

HSE NEWS LETTER

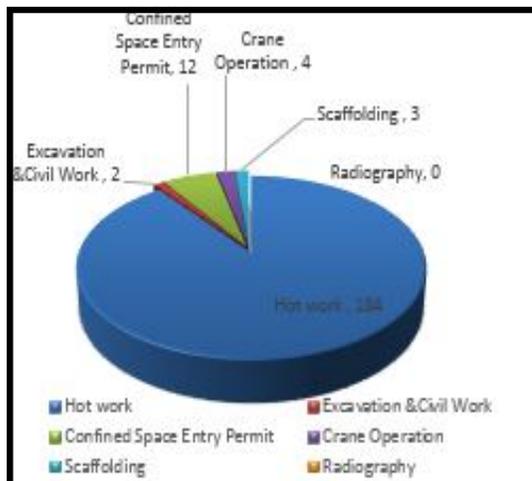
JULY-2020

HSE Newsletter Contents:

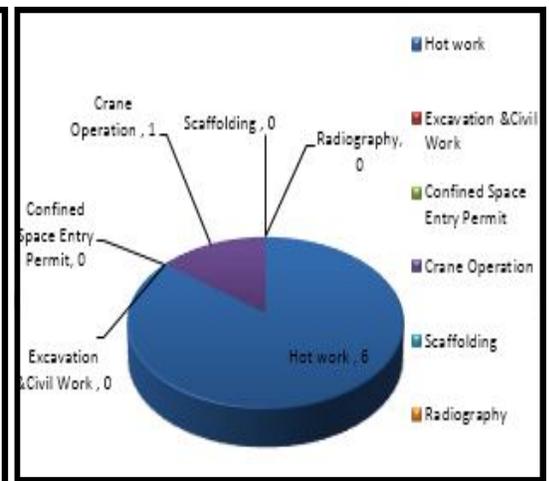
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Permit to Work System at NRL Korangi & K.T

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 **July 2020** 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 **33.848864 millions** safe man-hours with out Lost Time Injury as on **31st July 2020** Let us all give top priority towards safety, as there is no 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

33.84 Million Safe man hours till 31st July 2020



Safety induction training to Newly Hired Apprentices Batch.

◆ Class room training:

Safety induction training sessions for new 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 work-place. 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, con-



◆ Fire fighting practical training:

Fire protection department conduct drills on regular basis in order to increase competence regarding Fire fighting.

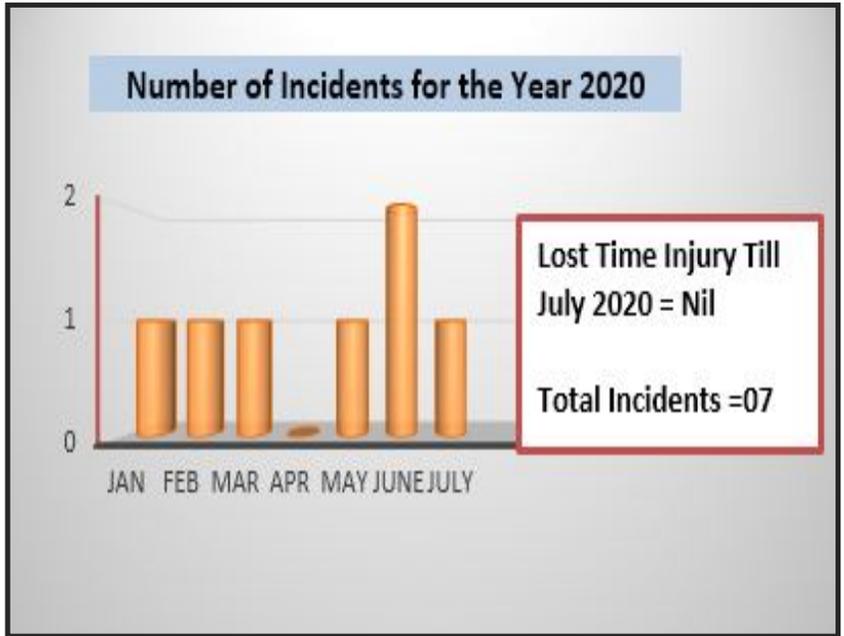


OUR AIM: **NO** ACCIDENTS



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



Stack Emission Testing



Drinking Water Sampling



Vehicle Emission Testing



Ambient Air Monitoring



Noise Monitoring in Plant Area



Internal Monitoring

SAFETY ARTICLE : Tips to Work Safely in the Rain

If your employees work outside during the rainy season, (example construction workers), they have to deal with additional hazards like poor visibility, slippery and wet surfaces. Here are a few industry best practices to prevent injuries and accidents while working in the rain.

◆ Work Slowly with Extra Attention:

Instruct employees to move carefully and slowly. While working in the rain, it's a natural tendency for workers to hurry up with the task at hand. They want to get it completed quickly so that they can get back inside and escape the lashing rains. However, employees must do the exact opposite. Rain makes even regular surfaces slippery. This is why; your employees must work slowly and carefully to avoid slips and falls, especially while climbing scaffolds, ladders, etc.

◆ Use the Right Equipment

Do not use electrical gear and tools that are not equipped for outdoor use, especially in the rain. When using handheld tools like drills, hammer, etc., look for one with non-slip, textured grip handles, so that your employees don't drop it accidentally in the rain.

◆ Beware of Live Electrical Wires

This is one of the biggest dangers that employees are exposed during the rainy season. As you know, water is a good conductor of electricity and can cause severe shocks, when employees touch live wires, electrical sockets and other hazardous electrical equipment, that has been exposed to rain.

◆ Don't forget the Right Footwear

Footwear that is designed to be worn in the rain must have deep treads to prevent employees from slipping on wet surfaces. Also, ensure that rain footwear is in the right condition. If it's worn down or has holes, it doesn't serve the purpose.

◆ The Hands need Protection Too

Employees need a steady hand grip when using hand tools. However, with rain, hands become cold and wet, thereby losing grip. Look for gloves that fit snugly and come with non-slip grips. Also, to prevent water from entering into gloves, you have to ensure that the ends of the glove fit tightly under the cuffs.

◆ Goggles for the Eyes

If employees wear glasses or goggles, then provide them with wipes or anti-fogging sprays so that visibility isn't hampered when venturing outside. Additionally, employees can wear hoods to keep the rainwater away from their eyes and face. However, remember that hoods restrict visibility. Thereby, always instruct employees wearing hoods to look both ways and above and below while doing a job.

◆ Wear Bright Colored Jackets or Vests

Provide employees with bright-colored or reflective vests or jackets while working outdoors in the rain. This is especially needed when they work in areas that have vehicular traffic like forklifts, cars, trucks, etc.

Tips to Stay Healthy during the Rainy Season:

● Follow a healthy diet:

The rainy season is when your digestive system and other organs are most vulnerable. Make sure to include a healthy balanced diet. Avoid street foods. Also, to stay clear of water-borne diseases, only drink water that is either boiled or filtered.

● Don't walk in the Rain:

While it may be tempting, to get wet in the rains, doing so invites a host of viral and fungal infections. Also, if your feet get wet, make sure to get them dry immediately. Staying in wet shoes and socks invites several diseases. Keeping an extra pair of clothes and footwear in your office bag or cubicle is a great idea.

● Use a Mosquito Repellent:

This is the season of these annoying pests. So, make sure that you spray yourself with mosquito repellents before you leave the house.

