

MONTHLY WRAP-UP

# HSSEQ BULLETIN 2023

MAY 2023 ISSUANCE

KY MESRA PUBLICATION - BRINGS YOU HEALTH, SAFETY,  
SECURITY, ENVIRONMENT AND QUALITY UPDATES

APRIL 2023

# MONTHLY WRAP UP

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## Good words for Great Souls

"Success means doing the best with what we have. Success is the doing, not the getting; in the trying, not the triumph. Success is a personal standard, reaching for the highest that is in us, becoming all that we can be."

— Zig Ziglar



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# HSSE MONTHLY STATISTIC

May 2023

KY MESRA SDN BHD

## SAFETY PERFORMANCE INDICATOR



NCR: 0



Lost time Injury: 0



Restricted Work: 0



Medical treatment: 0

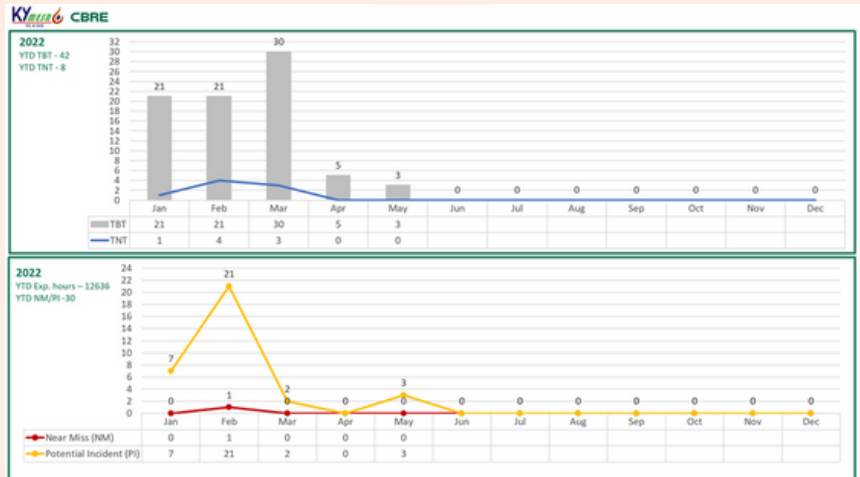


First Aid Treatment: 0



AT THE END OF THE DAY, THE GOALS ARE SIMPLE: SAFETY AND SECURITY."

## HSSE monthly statistics - CBRE



NM/PI Finding May



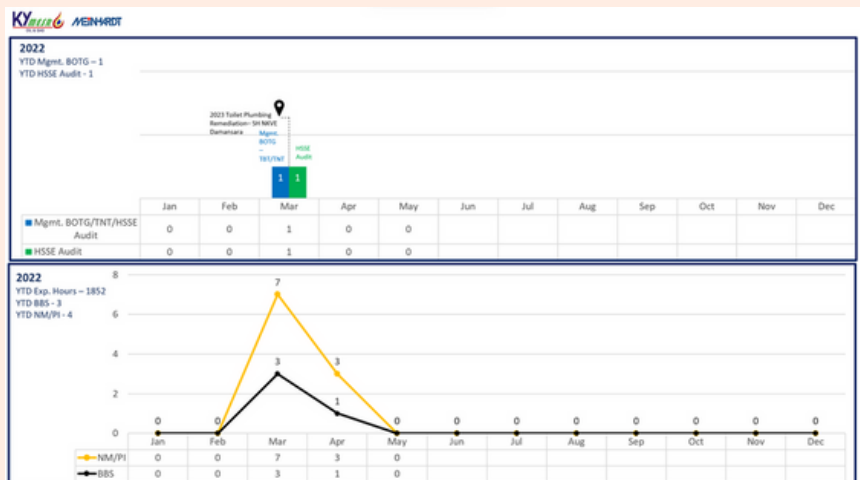
2



1

Equipment

## HSSE monthly statistics - Meinhardt



NM/PI Finding May

-

# QAQC

## ROOF SHEETS

BY NURQISTINA BINTI SULUTOHA

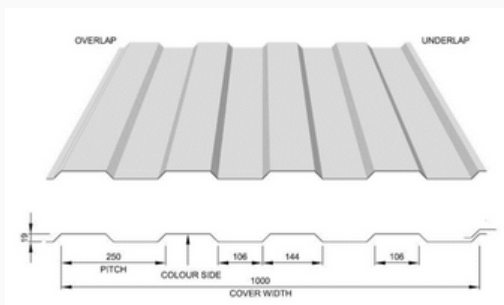
Roofing sheets are installed for a wide variety of reasons, including the visual appeal they add to the structure. Besides being resistant to rust, they protect roofs from extreme weather conditions like rain, high winds, and others. When mounted correctly, these also help prevent leakages and significantly increase the roof's lifespan.

