

# HSSE BULLETIN

February 2019

## Talk not Tick Session



On 1st February 2019, A TNT session was held in Shell Leong Heng by CBRE ROM, Mr.Ramesh.



The TnT session was completed with the ROM doing the assessment on Ky Mesra frontliners. Risks, fall hazards and steps needed to control hazards. Correct use of fall protection equipment including full body harness, synthetic fiber lanyard, shock absorber, double locking snap hooks and anchor points was discussed.

### Charity Event By KYMesra



On 9<sup>th</sup> February 2019, Ky Mesra organized a charity event to Persatuan Kebajikan Damai Cempaka, Selangor. Ky Mesra did cleaning works and necessary works needed to help the orphanage. We also spent time with the children over a lunch.



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### Charity Event By KyMesra



### Hsse Sharing Space –Heat Stress

#### What is Heat Stress?

The definition of heat stress is a situation where too much heat is absorbed by a person, a plant or an animal and causes stress, illness or even death.

#### Symptoms of Heat Stress?

- Tiredness and lethargy
- Headache
- Dizziness
- Feeling faint
- Muscle cramps
- Feeling thirsty
- urinating less often.
- Signs of heat stress:
- Pale skin
- Excess sweating
- Dark urine.

#### How to prevent fatigue?

- Wear loose fitting, lightweight clothing.
- Protect against sunburn.
- Drink plenty of fluids.
- Take extra precautions with certain medications.
- Never leave anyone in a parked car.
- Take it easy during the hottest parts of the day.
- Be cautious if you're at increased risk



#### Quote of the month

**“Stay Alert – Don’t Get Hurt”**