

OHS NEWSLETTER

RAS GIRTAS POWER COMPANY

2020
3rd Edition



The RGPC OH&S Newsletter 2020 3rd edition purports to provide a comprehensive summary of the health and safety information's as of December 2020.

Achievements, Awards & Events

16.9 million man-hours without LTI (2020-April)

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

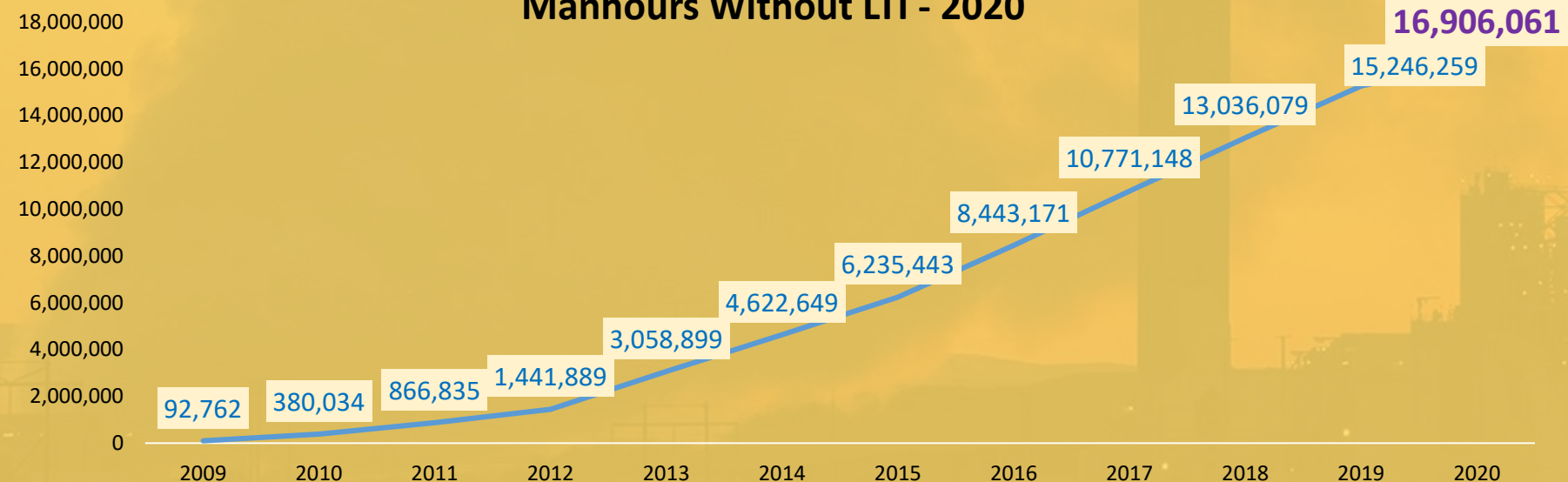
Winner of RoSPA International Sector Award 2018

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)

Manhours Without LTI - 2020



HEALTH CORNER

About Diabetes

Diabetes is a chronic lifelong illness, which occurs when the level of glucose (sugar) in the blood is too high and the body cannot use it properly.

Control & Preventive measures

Diabetes is on rise, but most cases are preventable with healthy lifestyle changes. If you're concerned about diabetes, you can make a difference by eating a healthy diet, keeping your weight in check and being physically active.

Here is some tips:

Tip 1: Balance your carbohydrates

Eat whole grain products.

Balance your meals with all the food groups and save the largest portion of your meal for vegetables.

Limit your intake of soda and sweetened juices.

Switch to water or fresh juices in moderation.

Tip 2: Establish regular eating habits

Don't skip breakfast. Start your day with a good breakfast.

Eat your meals at regular times.

Keep calorie intake the same.

Listen to your body – stop eating when you feel 80% full

Eat slowly & chew your food well.

Tip 3: Choose fats wisely

Some fats are unhealthy and others have some health benefits. But all are high in calories.

Ways to reduce unhealthy fats and healthy fats:

Tip 4: Step plan for making your kitchen unfriendly to diabetes

Step 1: Get rid of all the unhealthy foods.

Step 2: Organize and plan your meals and grab healthy snacks.

Tip 5: Be careful when you eat sweets.

Limit sweets intake and save them for special occasions.

Tip 6: Normal vitamin D level.

Eat vitamin D enriched food.

