

# OHS NEWSLETTER

## RAS GIRTAS POWER COMPANY

2022  
3<sup>rd</sup> Edition



The RGPC OH&S Newsletter 2022 3<sup>rd</sup> edition purports to provide a comprehensive summary of the health and safety information's as of 31<sup>st</sup> December 2022.

### Achievements, Awards & Events

20 Million man-hours without LTI  
4526 Days without LTI

ISO 45001:2018 (Re certification 2022)

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



ISO 45001- Certificate Handover - 2022



# 20 Million

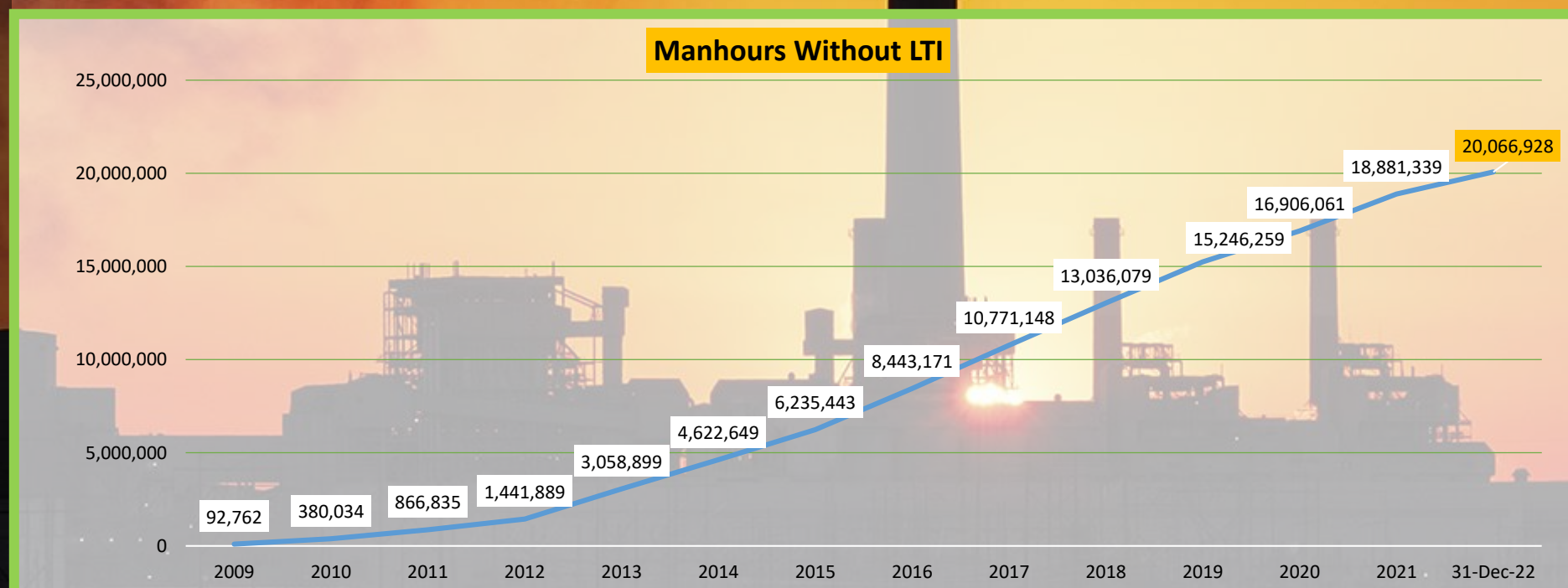
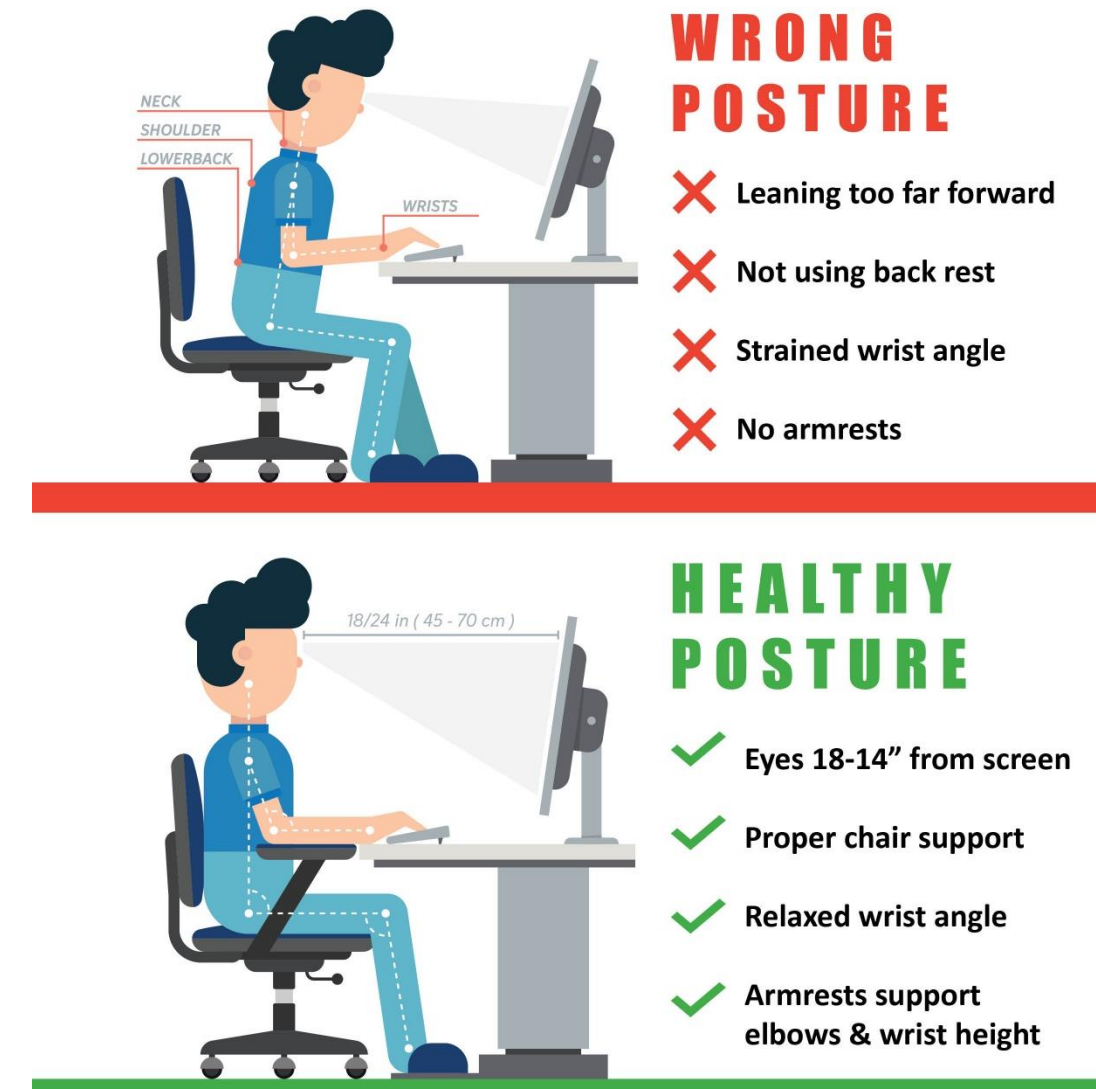
Man-hours without LTI

