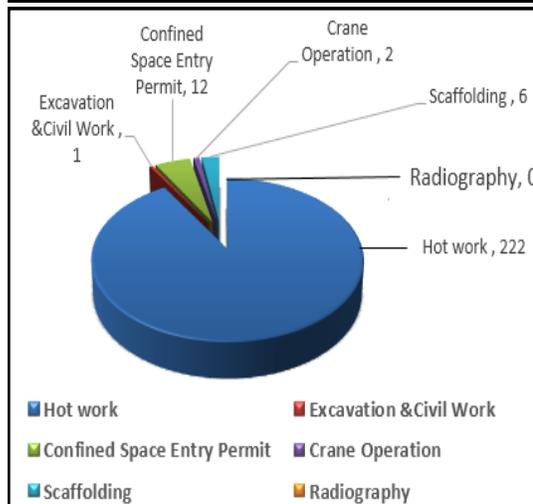
HSE NEWS LETTER

October -2022

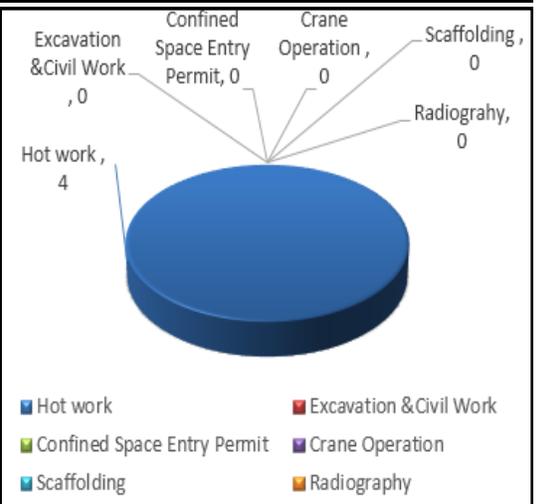
HSE Newsletter Contents:	Pg. #
Permit to Work	1
Safe Man Hours	1
Safety Training Session at HRDC	2
Fire Drills by Fire Department	3
Incident / Ill health & Loss Time Injury	3
Environmental Monitoring Conducted By HSE Department	3
Safety Article: Hazards of Rushing	4

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 2022** 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 All Mighty Allah and joint efforts by all of us, we have achieved **1.432199821** Million safe man-hours without Lost Time Injury (LTI) as on **31th October 2022**. 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

1.432199821 Million Safe Man-hours till 31th October 2022



SAFETY TRAINING SESSIONS AT HRDC

Class room training:

“ Importance of Good housekeeping, PPEs Implementation and HSE awareness “ 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.



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

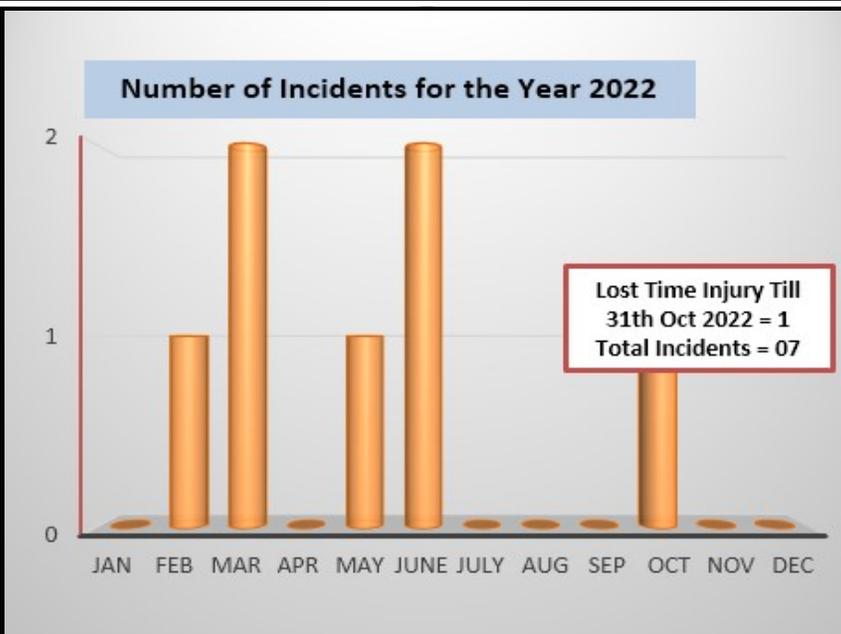


OUR AIM: NO ACCIDENTS



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: Hazards of Rushing

We have all been in a situation at one time or another where we were in a hurry, did not pay close attention to what we were doing, and ended up with an injury. Hurrying on the job can cause both minor accidents and life-threatening injuries. You may hurry dozens of times without incident, until finally it happens an accident. The old saying, Haste makes waste, is all too true.

Have you done any of these?

1. Used the **wrong** ladder because the one you needed was not close by?
2. Climbed a ladder with tools stuck in your pockets or in your hand because you did not have a tool belt?
3. Reached a **little** further on the ladder rather than get down and move it?
4. Climbed up the side of a bin or shelving unit instead of getting a ladder?
5. Not worn safety glasses because the job would **only** take a few minutes?
6. Used a dull saw blade for just one more cut?
7. Removed a guard to repair your machine, and not gotten around to putting it back?
8. Cut the grounding prong off a three-way ground wire plug because you did not have an adapter?
9. Used a wrench instead of a hammer because your toolbox was not close?
10. Not unplugged a power tool before making adjustments, because you did only have to plug it in again or the plug was a little distance away?
11. Given a forklift truck just a little more pedal so you could get one more load in before lunch?
12. Not slowed down at a blind corner because you never saw anyone there before?



I am sure you can come up with a dozen more examples of shortcuts you have taken, or seen co-workers take, to get the job done more quickly. **Sometimes nothing happens, sometimes there are near misses, until finally there is a real accident and you, or someone you work with, gets hurt.** Our employees follow our example. If we take shortcuts, they will do the same thing, assuming it is all right because they saw us do it.