

NEWSLETTER

RAS GIRTAS POWER COMPANY

Celebrating

11 Million Man-hours

7.5 Years Without LTI



Occupational Health & Safety Quarterly Newsletter

Edition – May 2018

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

RoSPA Electricity Industry Sector Award - Winner 2018

RoSPA International Sector Award - Winner 2018

ENGIE MESCAT Awards - Best HSE team within MESCAT 2017

RoSPA Electricity Industry Sector Award - Highly Commended

• For two consecutive years (2017 & 2016)

OHSAS Certification 18001:2007

RoSPA Gold Award

• For two consecutive years (2014 & 2015)

11 million man-hours without LTI

7.5 years without LTI

Health and Safety Records - 2018

Average Manpower	822
Total Man-Hours 2018 (Jan-Apr)	836256
Fatality / LTA / Medical Treatment / Fire Incident	0
No. of First Aid Treatment	1
No of Fire Incident	0
Near Miss	1
Unsafe Act / Unsafe Condition Raised	95
Unsafe Act Condition Closed	80
BBS Observation	249
No. of Hot Work Permit	2582
No. of Formal Toolbox Talk	317
No. of Formal Safety Walk	179
Actions from Formal Safety Walks	1014
Class based HSE Training hours.	2768
HSE&F Meeting	12
Positive Achievements	7

Total Safe Man-Hours – 11,607,404 Hrs.

RGPC Health Corner



Health Corner

Eat Balanced..... Be healthy

All RGPC employees need to be mindful for following HSE concerns affecting workers during holy month of Ramadan.

Dehydration

Dehydration causes mild range of headache to severe heat stroke. In order to avoid this problem at workplace, employees need to stay in cool areas (indoors or in shade) during the hottest part of the day and limit their physical activities.

Low Blood Sugar

Fasting can cause hypoglycemia with symptoms of confusion, slurred speech and fainting during work.

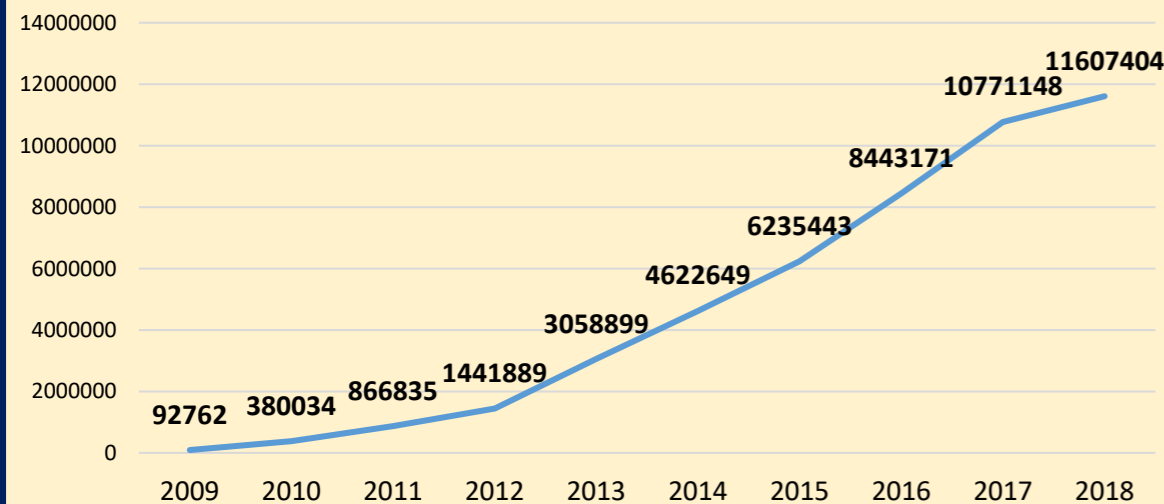
- Eat a healthy diet with two or three smaller meals during the non-fasting period to prevent after meal hyperglycemia.
- Avoid large amounts of foods rich in carbohydrate and saturated fat at the sunset meal and eat more simple carbohydrates.
- Exercise but modify intensity and timing of exercise to avoid hypoglycemia.

Motor Vehicle Accidents

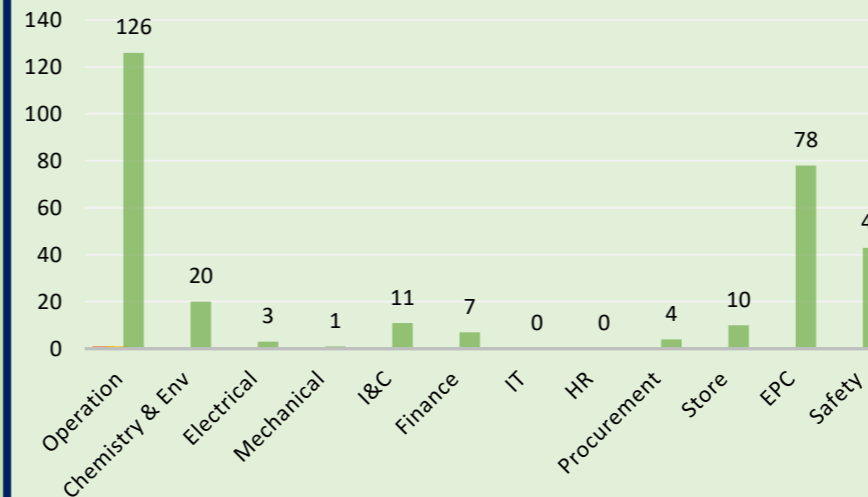
Drivers and other workers are at greater risk during fasting within Ramadan month. Drive in the speed limit, buckle up, don't drive when tired or distracted and always practice the defensive driving techniques.

“Wish you all the best and a blessed Holy month of Ramadan!”

Manhours Without LTI-2018



Toolbox Talk - 2018



Fresh Eye Observations-2018

