



The RGPC OH&S Newsletter 2022 2nd edition purports to provide a comprehensive summary of the health and safety information's as of 30th September 2022.

Achievements, Awards & Events

RoSPA Highly Commended in the Electricity Sector Award 2022

ENGIE Starz Award- 2022-Best Entity on HSE / Best Team on HSE

RoSPA Highly Commended in the Electricity Sector Award 2021

RoSPA Electricity Industry Sector Award- Commended 2020

RoSPA industry Sector Award- 2019 winner

RoSPA Industry Sector Award- 2018 winner

RoSPA International Sector Award- 2018 winner

RoSPA Industry Sector Award - Highly Commended- 2016 & 2017

RoSPA Gold Awards - For two consecutive years - 2014 & 2015

ENGIE MESCAT Award- ENGIE MESCAT Award 2017- Best Asset for HSE

ISO 45001:2018

No LTI's

19.8 million man-hours without LTI

12 years without LTI



Safety Stand-down meeting

Healthy Kidney Tips

The best and worst foods for kidney



GOOD FOOD

- Blueberries
- Cabbage
- Cauliflower
- Apple
- Cherries

BAD FOOD

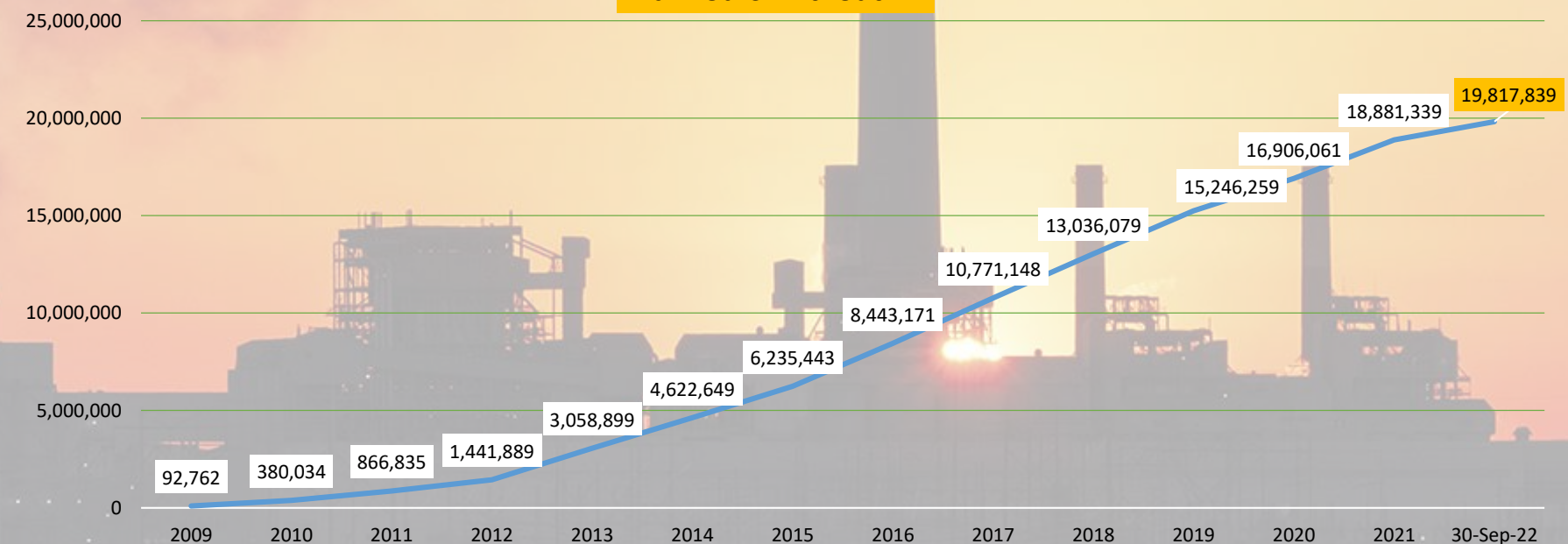
- Nuts and Seeds
- Red Meat
- Dairy Products
- Caffeine
- Artificial Sweeteners



