

# OHS NEWSLETTER

## RAS GIRTAS POWER COMPANY

2021  
1st Edition



The RGPC OH&S Newsletter 2020 3<sup>rd</sup> edition purports to provide a comprehensive summary of the health and safety information's as of December 2020.

### Achievements, Awards & Events

17.6 million man-hours without LTI (2020-April)

Successfully Completed GT Major Outages

RoSPA Commended Electricity Industry Sector Award (2020)

Winner of RoSPA Electricity Industry Sector Award 2019

ISO 45001 Certification (2019)

Best HSE team runner up award in ENGIE MESCAT - 2018

Winner of RoSPA Electricity Industry Sector Award 2018

Winner of RoSPA International Sector Award 2018

Winner of Best HSE Team - ENGIE MESCAT Award 2017

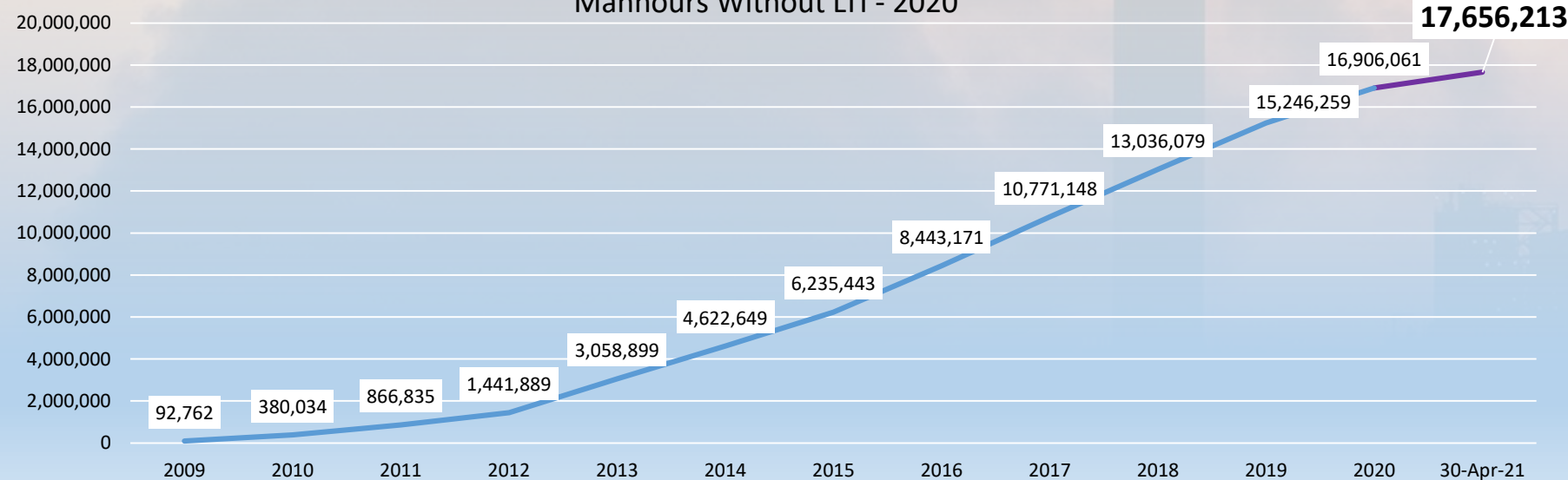
Winner of Highly Commended RoSPA Electricity Industry Sector Award - For two consecutive years (2017 & 2016)

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

### Successfully Completed GT Major Outages



Manhours Without LTI - 2020



## HEALTH CORNER

### Protect yourself and others from COVID-19

There are currently no vaccines available to protect you against human coronavirus infection. You may be able to Protect yourself from the risk of (2019-nCoV) infection by doing the following:



Wash your hands regularly with soap and water or alcohol-based Hand rub



Avoid touching your eyes, nose, or mouth



Keep distance, avoid close contact, and do not shake hands with persons who suffer cold or flu-like symptoms



Cancel or Postpone unnecessary travel to affected places

If you have Flu-like symptoms, you can help protect others by doing the following:



Stay home and avoid close contact with others until free of symptoms



Cover your mouth and nose when coughing and sneezing with a tissue or flexed elbow, then throw the tissue in the trash, and wash your hands



In case of severe symptoms visit the nearest healthcare facility or call hotline: 66740951 - 66740948

### BREAKING THE CHAIN OF COVID-19

#### Prevention



**Wash**  
your hands well and often to avoid contamination



**Cover**  
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



**Avoid**  
touching eyes, nose, or mouth with unwashed hands



**Clean**  
and disinfect frequently touched objects and surfaces

### Heat Stress

Qatar's summer climate is very hot and humid with summer temperatures ranging from 30 to 50 degree Celsius and average relative humidity of 25% to 100%. This climate creates a potentially dangerous situation for those exposed to heat.

