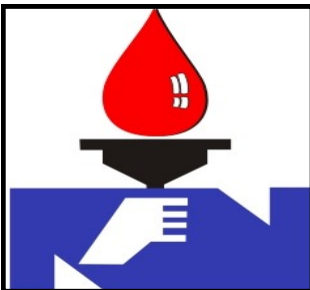


# NATIONAL REFINERY LIMITED



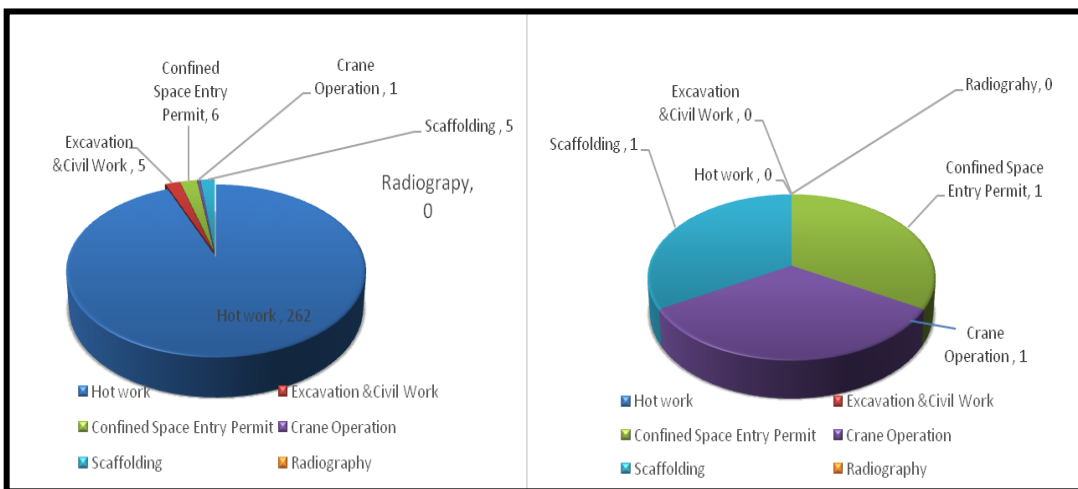
## HSE NEWS LETTER

April – 2021

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### Permit to Work System at NRL Korangi & K.T

Permit is regarded as a written agreement between the person authorizing the work and the person receiving the permit to work. Following Permit to Work were issued in the Month of **April 2021** at Korangi & K.T.



Korangi Refinery

Keamari Terminal

### Safe Man Hours

NRL Safety Board is updated by second week of every month. Safety Board shows the number of Safe Man-hours worked by NRL MPT and Non MPT Staff. By the Grace of Al Mighty Allah and joint efforts by all of us, we have achieved **35.349287759 millions** safe man-hours without Lost Time Injury (LTI) as on **30<sup>th</sup> APRIL 2021** Let us all give top priority towards safety, as there is no any job, which cannot be done in a safer way.

Question or concerns regarding this news letter may be directed to:

**Manager HSE**  
National Refinery Limited (NRL), 7-B, Korangi Industrial Zone, Karachi-74900, Pakistan.  
Email: [mgrhse@nrlpak.com](mailto:mgrhse@nrlpak.com)

**35.34 Millions Safe Man hours till 30<sup>th</sup> April 2021**



## INTERNAL AUDIT CONDUCTED IN NRL

NRL is under process in acquisition of **ISO 45001:2018** the upgraded version of **OHSAS 18001:2007** . along with **ISO 14001:2015** and **ISO 9001:2015**. For the compliance of which Internal Audit for Integrated Management System IMS (HSEQ) against the standards **ISO 9001:2015, ISO 14001:2015 & ISO 45001: 2018**. Internal audit conducted against audit scope and criteria establish in IMS (HSEQ) Policy, IMS (HSEQ) Manual, 22 system procedures, SOP's, Checklist and Relevant record. Systematic examination performed related to audit scope to confirm the planned arrangement and whether arrangement is implemented effectively. Relevant records and data pertaining to the implementation of IMS (HSEQ) elements have been verified on sample basis to evaluate the implementation of management system in individual departments.

In National Refinery internal audit was conducted in April which was carried out in following steps.

- ⇒ Training given to department representative regarding IMS(HSEQ) internal audit scope and requirements.
- ⇒ Schedule was prepared for the Audit for all the departments and respective auditors.
- ⇒ The schedule communicated to all the departments
- ⇒ During internal audit identified non-conformance (NC) against the standards is communicated to the concerned department.
- ⇒ The corrective action taken for the non conformance, also the process of closing NCs is still in progress

