

NEWSLETTER

RAS GIRTAS POWER COMPANY

Occupational Health & Safety Quarterly Newsletter



Edition – December 2018

Celebrating

13 Million Man-hours

8 Years Without LTI

RGPC Health Corner

Salt reduction

Salt is the primary source of sodium and increased consumption of sodium is associated with hypertension and increased risk of heart disease and stroke. Salt in the diet can come from processed foods, either because they are particularly high in salt (such as ready meals, processed meats, salty snack foods, and instant noodles, among others) or because they are consumed frequently in large amounts (such as bread and processed cereal products). Salt is also added to food during cooking or at the table (soy sauce, fish sauce and table salt).

Recommendations for salt reduction

- For adults: WHO recommends that adults consume less than 5 g (just under a teaspoon) of salt per day.
- For children: WHO recommends that the recommended maximum intake of salt for adults be adjusted downward for children aged 5 to 15 years based on their energy requirements relative to those of adults.
- All salt that is consumed should be iodized.

Misperceptions about salt reduction

“On a hot and humid day when you sweat, you need more salt in the diet:”

There is little salt lost through sweat so there is no need for extra salt even on a hot and humid day, although it is important to drink a lot of water.

“Sea salt is not ‘better’ than manufactured salt simply because it is ‘natural.’

Regardless of the source of salt, it is the sodium in salt that causes bad health outcomes.

“Salt added during cooking is not the main source of salt intake.”

In many countries, about 80% of salt in the diet comes from processed foods.

“Food does not need salt to have appealing flavor.”

It takes some time for a person’s taste buds to adjust, but once they get used to less salt, one is more likely to enjoy food and notice a broader range of flavors.

“Food has no flavor without salt.”

Whilst this may be true at first, taste buds soon become accustomed to less salt and you are more likely to enjoy food with less salt, and more flavor.

“Foods high in salt taste salty.”

Some foods that are high in salt don't taste very salty because sometimes they are mixed with other things like sugars that mask the taste. It is important to read food labels to find out sodium levels.

“Only old people need to worry about how much salt they eat:”

Eating too much salt can raise blood pressure at any age.

“Reducing salt could be bad for my health:”

It’s very difficult to eat too little salt since there are so many everyday foods containing salt.

“Most people consume too much salt—on average 9–12 grams per day, or around twice the recommended maximum level of intake.”

Source (WHO) - <https://www.who.int/en/news-room/fact-sheets/detail/salt-reduction>

Introduction

The RGPC OH&S Newsletter is a comprehensive summary of the most important information's of Health and Safety. This Newsletter purports to serve as a site for the most up-to-date and innovative health & safety information's.

Achievement's, Awards & Events - as of 2018

Winner of RoSPA Electricity Industry Sector Award 2018

Winner of RoSPA International Sector Award 2018

Winner of Best HSE Team - ENGIE MESCOT Award 2017

Winner of Highly Commended RoSPA Electricity Industry Sector Award - For two consecutive years (2017 & 2016)

OHSAS Certification 18001:2007

RoSPA Gold Award - For two consecutive years (2014 & 2015)

