

# RGPC OHS NEWS LETTER- 2019

Edition- December 2019



Celebrating

15 Million Man-hours

9.5 Years Without LTI

## Introduction

The RGPC OH&S Newsletter December 2019 edition purports to provide a summary of the health and safety information's as of December 2019.

## Achievements, Awards & Events

Winner of RoSPA Electricity Industry Sector Award 2019

Best HSE team runner up award in ENGIE MESCOT - 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)

ISO 45001 Certification

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

15 million man-hours without LTI

## Health and Safety Statistics- as of December 2019

Average Manpower	730
Total Man-Hours	15,246,259 hrs
Fatality / LTA / Medical Treatment	0
No. of First Aid Treatment	2
No of Fire Incident	1
Near Miss	2
Unsafe Act / Unsafe Condition Raised	3069
Unsafe Act Condition Closed	2936
Fresh Eye Observation	894
No. of Work Permit	6737
No. of Formal Toolbox Talk	685
No. of Formal Safety Walk	363
Actions from Formal Safety Walks	3069
Class based HSE Training hours.	11061
HSE&F Meeting	31
Positive Achievements	21

**Total Safe Man-Hours – 15,246,259 hrs.**



ISO 45001 certificate hand over



RGPC has celebrated the recent safety milestone achievement of 15 Million man-hours without LTI on 15<sup>th</sup> December 2019 at site office.

The event was attended by RGPC Chairman and other board officials.

## HEALTH CORNER

### 5 tips for a healthy diet this New Year (WHO)

Whatever your New Year's Resolution, a healthy and balanced diet will provide many benefits into 2020 and beyond. What we eat and drink can affect our body's ability to fight infections, as well as how likely we are to develop health problems later in life, including obesity, heart disease, diabetes and different types of cancer.

#### Eat a variety of food

- In your daily diet, aim to eat a mix of staple foods such as wheat, maize, rice and potatoes with legumes like lentils and beans, plenty of fresh fruit and veg, and foods from animal sources (e.g. meat, fish, eggs and milk).
- Choose wholegrain foods like unprocessed maize, millet, oats, wheat and brown rice when you can; they are rich in valuable fibre and can help you feel full for longer.
- For snacks, choose raw vegetables, unsalted nuts and fresh fruit, rather than foods that are high in sugars, fats or salt.

#### Cut back on salt

- When cooking and preparing foods, use salt sparingly and reduce use of salty sauces and condiments (like soy sauce, stock or fish sauce).
- Avoid snacks that are high in salt, and try and choose fresh healthy snacks over processed foods.
- When using canned or dried vegetables, nuts and fruit, choose varieties without added salt and sugars.
- Remove salt and salty condiments from the table and try and avoid adding them out of habit; our taste buds can quickly adjust and once they do, you are likely to enjoy food with less salt, but more flavor!
- Check the labels on food and go for products with lower sodium content.

#### Reduce use of certain fats and oil

- Replace butter, lard and ghee with healthier oils such as soybean, canola (rapeseed), corn, safflower and sunflower.
- Choose white meat like poultry and fish which are generally lower in fats than red meat, trim meat of visible fat and limit the consumption of processed meats.
- Try steaming or boiling instead of frying food when cooking.
- Check labels and always avoid all processed, fast and fried foods that contain industrially-produced trans fat. It is often found in margarine and ghee, as well as pre-packaged snacks, fast, baked and fried foods.

