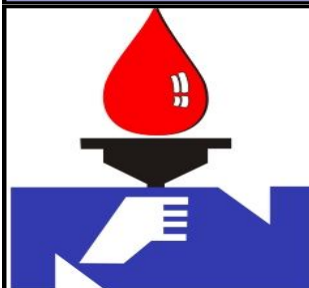


NATIONAL REFINERY LIMITED



HSE NEWS LETTER

May-2020

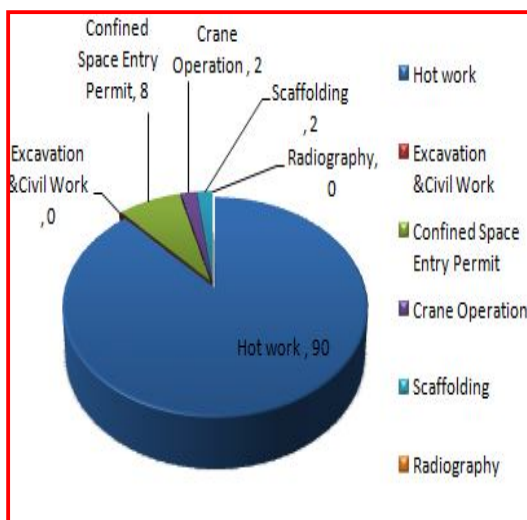
HSE Newsletter Contents:

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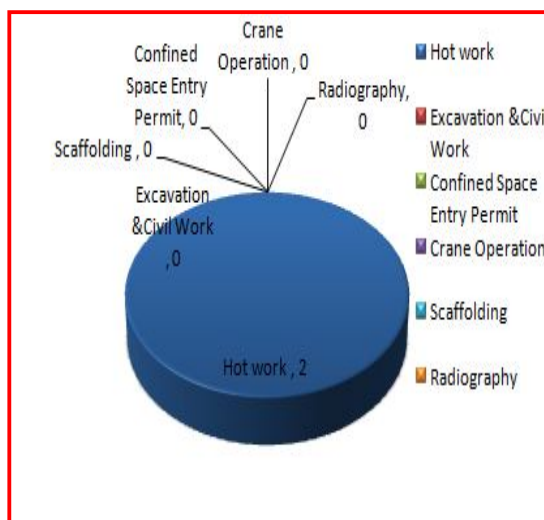
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Permit to Work System at NRL Korangi & K.T

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 **May 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 **33.603069 millions** safe man-hours with out Lost Time Injury as on **31st May 2020**. Let us all give top priority towards safety, as there is no job, which cannot be done in a safer way.

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,

33.60 Million Safe man hours till 31st May 2020



Safety Signs

A sign providing information or instruction about safety or health at work by means of a signboard, a color, an illuminated sign or acoustic signal, a verbal communication or hand signal.



High Voltage Overhead

**Be Careful it's High
Voltage Overhead Area**



Electrical Hazard

**ELECTRICAL HAZARD.
Authorized Personnel Only**



Flammable

**Flammable Material
Storage Area**



Explosive

**WARNING!! Explosive
Material Storage Area**



High Voltage

**HIGH VOLTAGE. Keep
Away**



EMERGENCY EXIT



Hot Surface

**HOT SURFACE. Do Not
Touch**



Tripping Hazard

**TRIPPING HAZARD
Be Alert**



Slippery Floor

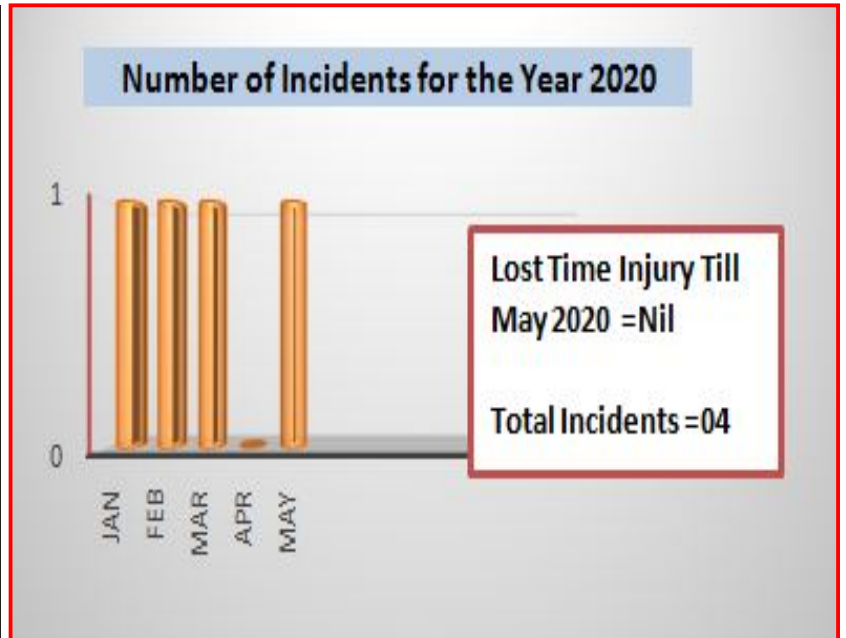
**SLIPPERY FLOOR
Be Careful**

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

CORONAVIRUS, FLU, COLD?

As the number of coronavirus cases rise, some key differences set coronavirus apart from the seasonal flu and the common cold — mainly the intensity of the symptoms and the recovery period. A guide at identifying the differences in the three conditions
All three, however, are spread by air-borne respiratory droplets and contaminated surfaces

CORONAVIRUS

Onset: Sudden

Symptoms

- Fever
- Dry cough
- Muscle ache
- Fatigue

Less common symptoms

- Headache
- Coughing up blood (haemoptysis)
- Diarrhoea

Incubation:

1-14 days,
may go up to 24 days

Complications:

5% cases

(acute pneumonia, respiratory failure, septic shock, multiple organ failure)

Recovery:

2 weeks

(mild cases); 2-6 weeks (severe cases)

Treatment or vaccine

No vaccines or anti-viral drugs available; only symptoms can be treated

SEASONAL FLU

Onset: Abrupt

Symptoms

- Fever
- Dry cough
- Muscle ache
- Headache
- Sore throat
- Fatigue
- Runny or stuffy nose

Less common symptoms

- Diarrhoea
- Vomiting

WHAT THIS MEANS

If you have a stuffy/runny nose or are sneezing, you likely **DO NOT** to have coronavirus

Incubation:

1-4 days

Complications:

1% cases

(including pneumonia)

Recovery:

1 week

(mild cases);
2 weeks (severe cases)

Treatment/vaccine

An annual seasonal flu vaccine is available

COMMON COLD

Onset: Gradual

Symptoms

- Runny or stuffy nose
- Sneezing
- Sore throat

Less common symptoms

- Low grade fever
- Muscle or body ache
- Headache
- Fatigue

Incubation:

2-3 days

Complications:

Extremely rare

Recovery:

1 week

for most cases; may last as long as 10 days

Treatment/vaccine

No treatment, but doctors advise treating symptoms

