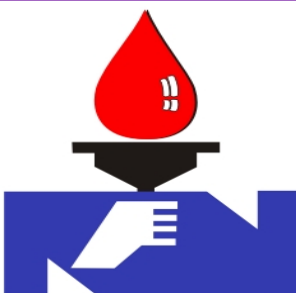


# NATIONAL REFINERY LIMITED



## HSE NEWS LETTER

March, 2017

### HSE Newsletter Contents:

<a href="#">Permit to Work</a>	1
<a href="#">Safe Man Hours</a>	1
<a href="#">Fire Drill at NRL &amp; KT</a>	2
<a href="#">Hose Handling Drill</a>	2
<a href="#">H<sub>2</sub>S &amp; VOCs Monitoring Korangi</a>	3
<a href="#">Incident / Ill health &amp; Loss Time Injury</a>	3
<a href="#">Illumination Monitoring</a>	3
<a href="#">Noise Survey Report Korangi</a>	3
<a href="#">Safety Article: Heat Stroke Symptoms &amp; What to do?</a>	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. During working days in the morning several naked flame hot work permits were audited before issuance of various jobs at different locations inside Refinery by Sr. Engineer, Engineer and HSE / Fire Protection Officers along with respective area custodians. Following Permit to Work (PTW) were issued in the Month of **March 2017** at Korangi & K.T.

KORANGI REFINERY		KEAMARI TERMINAL	
PERMITS	TOTAL QUANTITY (NOs.)	PERMITS	TOTAL QUANTITY (NOs.)
Hot Work Permit	621	Hot Work Permit	22
Confined Space Entry Permit	16	Confined Space Entry Permit	01
Excavation / Civil Work	12	Excavation / Civil Work	01
Radiography Permit	—	Radiography Permit	—
Crane Operation	18	Crane Operation	—
Cold Work Permit	—	Cold Work Permit	—
Scaffolding Permit	01	Scaffolding Permit	—

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](mailto:mgrhse@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 **26.128708** millions safe man-hours with out Lost Time Injury as on **March 31<sup>st</sup>, 2017**. Let us all give top priority towards safety, as there is no job, which cannot be done in a safer way.

**26.128708**  
Million Safe Man Hours  
Without Loss Time  
Injury as on 31-03-2017

## Fire Drill at NRL Korangi & KT

Live Fire / Dry drill is carried out every Thursday at 1000 hrs. sharp at NRL Korangi Refinery & Dry Drill is carried out every Wednesday at 1530 hrs. sharp at NRL Keamari Terminal. This drill helps in checking the fitness of fire fighting equipment & imparting training to Auxiliary Staffs as describe in Procedure to gain experience for combating / catering of live fire fighting. HSE department observes the response time during fire drill. Following are the status of Drills practices which were carried out in the month of **March 2017**.

S. No	Date	Team Leader	Nos. of Participant Attended	Nos. of Absentees	Type of Drill	Response Time (min & sec)
<b>Korangi Refinery</b>						
01.	02-03-2017	Mr. Khan Mohammad	12	01	Dry	—
02.	09-03-2017	Mr. Khalid Hussain	11	02	Dry	—
03.	16-03-2017	Mr. Khan Mohammad	10	00	Dry	—
04.	23-03-2017	<b>Fire Drill was not carried out Due to G.Holiday (Pakistan Day)</b>				
05.	30-03-2017	Mr. Khalid Hussain	12	01	Dry	—
<b>Keamari Terminal (K.T)</b>						
01.	01-03-2017	Mr. Shafiq Ansari	07	—	Dry	—
02.	08-03-2017	Mr. Mohammad Abid	07	—	Dry	—
03.	15-03-2017	Mr. Ibrahim Bozdar	07	—	Dry	—
04.	22-03-2017	Mr. Mohammad Zaman	07	—	Dry	—
05.	29-03-2017	Mr. Mohammad Abid	07	—	Dry	—

## Hose Handling Drill Korangi

Hose handling drill is carried out every Tuesday at 1000 hrs. sharp at Fire station NRL Korangi Refinery. This drill helps in handling of fire fighting equipment to Auxiliary Staffs from Productions, Security, Quality Control and Oil movement departments to handle / cater emergency situation. Following are the status of Hose Handling Drills practices which were carried out in the month of **March 2017**.

