

# RGPC OHS NEWS LETTER- 2019

Edition- September 2019



Celebrating

14.4 Million Man-hours

9 Years Without LTI

## Introduction

The RGPC OH&S Newsletter September 2019 edition purports to provide a comprehensive summary of the health and safety information's as of August 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)

OHSAS Certification 18001:2007

RoSPA Gold Award

- For two consecutive years (2014 & 2015)

13.8 million man-hours without LTI

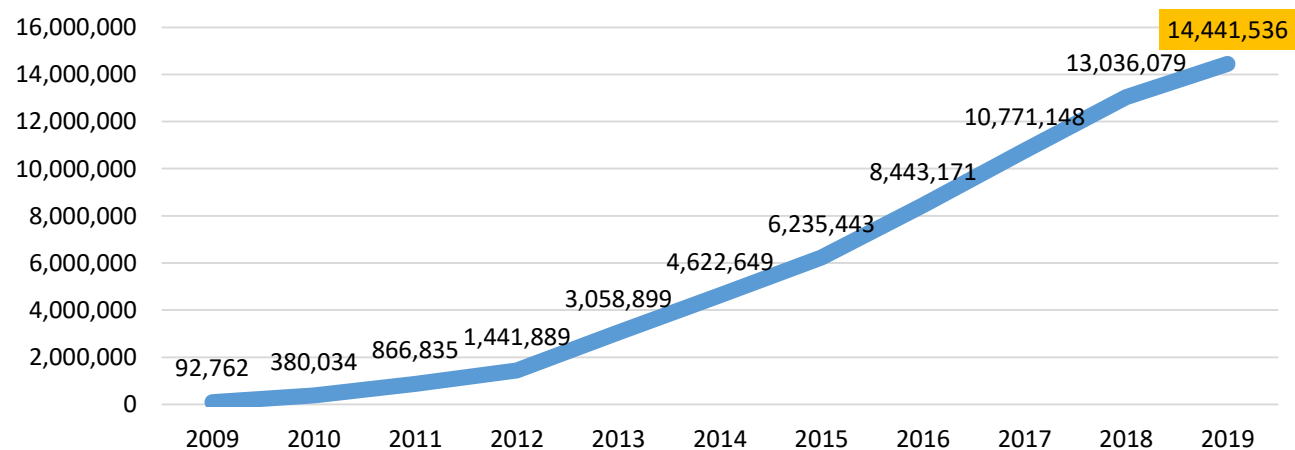
8 years & 3000 days without LTI

## Health and Safety Statistics- as of August 2019

Average Manpower	710
Total Man-Hours	14,441,536 hrs
Fatality / LTA / Medical Treatment	0
No. of First Aid Treatment	2
No of Fire Incident	0
Near Miss	2
Unsafe Act / Unsafe Condition Raised	2097
Unsafe Act Condition Closed	1950
Fresh Eye Observation	531
No. of Work Permit	4219
No. of Formal Toolbox Talk	447
No. of Formal Safety Walk	210
Actions from Formal Safety Walks	2097
Class based HSE Training hours.	6829
HSE&F Meeting	21
Positive Achievements	16

Total Safe Man-Hours – 14,441,536 Hrs.

