

# OHS NEWSLETTER

## RAS GIRTAS POWER COMPANY

2023  
3<sup>rd</sup> Edition



The RGPC OH&S Newsletter 2023 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 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



Scenario: Rescue Operations for the person affected during the ammonia unloading activity

MUTUAL EXERCISE BETWEEN RLIC/RGPC AT RAS GIRTAS POWER COMPANY


## HEALTH CORNER




### HEART HEALTH

### STEPS TOWARDS A HEART-HEALTHY LIFE


OBJECTIVE 5




**STOP SMOKING**  
and avoid secondhand smoke



**EAT HEALTHIER**




**GET MOVING**



**TAKE MEDICATIONS AS PRESCRIBED**

	Total Cholesterol mg/dl	Blood Pressure mmHg
NORMAL	Under 200	Under 120/80
BORDERLINE	200 to 239	120/80 to 139/89
HIGH	Over 239	Over 139/89

**KNOW YOUR NUMBERS**



**REDUCE STRESS**

There are plenty of things you can control that will help reduce your risk of a heart condition.

**Diabetes** – If you have diabetes you automatically carry a higher risk of a heart condition but managing your diabetes properly will reduce this risk.

**Smoking** – smoking has a serious impact on your heart health and if you smoke you should stop now.

**High blood pressure** – long-term high blood pressure can damage your heart muscle. Reducing your weight and stress can help reduce your blood pressure but if it is constantly high then you should seek medical advice as certain medications can help stabilize your blood pressure.

**High Cholesterol** – an imbalance of cholesterol in your blood can lead to a heart attack – you can reduce your cholesterol by eating a healthy diet

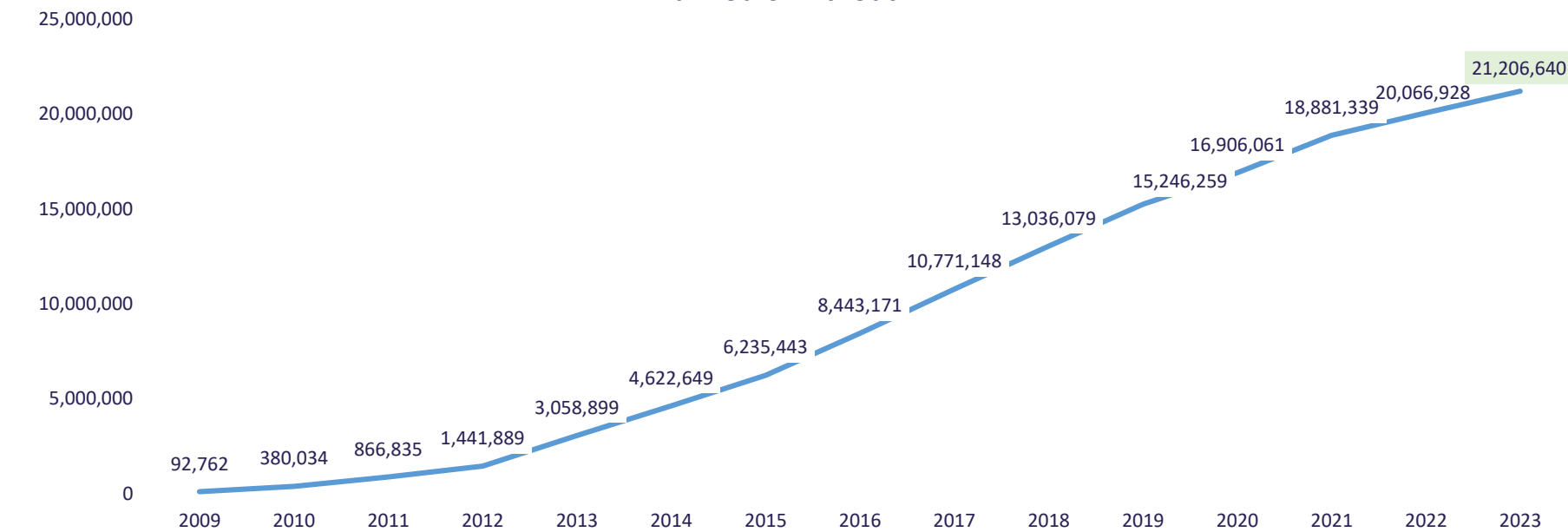
**Being inactive** – you can improve your heart health through regular exercise.

**Being overweight** – carrying too much weight not only puts a strain on your heart but it is also connected to high blood pressure, high cholesterol and could lead to type 2 diabetes.

