

NEWSLETTER

RAS GIRTAS POWER COMPANY

Occupational Health & Safety Quarterly Newsletter



Edition – October 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

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)

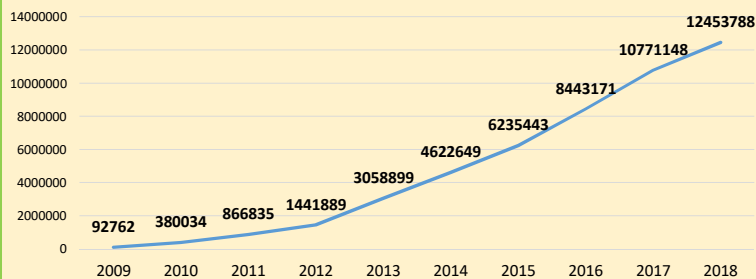
OHSAS Certification 18001:2007

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

12 million man-hours without LTI

8 years & 3000 days without LTI

Manhours Without LTI-2018



Celebrating

12 Million Man-hours

8 Years Without LTI

Health and Safety Records - 2018

Average Manpower	776
Total Man-Hours 2018 (Jan-Apr)	1673340
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	231
Unsafe Act Condition Closed	188
BBS Observation	797
No. of Work Permit	4827
No. of Formal Toolbox Talk	806
No. of Formal Safety Walk	369
Actions from Formal Safety Walks	2053
Class based HSE Training hours.	5110
HSE&F Meeting	22
Positive Achievements	11

Total Safe Man-Hours – 12,453,788 Hrs.



The RoSPA Winner Awards-2018 were received by RGPC CEO Mr. Abdul Majeed Alreyahi and COO Mr. Ian Lawrence from Lord Mckenzie of Luton – the RoSPA President.



RGPC Health Corner

10 HEALTHY HABITS for mental fitness



SCHEDULE "me-time" daily



REWARD yourself



PLAY to your strengths



ASK for and OFFER help



DE-STRESS your diet



PRESS pause once in a while – downtime is good



GET regular physical activity



SET goals and stay on target with a journal

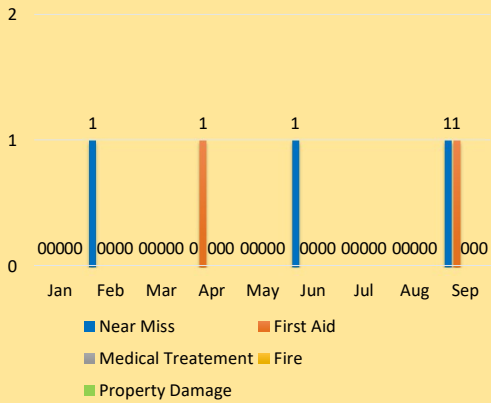


PRACTICE relaxation techniques and get enough sleep



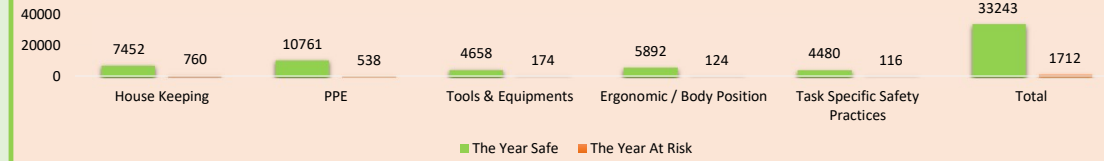
CHOOSE a positive attitude

Incidents- 2018

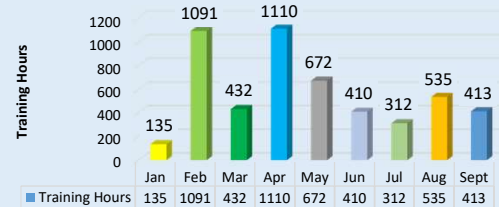


H2S / BA External Training
conducted on 1st October 2018

2018- Safe/at risk

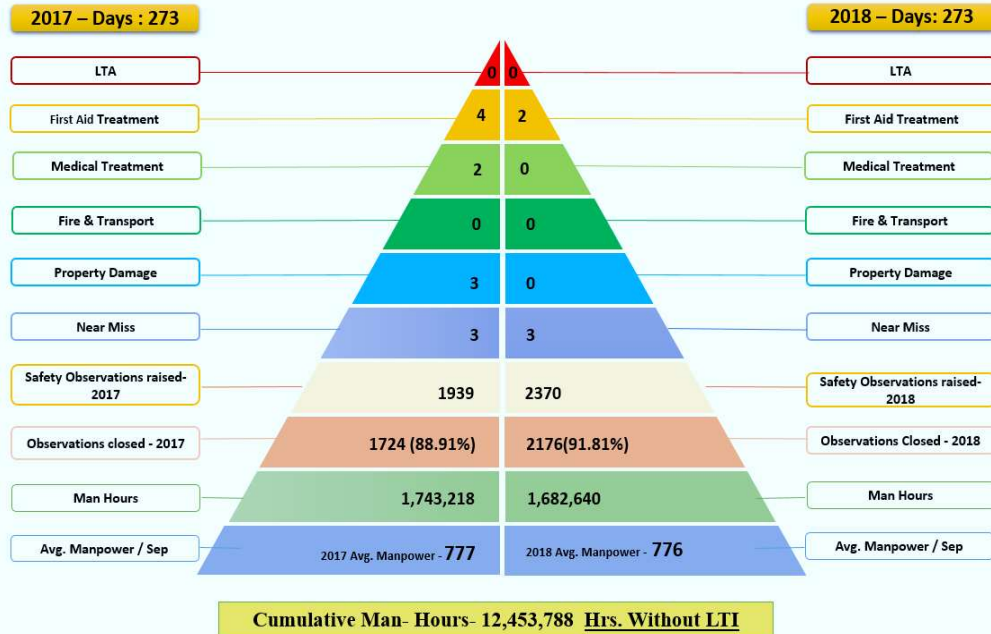


OHS Training Hours -2018

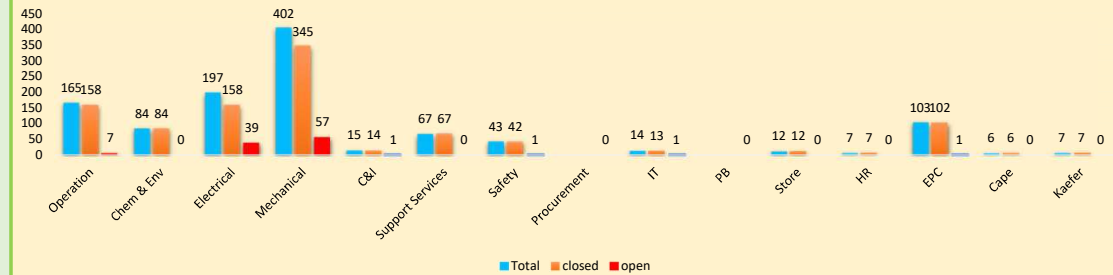


Housekeeping campaign – 2018

RGPC Event Triangle (2017 & 2018- September)



Safety Walkthrough Report Summary 2018



Safety Observation Report 2018 Summary

