

NEWSLETTER

RAS GIRTAS POWER COMPANY

Occupational Health & Safety Quarterly Newsletter

Edition – April 2019



Celebrating

13.8 Million Man-hours

8 Years Without LTI

RGPC 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.

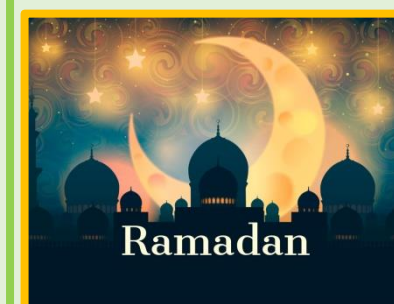
Low Blood Sugar

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!”

Health and Safety Records - 2019

Average Manpower	908
Total Man-Hours	13,824,270
Fatality / LTA / Medical Treatment / Fire Incident	0
No. of First Aid Treatment	2
No of Fire Incident	0
Near Miss	1
Unsafe Act / Unsafe Condition Raised	1277
Unsafe Act Condition Closed	913
Fresh Eye Observation	190
No. of Work Permit	2425
No. of Formal Toolbox Talk	238
No. of Formal Safety Walk	101
Actions from Formal Safety Walks	2703
Class based HSE Training hours.	8254
HSE&F Meeting	11
Positive Achievements	15

Total Safe Man-Hours – 13,824,270

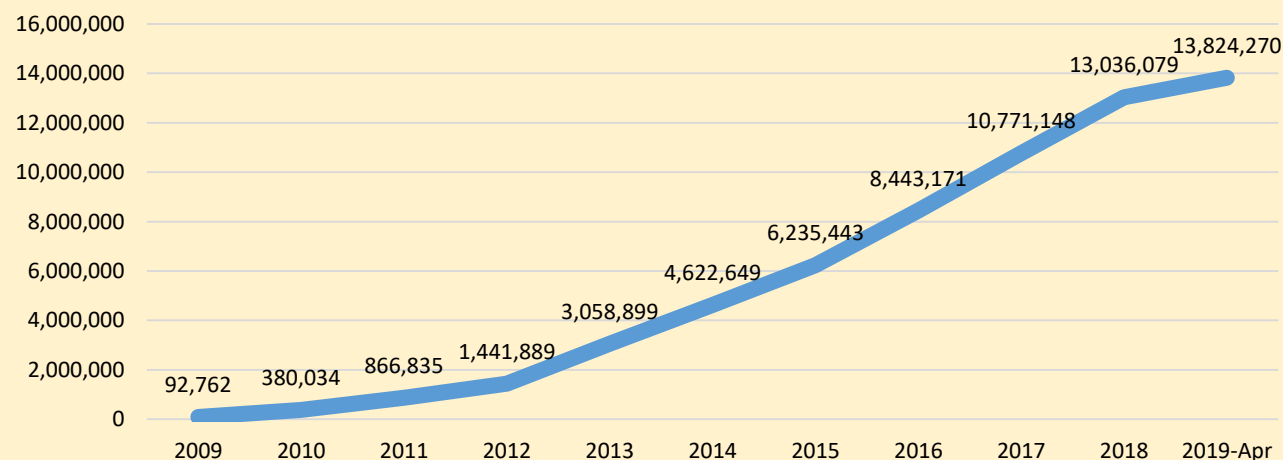
Introduction

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 April 2019

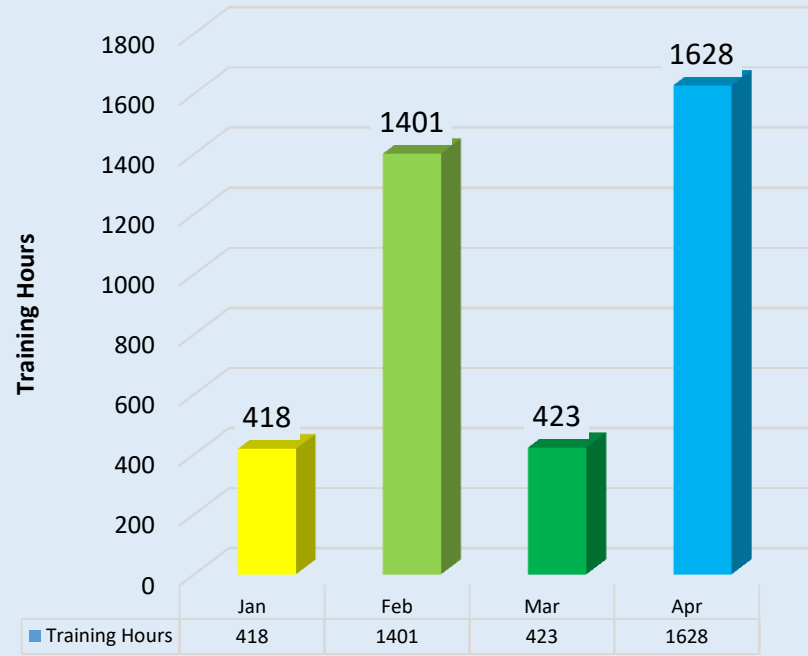
Winner of RoSPA Electricity Industry Sector Award 2019
Best HSE team runner up award in ENGIE MESCOT - 2018
Winner of RoSPA Electricity Industry Sector Award 2018
Winner of RoSPA International Sector Award 2018
Winner of Best HSE Team - ENGIE MESCOT Award 2017
Winner of Highly Commended RoSPA Electricity Industry Sector Award - For two consecutive years (2017 & 2016)
OHSAS Certification 18001:2007
RoSPA Gold Award - For two consecutive years (2014 & 2015)
13.8 million man-hours without LTI
8 years & 3000 days without LTI