## HEALTH CORNER - Workstation Ergonomics

### Workstation Ergonomics

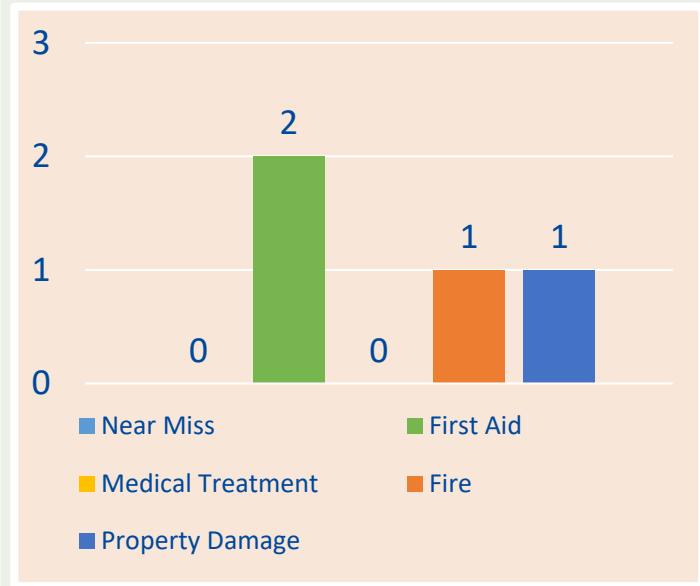
If having to sit for prolonged periods, safe work practices should be adopted, including:

