





Significant Achievement, News and Events

A new CEO has resumed to MPCL, in person of Mr. Saad Alwazine

MPCL received a notification of 'RoSPA Commended' in the 2020 Electricity Industry Sector award scheme. It is the first time MPCL is selected in the competitive award scheme, i.e. Electricity Industry Sector.

MPCL Business Continuity Team
(BCT) convened crisis
management meetings to discuss
about Covid-19 pandemic crisis
and its impact on the business. A
series of precautionary measures
have been introduced by the BCT
to ensure safety & health of
workers as well as business
continuity.

IMS management review meeting was conducted on 2nd February 2020 to review Q3 & Q4 2019 IMS performance. The minutes of meeting were circulated to the workforce.

Corporate QEHS objectives and targets for 2020 were approved by the CEO in February 2020.

The approved document was circulated plant-wide.

The first phase for developing
Behavioural-Based Safety (BBS)
programme in MPCL was
completed in February by
conducting focus group interviews
and a survey. The next phase
which is the training of BBS
observers has been postponed
due to restrictions related to
Covid-19 pandemic

Selection of 'Best EHS suggestion for 2019' was done during the EHS committee meeting conducted on 15th January 2020.



Introduction

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus called severe acute respiratory syndrome coronavirus 2 (SARS-COV-2) that was first identified in Wuhan, China.

The disease soon spread to other countries and was declared a pandemic by World Health Organisation (WHO) on 11 March 2020.

Susceptibility

According to WHO, most people infected with the COVID-19 virus will

experience mild to moderate respiratory illness and recover without requiring special treatment.

Older people, and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

Prevention Strategy

Be well informed about the Covid-19 disease, its symptoms, and how it spreads;

Wash your hands with soap and water or use an alcohol based rub frequently Avoid touching your face;

Practice respiratory etiquette (for example, by coughing into a flexed elbow);

Observe social distancing among staff.



Precautions taken at M Power

Meetings are conducted remotely

- Deep-cleaning of surfaces, electronic items,
- Disinfection of plant buildings and offices.
- Vulnerable staff were advised to work remotely
- Thermal screening carried out for all persons coming to the plant.
- Operation-critical staff were placed on quarantine duty and socially-distanced from other staff.









2020 QEHS Objectives and Targets



Provision of back-up cooling for plant air compressors via service water system: **ACHIEVED**



Develop and circulate EHS newsletter twice per year.: **ACHIEVED**



Upgrade CT/VT modules of Block 1 & 2 generator protection relays.: **ACHIEVED**



Establish a permanent connection from the service water line to the irrigation water tanks: **IN PROGRESS**



Achieve a reduction of 430 MWh /year by replacing the existing HRSG and roof lighting with LED lighting: **IN PROGRESS**



Achieve a 25% annual reduction in consumption of nitrogen gas : **IN PROGRESS**



Implement SAP system to consolidate HR, CMMS, Safety, Procurement and Accounts system respectively: **IN PROGRESS**



Implement annual customer (KM) satisfaction process: **IN PROGRESS**



Develop and implement Behaviour-Based Safety (BBS) programme:

IN PROGRESS



Develop and implement an assessment programme on general health and safety:

IN PROGRESS



Reduce NOx emissions from 56ppm to less than 26ppm at GT12 & GT22 OBH: IN PROGRESS



Perform one joint drill with Qatar civil defense and QP/MIC emergency responders:

IN PROGRESS



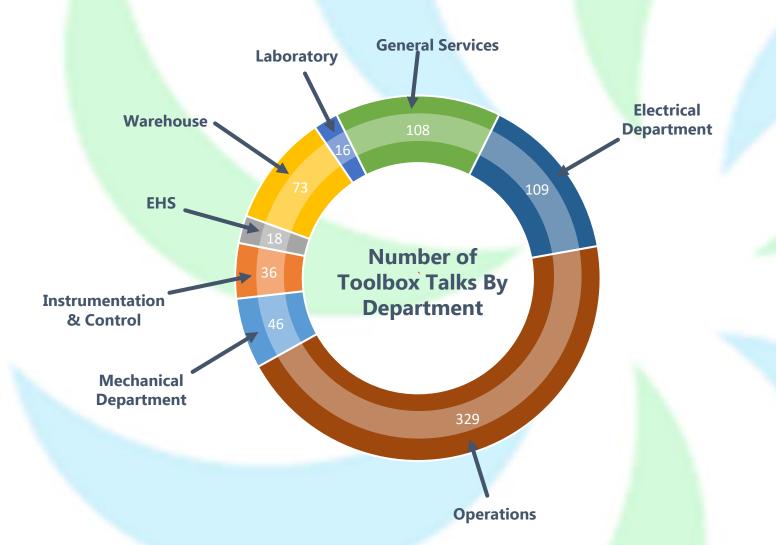
Construct a new warehouse to improve plant inventory storage: **IN PROGRESS**

Article: A Closer Look at Eye Protection

The eyes are perhaps the most delicate sensory organ positioned perfectly in the head, naturally protected by eyelids and eyelashes. These natural protections are inadequate while carrying out various O&M activities in the power plant. The eyes can be impacted by a variety of hazards: mechanical, thermal, chemical, and electrical and radiation.