Manhours Without LTI-2019

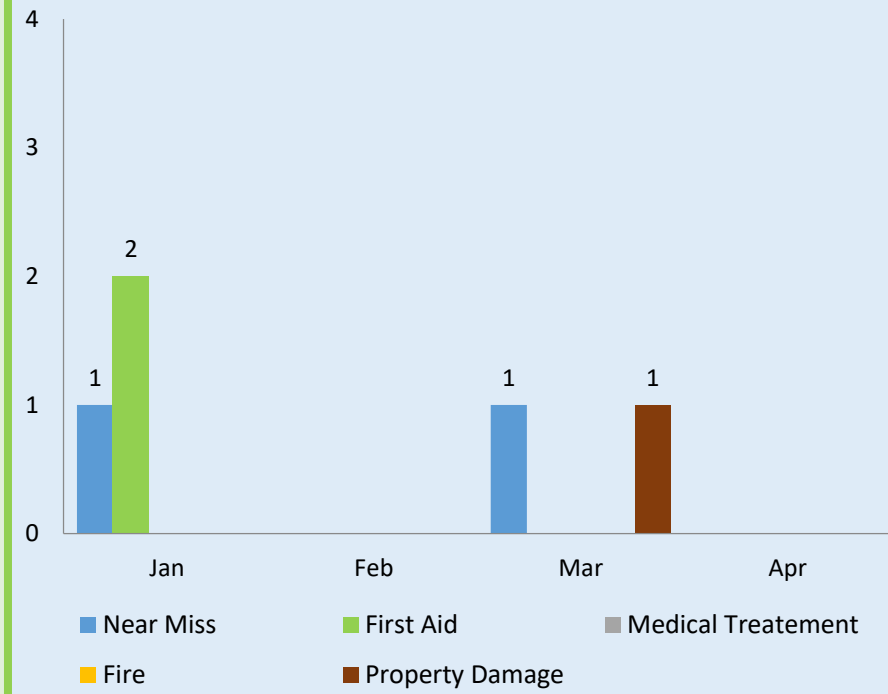


ISO 45001 Awareness Training – April 2019

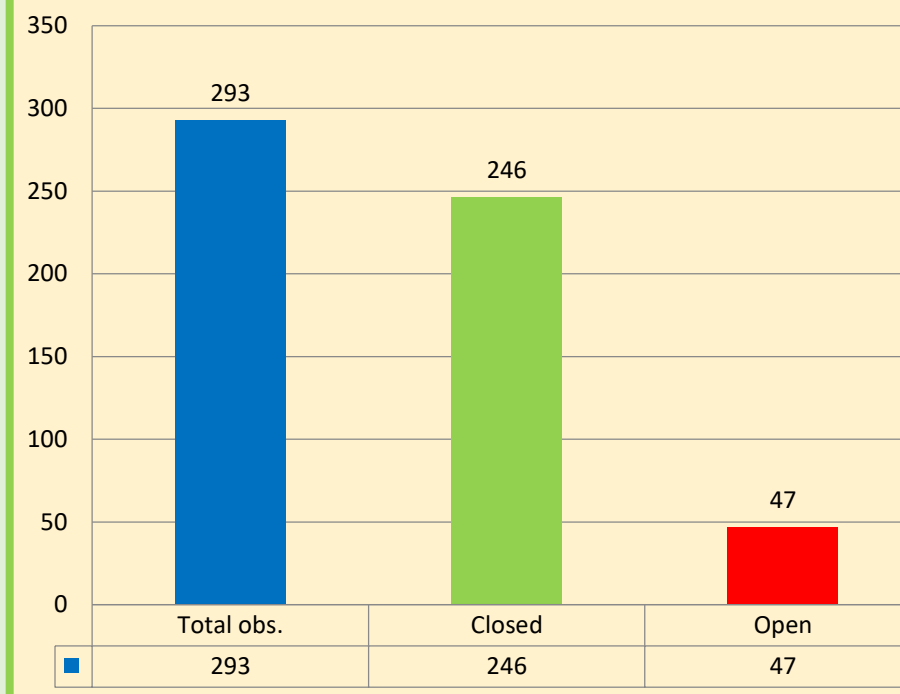
