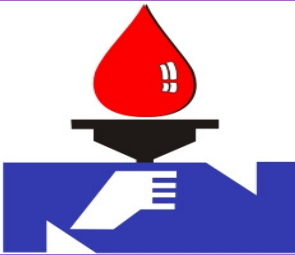


NATIONAL REFINERY LIMITED



HSE NEWS LETTER

July 2016

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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. During working days in the morning several naked flame hot work permits were audited before issuance of various jobs at different locations inside Refinery by Sr. Engineer, Engineer and HSE / Fire Protection Officers along with respective area custodians. Following Permit to Work (PTW) were issued in the Month of **July 2016** at Korangi & K.T.

KORANGI REFINERY		KEAMARI TERMINAL	
PERMITS	TOTAL QUANTITY (Nos.)	PERMITS	TOTAL QUANTITY (Nos.)
Hot Work Permit	145	Hot Work Permit	05
Confined Space Entry Permit	04	Confined Space Entry Permit	—
Excavation / Civil Work	07	Excavation / Civil Work	01
Radiography Permit	—	Radiography Permit	—
Crane Operation	10	Crane Operation	—
Cold Work Permit	—	Cold Work Permit	—
Scaffolding Permit	—	Scaffolding Permit	—

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

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 Staffs. By the Grace of Al Mighty Allah and joint efforts by all of us, we have achieved **24.455920** millions safe man-hours with out Lost Time Injury as on **July 31st, 2016**. Let us all give top priority towards safety, as there is no job, which cannot be done in a safer way.



Fire Drill at NRL Korangi & KT

Live Fire / Dry drill is carried out every Thursday at 1000 hrs. sharp at NRL Korangi Refinery & Dry Drill is carried out every Wednesday at 1530 hrs. sharp at NRL Keamari Terminal. This drill helps in checking the fitness of fire fighting equipment & imparting training to Auxiliary Staffs as describe in Procedure to gain experience for combating / catering of live fire fighting. HSE department observes the response time during fire drill. Following are the status of Drills practices which were carried out in the month of **July 2016**.

S. No	Date	Team Leader	Nos. of Participant Attended	Nos. of Absentees	Type of Drill	Response Time (min & sec)
Korangi Refinery						
01	07-07-2016	Fire Drill not carried out due to Gazette Holiday (Eid-ul-Fitr)				
02	14-07-2016	Mr. Touseef Iqbal	12	01	Dry	—
03	21-07-2016	Mr. Furqan Ahmed	11	02	Dry	—
04	28-07-2016	Mr. Azam Baig	13	—	Dry	—
Keamari Terminal (K.T)						
01	06-07-2016	Fire Drill not carried out due to Gazette Holiday (Eid-ul-Fitr)				
02	13-07-2016	Mr. Shafiq Ansari	07	—	Dry	—
03	20-07-2016	Mr. Ibrahim Bozdar	07	—	Dry	—
04	27-07-2016	Mr. Zaman	07	—	Dry	—

Hose Handling Drill

Hose handling drill is carried out every Tuesday at 1000 hrs. sharp at Fire station NRL Korangi Refinery. This drill helps in handling of fire fighting equipment to Auxiliary Staffs from Productions, Security, Quality Control and Oil movement departments to handle / cater emergency situation. Following are the status of Hose Handling Drills practices which were carried out in the month of **July 2016**.

S. No	Date	Team Leader	Nos. of Participant Attended	Nos. of Absentees
01	05-07-2016	Hose Handling Drill not carried out due to Gazette Holiday (Eid-ul-Fitr)		
02	12-07-2016	Mr. Muhammad Riaz	10	03
03	19-07-2016	Mr. Khalid Hussain	13	—
04	26-07-2016	Mr. Khalid Hussain	10	03

H₂S & VOCs Monitoring Korangi

HSE department monitors the Hydrogen Sulphide (H₂S) & Volatile Organic Compounds (VOCs) which are being toxic in nature to the human beings and pollution to the environment. The results of H₂S & VOCs recorded at more than **80 different locations in Refinery** for the month of **July 2016** on **26th July 2016**. Boiler—V was not in operation. The results was reported to all stake holders.



