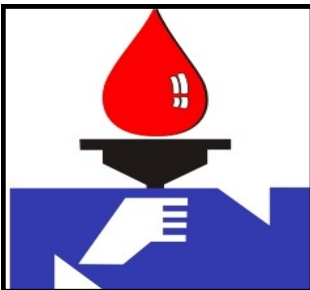


NATIONAL REFINERY LIMITED



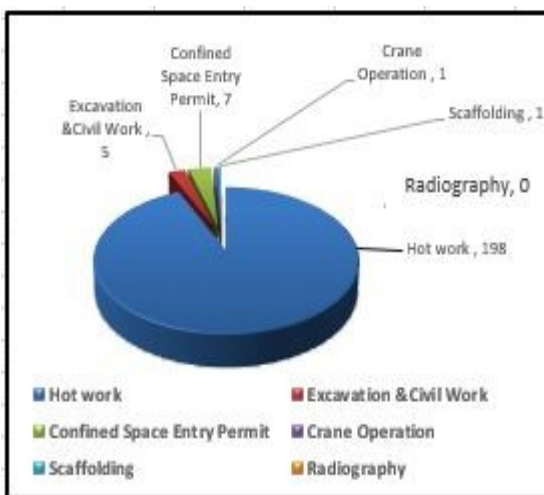
HSE NEWS LETTER

April - 2024

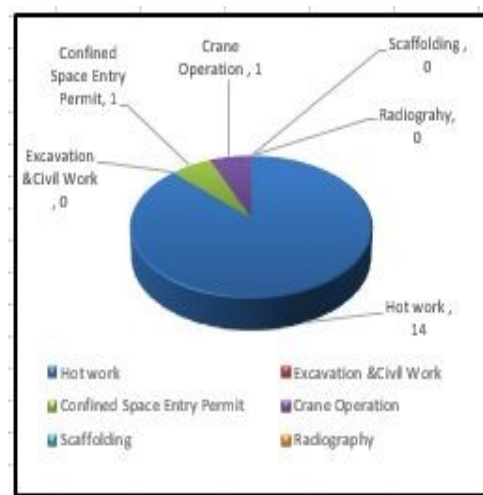
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Permit to Work System at NRL Korangi & K.T

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 2024** at Korangi & K.T.



Korangi Refinery



Keamari Terminal

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: mqrhse@nrlpak.com

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 All Mighty Allah and joint efforts by all of us, we have achieved **4.7812099 millions** safe man-hours without Lost Time Injury (LTI) as on **30th April 2024** Let us all give top priority towards safety, as there is no job, which cannot be done in a safer way.

4.78 Million Safe man hours till 30th April 2024



SAFETY TRAINING SESSIONS AT HRDC

Class room training:

“ Importance of Good housekeeping, PPEs Implementation and HSE awareness “ conducted by **HSE Department** at **HRDC**.

Safety inductions can be a major resource for helping prevent an injury or accident from happening in the workplace. It is the direct tool for bringing awareness of safety issues and procedures to all types of workers (from regular employees, contractors or even visitors). An effective safety induction can also ensure not just safety awareness affecting the person completing a job task or role but also ensure the safety of their coworkers too. It can set out important processes to follow , such as how to report an incident, safety procedures for working at heights, confined spaces, access control, restricted areas



Fire Drills Conducted by Fire Department

◆ Fire Drill:

Every Thursday at 1000 hrs and Wednesday at 1530 hrs , planned fire drill conduct by the fire protection department at Korangi Refinery and Keamari terminal respectively, to check the preparedness or effectiveness of fire-fighting staff and firefighting equipment at the time of emergency. Also training regarding usage of fire fighting equipment is delivered to participant from different department in fire drill by the fire protection department.

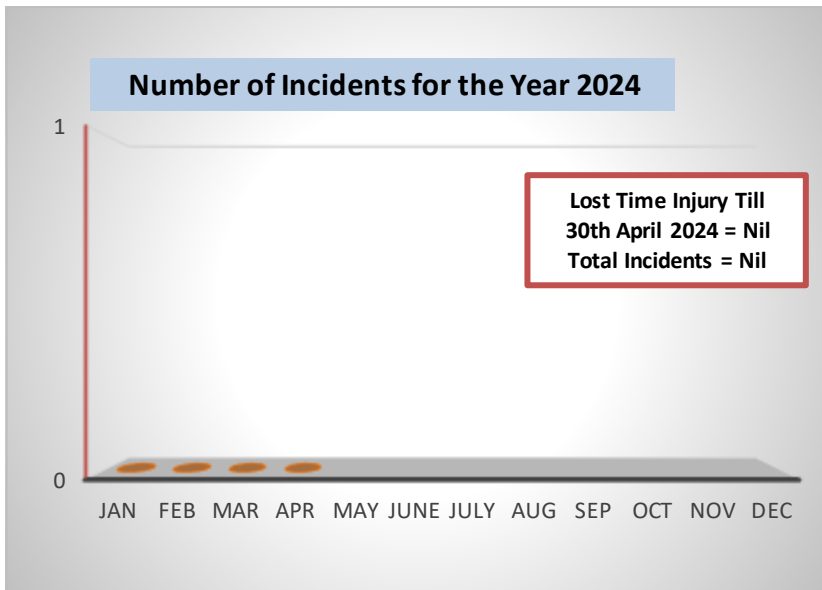


OUR AIM: NO ACCIDENTS



INCIDENT / ILL HEALTH AND LOSS TIME INJURY

Incident	An incident is an unplanned, undesired event that adversely affects completion of a task.
Near miss	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.
Accident	An accident is an undesired event that results in personal injury, property damage and equipment damage.
Loss Time injury (LTI)	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

Safety Article: Understanding and Preventing Heatstrokes

As summer intensifies in Karachi, the risk of heatstroke—a serious condition caused by the body overheating—becomes a significant concern for all of us. In recent years, our city has experienced severe heat waves that have not only disrupted our daily lives but have also posed serious health risks.

What is Heatstroke?

Heatstroke occurs when your body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. It can cause damage to your brain, heart, kidneys, and muscles. The longer treatment is delayed, the worse the damage, leading potentially to serious complications or death.

Recognizing the Signs:

High body temperature: A core body temperature of 104 F (40 C) or higher is the main sign of heatstroke.

Altered mental state or behavior: Confusion, agitation, slurred speech, irritability, delirium, and seizures.

Alteration in sweating: In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch.

Nausea and vomiting: You may feel sick to your stomach or vomit.

Flushed skin: Your skin may turn red as your body temperature increases.

Rapid breathing: Your breathing may become rapid and shallow.

Prevention Tips:

Stay Hydrated: Drink plenty of fluids to keep your body cool and hydrated.

Avoid Peak Sun Hours: Limit your exposure to the sun, especially during the peak hours of 10 AM to 4 PM.

Wear Appropriate Clothing: Opt for lightweight, loose-fitting clothing to allow your body to cool properly.

Use Sunscreen: Apply a broad-spectrum sunscreen with an SPF of at least 30.