Exposure to extreme heat can result in occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness.

### Drink Water

- Acclimatization does not decrease your body's need for water. Drink plenty of water!
- Water is the best; juices or no caffeine sport drinks are also good.
- Stay away from caffeinated and carbonated diet drinks as they take water out of your body.

### Dehydration

- To prevent dehydration, take advantage of scheduled water breaks!

### Eat Healthy

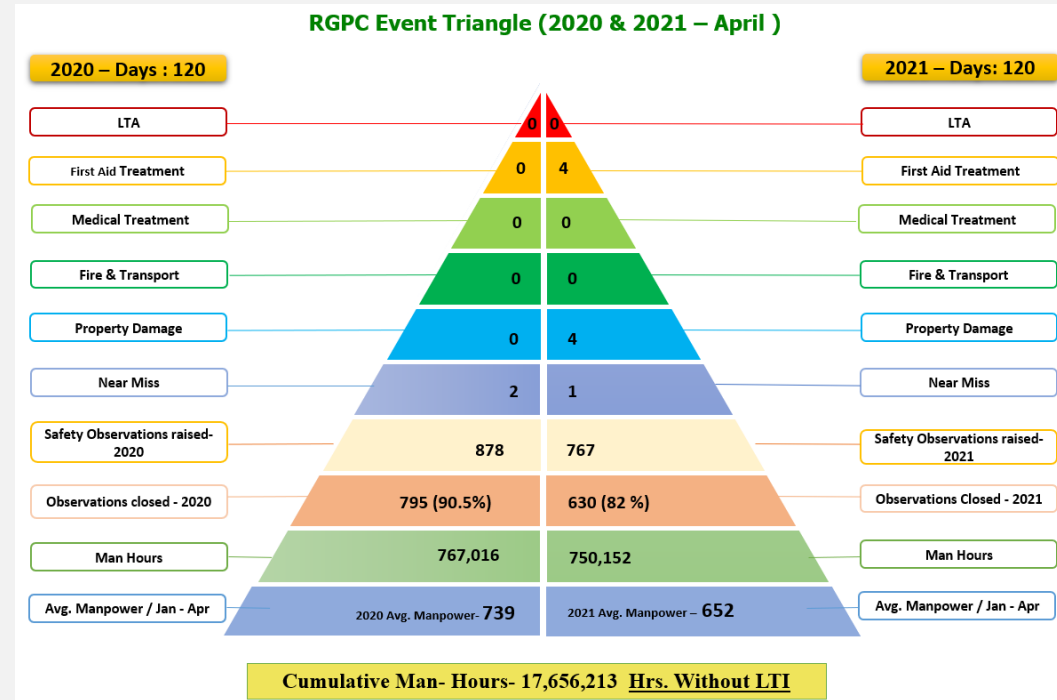
- You can and should replace essential elements lost during sweating;
- Eat a balanced diet rather than taking sports drinks.

## Health and Safety Statistics

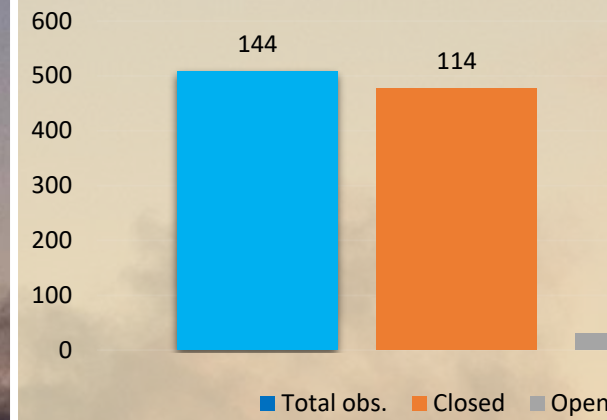
Average Manpower	574
Total Man-Hours	17,656,213 hrs.
Fatality / LTA / Medical Treatment	0
No. of First Aid Treatment	4
No of Fire Incident	0
Near Miss	1
Unsafe Act / Unsafe Condition Raised	767
Unsafe Act Condition Closed	630
Fresh Eye Observation	105
No. of Work Permit	1788
No. of Formal Toolbox Talk	252
No. of Formal Safety Walk	131
Actions from Formal Safety Walks	767
Class based HSE Training hours.	1284
HSE&F Meeting	6
Positive Achievements	4

