

OHS NEWSLETTER

RAS GIRTAS POWER COMPANY

2023
2nd Edition



The RGPC OH&S Newsletter 2023 2nd edition purports to provide a comprehensive summary of the health and safety information's as of 31st October 2023

Achievements, Awards & Events

21 Million man-hours without LTI

RoSPA Highly Commended in the Electricity Sector Award 2023

Safe Completion of GT & ST outages

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

RGPC has achieved 21 Million Man hours on 16th October 2023.



ISO 45001:2018 Surveillance Audit- 1 was completed by Bureau Veritas

HEALTH CORNER - Mental Health

MENTAL HEALTH

Take a few moments to think about the following:

- What do you think of when you think of mental health?
- How would you define mental health?

Mental health is the capacity of every individual to feel, think, and act in ways that enhance their ability to enjoy life and deal with challenges.

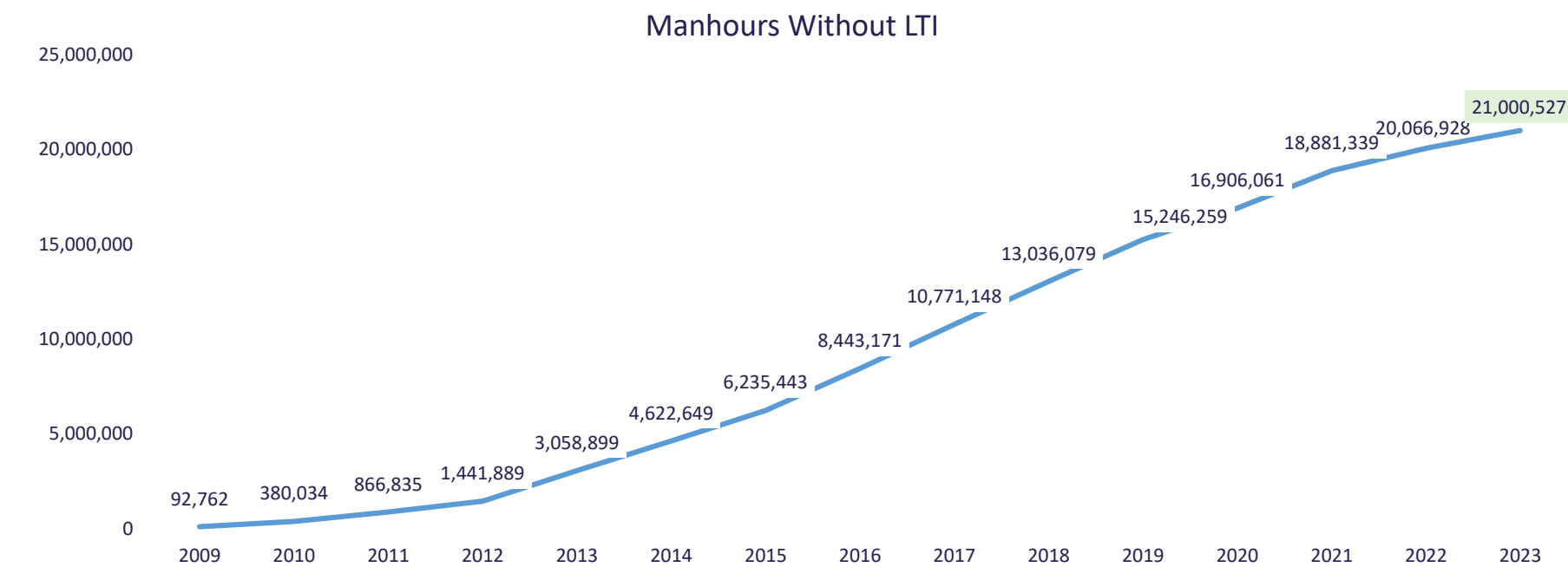
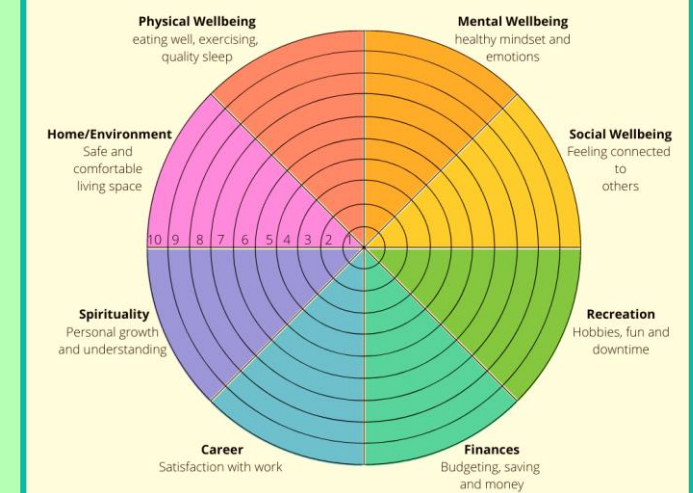
It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnection, and personal dignity.

