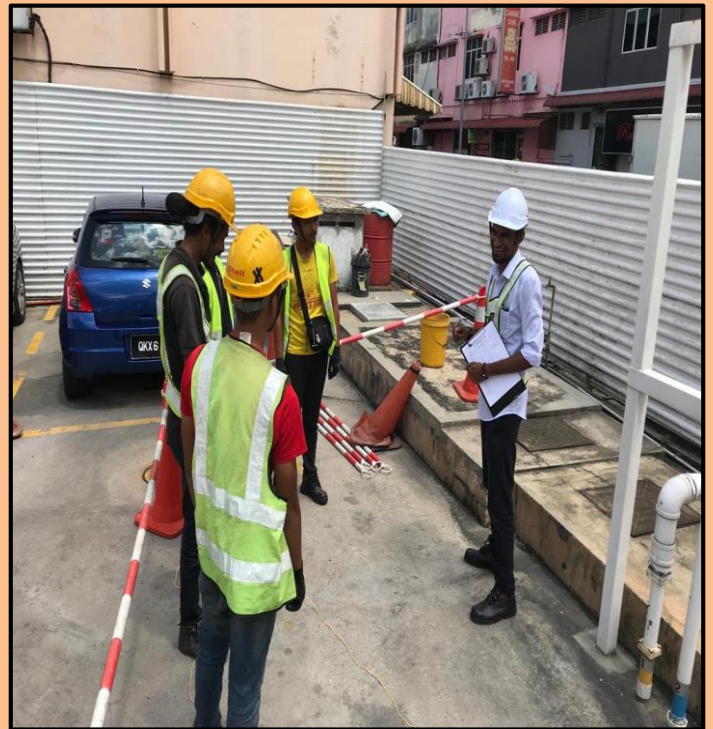


### Training on Working at Height and Fatigue Awareness



On 8<sup>th</sup> January 2019, A training session was held on WAH and Fatigue Awareness by our Safety Executive and also by our Lead team leader in Shell Ikhlas Khidmat.



The objective of this training is to expose our employees to a safe working practice/culture. Frontliners was exposed to the do's and don't's of working at height, proper barricade system and effects of fatigue awareness and symptoms of fatigue.

# HSSE BULLETIN


January 2019




## Working at Height - Tool Box Talk



On 16<sup>th</sup> January 2019, a TBT session was held by our Safety Executive on Working at Height in Shell - E-Saf Enterprise

 <b>KY MESRA SDN BHD</b> (1046727-U) <small>25-1, The Trillium (Lake Fields), Jalan Task Utama 4, Sungai Besi, 57100 Kuala Lumpur                      Tel: 03-9054 8535 Fax: 03-9054 8539 Email: kymesra@gmail.com</small>			
ATTENDANCE LIST			
Activity: Tool Box Talk (Working at Height)			
Date: 16/01/2019		Time: 12:00pm	
Location: SHELL NILAI (E-SAF ENTERPRISE)			
Name of Instructor/Trainer: RIZWAN NADIM			
No.	Name	Company Name	Signature
1	Adnan	KYm	<i>[Signature]</i>
2	Johnny	KYm	<i>[Signature]</i>
3	CHRISTOPHER	KY Mesra JTB	<i>[Signature]</i>
4			
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E SAF ENTERPRISE  
(SIA) 25372  
 Lot PT 13109, Putra Point Phase 1,  
 Putra Nilai, 71800 B. B. Nilai, N. S.  
 GST ID No. 0171-000000  
 Tel: 06-71111111


The session was attended by 4 KY Mesra front liners. It served as a good discussion session Shell's 12 life-saving rules (Working at Height), aligning with our effort to achieve goal zero. All participants confirmed clear understanding of the rules and the safety requirements needed to perform the task or job at site.



### KyMesra Chinese New Year Dinner 2019



On 19<sup>th</sup> January 2019, KY Mesra organized a Dinner celebrating Chinese New Year in Pak John Steamboat & BBQ for the year 2019.



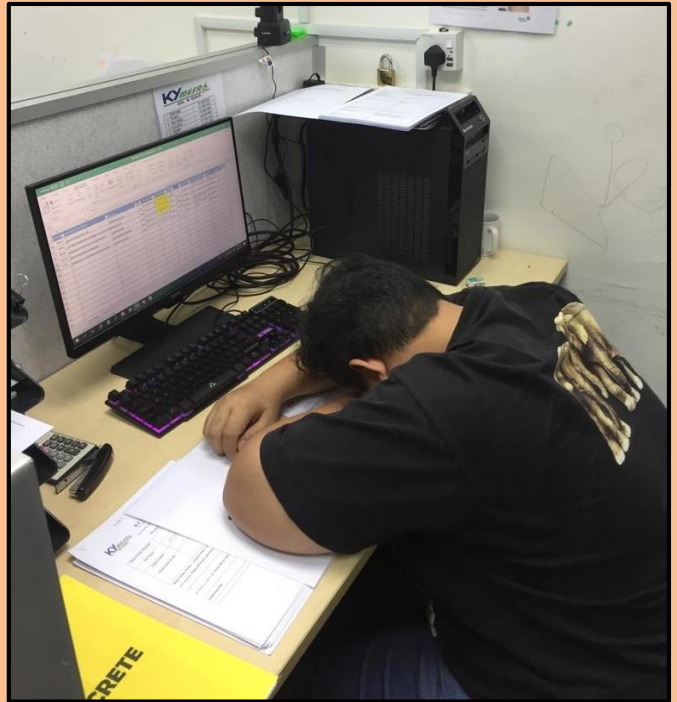
### Hsse Sharing Space - Fatigue

#### What is fatigue?

Fatigue is the state of feeling very tired, exhausted, weary, or sleepy.

#### Symptoms of fatigue?

- Tiredness or sleepiness
- Memory lapses
- Difficulty concentrating
- Slower reaction times



#### How to prevent fatigue?

- Vary work tasks so you stay alert
- Take regular breaks
- Tell your supervisor if you're feeling fatigued.
- Making sleep a priority
- Improving the quality and quantity of your sleep
- Choose what you eat and drink carefully
- Minimise your caffeine and alcohol intake
- Powernap

### Quote of the month

**“ Take 5 and Stay Alive “**