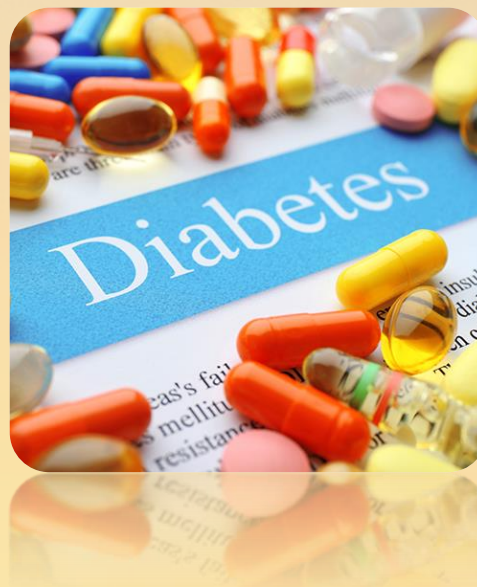
Try to get access to sunlight 20 to 30 minutes daily

Tip 7: Maintain regular physical activity

Exercise at least 30 minutes for most days of the week

Pay more attention to your diet and exercise.

Measure your blood glucose levels more often.



RGPC COVID-19 Test Statistics (31-Dec-20)

Tested (including re-test)	Negative Results	Total nb of Positive & Reactive Cases	Current Active Cases
1405	1329	67	
Total no. of People Quarantined	Released from Quarantine	Total no. of Recovered	
137	129	67	0

