

MONTHLY WRAP-UP

HSSEQ BULLETIN 2023

APRIL 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

"You are going to be different tomorrow. Stop feeling stuck. When you decide to be different, you will find motivation seeping into thoughts and into your actions. Motivation causes you to take action, it becomes an inner drive fueling you forward."



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HSSE MONTHLY STATISTIC

April 2023

KY MESRA SDN BHD

SAFETY PERFORMANCE INDICATOR



NCR: 0



Lost time Injury: 0



Restricted Work: 0



Medical treatment: 0

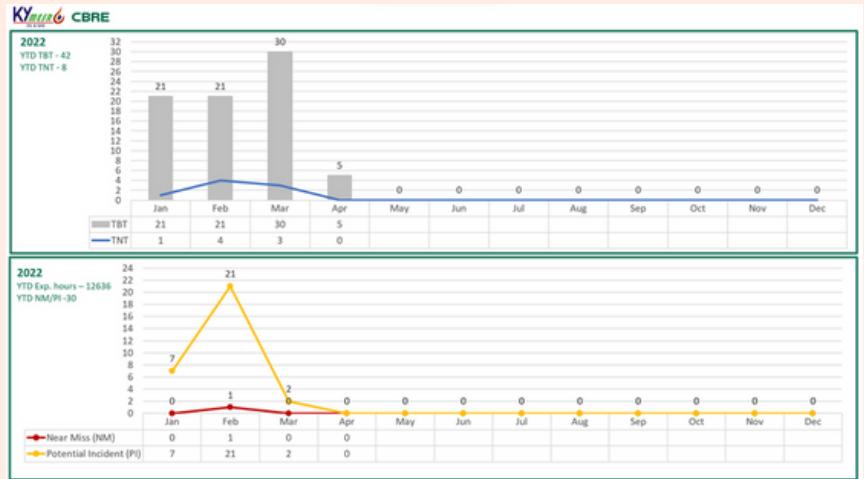


First Aid Treatment: 0



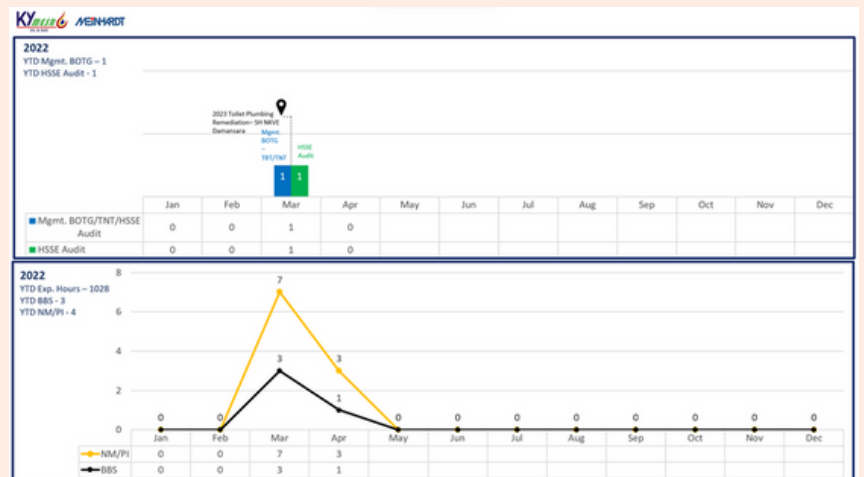
AT THE END OF THE DAY, THE GOALS ARE SIMPLE: SAFETY AND SECURITY."

HSSE monthly statistics - CBRE



NM/PI Finding April

HSSE monthly statistics - Meinhardt



NM/PI Finding April

- 
 1
 Equipment
- 
 1
 Housekeeping
- 
 1
 Weather

PERFORMANCE PAINTING

BY NUR ALYA SYAFIQAH BIN ISMAIL

If you already have a trained team that performs regular maintenance on mechanical and electrical systems, taking care of your equipment's exterior is equally important. Besides regular cleaning, painting your equipment every few years is vital to protect it against environmental factors. Implementing a quality management system affects every aspect of an organization's performance. Benefits of a documented quality management system include:

Below are 5 to paint your industrial equipment.

Improved appearance - Tired-looking equipment suggests unreliability, having a negative impact on your company's image. Keeping your plant and machinery looking like new is one of the simplest things you can do to send out the right message to potential clients. But the benefits of painting equipment go beyond the visual overhaul. In a nutshell, your clients will feel more confident in your facility, which will bring you more business.

Rust and corrosion prevention - One way to keep your machines up and running is to protect them from rust and corrosion. Rust and corrosion will eventually lead to a larger component or even entire machine failure, which will result in prolonged downtime and extra costs.

Weather resistance - Special coating systems offer superior weather resistance, protecting your machinery against moisture damage, tarnishing, acid rain, salt air corrosion, etc. Additionally, coatings with UV blockers can help prevent sun fading, yellowing, paint cracking, and peeling.

Thermal protection - Elevated temperatures can create an extremely aggressive environment for industrial equipment. Fortunately, paint manufacturers make available a series of heat-resistant coatings that provide adequate protection against thermal shock, corrosion under insulation resulting from temperature variations, and other problems.

Ease of maintenance - Painted equipment is much easier to maintain. Since dirt can't penetrate a shiny surface, removing it from freshly painted equipment is quite easy.

"Painting your industrial equipment regularly will help protect it against the negative effects of various factors and keep it looking sharp year after year."



HSSE MONTHLY UPDATES

SAFETY SITE ENGAGEMENT

DATE: 6/04/2023

LOCATION: SHELL NKVE DAMANSARA

On 6 April 2023, our safety personal, Syuhadah and Anis conducting site visit at Shell NKVE Damansara to engage with our frontlines.



