

HSE NEWS LETTER

April-2020

HSE Newsletter Contents:

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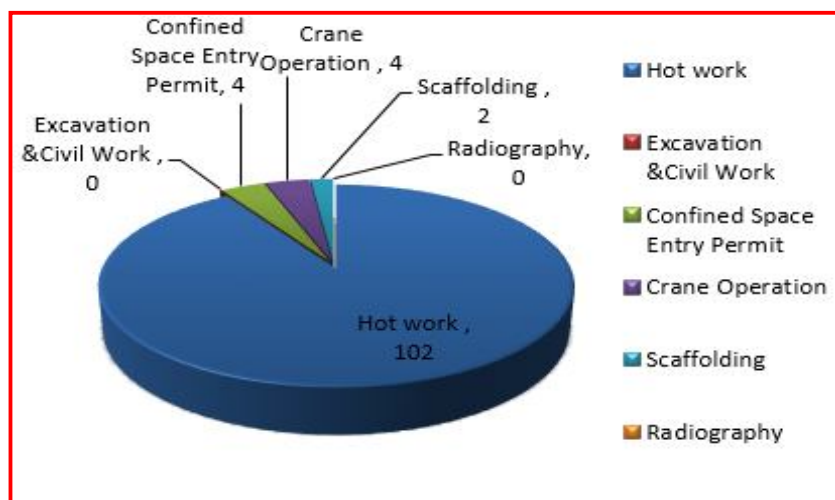
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Question or letter may be directed to concerns regarding this news Letter.

Manager HSE
National Refinery Limited (NRL), 7-B, Korangi Industrial Zone, Karachi-74900, Pakistan.

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 **April 2020** at Korangi & Keamari Terminal (K.T).



Korangi Refinery

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 **33.480979 millions** safe man-hours with out Lost Time Injury as on **30th April 2020**. Let us all give top priority towards safety, as there is no job, which cannot be done in a safer way.



NRL COVID-19 Prevention Strategy:

Due to recently pandemic disease outbreak i.e COVID-19 National Refinery also have implemented efficient controls measures to prevent this pandemic out break at organization level as per Sindh Govt. SOP.

All the employees / contractors / visitor coming NRL must follow the following steps:

- ◆ While entering NRL every person pass through the sanitization gate.
- ◆ Temperature of each person check by medical staff on the gate.
- ◆ Hand geometry of employees have been replaced by face identification .
- ◆ Training program related to COVID-19 also in progress by the medical staff.
- ◆ A temporarily quarantine facility is also available in NRL in order to quarantine the effected person on temporary basis.
- ◆ Social distancing is being properly followed by all the persons visiting NRL.
- ◆ Persons more than **55 years of age** are not allowed to enter in Refinery premises till the situation brought under control.
- ◆ Persons having any travel history of visiting outside country / city must be avoided to come to NRL OR if necessary they should **provide their corona test result report to NRL**.
- ◆ All the persons visiting at NRL must be equipped with COVID 19 related PPE's i.e. Face mask, Hand gloves, hand sanitizer etc.
- ◆ Only limited persons pray at one time so that at least three feet space is maintained from one another.
- ◆ Employees / Contractor / consultants man power should be reduced in order to avoid human interaction at least as possible.



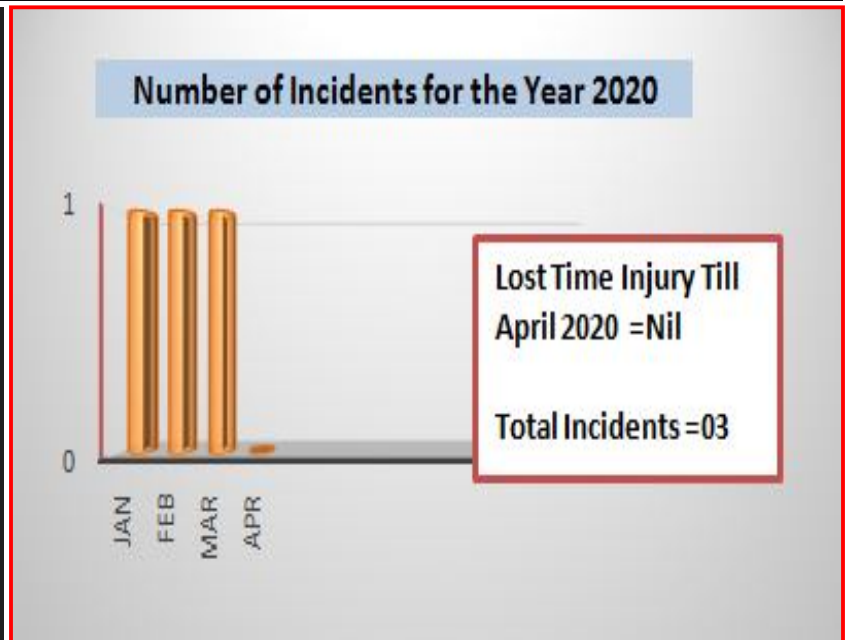
Fire Drills Conducted by Fire Department