## Manhours Without LTI-2019



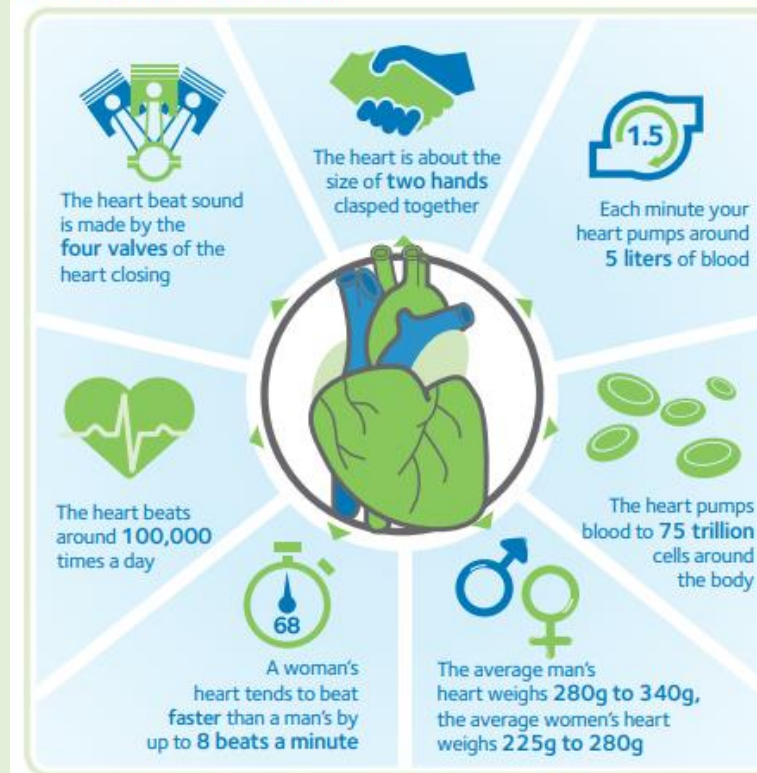
ISO 45001 Internal Auditor Training – 2019

## HEALTH CORNER

### Heart Facts

Understanding your heart

Your heart is amazing



There are plenty of things you can control that will help reduce your risk of a heart condition.

**Diabetes** – If you have diabetes you automatically carry a higher risk of a heart condition but managing your diabetes properly will reduce this risk.

**Smoking** – smoking has a serious impact on your heart health and if you smoke you should stop now.

**High blood pressure** – long-term high blood pressure can damage your heart muscle. Reducing your weight and stress can help reduce your blood pressure but if it is constantly high then you should seek medical advice as certain medications can help stabilize your blood pressure.

**High Cholesterol** – an imbalance of cholesterol in your blood can lead to a heart attack – you can reduce your cholesterol by eating a healthy diet

**Being inactive** – you can improve your heart health through regular exercise.

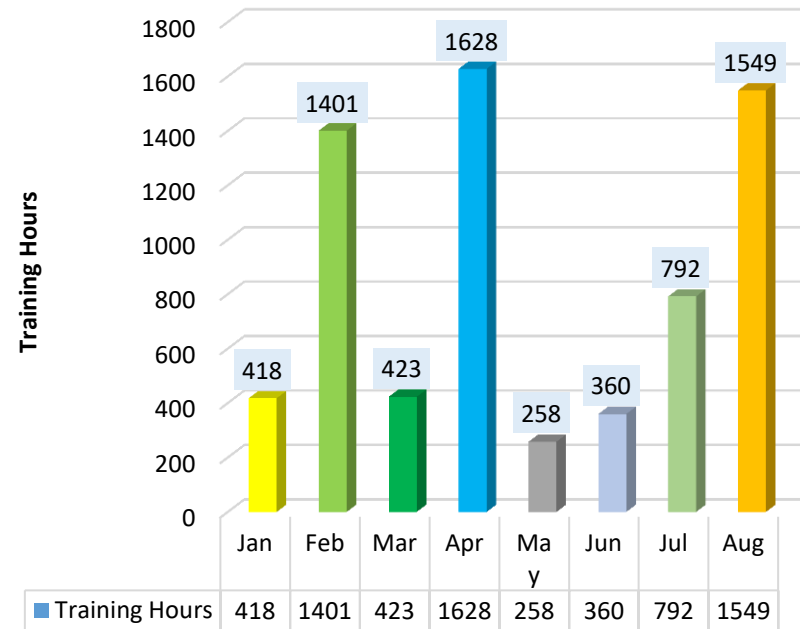
**Being overweight** – carrying too much weight not only puts a strain on your heart but it is also connected to high blood pressure, high cholesterol and could lead to type 2 diabetes.

**Unhealthy diet** – eating unhealthy foods will increase the amount of fatty deposits in your arteries and could lead to coronary heart disease. Be sure to eat plenty of fruit and vegetables, lean proteins and legumes and avoid trans fats, saturated fats, salt and refined sugar.