Our safety personnel conducted ToolBox Talk and Talk Not Tick sessions with our frontlines during this visit. We discovered through the discussion that our frontlines could communicate and comprehend their work well. They also understood what the hazard was and how to control it while working.

Furthermore, Syuhadah provides advice on how to execute a job rotation while our workers are fasting. Syuhadah urged PH to make sure the worker rotated jobs to avoid dehydration.



LSR BRIEFING (DRIVING & SAFE MECHANICAL LIFTING)

DATE: 17/04/2023

LOCATION: TKE STORE BALAKONG

On 17 April 2023, our HSSE department conducted Life-Saving Rules (Driving & Safe Mechanical Lifting) briefing at TKE Store Balakong. The purpose of this briefing is to educate our frontlines on how important safe driving and safe mechanical lifting while conducting work



Anis gave the presentation during this session. During this lesson, she introduced the fundamental laws of driving. She also spoke to our frontlines on Journey Plan Management (JPM) and the need to plan ahead of time.

During this sharing session, Anis will also discuss safe mechanical lifting and what is important before, during, and after lifting work is completed. She also discussed the importance of lifting safely and the consequences of not following lifting rules.

HSSE LATITUDE

HEAT STROKE vs HEAT EXHAUSTION

BY WAN NUR'AIN AWANIS

What is heat stroke?

Heat stroke or heatstroke, also known as sunstroke, is a severe heat illness that results in a body temperature greater than 40.0 °C, along with red skin, headache, dizziness, and confusion. Sweating is generally present in exertional heatstroke, but not in classic heatstroke. The start of heat stroke can be sudden or gradual. Heatstroke is a life-threatening condition due to the potential for multi-organ dysfunction, with typical complications including seizures, rhabdomyolysis, or kidney failure.

Heat stroke occurs because of high external temperatures and/or physical exertion. It usually occurs under preventable prolonged exposure to extreme environmental or exertional heat. However, certain health conditions can increase the risk of heat stroke, and patients, especially children, with certain genetic predispositions are vulnerable to heatstroke under relatively mild conditions.

Symptoms

Heatstroke signs and symptoms include:

- High body temperature. A core body temperature of 104 F (40 C) or higher, obtained with a rectal thermometer, is the main sign of heatstroke.
- Altered mental state or behavior. Confusion, agitation, slurred speech, irritability, delirium, seizures and coma can all result from heatstroke.
- Alteration in sweating. In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch. However, in heatstroke brought on by strenuous exercise, your skin may feel dry or slightly moist.
- 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.
- Racing heart rate. Your pulse may significantly increase because heat stress places a tremendous burden on your heart to help cool your body.
- Headache. Your head may throb.

"Heat stroke is not cold, let's stay hydrated"



HSSE LATITUDE

First Aid

Take the following steps to treat a worker with heat stroke:

- Call 911 for emergency medical care.
- Stay with the worker until emergency medical services arrive.
- Move the worker to a shaded, cool area and remove outer clothing.
- Cool the worker quickly, using the following methods:
 - With a cold water or ice bath, if possible
 - Wet the skin
 - Place cold wet cloths on the skin
 - Soak clothing with cool water
- Circulate the air around the worker to speed cooling.
- Place cold wet cloths or ice on the head, neck, armpits, and groin; or soak the clothing with cool water.

What is Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of water and salt, usually through excessive sweating. Heat exhaustion is most likely to affect:

- The elderly
- People with high blood pressure
- Those working in a hot environment

Symptoms

Symptoms of heat exhaustion include:

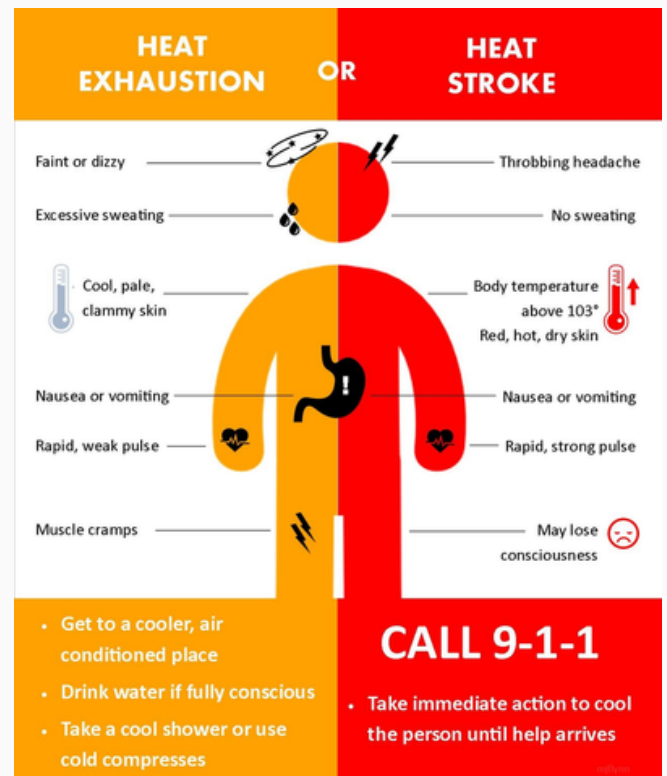
- Headache
- Nausea
- Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output

First Aid

Treat a worker who has heat exhaustion by doing the following:

- Take worker to a clinic or emergency room for medical evaluation and treatment.
- Call 911 if medical care is unavailable.
- Have someone stay with the worker until help arrives.
- Remove the worker from the hot area and give liquids to drink.
- Remove unnecessary clothing, including shoes and socks.
- Cool the worker with cold compresses or have the worker wash their head, face, and neck with cold water.
- Encourage frequent sips of cool water.

Different between Heat Stroke and Heat Exhaustion





THANK YOU

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