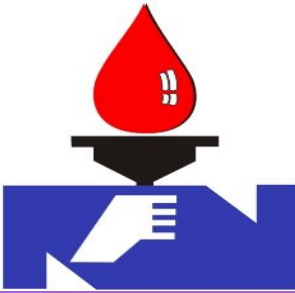


NATIONAL REFINERY LIMITED



HSE NEWS LETTER

May — 2017

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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 **May 2017** at Korangi & K.T.

KORANGI REFINERY		KEAMARI TERMINAL	
PERMITS	TOTAL QUANTITY (NOs.)	PERMITS	TOTAL QUANTITY (NOs.)
Hot Work Permit	359	Hot Work Permit	11
Confined Space Entry Permit	12	Confined Space Entry Permit	—
Excavation / Civil Work	05	Excavation / Civil Work	03
Radiography Permit	—	Radiography Permit	—
Crane Operation	07	Crane Operation	01
Cold Work Permit	—	Cold Work Permit	—
Scaffolding Permit	01	Scaffolding Permit	04

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 Staff. By the Grace of Al Mighty Allah and joint efforts by all of us, we have achieved **26.560408** millions safe man-hours with out Lost Time Injury as on **May 31st, 2017**. 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 **May 2017**.

S. No	Date	Team Leader	Nos. of Participant Attended	Nos. of Absentees	Type of Drill	Response Time (min & sec)
Korangi Refinery						
01.	04-05-2017	Mr. Azam Baig	12	01	Dry	—
02.	11-05-2017	Mr. Khan Muhammad	11	02	Dry	—
03.	18-05-2017	Mr. Khan Muhammad	11	02	Dry	—
04.	25-05-2017	Mr. Muhammad Riaz	09	04	Dry	—
Keamari Terminal (K.T)						
01.	03-05-2017	Mr. Muhammad Zaman	07	—	Dry	—
02.	10-05-2017	Mr. Muhammad Abid	07	—	Dry	—
03.	17-05-2017	Mr. Muhammad Abid	07	—	Dry	—
04.	24-05-2017	Mr. Shafiq Ansari	07	—	Dry	—

Hose Handling Drill Korangi

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 **May 2017**.

S. No	Date	Team Leader	Nos. of Participant Attended	Nos. of Absentees
01.	02-05-2017	Mr. Shaikh Muhammad Irfan	10	03
02.	09-05-2017	Mr. Muhammad Riaz / Mr. Shakir Ali	08	05
03.	16-05-2017	Mr. Muhammad Riaz	10	03
04.	23-05-2017	Mr. Bilal Muhammad Khan / Mr. Ali Muhammad	10	03
05.	30-05-2017	Mr. Shahid Mehmood	07	06



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).

MONTHWISE STATUS OF INCIDENT & LOSS TIME INJURIES

Sr. No.	MONTH	INCIDENTS	LOSS TIME INJURIES
01.	January 2017	00	Nil
02.	February 2017	00	Nil
03.	March 2017	01	Nil
04.	April 2017	00	Nil
05.	May 2017	00	Nil
Total		01	Nil

Illumination Monitoring Report Korangi

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 **May 2017** on **24th May 2017**. 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 **May 2017** on **24th May 2017**. Boiler # 7 was not in operation. The results of noise level reading was reported to all stakeholders.

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 **May 2017** on **24th May 2017**. Boiler VII was not in operation. The results was reported to all stake holders.

Safety Article : HSE Tips for Month of Ramadan

All supervisors and employees need to be mindful for following HSE concerns affecting workers during holy month of Ramadan.

1. Dehydration:

Those who are fasting do not eat or drink anything even water. This dehydration causes mild range of headache to severe heat stroke. In order to avoid this problem at workplace, employees need to stay in cool areas (indoors or in shade) during the hottest part of the day and limit their physical activities.

2. Low Blood Sugar:

Fasting can cause hypoglycemia with symptoms of confusion, slurred speech and fainting during work. For avoiding this problem during fast, follow the instructions mentioned hereunder.

- ◆ Eat a healthy diet with two or three smaller meals during the non-fasting period to prevent after meal hyperglycemia.
- ◆ Avoid large amounts of foods rich in carbohydrate and saturated fat at the sunset meal and eat more simple carbohydrates.
- ◆ Eat more “complex” carbohydrates at the predawn meal, which should be taken as late as possible before the start of the daily fast in order to avoid hypoglycemia. Increase your fluid intake (water) in order to prevent dehydration
- ◆ Exercise but modify intensity and timing of exercise to avoid hypoglycemia. The best time for exercise is 2 hours after the sunset meal. Excessive physical activity may lead to higher risk of hypoglycemia and should be avoided during Ramadan.

3. Fatigue

Evening prayer, social activities and less eating/drinking habits associated with Ramadan contribute to fatigue during working hours. The most important way to prepare yourself for the fast is to make sure that you are well hydrated. Drink at least 3 liters of water between Iftar and Sehri. This is one of the best things you can do for your body to help avoid fatigue or feeling sick during the fast.

4. Motor Vehicle Accidents

Drivers and other workers are at greater risk for a traffic crash during fast within Ramadan month. This is a great time to remind everyone to drive the speed limit, buckle up, don't drive when tired or distracted and always practice the defensive driving techniques.



For avoiding fatigue during fast, drink atleast 3 liters of water between Iftar and Sehri.



For avoiding dehydration, limit your physical activities during hottest part of day and stay in cool areas.



Practice defensive driving techniques, especially during month of Ramadan for avoiding road accidents.