Total Safe Man-Hours – 17,656,213 hrs.

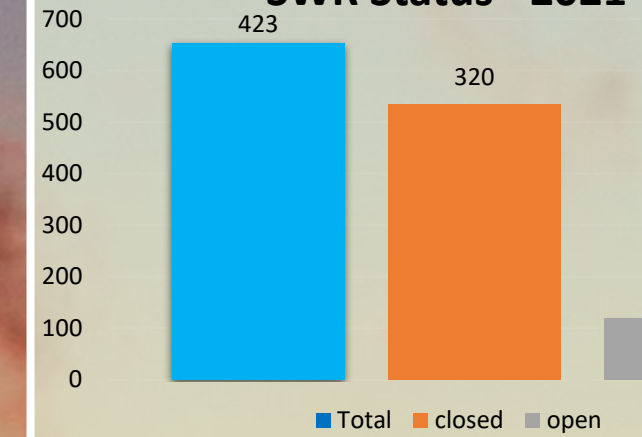
## RGPC Event Triangle



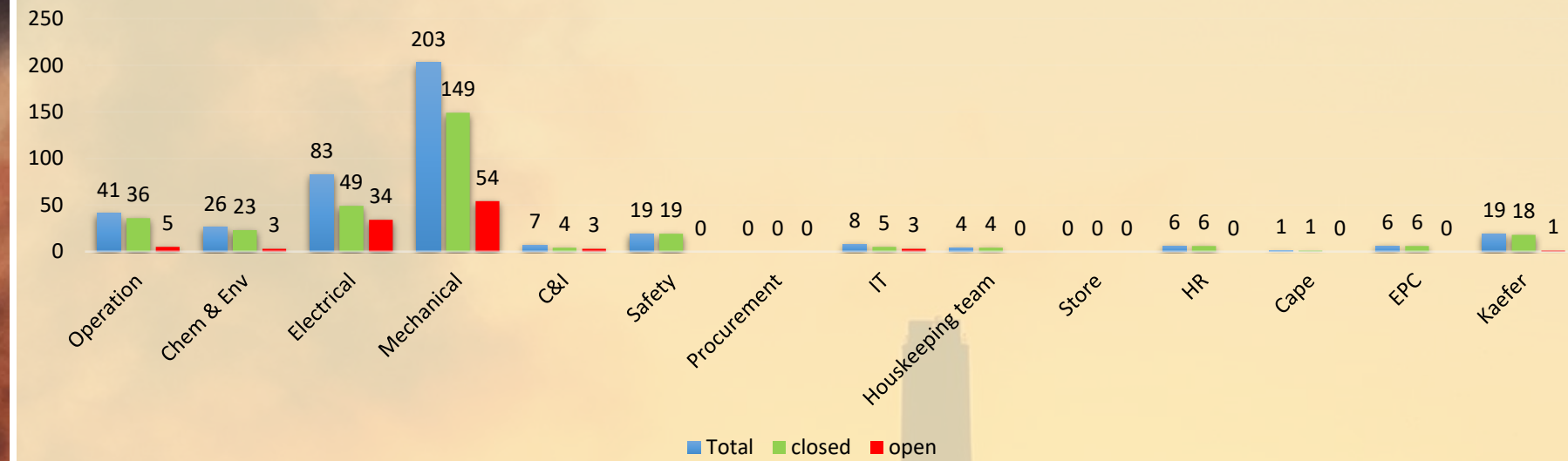
## SOR Status - 2021



## SWR Status - 2021



## Safety Walkthrough Report 2021 Summary



## Safety Observation Report 2021 Summary