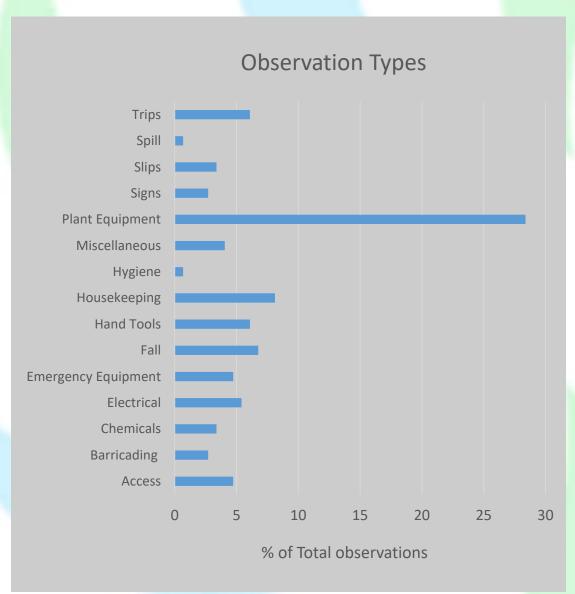
Safety glasses, face shields, welding goggles and shields are some of the protective eyewear that are recommended especially during activities like welding, gas-cutting, chipping, sandblasting, grinding and chemical handling operations that can create a wide array of risks to the eyes. MPCL procedure for personal protection equipment (PPE) recommends that workers select and use the right eye & face protection. *Continued on page 9*