- Using an ergonomic work position
- Changing between sitting, standing and walking on a regular basis
- Placing regularly used items within close proximity to avoid overreaching.
- Doing stretches and work exercises on a regular basis.
- Taking regular postural breaks, for example, after every 20-30 minutes of sitting, complete another task requiring walking or standing for 2-3 minutes

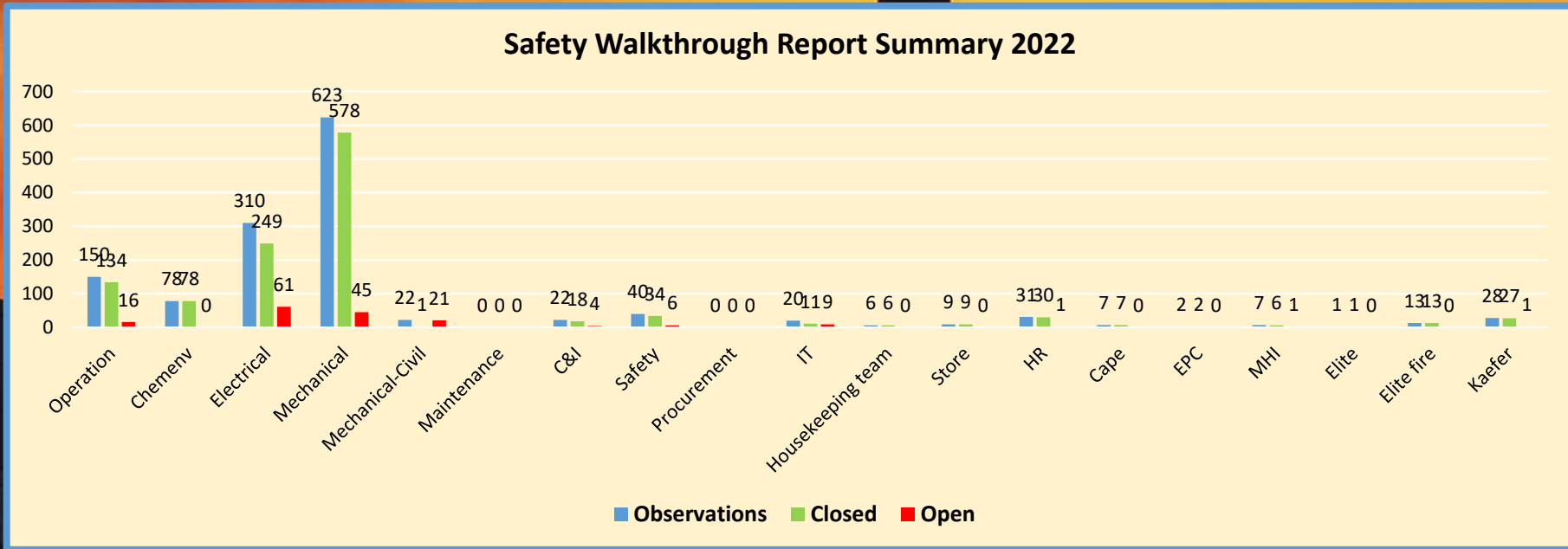
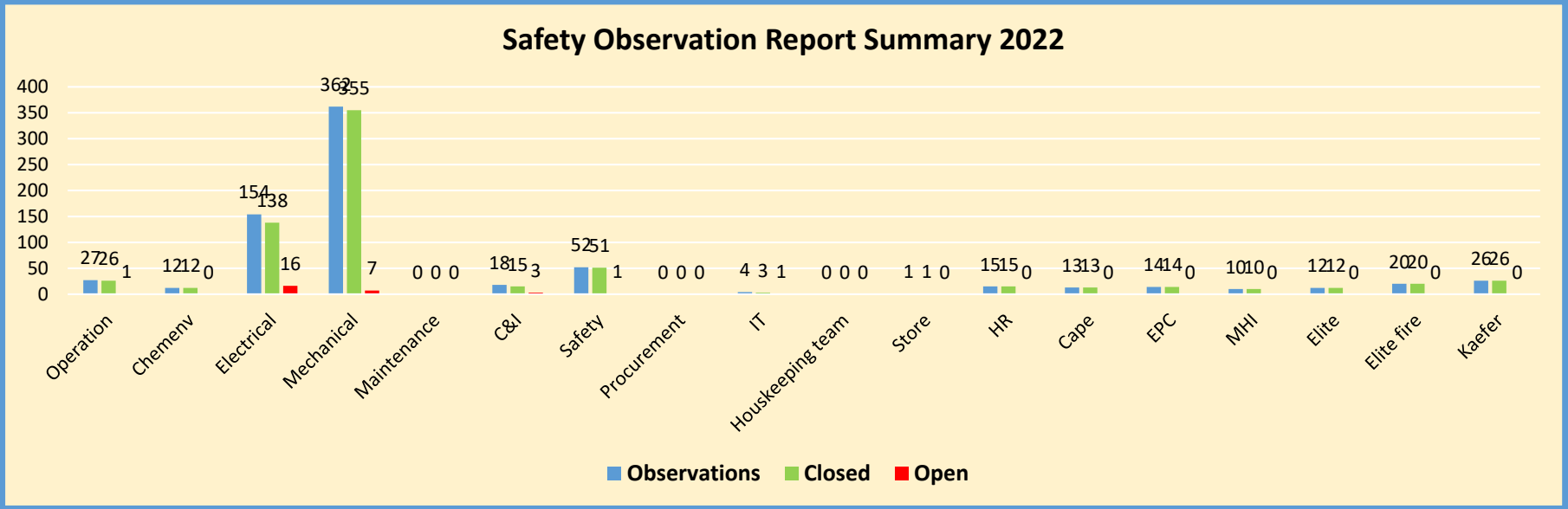
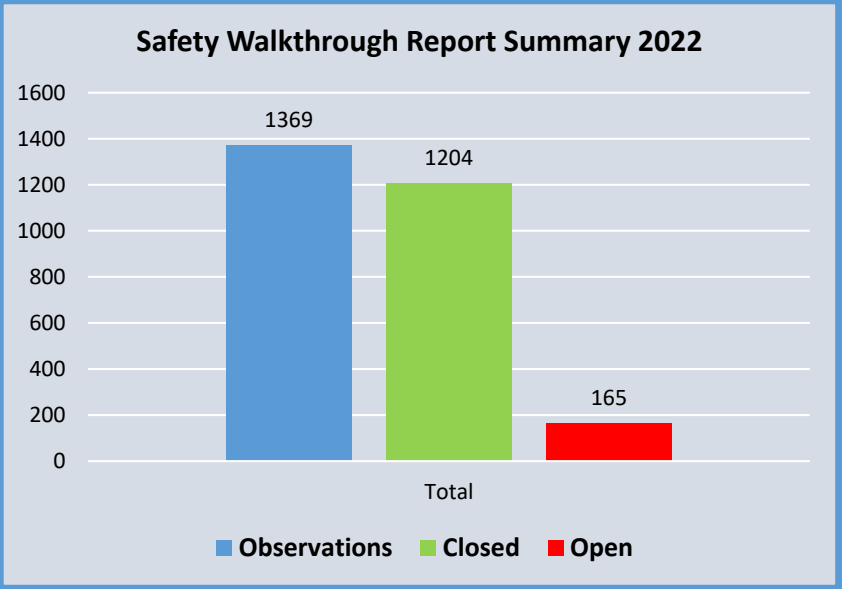
