

NATIONAL REFINERY LIMITED



HSE NEWS LETTER

January—2019

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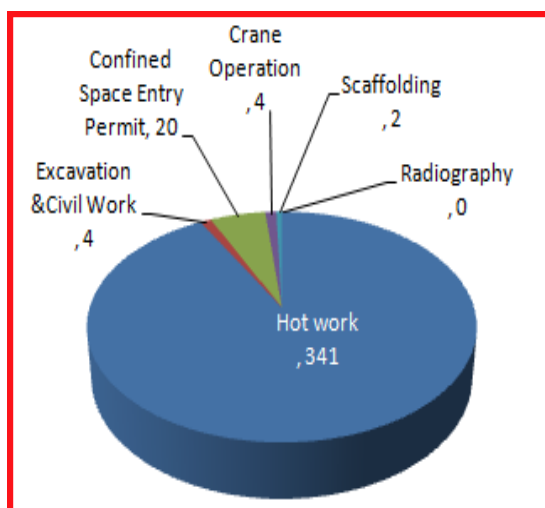
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Question or concerns regarding this news letter may be directed to:

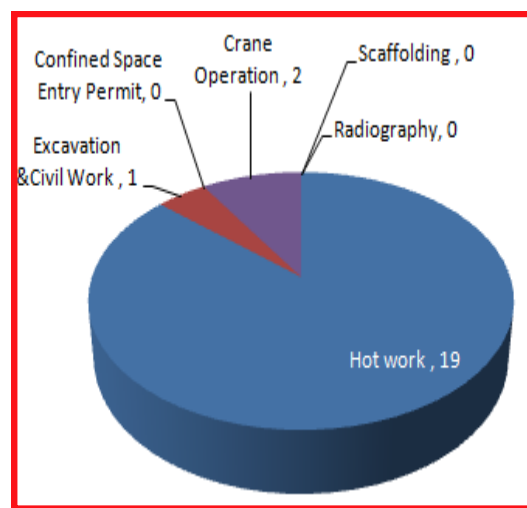
Manager HSE
National Refinery Limited (NRL), 7-B,
Korangi Industrial Zone, Karachi-74900,
Pakistan.
Email:

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 **January 2019** 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 **30.755567** millions safe man-hours with out Lost Time Injury as on **January 31st, 2019**. Let us all give top priority towards safety, as there is no job, which cannot be done in a safer way.



Approval of NRL Environmental Management Plan (Korangi Refinery and K.T Terminal) from SEPA

NRL has acquired approval of EMP (Environmental Management Plan) for its Korangi Refinery and Keamari Terminal from EPA (Environmental Protection Agency), Govt of Sindh for the compliance of SEPA Act 2014

Reference No: EPA/R0K/GF-526/112/2019

ENVIRONMENTAL PROTECTION AGENCY
GOVERNMENT OF SINDH
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Ph: 5065850, 5065598, 5065637
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Dated: 11th January, 2019

Managing Director,
M/s National Refinery Limited,
Plot No. 7-B, Korangi Industrial Area, Korangi,
Karachi

SUBJECT: APPROVAL OF THE ENVIRONMENTAL MANAGEMENT PLAN (EMP) OF NATIONAL REFINERY LIMITED (NRL) - KORANGI REFINERY, KEMARI TERMINAL AND KORANGI KEMARI PIPELINE.

After careful review of the Environmental Management Plan (EMP) submitted by National Refinery Limited (NRL) regarding National Refinery Limited, Kemari Terminal and Korangi-Kemari Pipeline, Sindh Environmental Protection Agency (SEPA) accords its approval subject to the following conditions:

1. M/s National Refinery Limited shall comply with Sindh Environmental Quality Standards (SEQS) in letter and spirit. SEPA Certified Lab will be engaged for monitoring.
2. M/s National Refinery Limited shall appoint a separate Independent Monitoring Consultant (IMC) for the National Refinery Limited, Kemari Terminal and Kemari Pipeline project on the basis of clearly defined criteria for conducting monthly environmental compliance monitoring against the provisions of Environmental Management & Monitoring Plan. National Refinery Limited shall be mandated to submit monthly reports to Sindh EPA (SEPA).
3. M/s National Refinery Limited shall adopt national and international safety standards to prevent any safety related hazards.
4. M/s National Refinery Limited shall implement the emergency response and contingency plan for the sake of risk mitigation. Local people if any, neighboring units and relevant authorities will be informed with SOPs relevant to emergency response.
5. M/s National Refinery Limited management will engage SEPA certified waste contractor for the disposal of hazardous and non-hazardous waste and also submit inventory of waste disposed of during the last 10 years as well as agreement with the waste contractor.