The eight sections in the wheel represent areas of your life:

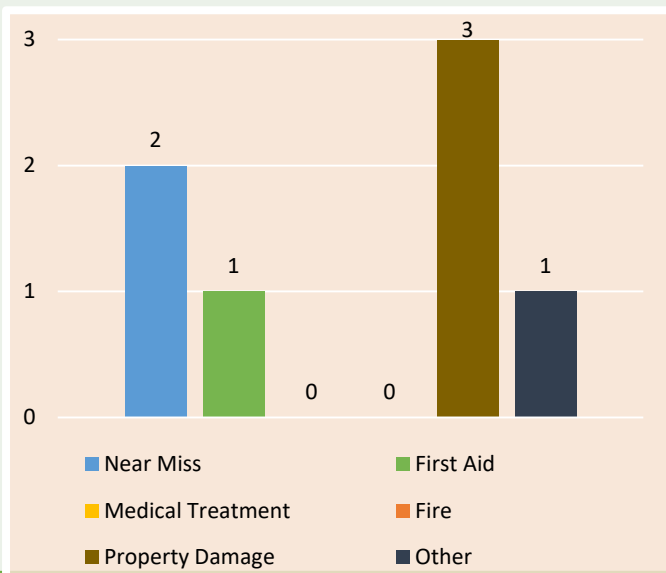
1. **Physical wellbeing:** Eating well, exercising, quality sleep
2. **Mental Wellbeing:** Having a healthy mindset and emotions
3. **Social Wellbeing:** Feeling connected to others
4. **Recreation:** Engaging in hobbies, fun and downtime
5. **Financial Wellbeing:** Budgeting, saving and managing money
6. **Career/Occupational Wellbeing:** Experiencing satisfaction with work
7. **Spiritual Wellbeing:** Engaging in personal growth and understanding
8. **Environmental Wellbeing:** Having a safe and comfortable living and working space