Depending on the usage, there are several varieties of roofing sheets available in the market, each having its own pros and cons.

### Type of roofing sheets:

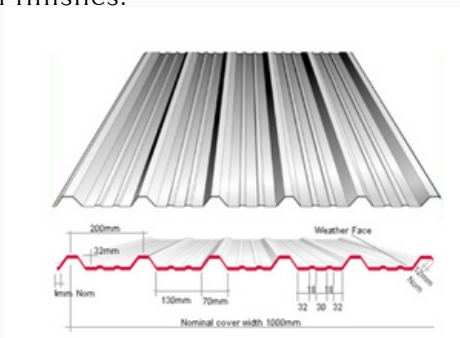
#### 1. Corrugated Roofing Sheet

Corrugated roofing sheets are widely used in agricultural land. These are available in regular corrugated section and corrugation in unit. The corrugated design with ridges and grooves makes it reliable with enhanced strength.



#### 2. Metal Roofing Sheets

Metal roofing sheets are environmentally friendly roofing solutions as they are highly recyclable. They are highly durable and have a long-life expectancy. These are good acoustic insulators with varied textured and plain finishes.



**"A roof is a fundamental element of any structure and it serves as a layer between the interiors and the outside world"**



# QAQC

### 3. Galvanised steel sheets

These are carbon steel sheets coated with zinc, produced through a process known as continuous hot dip. Galvanized iron sheets are one of the most popular roofing materials in southern India. They are affordable, durable and easy to install. However, they are not suitable for all climates and can rust over time. If you live in a humid or coastal area, consider using aluminum or stainless steel instead. Sheets of galvanized iron are available in varied gauge thicknesses and sizes. Zinc with aluminum or zinc coatings was used on this sheet to provide anti-corrosion treatment.

### 4. Galvanized Steel Sheets

It is a carbon steel sheet coated with zinc. The process of making a galvanized steel sheet appears to be a continuous hot dip where the sheet is passed through a bath of molten zinc. Galvanized steel sheets are basic base material for major roofing sheets in corrugated and plain sheet form. These can be protected with coated polyester paint or PVC plastisol coated paints.



In Shell Petrol Station, most of the station use Metal Roofing sheets for C-store building and canopy roof.

### Benefits of Metal Roofing sheets:

1. Long lasting
2. Light weight – the lightweight metal makes the installation process easy and helps you save on engineering and supporting structures of the building.
3. Speed and easy installation
4. Minimum Roof Pitch
5. Energy efficiency.  
- Reflectivity – means how well the roof reflects the sun's rays. Metal roofs are great at reflecting the sun's UV rays. It can help to decrease the amount of heat transferred into the attic. The less heat in the attic, the lower your electricity bill will be.
6. Metal roofs are environmentally friendly.
7. A metal roof is a fire-resistant roof

### Disadvantages of Metal Roofing sheets:

1. Expensive
2. Noisy
3. Denting
4. Expansion and Contraction



# HSSE MONTHLY UPDATES

## HSSE AUDIT

DATE: 04/05/2023  
LOCATION: SHELL NKVE DAMANSARA

On 4th May 2023, a HSSE audit has been conducted at Shell NKVE Damansara by Syuhadah Shahirah. During this audit, a few findings have been found especially regarding housekeeping. After the audit session is done, the auditor will explain to the Permit Holder regarding the findings. The PH is given 3 days to rectify the findings.



The HSSE audit is to ensure the front liner working with safe procedure. The inspection covered all aspects such as competency workers and PH, PPE compliance, documentation, first aid box and fire extinguisher. Site briefing has been delivered to the workers regarding safe work practice at site by HSE Internal Auditor.



## BLUE ZONE SESSION

DATE: 11/05/2023  
LOCATION: SHELL SHAH ALAM SEKSYEN 16

A blue zone session has been conducted with our frontlines at Shell Shah Alam Seksyen 16. This blue zone ensures that our frontlines fully understand and could identify the hazard and danger they faced during work activity. Our frontlines gave their commitment in this session by giving good engagement.



## TOOLBOX TALK SESSION

DATE: 20/05/2023  
LOCATION: SHELL SELAMA PERAK

On 20th May 2023, our HSSE, Syuhadah, has conducted a Toolbox Talk session with our frontlines before starting work at Shell Selama Perak. The TBT session is conducted to ensure our frontlines understand the job and the safety measures before starting work.