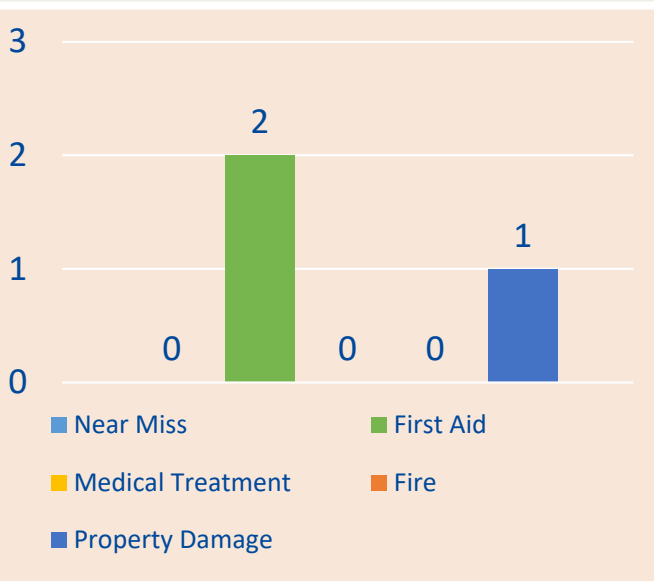
The best way to care for your kidneys is:

- Lose weight if you are overweight.
- Get active. Physical activity helps control blood sugar levels.
- Quit smoking.
- Getting a checkup? Make sure to get your kidneys checked too.
- Take medications as directed.
- Keep your blood pressure in range, or ask your doctor what the best blood pressure target is for you.
- If you have diabetes, stay in your target blood sugar range as much as possible.
- Stay in your target cholesterol range.
- Eat foods lower in salt.
- Eat more fruits and vegetables.