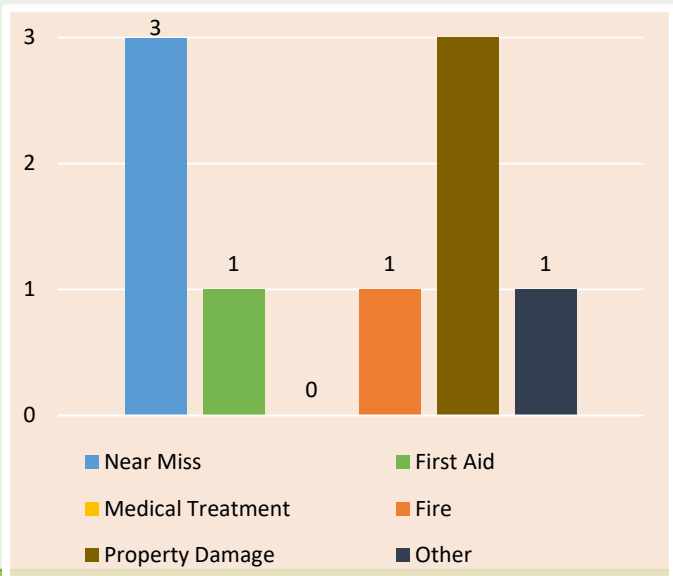
**Unhealthy diet** – eating unhealthy foods will increase the amount of fatty deposits in your arteries and could lead to coronary heart disease. Be sure to eat plenty of fruit and vegetables, lean proteins and legumes and avoid trans fats, saturated fats, salt and refined sugar.

**Stress or emotional problems** – heart problems can be exacerbated by stress or emotional distress. If you are struggling with either of these issues then it is important to seek help.