OHS Training Hours -2018



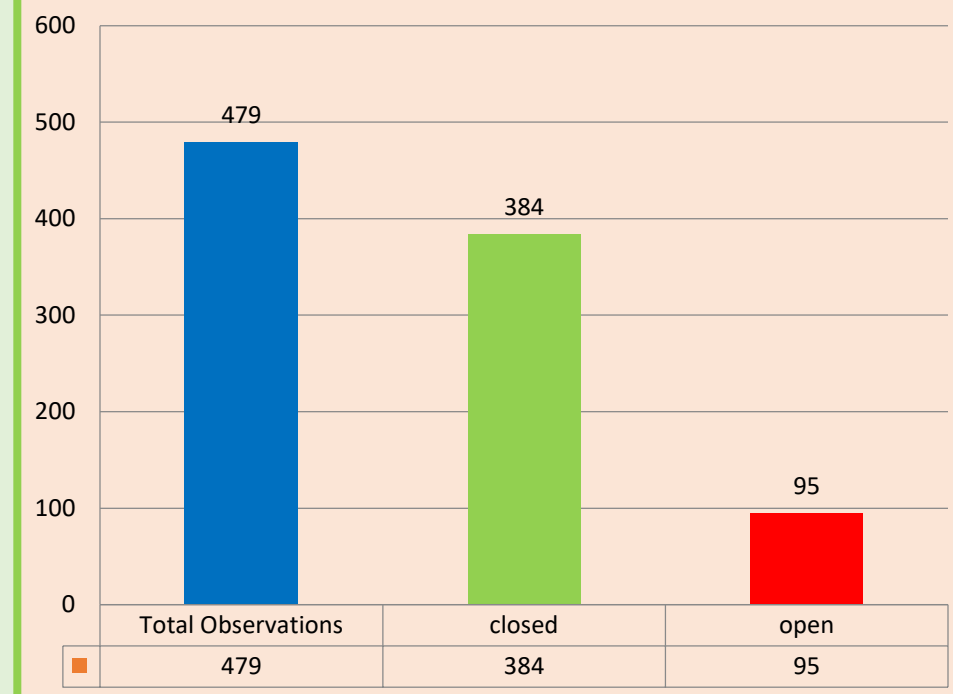
Incidents 2019



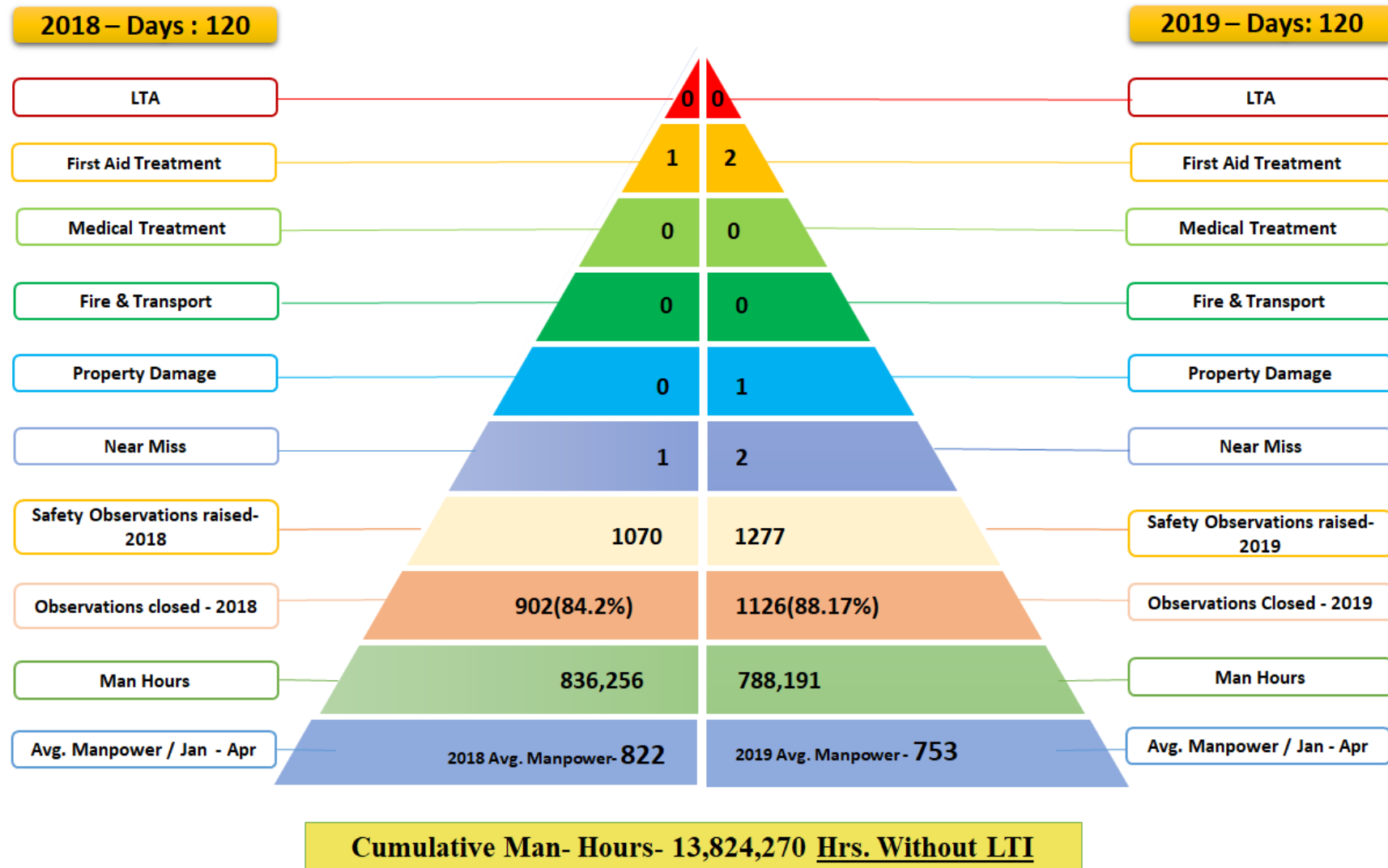
SOR Status - 2019