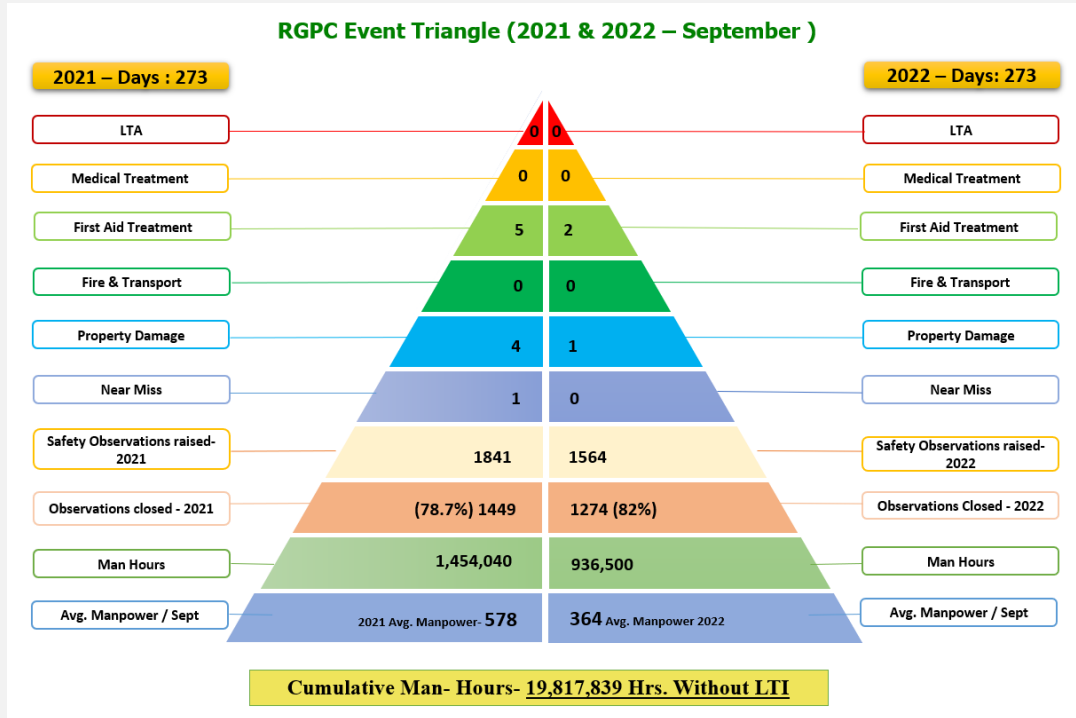
Manhours Without LTI



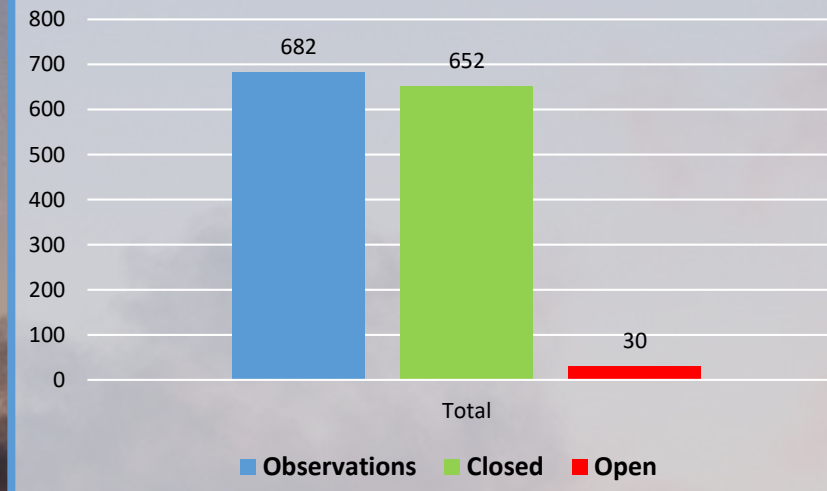
INCIDENTS - 2022



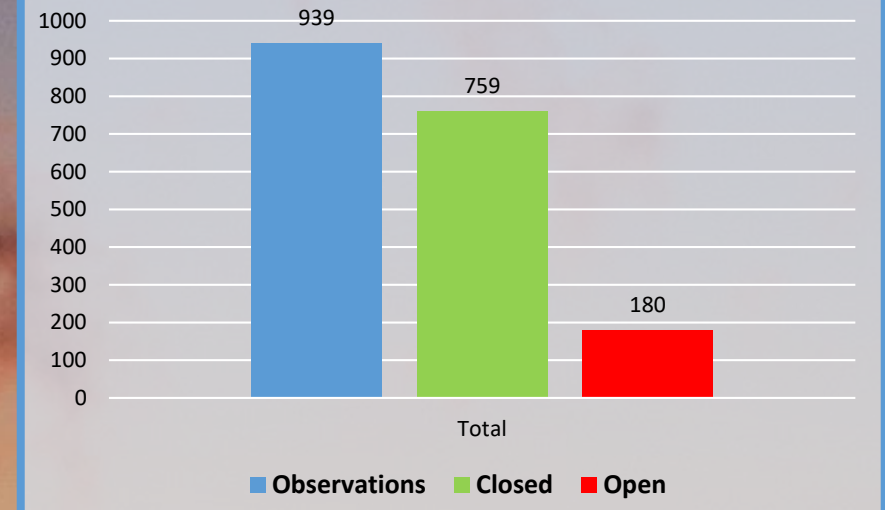
RGPC Event Triangle



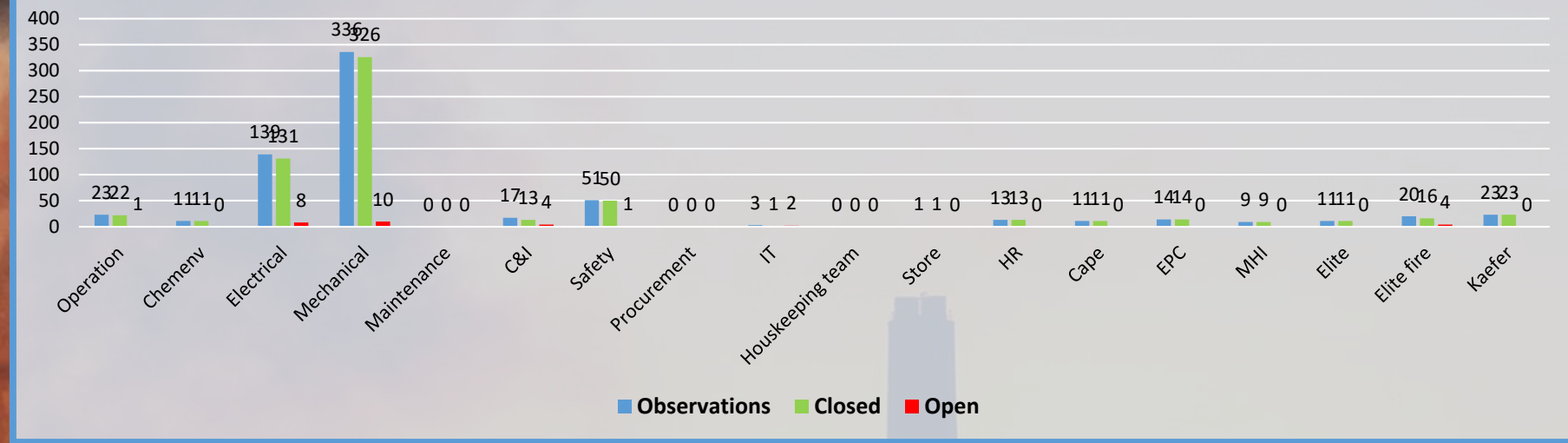
Safety Observation Report Summary 2022



Safety Walkthrough Report Summary 2022



Safety Observation Report Summary 2022



Safety Video Competition Winner & Participants



Safety Walkthrough Report Summary 2022