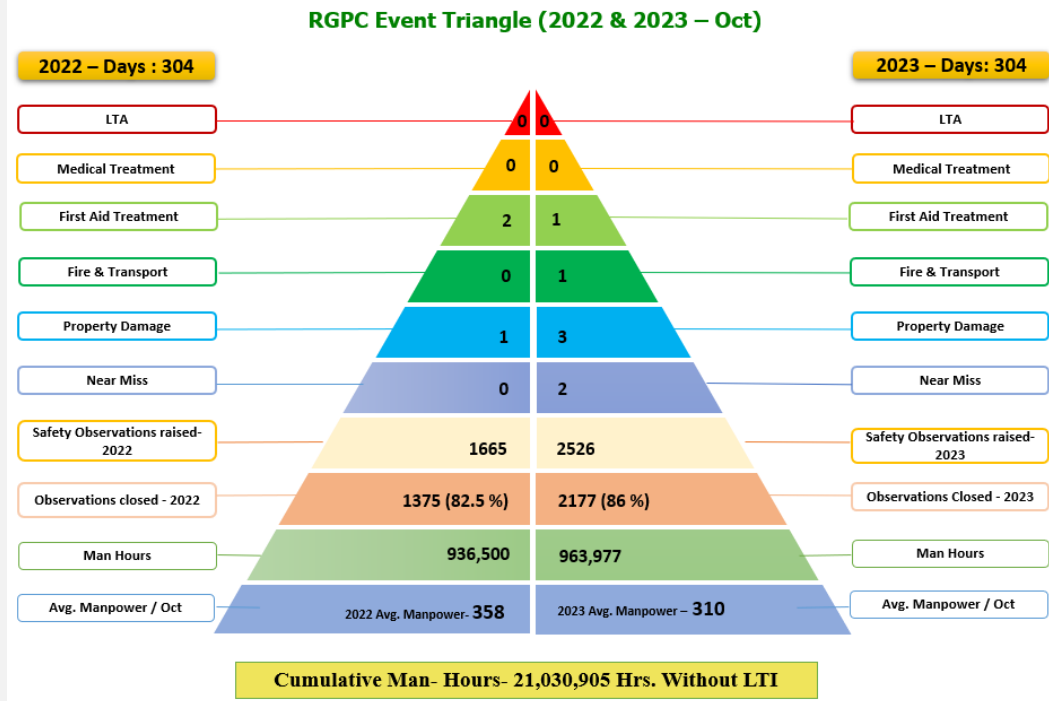
Wellness Wheel



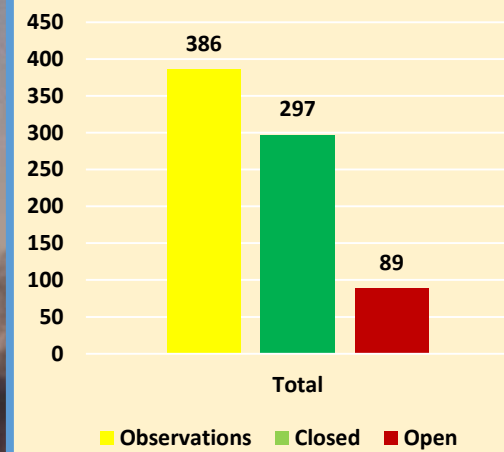
INCIDENTS



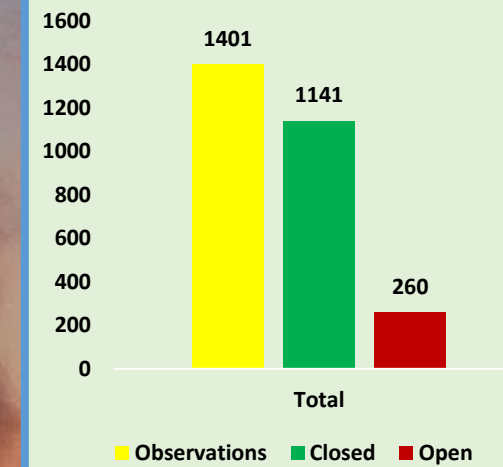
RGPC Event Triangle



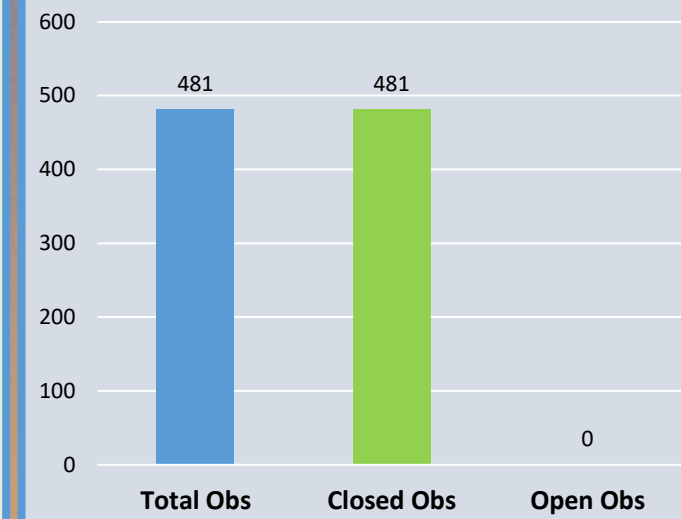
Safety Observation Report Summary 2023



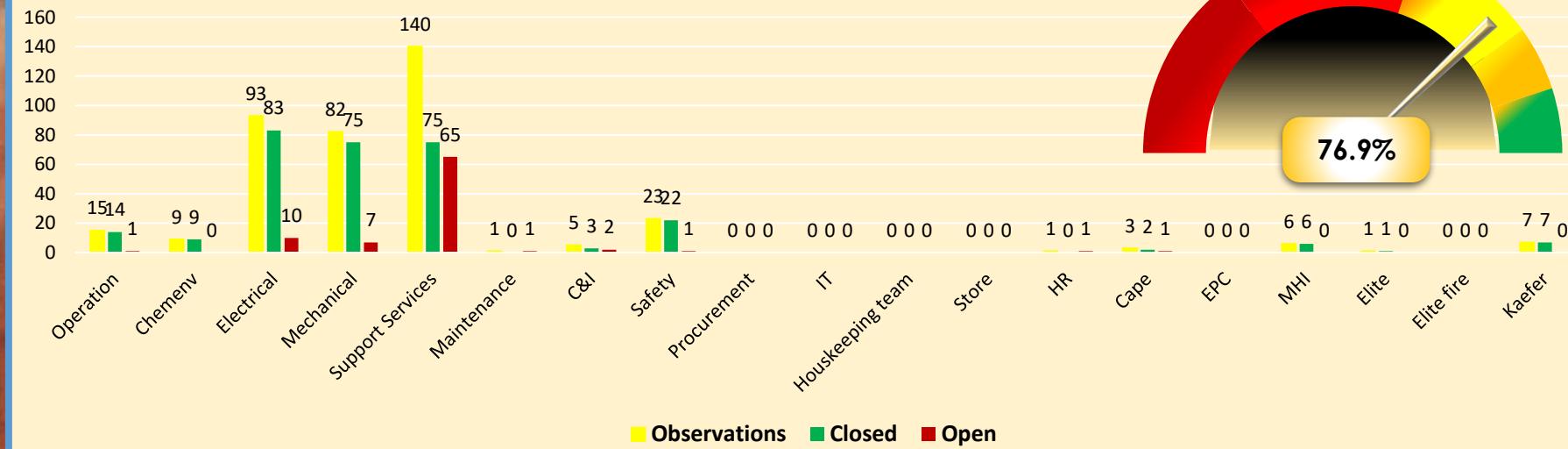
Safety Walkthrough Report Summary 2023



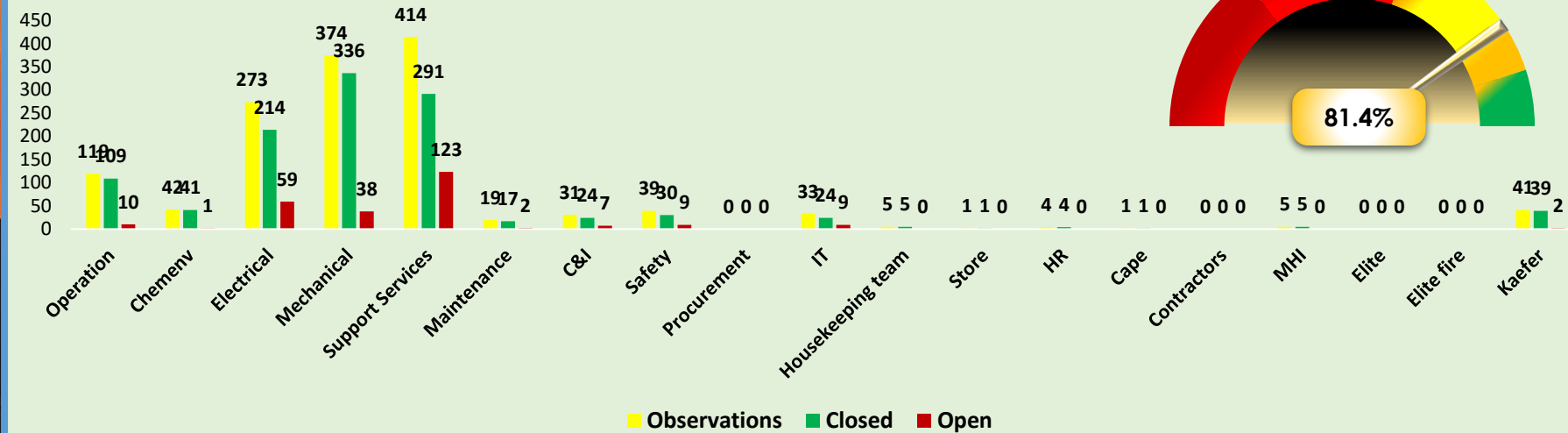
Outage Observations 2023



Safety Observation Report Summary 2023



Safety Walkthrough Report Summary 2023



RGPC Safety Stand-down meeting attended by RGPC staff and contractors



Meeting and site visits were conducted by the IWPP safety committee.



Morning meeting Safety topic by leads



RGPC Plant Emergency Evacuation Drill during Day Shift on 25-10-2023



RGPC Plant Emergency Evacuation Drill during Night Shift on 06-10-2023



Internal Training 2023 for the RGPC Staff