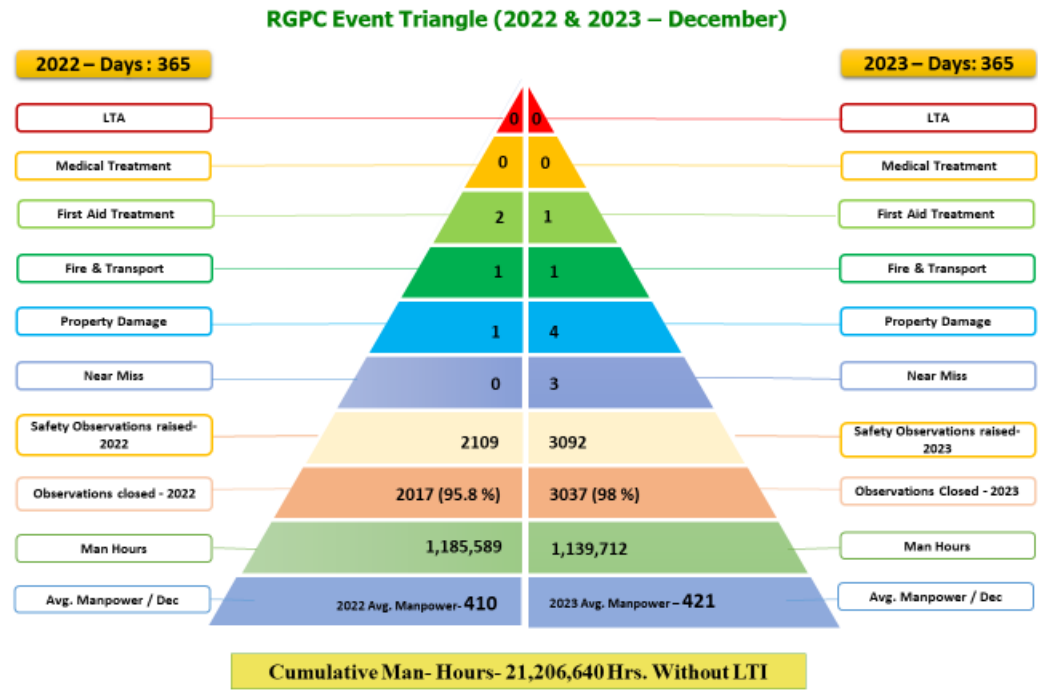
Manhours Without LTI



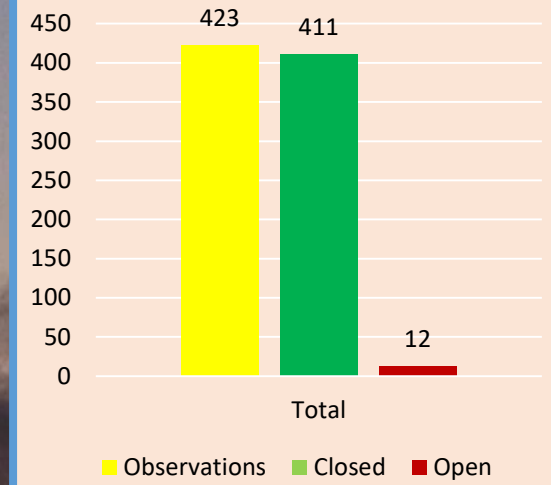
### INCIDENTS



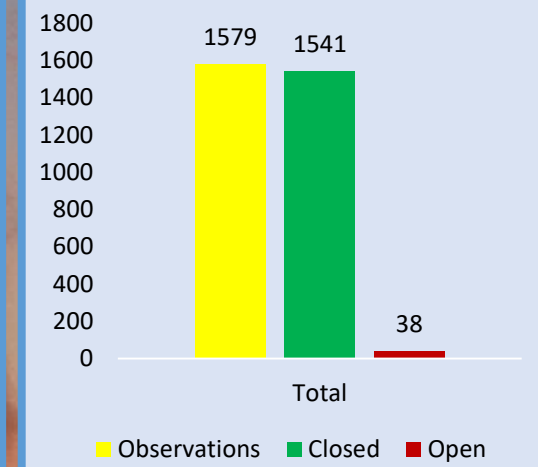
### RGPC Event Triangle



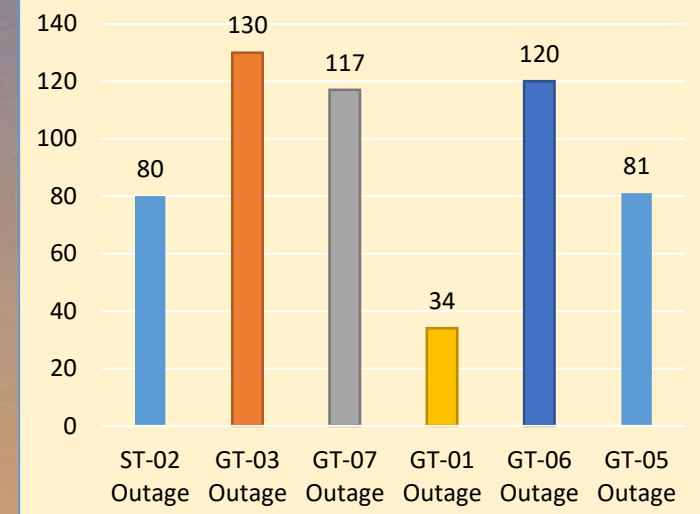
### Safety Observation Report Summary 2023



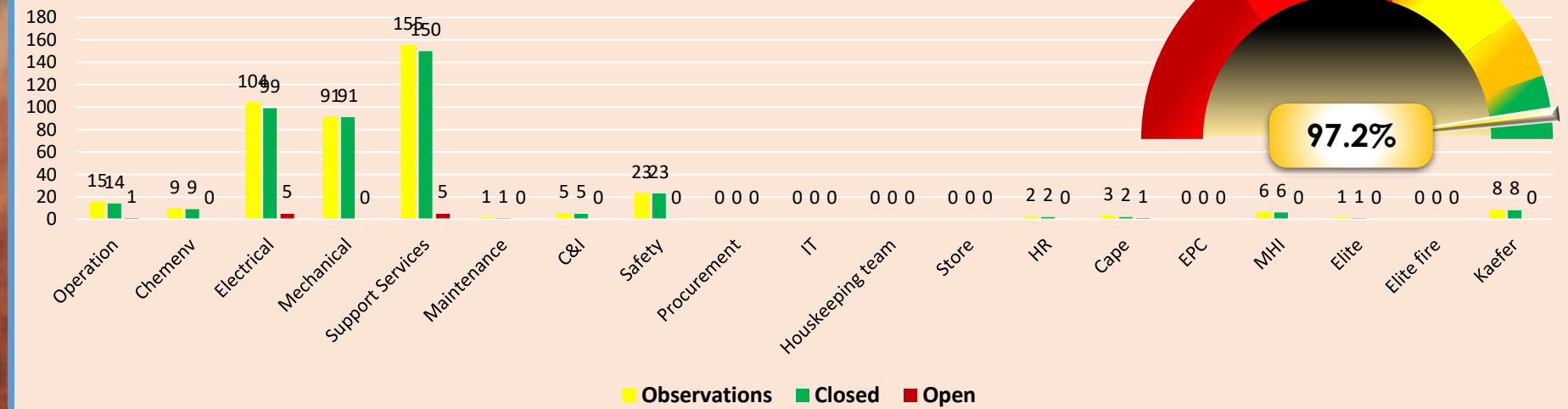
### Safety Walkthrough Report Summary 2023