13 million man-hours without LTI

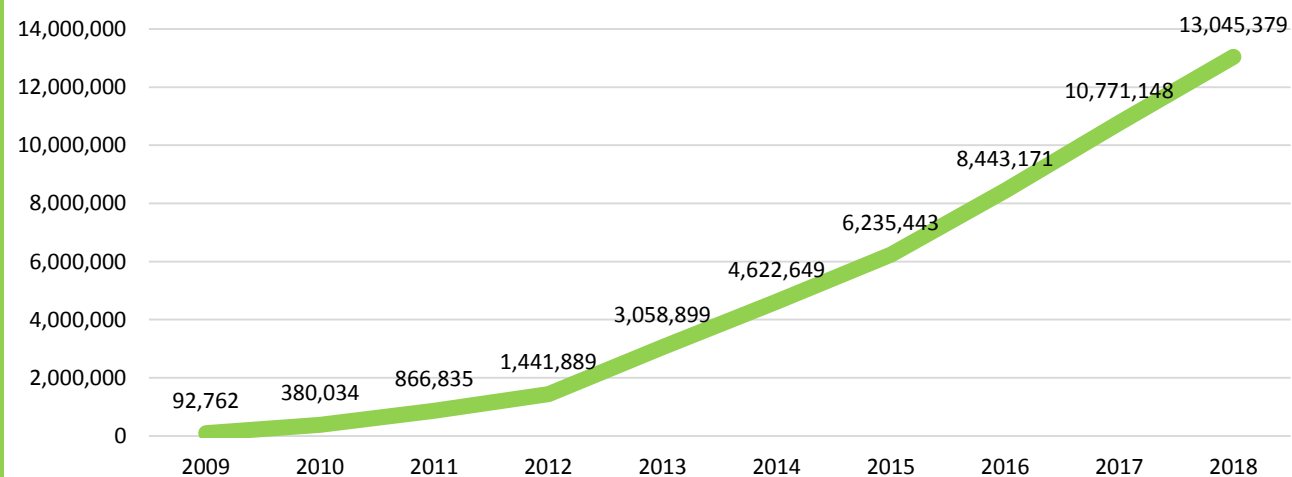
8 years & 3000 days without LTI

Health and Safety Records - 2018

Average Manpower	692
Total Man-Hours	13036079
Fatality / LTA / Medical Treatment / Fire Incident	0
No. of First Aid Treatment	2
No of Fire Incident	0
Near Miss	3
Unsafe Act / Unsafe Condition Raised	324
Unsafe Act Condition Closed	270
Fresh Eye Observation	932
No. of Work Permit	6575
No. of Formal Toolbox Talk	936
No. of Formal Safety Walk	526
Actions from Formal Safety Walks	2703
Class based HSE Training hours.	8254
HSE&F Meeting	32
Positive Achievements	13

Total Safe Man-Hours – 13,036,079 Hrs.

Man-hours Without LTI-2018



RLIC – RGPC Mutual Emergency Drill - 2018



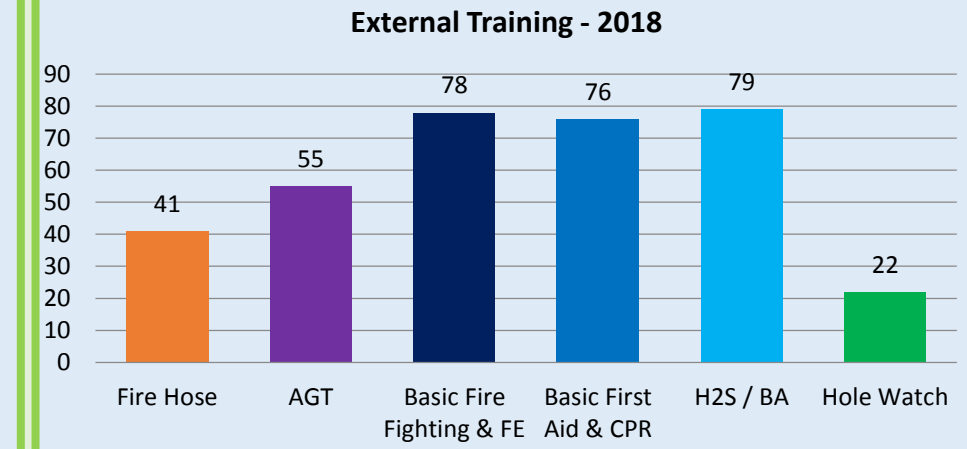
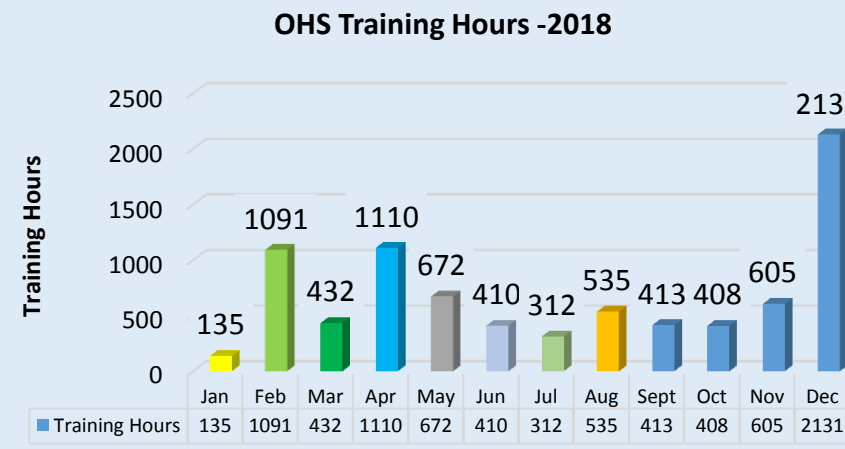
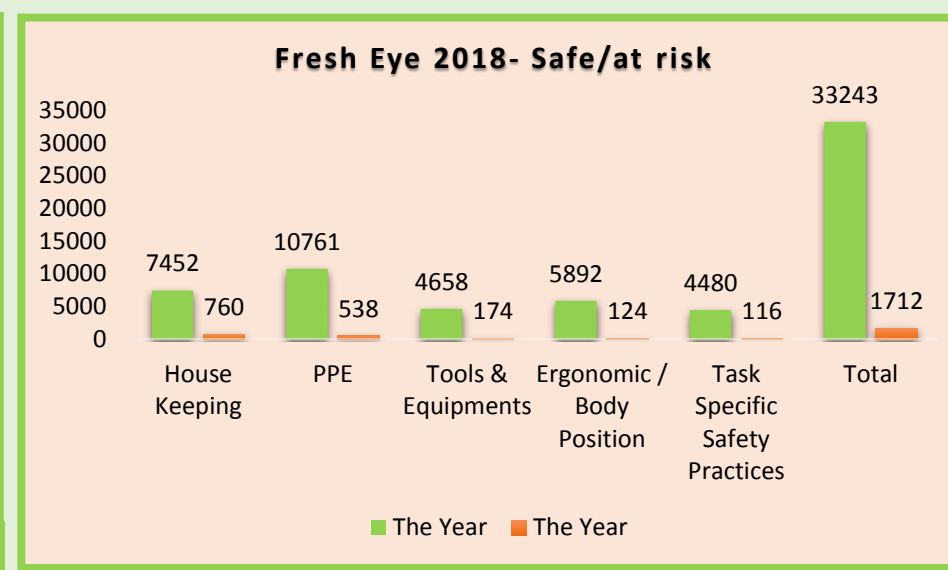
Emergency Evacuation Drill – 2018