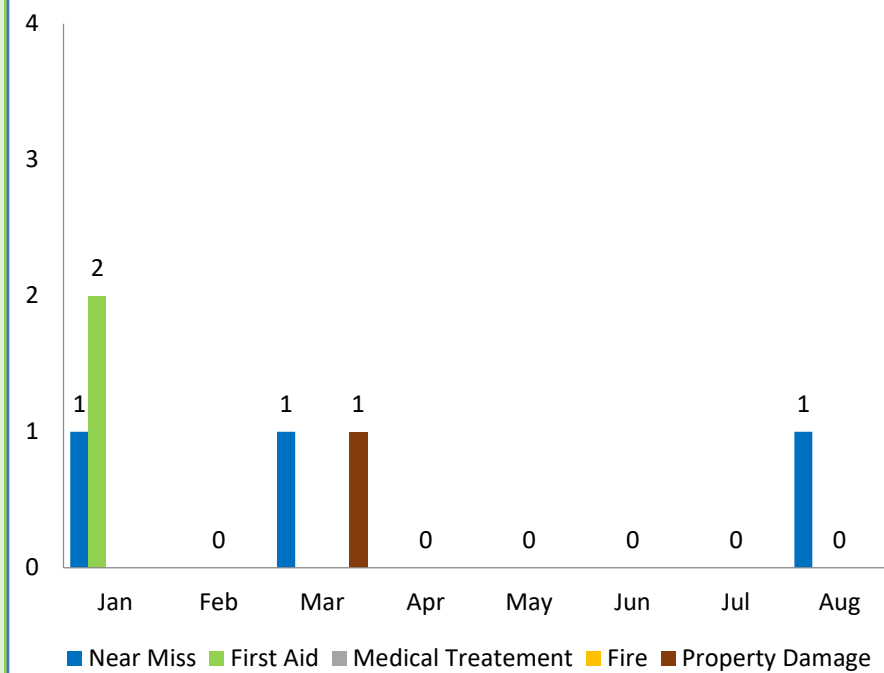
**Stress or emotional problems** – heart problems can be exacerbated by stress or emotional distress. If you are struggling with either of these issues then it is important to seek help.

*We need to look after our hearts. 12.9% of all deaths in Qatar are heart related.*