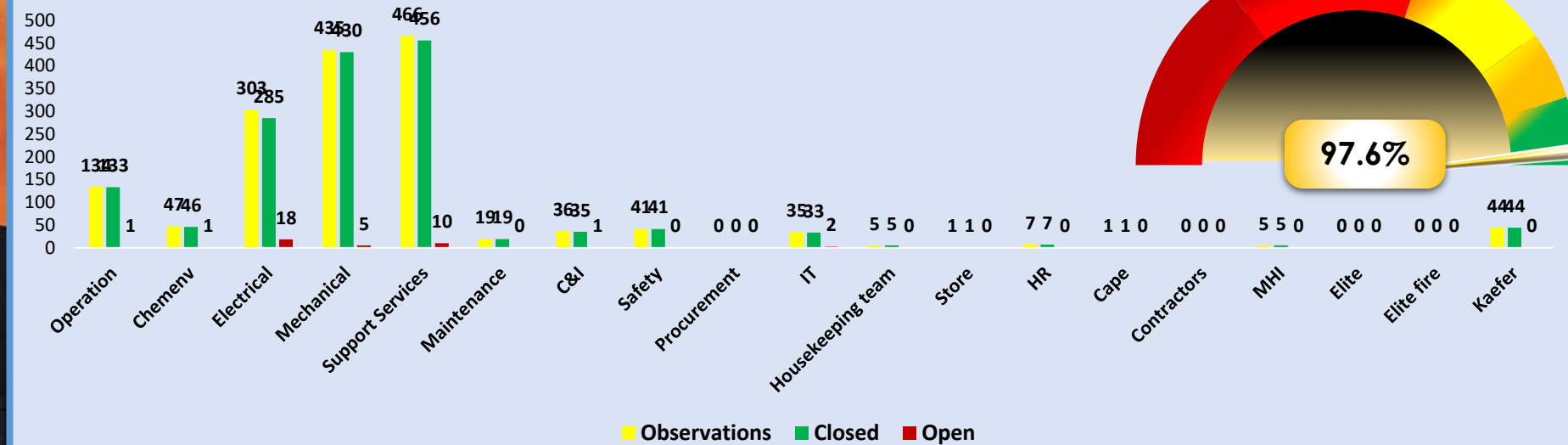
### 2023 Outages Total Observations Raised



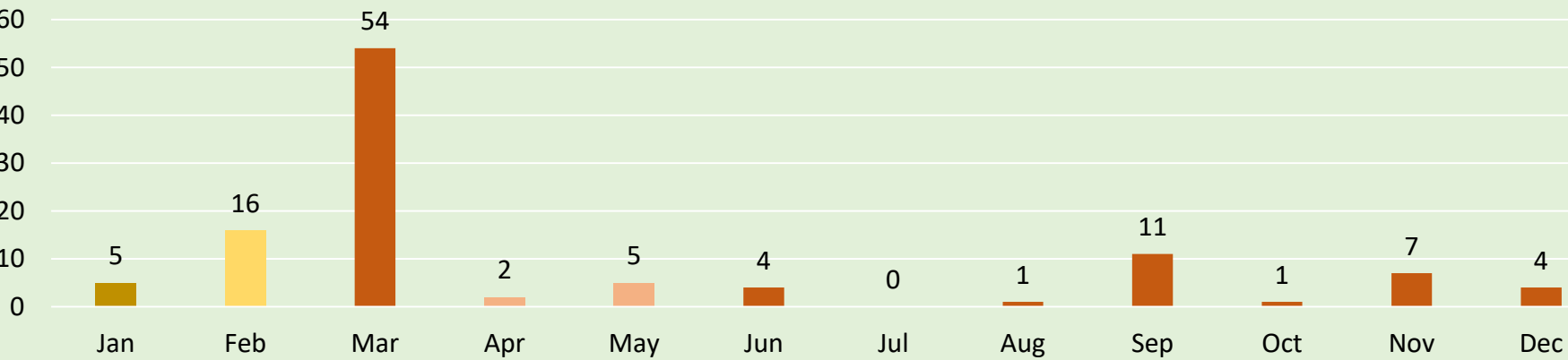
### Safety Observation Report Summary 2023



### Safety Walkthrough Report Summary 2023



### Violations 2023



### Life Saving Rules (LSR) Violations 2023