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Always Remember:- Rescue, Reduce & Recycle

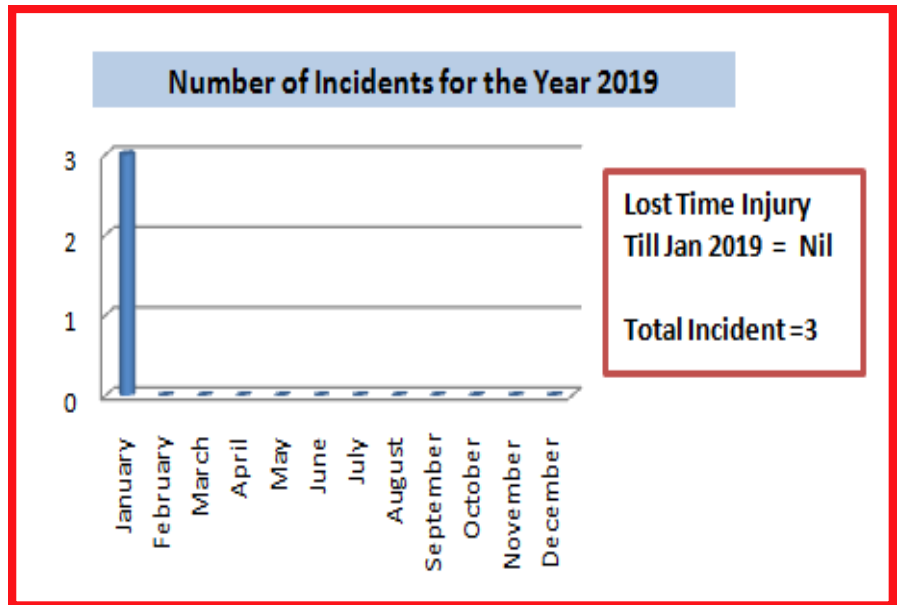
Fire Drill and Hose Handling Drill Conducted by Fire Protection Department





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). |



INTERNAL / EXTERNAL MONITORING CONDUCTED BY HSE DEPARTEMENT



Ambient Air Monitoring



Drinking Water Sampling



ETP water sampling



Stack Emission Testing



Noise Monitoring in Plant



H2S and Noise Monitoring in plant area

SAFETY ARTICLE : MANNUAL LIFTING HAZARDS AND CONTROL MEASURES

Lifting operations:

A lifting operation is an operation concerned with the lifting and lowering of a load. A load is the item or items being lifted which could include a person or people. A lifting operation may be performed manually or using lifting equipment. Manual lifting, holding, putting down, carrying or moving is often referred to as 'manual handling of loads',

Risks associated with manual lifting operations:

There are several risk factors that may increase the occurrence of injury from manual lifting. These factors are related to the different characteristics of the load, the task and organization of the work, the work environment and the worker.

The load, which may be:

- **Too heavy:** There is no exact weight limit that is safe. A weight of 25 kg is heavy to lift for most people, especially if the load is handled several times in an hour
- **Too large:** If the load is large, it is not possible to follow the basic rules for lifting and carrying — to keep the load as close to the body as possible; thus, the muscles will get tired more rapidly; moreover, the shape or size may obscure the worker's view, thus increasing the risk of slipping, tripping or falling.
- **Unbalanced or unstable objects:** If the contents can move make it difficult to hold the center of gravity of the load close to the middle of body; this leads to uneven loading of muscles and fatigue; moreover, liquid causes uneven loading of the muscles and sudden movements of the load can make the worker lose their balance and fall difficult to grasp: this can result in the object slipping and causing an accident; loads with sharp edges or with dangerous materials can injured workers. Gloves usually make the grasping more difficult than with bare hands.

For any lifting activity:

Always take into account:

- individual capability
- the nature of the load
- environmental conditions
- training
- work organization

If you need to lift something manually:

- Reduce the amount of twisting, stooping and reaching.
- Avoid lifting from floor level or above shoulder height, especially heavy loads.
- Adjust storage areas to minimize the need to carry out such movements.
- Consider how you can minimize carrying distances Assess the weight to be carried and whether the worker can move the load safely or needs any help – maybe the load can be broken down to smaller, lighter components.

Back injuries :

Back injuries are extremely common and extremely easy to prevent. Most of them are caused by improper lifting techniques. Here are some tips to save your back.