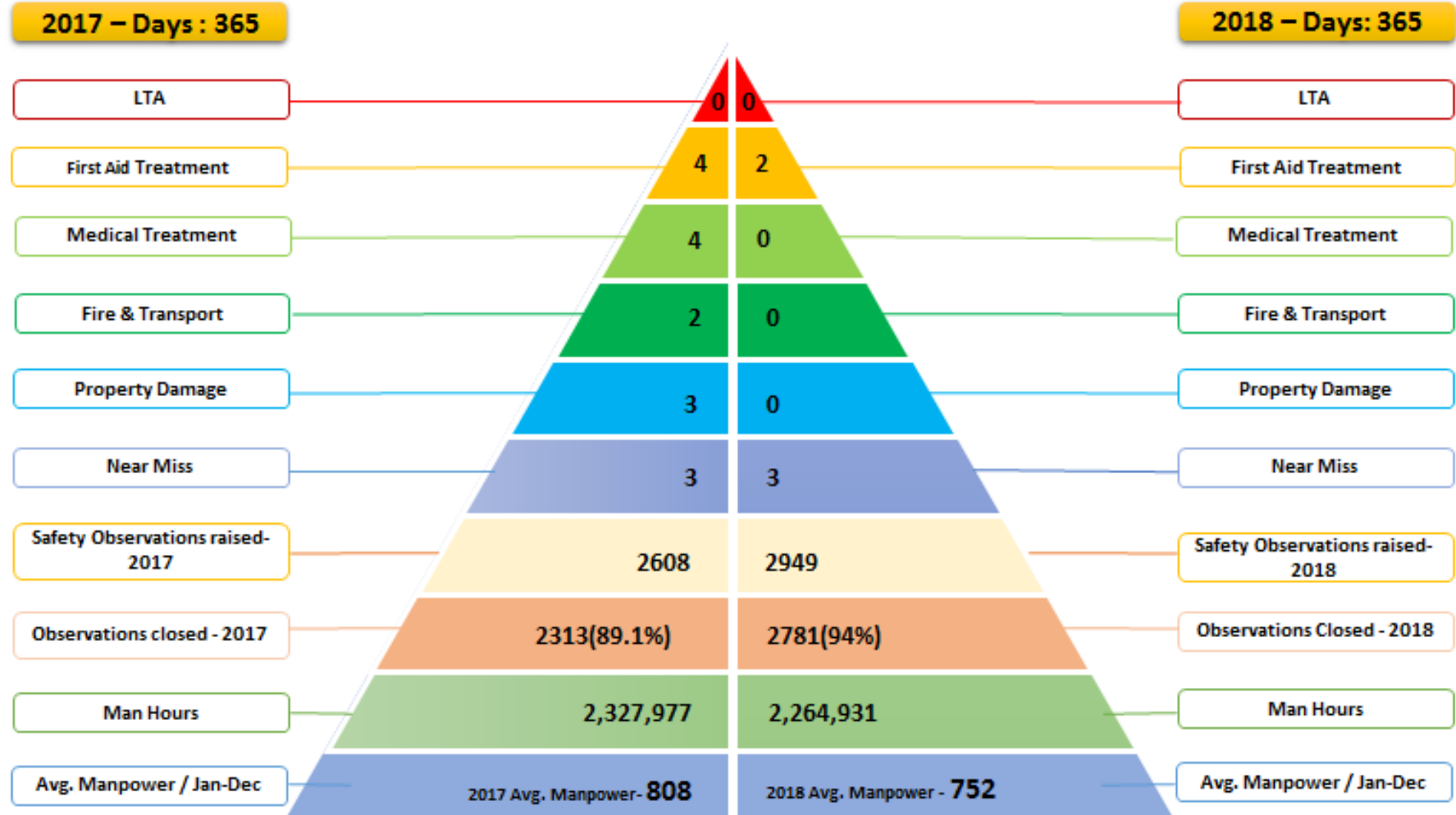
External Training – Fire Extinguisher & Fire Fighting Training



External Training – Basic First Aid Training



RGPC Event Triangle (2017 & 2018- December)



Cumulative Man- Hours- 13,036,079 Hrs. Without LTI

