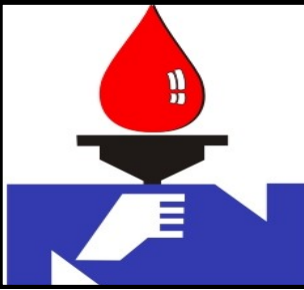


# NATIONAL REFINERY LIMITED



## HSE NEWS LETTER

July - 2021

### HSE Newsletter Contents:

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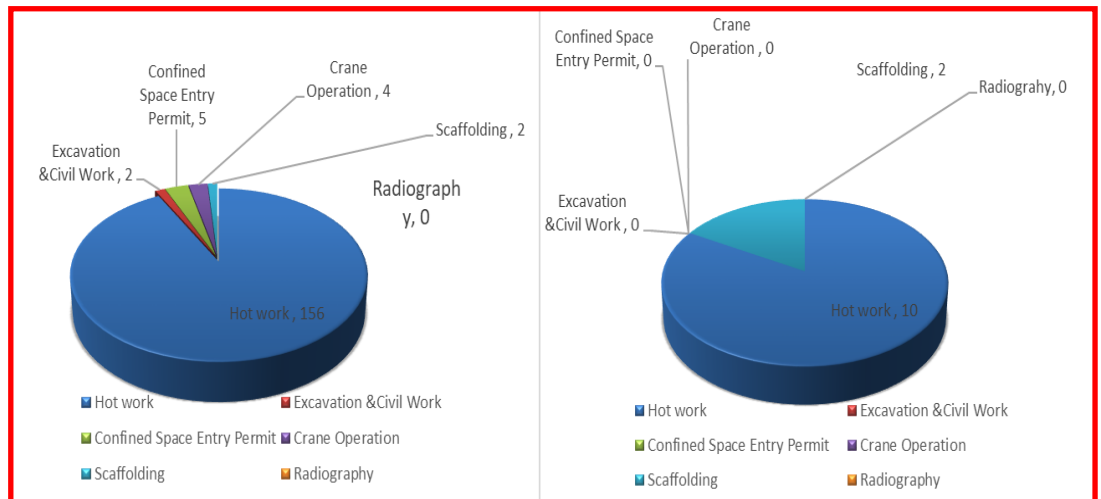
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Question or concerns regarding this news letter may be directed to:

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

## 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 **July 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 All Mighty Allah and joint efforts by all of us, we have achieved **35.889594459 millions** safe man-hours without Lost Time Injury (LTI) as on **31<sup>st</sup> July 2021** Let us all give top priority towards safety, as there is no any job, which cannot be done in a safer way.

**35.88 Million Safe man hours till 31<sup>st</sup> July 2021**



## 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



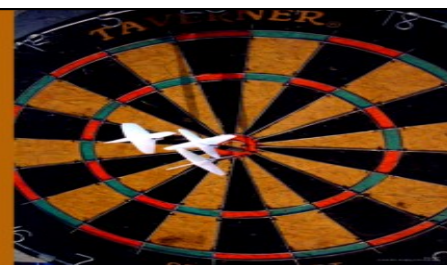
## Fire Drills Conducted by Fire Department

### ◆ 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.

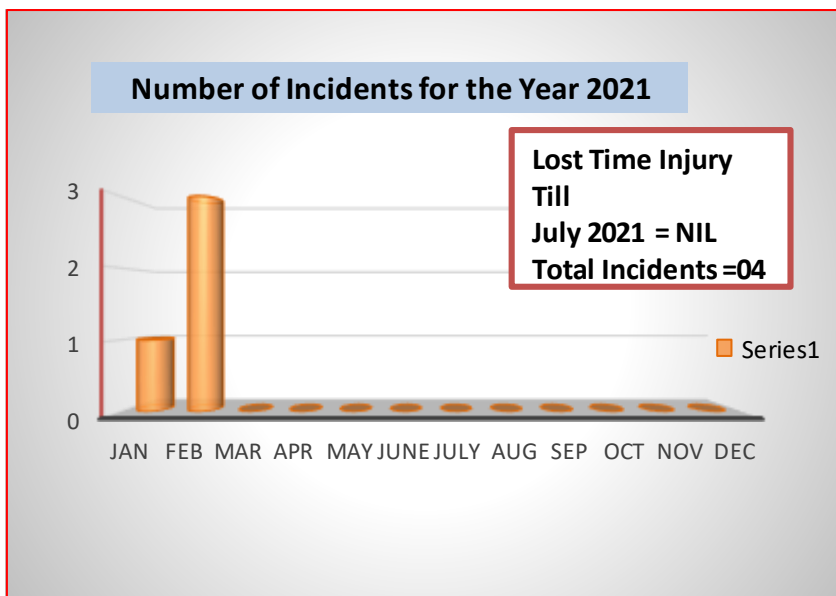


# OUR AIM: NO ACCIDENTS



## INCIDENT / ILL HEALTH AND LOSS TIME INJURY

|                               |  |
|-------------------------------|--|
| <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).                       |



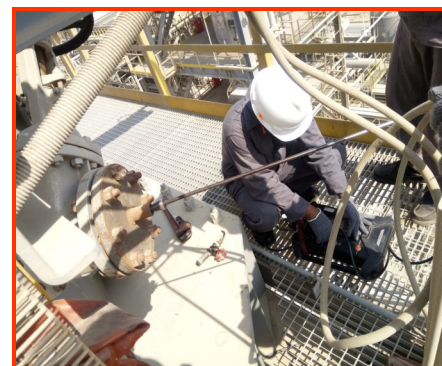
## INTERNAL / EXTERNAL MONITORING CONDUCTED BY HSE DEPARTEMENT



**Ambient Air Monitoring**



**Drinking Water Sampling**



**Stack Emission Testing**



**Fugitive Emission Testing**



**Noise Monitoring in Plant**



**Vehicle Emission Monitoring**

## Safety Article: SAFETY TIPS FOR WORK SAFELY:

Staying healthy and safe at work is important. No matter what your job, it is important to reduce your risks of injury and illness at work. Here are some tips to help make your workplace safe.

1. **Understand the risks:** Once you know the particular hazards of your job or workplace, you can take steps to reduce your risk of work-related injury or illness.
2. **Reduce workplace stress.** Common causes include long hours, heavy workload, job insecurity and conflicts with coworkers or bosses. Stress can lead to depression, sleeping difficulties and problems with concentration.
3. **Take regular breaks.** Staying fresh and alert will help you avoid injury or burnout. Schedule the most difficult tasks of each day for times when your concentration is best, such as first thing in the morning.
4. **Avoid stooping or twisting.** Use ergonomically designed furniture and equipment or rearrange your work area so that everything you need is within easy reach.
5. **Use mechanical aids whenever possible.** Instead of trying to lift or carry a heavy object, use a wheelbarrow, conveyor belt, crane or forklift.
6. **Protect your back.** If you do need to pick up and carry heavy loads, keep the load close to your body and lift with your thigh muscles.
7. **Wear protective equipment to suit the task.** If worn correctly, gear such as earplugs, earmuffs, hard hat, safety goggles, gloves or full-face mask can dramatically reduce your risk of injury.
8. **Stay sober.** Alcohol and drugs are a contributing factor in around three per cent of workplace fatalities.
9. **Talk over any concerns.** Your employer or human resources manager need to be informed about hazards and risks. Your employer is legally obliged to ensure a safe working environment.
10. **Know your rights.** Organizations such as NRL and their contractors and third party can offer information and advice on workplace safety issues.