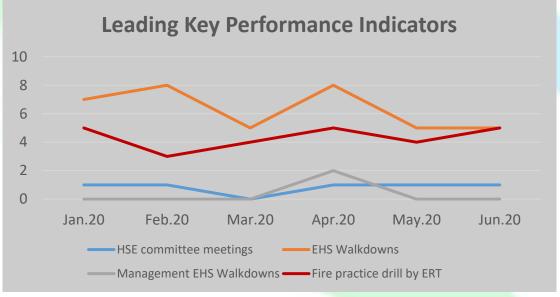
2020 QEHS Objectives and Targets

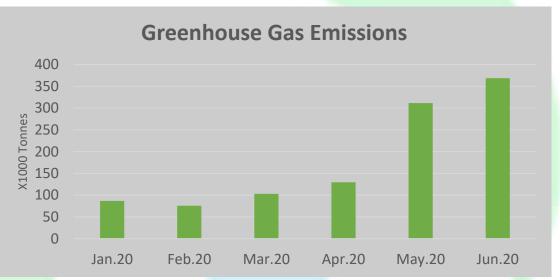




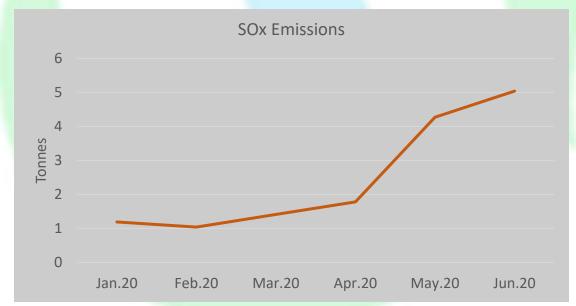


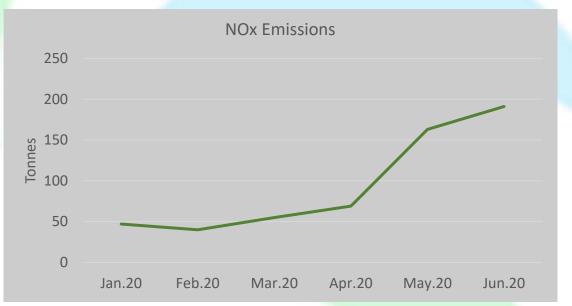


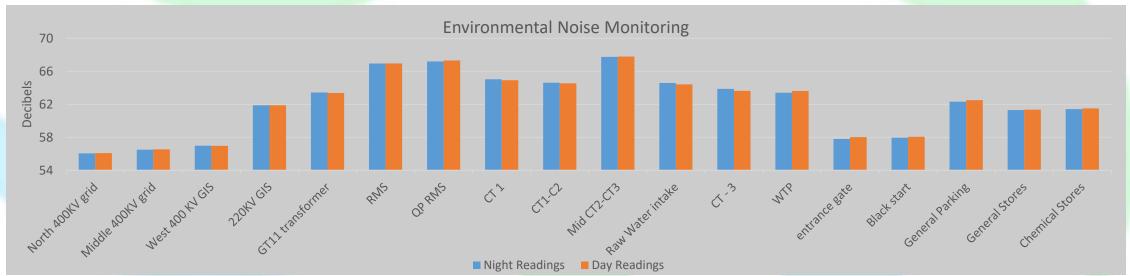




Jan-June 2020







Jan-June 2020

Future Events

- ☐ Tabletop exercise for an emergency drill scenario would be conducted in October 2020
- ☐ Q4 2020 major inspection outage is planned to commence in November 2020
- □ Development of behavioural –based safety (BBS) programme is planned to resume in Q3 2020 subject to deescalation of restrictions due to Covid-19
- ☐ Surveillance audits of IMS certifications would be conducted in December 2020

A Closer Look at Eye Protection

Continued from page 5.

the right eye & face protection adequate to combat these multiple hazards. Using the right kind of eyewear is a case of horses for courses because one type of eye protection will not protect you from all types of hazards. For example, the eye protection to be worn for welding works are not the same that you wear while working at height. Work risk assessments are to be undertaken to select the right eye/face protection.

Wear it Right! Workers who require prescription safety lenses can

experience eye fatigue if they do not have the proper frame for their prescription. Some workers may not be able to wear larger safety glasses with wraparound frames as it may distort their vision. The prescription, the materials and shape all have to work well together. At MPCL, workers have the opportunity to chose the right prescription suitable for them as they protect their eyes from foreign objects

or hazards. Normal safety glasses which meets ANSI standard Z87 are provided for workers without eye issues.

Is Contact Lens an Option?

Contact lenses cannot provide significant protection from eye hazards in the workplace. However, there is no evidence that wearing contact lenses increases the risk of eye injury. Contact lenses may actually increase worker safety and productivity because they often provide improved vision in the workplace. Individuals who wear contact lenses usually have a wider field of vision than with eyeglasses. They also often have less visual distortion. especially with higher power lens prescriptions. In addition, wearing contact lenses instead of eyeglasses can improve the fit and comfort of eye safety equipment, such as goggles and full-face respirators.

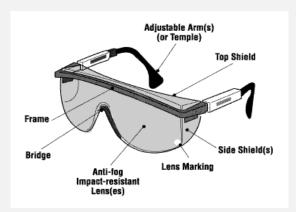
Maintain it to see right! It is equally important to maintain eyewear and keep it free from scratches and dirt, as they can blur the vision and reduce its effectiveness. Bent or broken eyewear should be replaced immediately. Good practices for safety glasses include to avoid scratching on the lens or throwing it on the floor or trunk where the lenses could be scratched. The lens should be cleaned with special solution especially for lenses not having anti-fog coatings.

Eye Emergency: Seek medical attention as soon as possible following an injury, particularly if you have pain in the eye, blurred vision or loss of any vision. Several simple first aid steps can and should be taken until medical assistance is obtained.

First Aid for Chemical Exposure: Immediately flush the eye with water for at least 15 minutes. Place the eye under a faucet or shower, use a garden hose, or pour water into the eye from a clean container. If you are wear contact lenses, immediately remove them before flushing the eye. Do not try to neutralize the chemical with other substances. Do not bandage the eye. Seek medical attention after flushing.

First aid for particles in the eye:

Do not rub the eye. Try to let your tears wash the speck out, or irrigate the eye with an artificial tear solution. Try lifting the upper eyelid outward



and down over the lower eyelid to remove the particle. If the particle does not wash out, keep the eye closed, bandage it lightly and seek medical care.

First aid for particles in the eye:

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seek medical care.

Some particles, particularly metallic ones, can cause rusting spots on the eye if left untreated for several days. If you are unsure if the object is gone, do not delay medical care.

First aid for blows to the eye:

Gently apply a cold compress without putting pressure on the eye. Crushed ice in plastic bag can be placed gently on the injured eye to reduce swelling. In cases of severe pain or reduced vision, seek immediate medical care.

For cuts and punctures to the eye or eyelid:

Do not wash out the eye. Do not attempt to remove an object that is stuck in the eye. Cover the eye with a rigid shield, like the bottom half of a paper cup. Seek immediate medical care

At the end of the day, we have only one set of eyes! Let's guard them as well as we all can!

Activity	Potential hazards	Recommended eye protection
Gas cutting and welding	Sparks, harmful rays, molten metal, flying particles	Picture of welding visor + laser PPE
Electric arc welding	Sparks, Intense Rays, Molten Metal	Picture of welding visor
Chipping	Flying Particles	Picture of face shield
Grinding	Flying Particles	Picture of face shield
Chemical handling	Splash, Acid Burns, Fumes	Picture of wraparound safety googles
Sandblasting	Aggressive dust	Safety googles with face shield integrated into RPE.
Cleaning and other activities generating dust	Dust	Picture of normal polycarbonate safety google.