#### Limit sugar intake

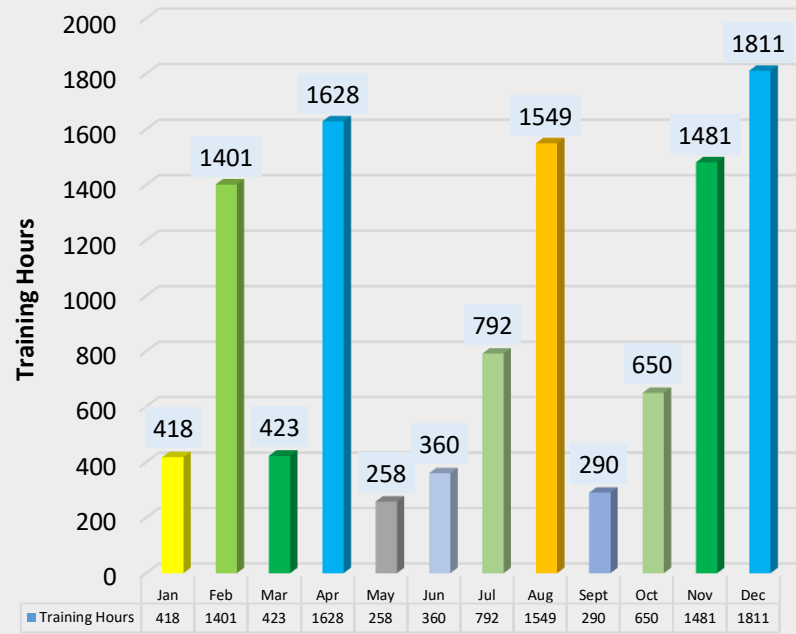
- Limit intake of sweets and sugary drinks such as fizzy drinks, fruit juices and juice drinks, liquid and powder concentrates, flavored water, energy and sports drinks, ready-to-drink tea and coffee and flavored milk drinks.
- Choose healthy fresh snacks rather than processed foods.
- Avoid giving sugary foods to children. Salt and sugars should not be added to complementary foods give to children under 2 years of age, and should be limited beyond that age.

#### Avoid hazardous and harmful substance use

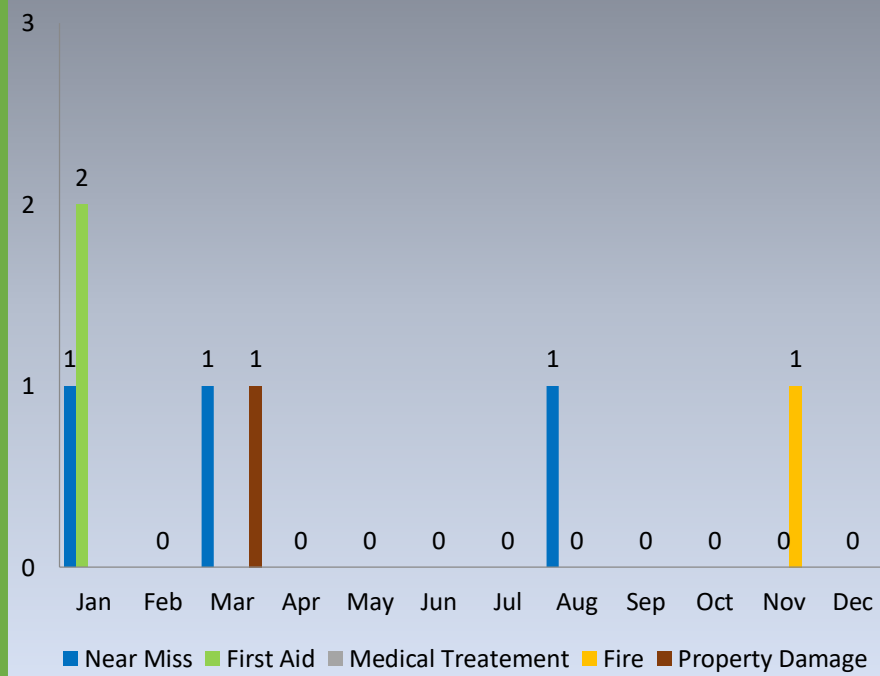
Ref. – Word Health Organization

<https://www.who.int/news-room/feature-stories/detail/5-tips-for-a-healthy-diet-this-new-year>