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



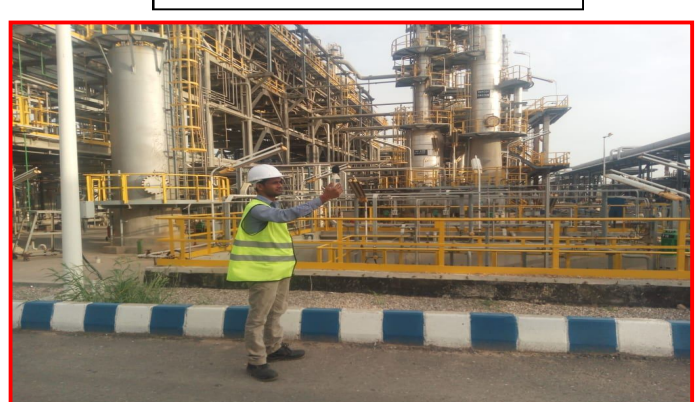
Illumination Monitoring



NRL In-house / Internal Monitoring



Vehicle Emission Testing



Noise Monitoring in Plant Area

Safety Article: Heatstroke & Heat Exhaustion Symptoms and its Treatment

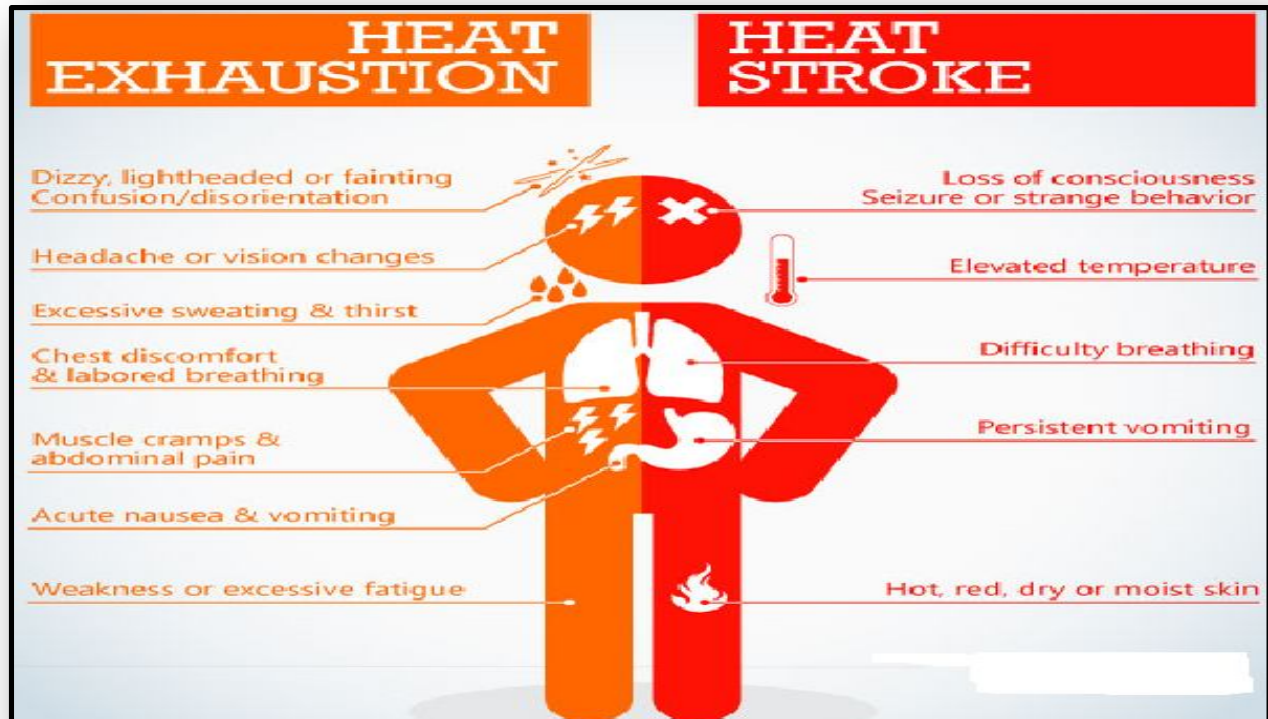
Heatstroke :

It is generally occurs when an individual has been too hot for too long, whether working, exercising, or simply sitting in a hot environment.

Heat Exhaustion :

Heat exhaustion is a condition whose symptoms may include heavy sweating and a rapid pulse, a result of your body overheating. It's one of three **heat**-related syndromes, with **heat** cramps being the mildest and heatstroke being the most severe.

Symptoms of heath Exhaustion and heat Stroke:



Treatment of heat exhaustion:

Anyone who suspects that they have heat exhaustion should immediately take steps to cool down. These can include:

- moving to a shady location
- removing one or more articles of clothing
- resting out of the sun
- turning on a fan or the air conditioning
- running cool water over the skin or applying cool, wet towels to the body
- drinking fluids such as water and sports drinks
- If a person vomits or feels nauseous, seek medical attention.

Treatment of heat Stroke :

If a person exhibits any symptom of heatstroke, contact emergency services immediately treat it, a doctor may:

- apply ice packs to the neck, armpits, and groin
- spray cool mists support any injured organ systems
- use a specialized cooling blanket administer intravenous fluids that promote cooling and hydration
- **Immersion:** The person with heatstroke is submerged in cold water or an ice bath.
- **Fluids:** Maintain fluid intake to replace fluids lost through sweating