S. No	Date	Team Leader	Nos. of Participant Attended	Nos. of Absentees
01.	07-03-2017	Mr. Furqan Ahmed	11	02
02.	14-03-2017	Mr. Furqan Ahmed	08	05
03.	21-03-2017	Mr. Khan Mohammad	10	03
04.	28-03-2017	Mr. Shahid Mehmood	09	04



## INCIDENT / ILL HEALTH AND LOSS TIME INJURY

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.
Incident	An incident is an unplanned, undesired event that adversely affects completion of a task.
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).

## MONTHWISE STATUS OF INCIDENT & LOSS TIME INJURIES

Sr. No.	MONTH	INCIDENTS	LOSS TIME INJURIES
01.	January 2017	0	Nil
02.	February 2017	0	Nil
03.	March 2017	01	Nil
<b>Total</b>		<b>01</b>	

## Illumination Monitoring Report Korangi

HSE department monitor the Illumination intensity at various Rooms, corridor & Control rooms which include Admin Block, Operation Block, all three Refineries, Canteen, Fire station, Security, Shipping office, Oil movement office, Quality Control, Workshop Hall, Ware house office and Dispensary office for the month of **March 2017** on **8<sup>th</sup> March 2017**. The results was reported to all stake holders.

## Noise Survey Report Korangi

HSE department recorded the noise level reading at various location i.e., Lube-I, Lube-II, Fuel Refinery, Utilities, Oil Movement, R.O, Power Generation, Workshop, Warehouse, Quality control, Fire Protection, Shipping and Security department for the month of **March 2017** on **8<sup>th</sup> March 2017**. Boiler # 7 was not in operation. The results of noise level reading was reported to all stakeholders.

## H<sub>2</sub>S & VOCs Monitoring Korangi

HSE department monitors the Hydrogen Sulphide (H<sub>2</sub>S) & Volatile Organic Compounds (VOCs) which are being toxic in nature to the human beings and pollution to the environment. The results of H<sub>2</sub>S & VOCs recorded at more than **80 different locations in Refinery** for the month of **March 2017** on **8<sup>th</sup> March 2017**. Boiler VII was not in operation. The results was reported to all stake holders.

# Safety Article : Heat Stroke Symptoms & What to do?

Heat exhaustion and other heat-related illnesses are rising as temperatures in the country is rising. Extreme heat causes more deaths than hurricanes, lightning, tornadoes, earthquakes and floods combined.

**Heat stroke** is the most serious form of heat-related illness and happens when the body becomes unable to regulate its temperature. Sweating stops and the body can no longer rid itself of excess heat. .

## What to look for:

- Confusion, agitation, slurred speech, irritability, seizures and loss of consciousness
- Seizures
- Body temperature of 104 °F (40 °C) or higher is the main sign of heatstroke
- Nausea and vomiting
- Flushed skin
- Rapid, shallow breathing
- Racing heart rate
- Headache

## Treatment:

- **Move the person into a cool place, out of direct sunlight.**
- **Remove the person's unnecessary clothing and place the person on his or her side to expose as much skin surface to the air as possible.**
- **Cool the person's entire body by sponging or spraying cool (not cold) water, and fan the person to lower the person's body temperature.**
- **Apply ice packs** on the groin, neck, and armpits, where large blood vessels lie close to the skin surface.
- **If a person has stopped breathing, begin CPR (Cardiac Pulmonary Resuscitation) and / or provide first aid.**
- **Do not give any medicine to reduce a high body temperature** that can occur with heatstroke. Medicines may cause problems because of the body's response to heatstroke.
- **If the person is awake and alert enough to swallow, give the person fluids for hydration.** Most people with heatstroke have an altered level of consciousness and cannot safely be given fluids to drink.

**Heat Stroke** ہیٹ اسٹروک

کون متاثر ہو سکتا ہے؟  
Who is at risk?

بزرگ Seniors  
بچے Children  
کھلاڑی Sportsmen  
مزدور Labour

کیفیات و علامات  
Signs & Symptoms

پسینہ نہ آنا No Sweating  
گرم، سرخ و خشک جلد Hot, Red & Dry Skin  
اٹی و متلی آنا Nausea & Vomiting  
شدید پیاس لگنا Extreme Thirst  
چکر آنا Dizziness  
بے ہوشی Unconsciousness

احتیاطی تدابیر  
Preventive Measures

گرمی سے بچیں Avoid Direct Heat Exposure  
پانی اور مشروبات کا استعمال زیادہ کریں Drink Plenty of Water & Juices  
ٹھنڈے پانی سے غسل کریں Take Cold Water Showers  
گرم مشروبات سے پرہیز کریں Avoid Hot Beverages  
ایمرجنسی کی صورت میں ڈاکٹر سے رجوع کریں Consult Doctor in Emergency