Protect yourself and others from COVID-19

BE HEALTHY, BE CLEAN

CLEAN & DISINFECT

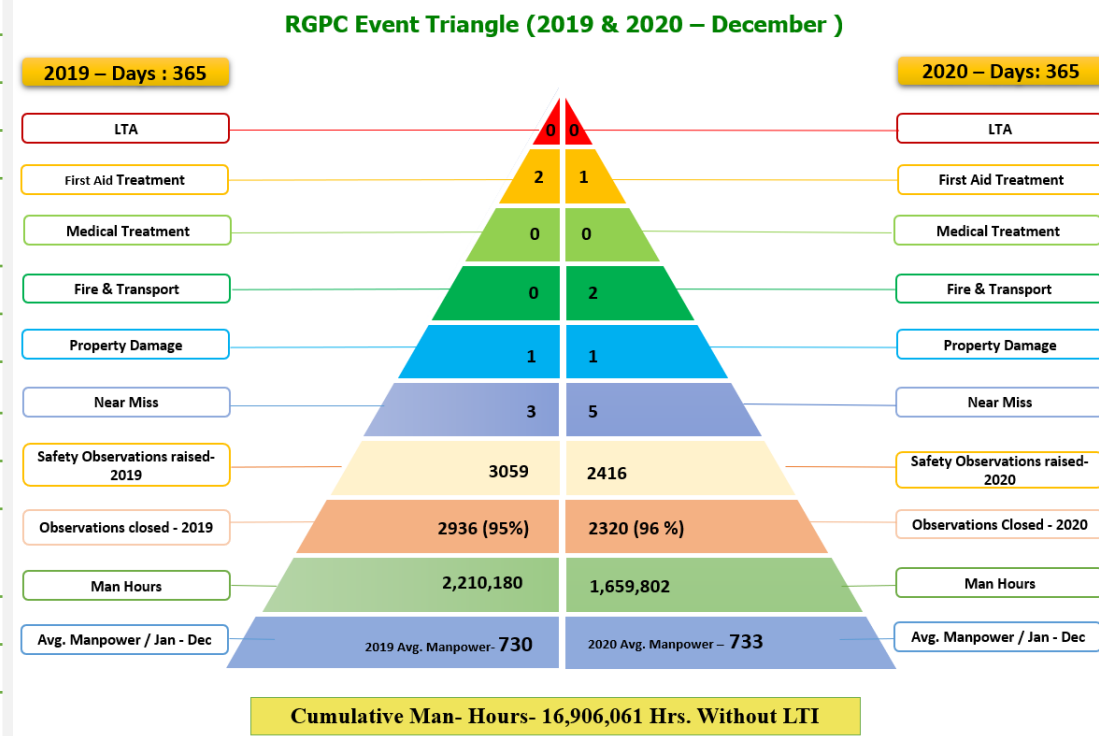
SOCIAL DISTANCE

Health and Safety Statistics

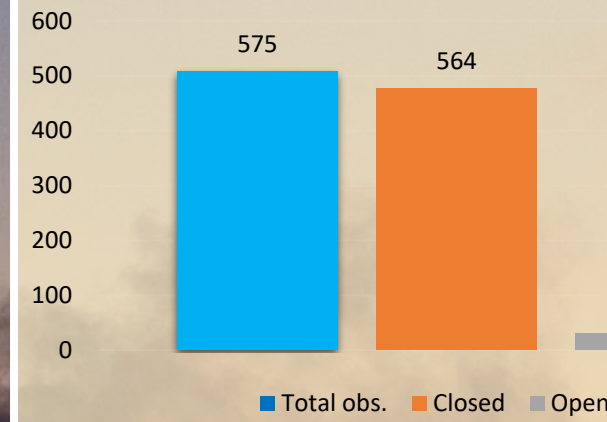
Average Manpower	733
Total Man-Hours	16,906,061 hrs.
Fatality / LTA / Medical Treatment	0
No. of First Aid Treatment	1
No of Fire Incident	2
Near Miss	5
Unsafe Act / Unsafe Condition Raised	2416
Unsafe Act Condition Closed	2320
Fresh Eye Observation	562
No. of Work Permit	5826
No. of Formal Toolbox Talk	653
No. of Formal Safety Walk	361
Actions from Formal Safety Walks	2369
Class based HSE Training hours.	5984
HSE&F Meeting	17
Positive Achievements	13

Total Safe Man-Hours – 16,906,061 hrs.

