

# OHS NEWSLETTER

## RAS GIRTAS POWER COMPANY

2021  
2<sup>nd</sup> Edition



The RGPC OH&S Newsletter 2021 2<sup>nd</sup> edition purports to provide a comprehensive summary of the health and safety information's as of August 2021.

### Achievements, Awards & Events

18 million man-hours without LTI

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

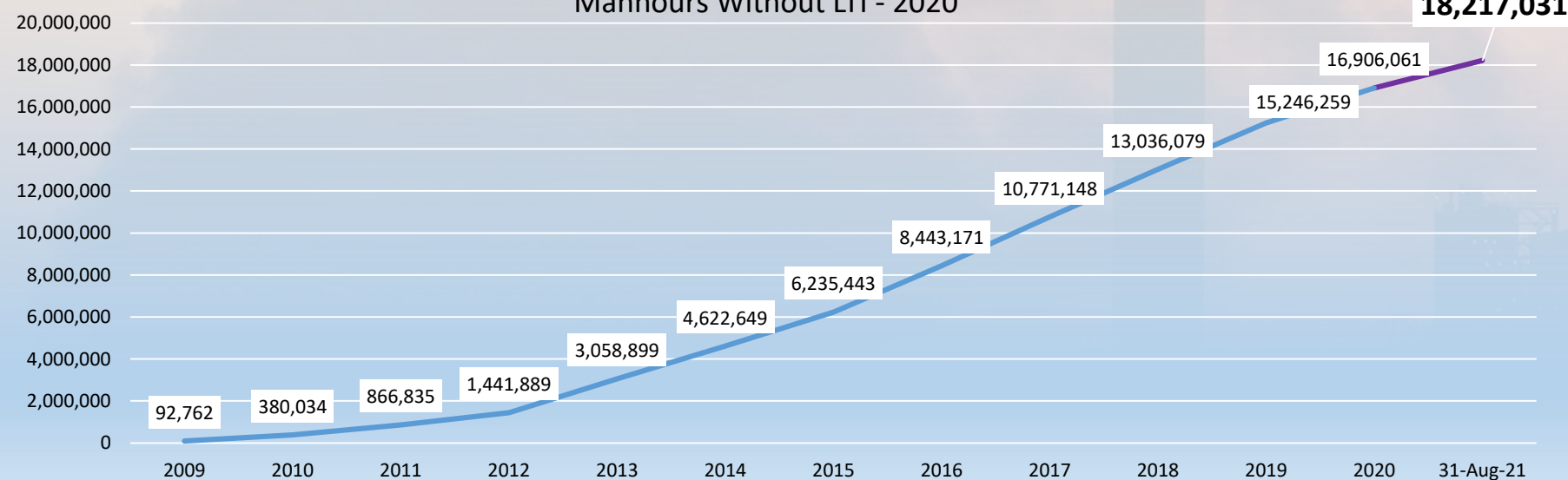
Winner of Highly Commended RoSPA Electricity Industry Sector Award  
- For two consecutive years (2017 & 2016)

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



RoSPA Awards 2021- Achievement of RoSPA Highly Commended in the Electricity Sector Award

Manhours Without LTI - 2020



## “Maintaining Healthy Kidneys”

### 8 Golden Rules

- Keep fit and active**  
 Keeping fit helps to reduce your blood pressure and therefore reduces the risk of Chronic Kidney Disease.
- Keep regular control of your blood sugar level**  
 About half of people who have diabetes develop kidney damage, so it is important for people with diabetes to have regular tests to check their kidney functions.
- Monitor your blood pressure**  
 Although many people may be aware that high blood pressure can lead to a stroke or heart attack, few know that it is also the most common cause of kidney damage.
- Eat healthy and keep your weight in check**  
 This can help prevent diabetes, heart disease and other conditions associated with Chronic Kidney Disease.
- Maintain a healthy fluid intake**  
 Although clinical studies have not reached an agreement on the ideal quantity of water and other fluids we should consume daily to maintain good health, traditional wisdom has long suggested drinking 1.5 to 2 litres (3 to 4 pints) of water per day.
- Do not smoke**  
 Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, it impairs their ability to function properly. Smoking also increases the risk of kidney cancer by about 50 percent.
- Do not take over-the-counter pills on a regular basis**  
 Common drugs such non-steroidal anti-inflammatory drugs like ibuprofen are known to cause kidney damage and disease if taken regularly.
- Get your kidney function checked by your doctor if you have one or more of the 'high risk' factors**
  - You have diabetes
  - You have hypertension
  - You are obese
  - One of your parents or other family members suffers from kidney disease