# HSSE LATITUDE

## The Hazards of Spray Paint Fumes: Spotlight on Safety

BY WAN NUR'AIN AWANIS

The fact that paints, stains, and surface coatings are all around us often makes people believe they are perfectly safe. Since the majority of lead-based products have been eliminated, some of the health risks have been mitigated. It may come as something of a surprise to workers entering positions that involve spraying, rolling, and brushing paint, but paints still contain dangerous elements. Indoor painting has become increasingly stringent regarding the need for ventilation, personal protective equipment, and disposable clothing for all settings. By understanding the health and safety risks of working with paints and coatings, employers and can better protect their employees from long and short-term health issues.

### What Do Paint Fumes Contain that Make Them Dangerous?

The so-called “new paint” smell that everyday people experience is driven by the evaporation of sometimes harmful chemicals. It's essential to understand that paint and coating vapors can continue to pose a health risk while drying. However, the strong emission from wet paint and coatings during the application process is the most dangerous. Carcinogens are found in a common bucket of wet paint as well as volatile organic compounds or VOCs. These chemicals release fumes that are known to cause adverse health effects when breathed into the lungs and typically include the following:

- **Toluene:** This clear and colorless liquid turns into a vapor at room temperature. It is widely used in paint pigmentation gasoline and can impact the nervous system.
- **Xylene:** According to the Centers for Disease Control and Prevention (CDC), this chemical irritates the eyes, nose, skin, and throat. Exposure also may result in headaches, dizziness, confusion, and failed muscle coordination. Prolonged exposure can prove fatal.
- **Benzene:** This hazardous chemical turns into vapor quickly when paint and coating containers are opened. The fumes tend to sink into low-lying spaces, according to the CDC. Exposure can result in irregular heart rhythms, headaches, tremors, and confusion. Excessive exposure can prove fatal.

**"workers who use spray painting methods are at a higher risk for illness than those who use brushes and rollers"**





# HSSE LATITUDE

- Dichloromethane: Commonly used in paint remover, exposure causes fatigue, lethargy, headache, and chest pain. Over-exposure can result in death.
- Formaldehyde: Often employed in building materials such as pressed wood, this hazard can also cause adverse health reactions through skin contact. Formaldehyde has also been linked to cancer.
- Trichloroethylene: Used in wide-reaching industrial settings, this chemical has been linked to groundwater contamination and cancer. Vapor inhalation poses a danger to the lungs, and direct contact can result in the carcinogen entering the body.
- Acetone: This chemical has a wide range of commercial applications that include solvents, nail polish, and it is considered highly flammable. Inhalation results in prompt nose, eye, throat, and lung irritation. Ongoing exposure typically causes dizziness, erratic heart rates, confusion and can result in death.

This short-list ranks among the more dangerous chemicals that workers routinely encounter throughout painting and coating occupations. Others include Ethanol, Propylene glycol, Glycol ethers, and Styrene. Workers are considered at heightened risk when performing tasks in enclosed spaces. Without adequate ventilation and airflow, everyday people are more likely to breathe in concentrated fumes that cause more serious illness and injury.



## Safety Tips to Minimize Exposure to Paint Fumes

The keys to minimizing VOC and carcinogen inhalation are generally adequate ventilation and respiratory protection. Employers are tasked with maintaining exhaust systems and ensuring employees have access to respirators when working indoors or in spaces with high levels of toxic fumes. Proper ventilation may involve commercial exhaust fans that force air out of an enclosed work area. But it's also critical to install grates that allow fresh air to be drawn into the space while fans are operational. Along with wearing the following personal protective equipment and disposable clothing when working with paints, coatings, and solvents.

- Coveralls: Disposable personal protective coveralls that meet industry standards for splash resistance are a necessity when working with chemicals. One of the common missteps employers and workers make is assuming the paint products are not harmful in terms of skin contact.
- Foot Protection: Indoor painting crews who wear comfortable shoes may not have adequate protection against spills. It's advisable to adorn protective footwear coverings that can be appropriately disposed of at the end of each shift.
- Gloves: Spraying, rolling, and brushing on paints and coatings results in splatter accumulating on workers' hands. That's why protective gloves remain a workplace necessity.

## Conclusion

There are numerous steps workers and their employers can take to ensure the work is carried out safely. Educating workers about potential hazards and mitigating the risks are crucial components of a job well done.





# THANK YOU

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