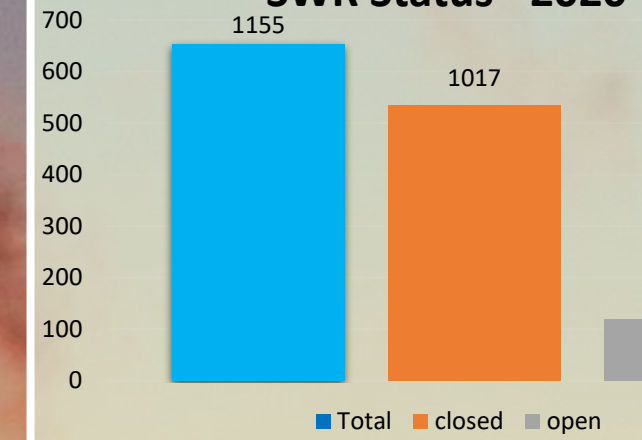
RGPC Event Triangle



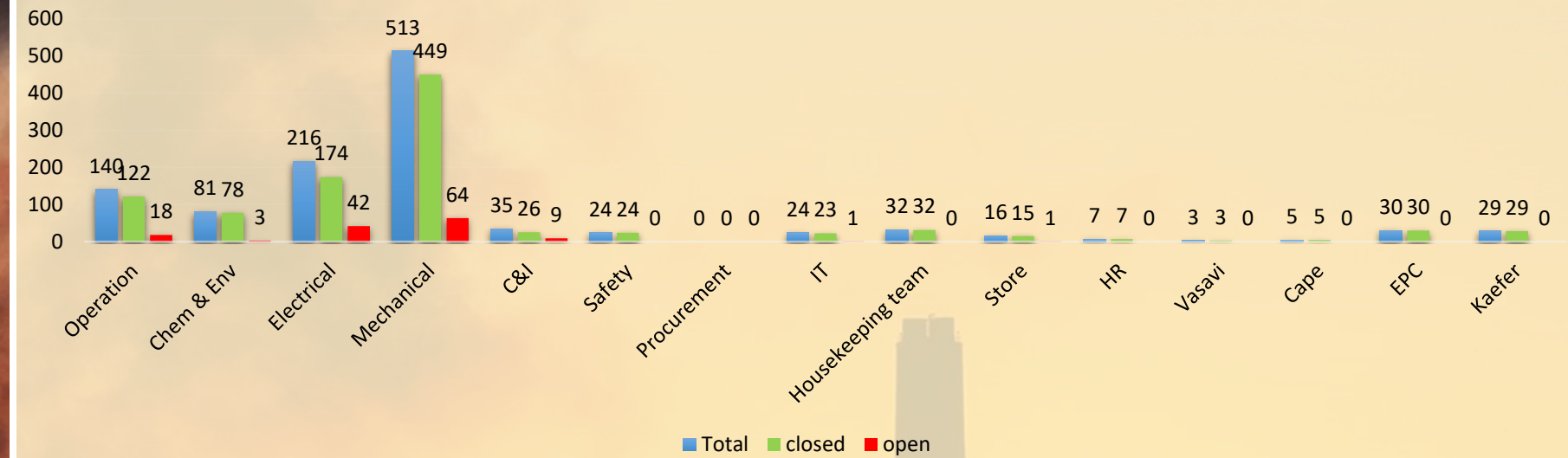
SOR Status - 2020



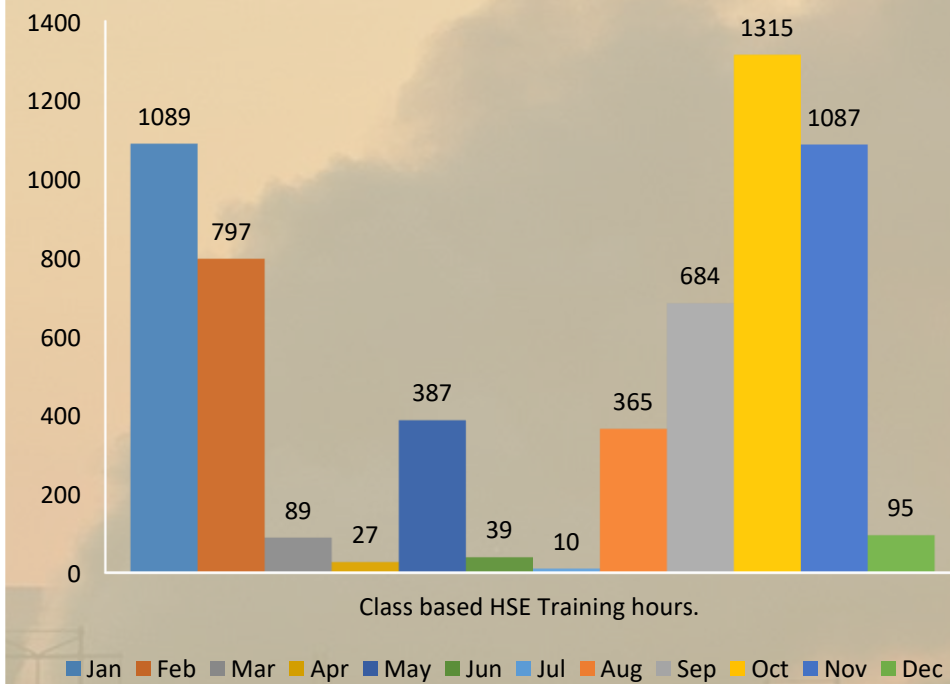
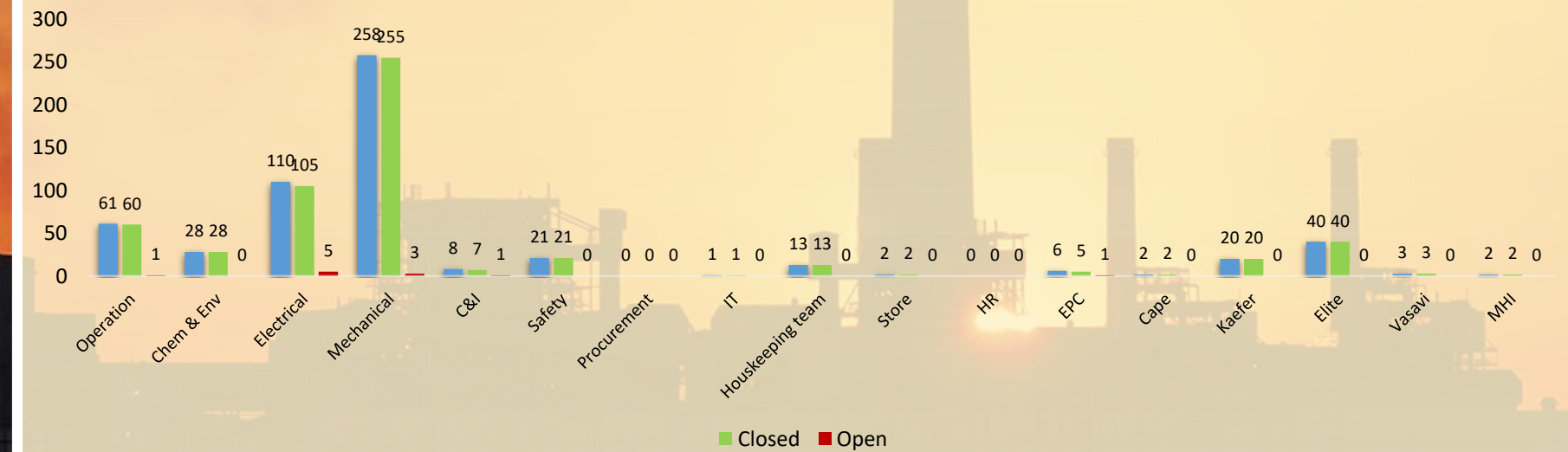
SWR Status - 2020



Safety Walkthrough Report Summary 2020



Safety Observation Report 2020 Summary



Incidents