Source  
<https://www.hamad.qa/EN/All-Events/HMC-WKD/Maintaining%20healthy%20kidneys/Pages/default.aspx>

**90%**  
 90% of kidney function can be lost without experiencing any symptoms





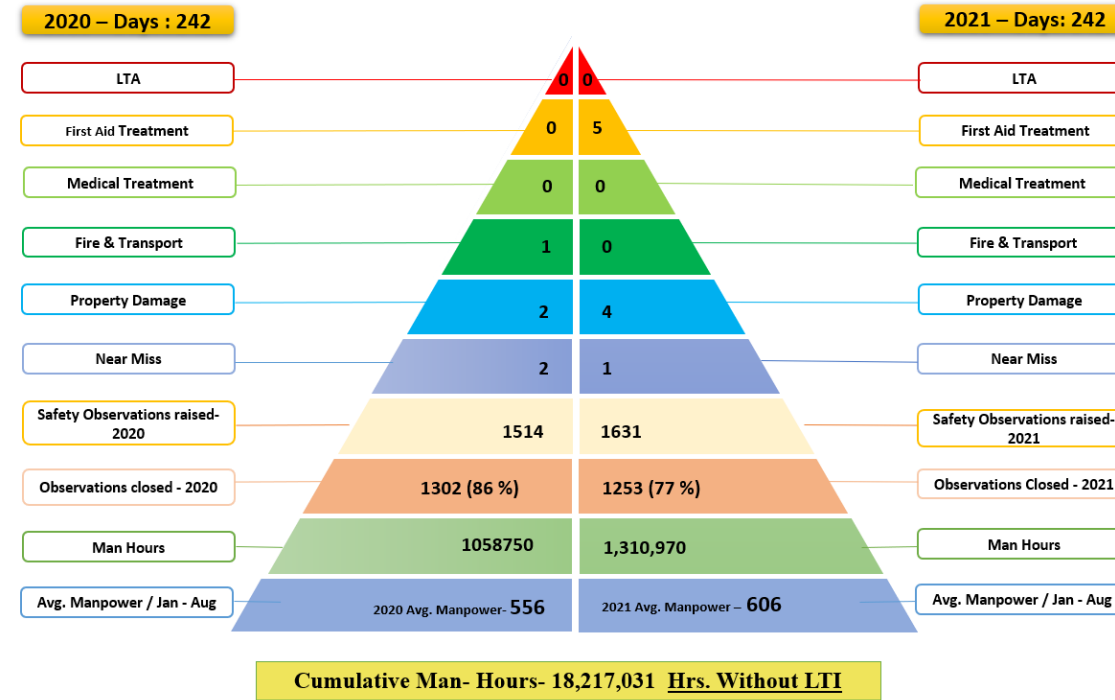
## Health and Safety Statistics

Average Manpower	606
Total Man-Hours	18,217,031 hrs.
Fatality / LTA / Medical Treatment	0
No. of First Aid Treatment	5
No of Fire Incident	0
Near Miss	1
Unsafe Act / Unsafe Condition Raised	1631
Unsafe Act Condition Closed	1253
Fresh Eye Observation	322
No. of Work Permit	4203
No. of Formal Toolbox Talk	564
No. of Formal Safety Walk	247
Actions from Formal Safety Walks	1631
Class based HSE Training hours.	3506
HSE&F Meeting	12
Positive Achievements	10