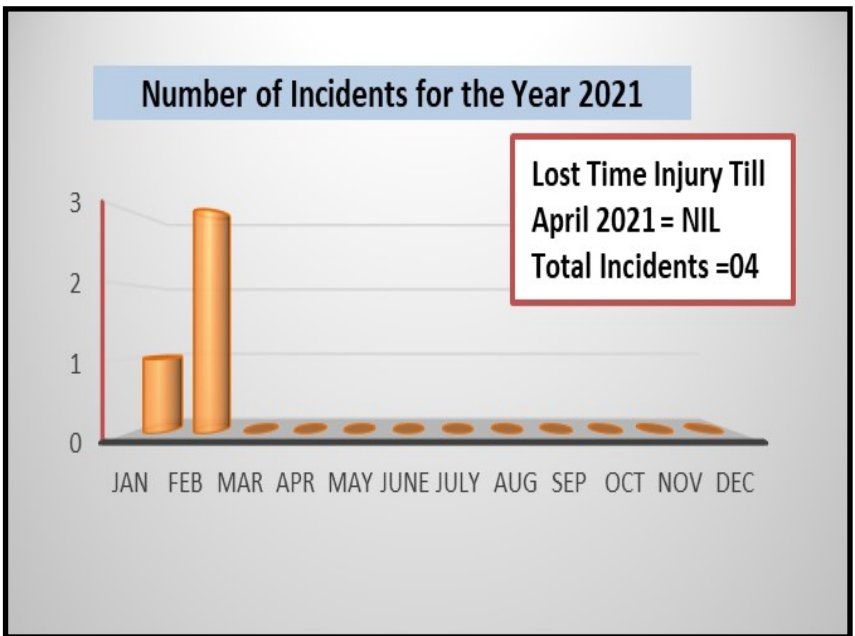


# OUR AIM: NO ACCIDENTS



## INCIDENT / ILL HEALTH AND LOSS TIME INJURY

<b>Incident</b>	An incident is an unplanned, undesired event that adversely affects completion of a task.
<b>Near miss</b>	A near miss describes incident where no property was damaged and no personal injury sustained, but when given a slight shift in time or position, damage and / or injury easily could have occurred.
<b>Accident</b>	An accident is an undesired event that results in personal injury, property damage and equipment damage.
<b>Loss Time injury (LTI)</b>	If any NRL employee on duty had on the job accident, which render the employee medically unfit to resume of his duty next 24 hours is considered to be lost time injury (LTI).



## INTERNAL / EXTERNAL MONITORING CONDUCTED BY HSE DEPARTEMENT



**Ambient Air Monitoring**



**Drinking Water Sampling**



**Stack Emission Testing**



**Fugitive Emission Testing**



**Noise Monitoring in Plant**



**Vehicle Emission Monitoring**

# AWARENESS ABOUT HEAT STROKE AND ITS PREVENTION .

**What is A Heatstroke:** It is generally occurs when an individual has been too hot for too long, whether working, or simply sitting in a hot environment.  
 In coming days as can be seen by the picture above (source Pakistan meteorological department) it is expected that heat stroke will grow to be a major concern so it is better to be aware of the issue

## Prevention is better than cure.

As always, the experts say that prevention is better than cure.

**"You can drink water, juice, milk and anything with water content... note that tea, coffee and caffeinated drinks are diuretics, that is, they will make you visit the bathroom more and eventually dehydrate your body."** says Dr Baqir at Aga Khan University Hospital..

Following are some of the Do's and Do not's of heat stroke illustrated in the diagram below.

## What to do when symptoms are detected at home?

If you take the following steps, you can avoid going to the hospital at all:

- 1) Drink lots of water and restore the body's salts with ORS.
- 2) Take a shower and sit facing a fan to encourage evaporation and cooling down of the body.
- 3) In case of extremely high fever (106-108 degrees Celsius), you can simulate cold water immersion by placing icepacks in the armpits, neck and back.
- 4) Paracetamol will not work.

## Heat Stroke

Body's failure to regulate its temperature

<p style="text-align: center; color: #0070c0;"><b>Things To Do</b> ✓</p> <div style="text-align: center; margin-bottom: 10px;">  <p style="font-size: small;">Prefer home-made drinks such as fruit juices, lemonade, salted milk-lassi</p> </div> <div style="text-align: center; margin-bottom: 10px;">  <p style="font-size: small;">At Sehr-o-Aftar drink lots of water and eat yoghurt</p> </div> <div style="text-align: center; margin-bottom: 10px;">  <p style="font-size: small;">Wear loose and light clothes. Keep yourself covered especially head and back of the neck (nape)</p> </div> <div style="text-align: center;">  <p style="font-size: small;">During load-shedding keep cool by using hand fans, wet towels and spray water on your body.</p> </div>	<p style="text-align: center; color: #0070c0;"><b>Things Not To Do</b> ✗</p> <div style="text-align: center; margin-bottom: 10px;">  <p style="font-size: small;">Don't drink fluids with caffeine and excess sugar</p> </div> <div style="text-align: center; margin-bottom: 10px;">  <p style="font-size: small;">Avoid direct sunlight during 12 to 3 pm</p> </div> <div style="text-align: center; margin-bottom: 10px;">  <p style="font-size: small;">Avoid spending too much time in front of the stove</p> </div> <div style="text-align: center;">  <p style="font-size: small;">Avoid consuming heavy and oily foods</p> </div>
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Give special attention to elderly, children, and don't forget birds and animals



## Heat Stroke

Sign & Symptoms

 Nausea and vomiting	 Rapid, strong pulse
 Extremely high body temperature	 Confusion and dizziness
 Dry and hot red skin	