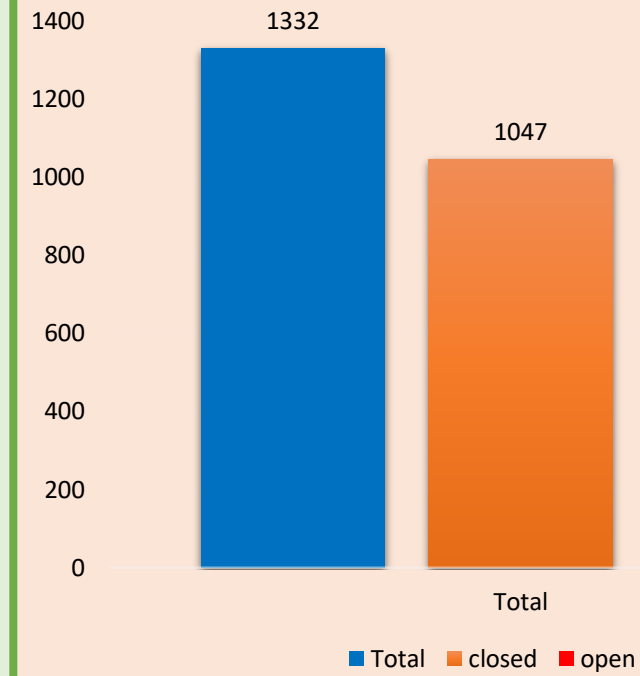
## OHS Training Hours -2019



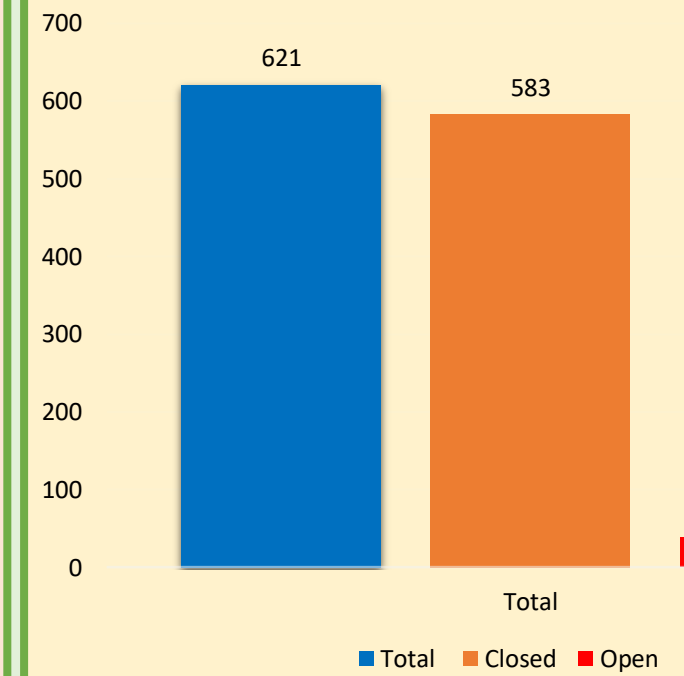
## Incidents 2019



## SWR Status - 2019



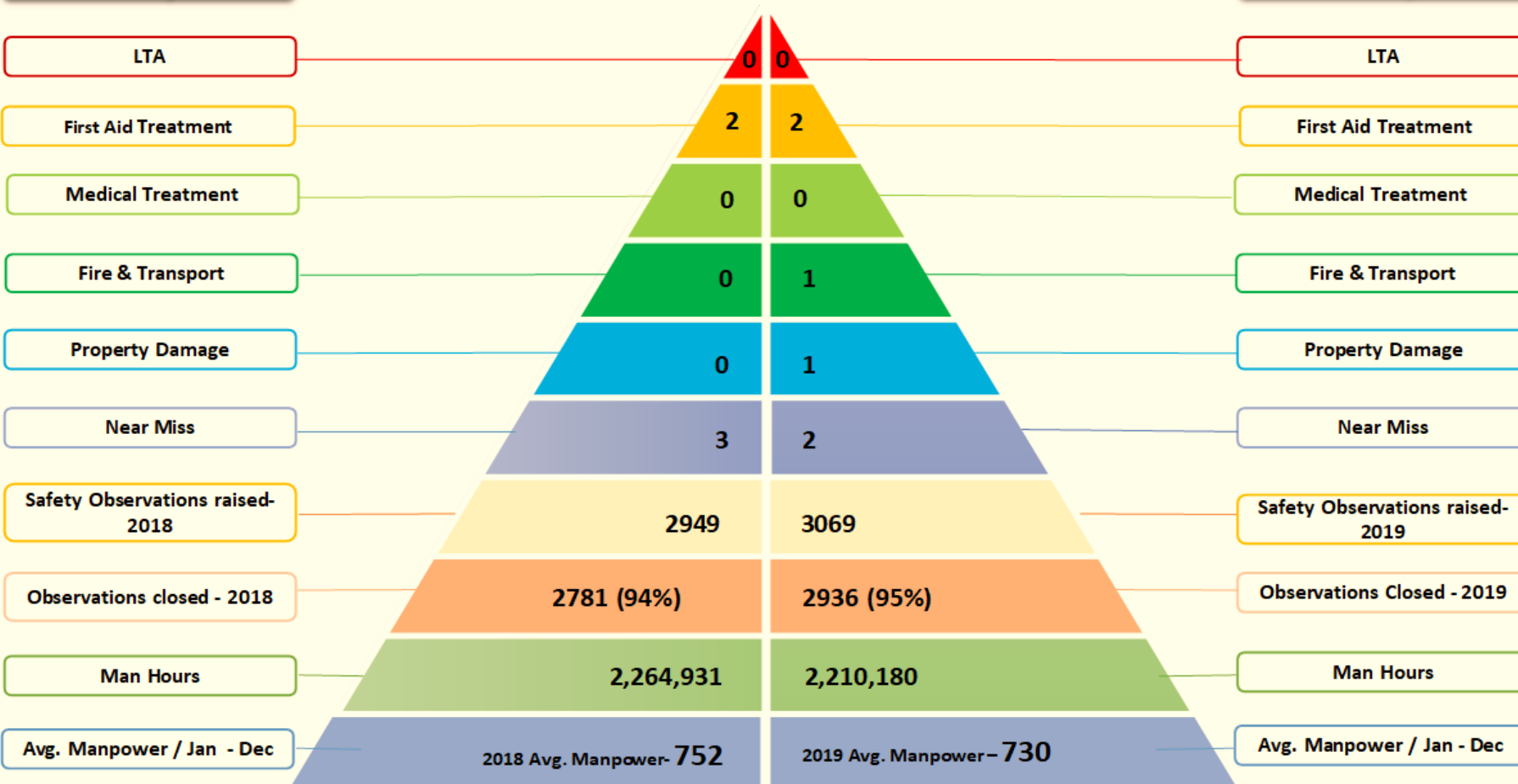
## SOR Status - 2019



## RGPC Event Triangle (2018 & 2019 – December)

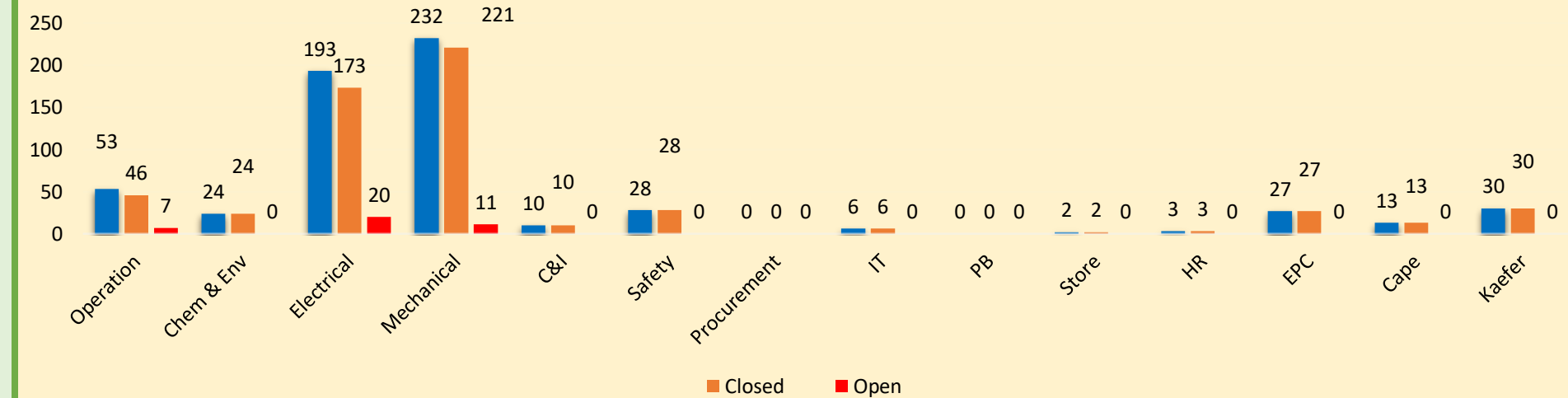
2018 – Days : 365

2019 – Days: 365



Cumulative Man- Hours- 15,246,259 Hrs. Without LTI

## Safety Observation Report Summary 2019



## Safety Walkthrough Report Summary 2019