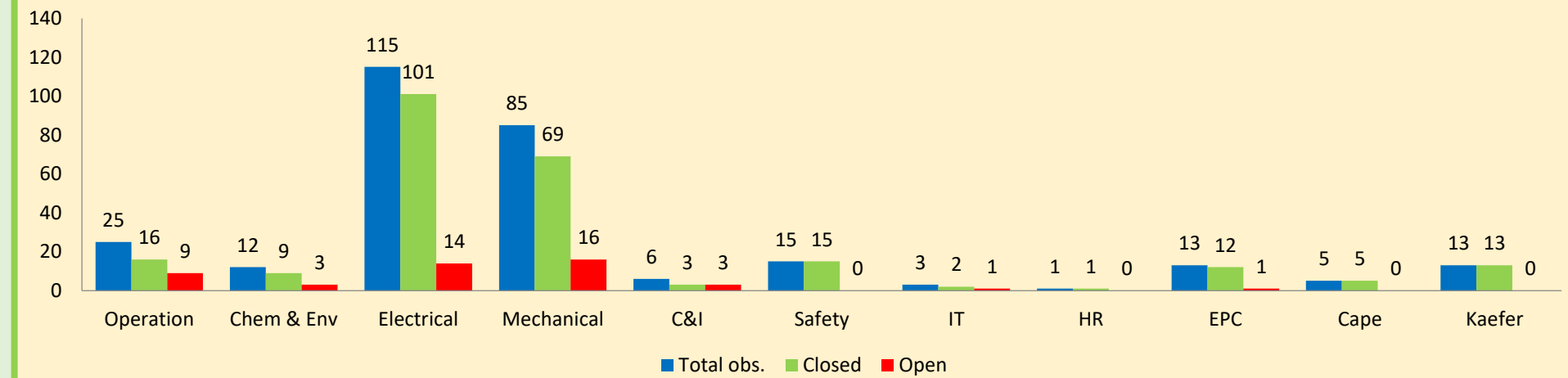
SWR Status - 2019



RGPC Event Triangle (2018 & 2019 - April)



Safety Observation Report 2019



Safety Walkthrough Report 2019