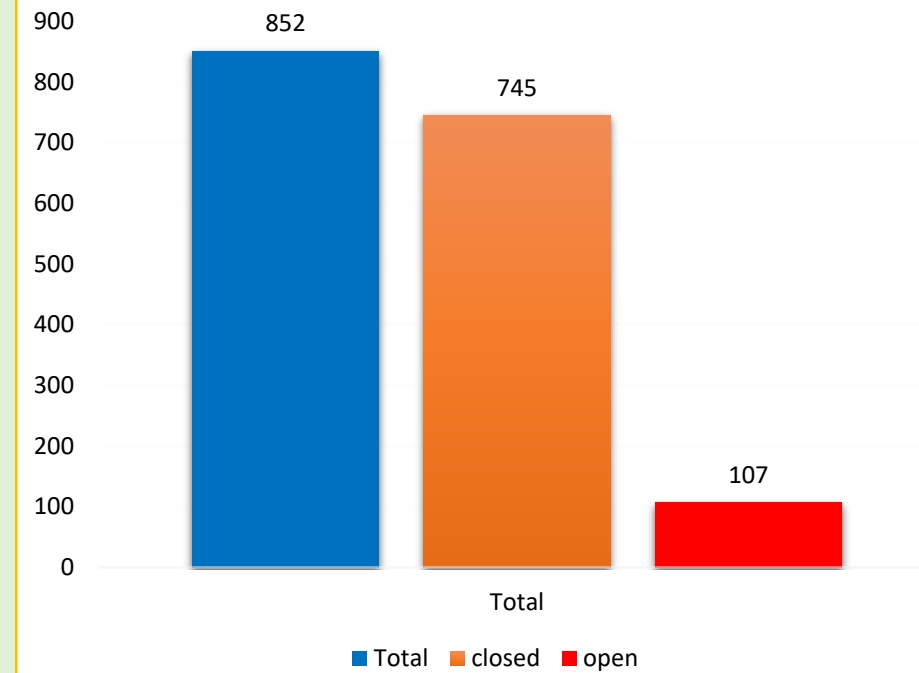
## OHS Training Hours -2019



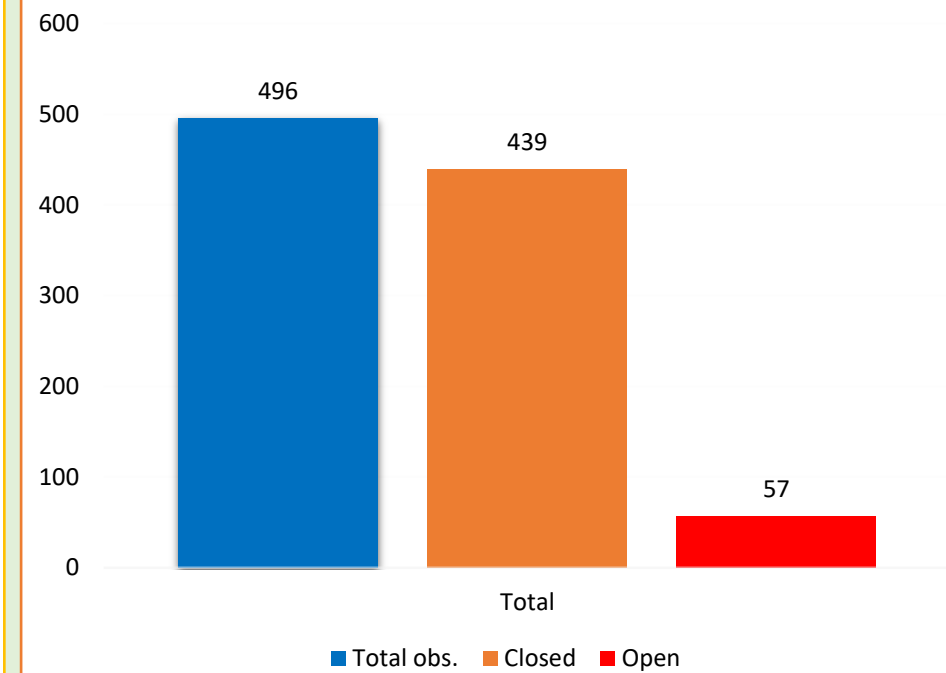
## Incidents 2019



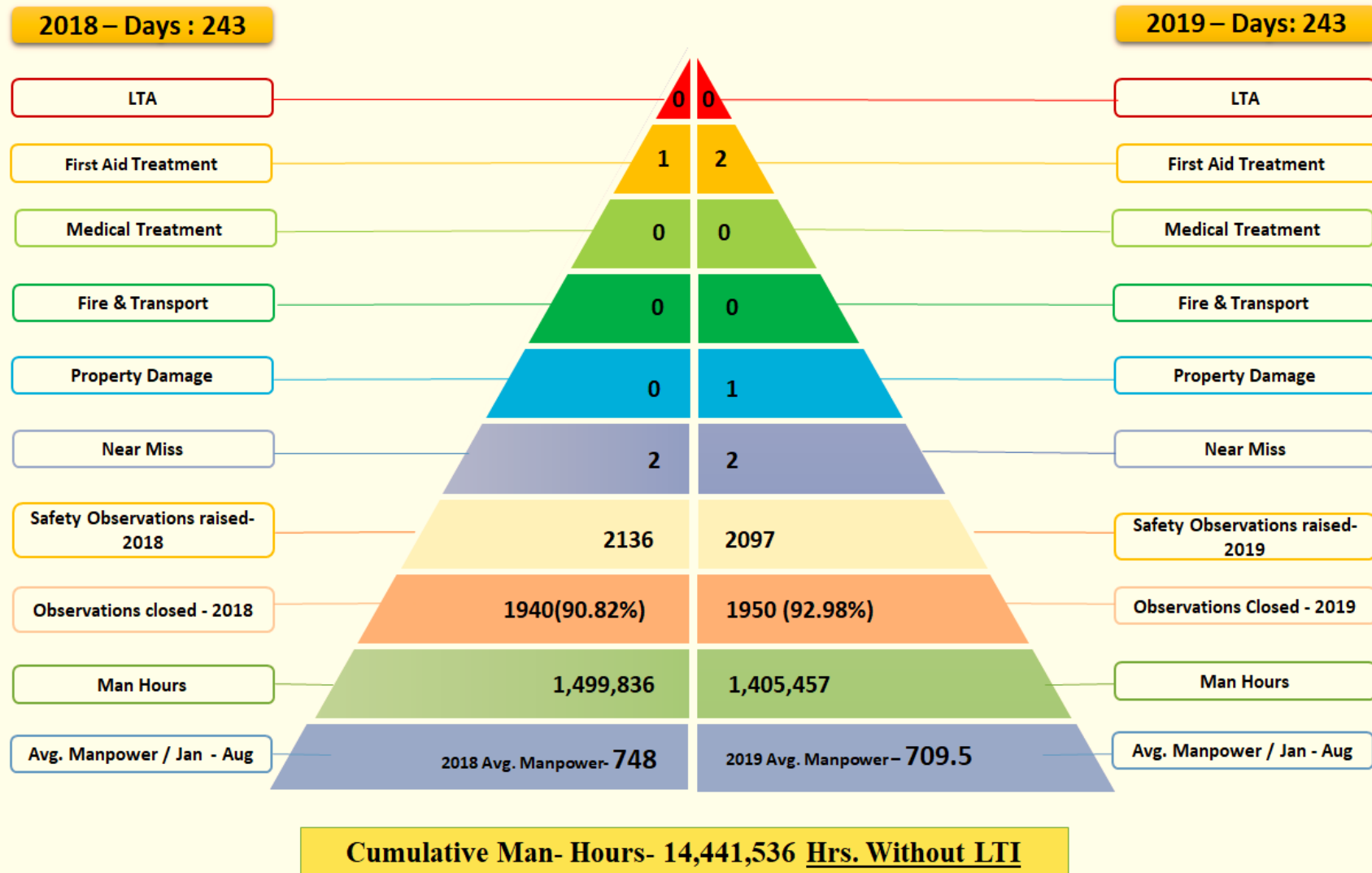
## SWR Status - 2019