INCIDENT / ILL HEALTH AND LOSS TIME INJURY

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.
Incident	An incident is an unplanned, undesired event that adversely affects completion of a task.
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).

MONTH-WISE STATUS OF INCIDENT & LOSS TIME INJURIES FOR THE YEAR — 2016

Sr. No.	MONTH	INCIDENTS	LOSS TIME INJURIES
01	January 2016	02	Nil
02	February 2016	00	Nil
03	March 2016	00	Nil
04	April 2016	00	Nil
05	May 2016	01	Nil
06	June 2016	01	Nil
07	July 2016	03	Nil
Year to Date (Total)		07	Nil

Illumination Monitoring Report

HSE department monitor the Illumination intensity at various Rooms, corridor & Control rooms which include Admin Block, Operation Block, all three Refineries, Canteen, Fire station, Security, Shipping office, Oil movement office, Quality Control, Workshop Hall, Ware house office and Dispensary office for the month of **July 2016** on **26th July 2016**. The results was reported to all stake holders.

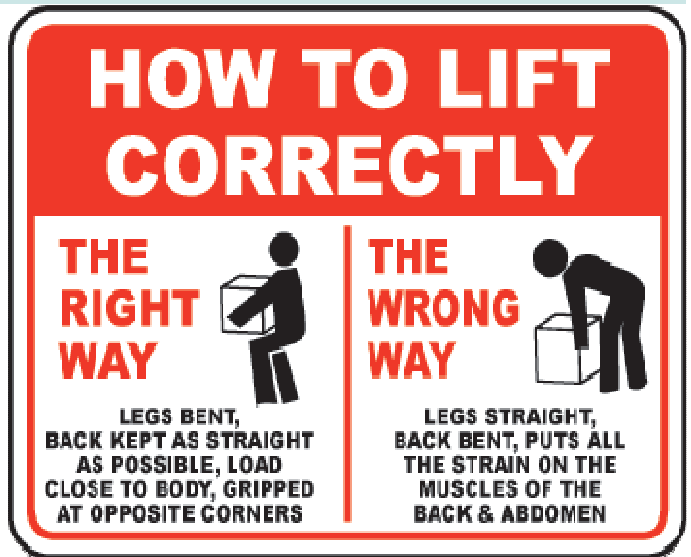
Noise Survey Report Korangi

HSE department recorded the noise level reading at various location i.e., Lube-I, Lube-II, Fuel Refinery, Utilities, Oil Movement, R.O, Power Generation, Workshop, Warehouse, Quality control, Fire Protection, Shipping and Security department for the month of **July 2016** on **26th July 2016**. Boiler-V, 182 Pump house, Fire Pump house # 2 & Turbine generator was not in operation. The results of noise level reading was reported to all stakeholders.

SAFETY ARTICLE: A Safe Way to Lift (Manual Handling)

Lifting was accomplished in the most natural way – using the body the way it was designed to move. How did we do it?

- ◆ Bend at the knees – they squat.
- ◆ Keep the head up – they squat.
- ◆ Keep the back straight – they don't have the agility to bend over and lift.
- ◆ Lift with their legs – they don't have a choice with their weak arms.
- ◆ Hold the load close to their body – if it's too far away from their body, they can't get their arms around it.
- ◆ Avoid twisting – they fall.
- ◆ Stable footing – they fall.
- ◆ Too heavy – they let you know – they cry or call out for help.



we perform unsafe or improper lifting tasks – often because it was faster. Eventually we forgot how to do it properly. We started doing things for convenience and speed – not for safety. These bad habits can put tremendous strain on our backs, arms, shoulders, wrists and legs. The result over time may be permanent problems.

Bad habits are difficult to change, but it can be done with a bit of conscious thought and practice.

- ◆ Bend at the knees.
- ◆ Keep chin level or head up.
- ◆ Back straight.
- ◆ Hold the load close to the body.
- ◆ Avoid twisting.
- ◆ Make sure footing is stable.
- ◆ If the object is heavy – get help.

When you need to lift anything – small loads or big loads practice the same things you did as a child!