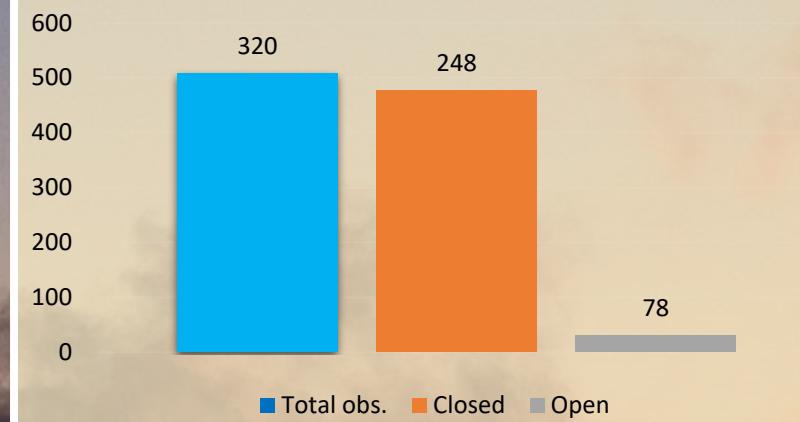
Total Safe Man-Hours – 18,217,031 Hrs

## RGPC Event Triangle

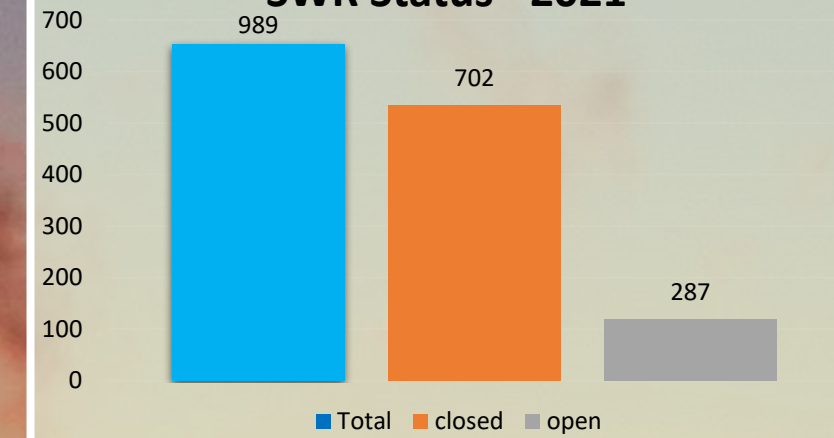
RGPC Event Triangle (2020 & 2021 – August )



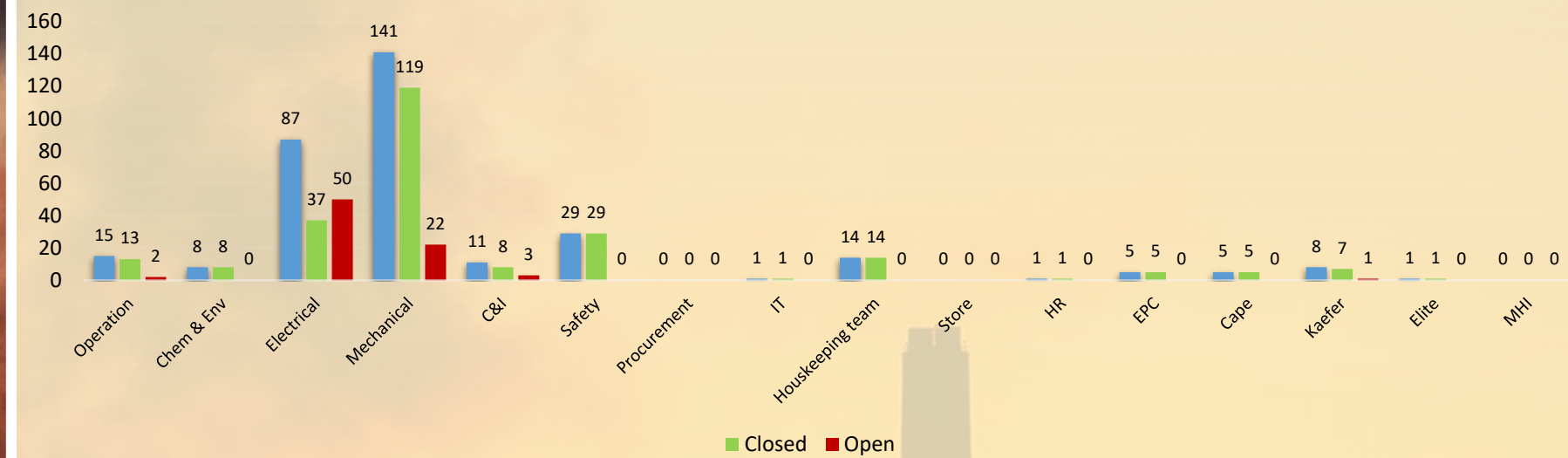
## SOR Status - 2021



## SWR Status - 2021



## Safety Observation Report 2021 Summary



## Safety Walkthrough Report 2021 Summary