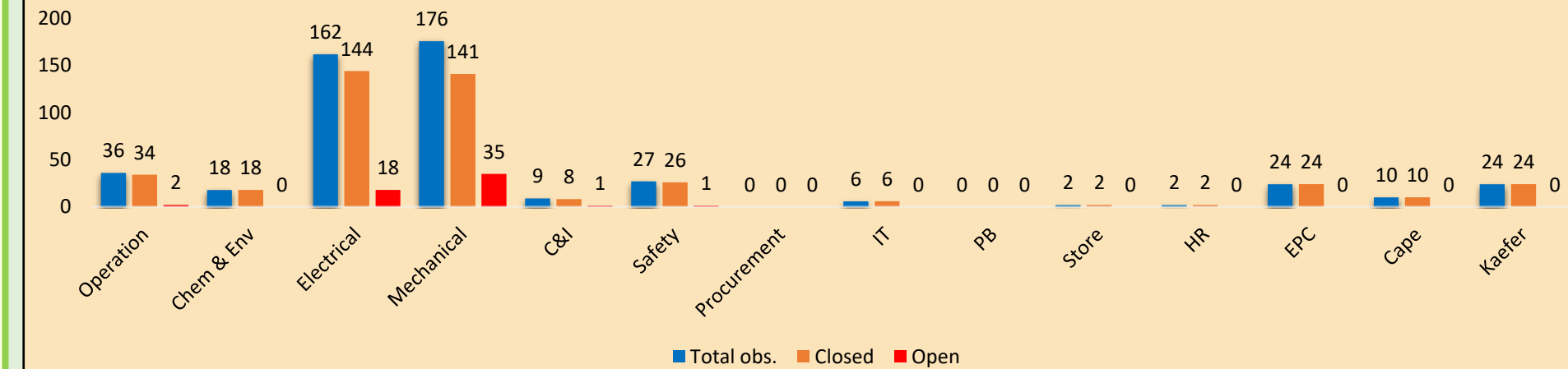
## SOR Status - 2019



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



## Safety Observation Report Summary - 2019



## Safety Walkthrough Report Summary - 2019