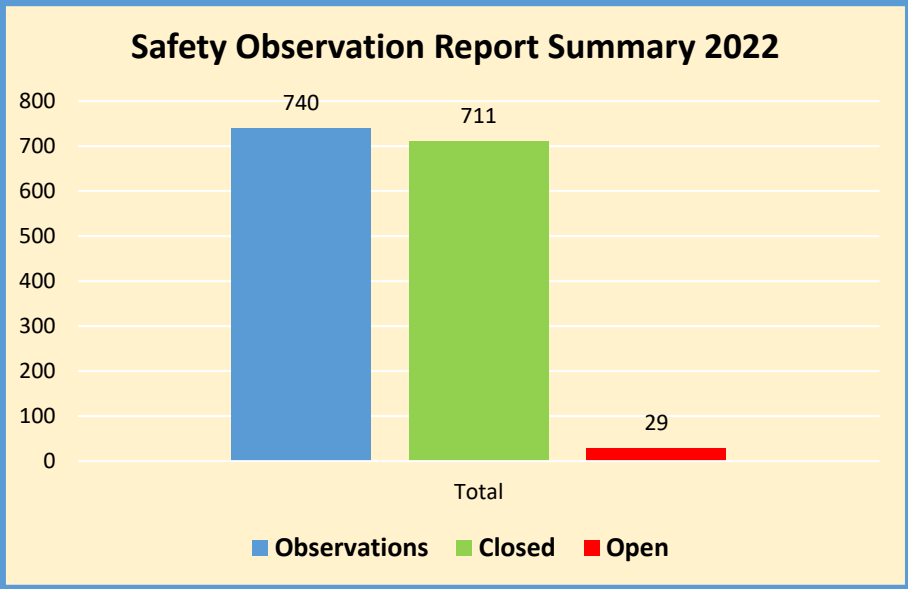
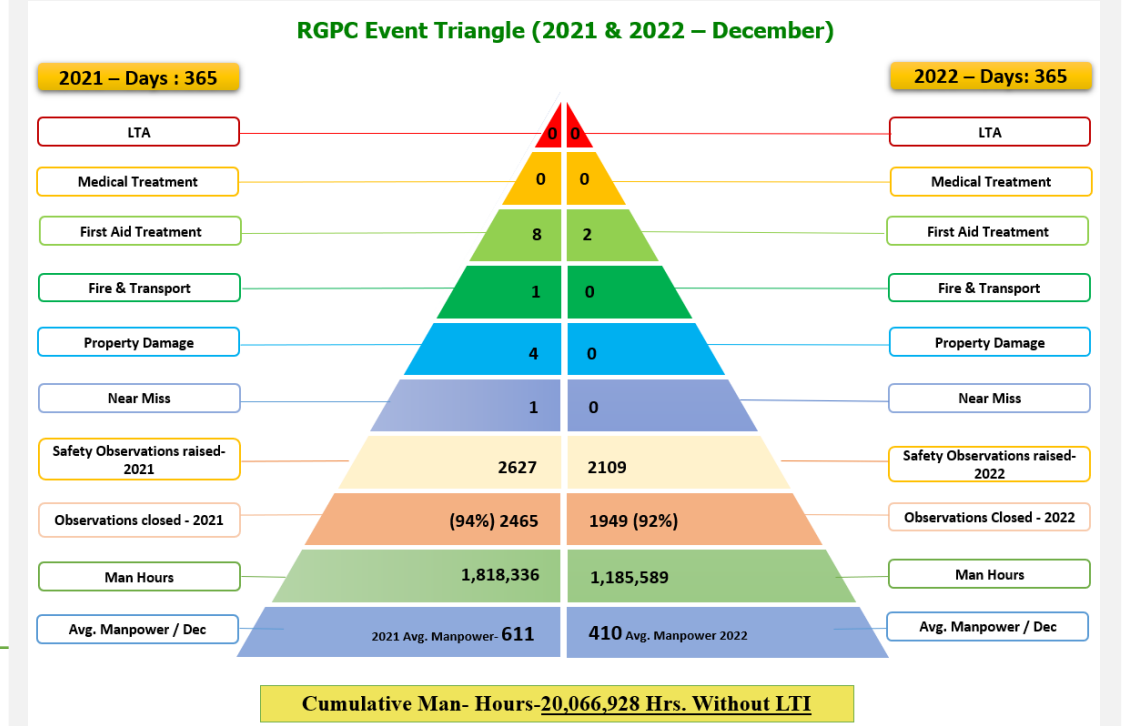




INCIDENTS - 2022



RGPC Event Triangle



Emergency Drill  
Brief Description of scenario - STG-3 EH oil leakage observed from MSV Right hand side and dripping on hot steam line.