

Emergency Drill (Emergency Evacuation & Fire Drill)

On Monday, 9th August 2019, KY Mesra has conducted emergency drill and fire drill at the office area with top management and front liners.

Drills started with building evacuation and followed by fire drill.

The drills will help staffs to be alert, know what to do and how to react in case of emergency, and how to use fire extinguisher in fire emergency.

At the end of the session, Safety Assistant complimented the time taken to evacuate building and assembled at assembly area and gave comments on the drills on how to improve better.



HSSE Training (Working at Height Awareness) (Slip, Trip, and Fall – Refresher) (Rules for Scaffold – Refresher)

On Monday, 26th August 2019, Working at Height Awareness training was done for front liners followed by two refresher training, Slip, Trip and Fall and Rules for Scaffold.

This three trainings will help to acknowledge them of how to work safely during working at height and what are the safety measures to be taken.



HSSE BULLETIN

AUGUST 2019



Tour De Audit by Management



CBRE

Date: 9TH August 2019
Venue: SH Montere (Waja Mustafa Kamal)



KY Mesra has sent four representatives to join the Tour De Audit program with Karisma as the site host.

Program started with safety briefing and followed by demonstration of how to open and close manhole cover properly, and how to do maintenance for it.

The program was intended to encourage management team to give support and involve in HSSE matters at site.

The program ended with inputs on safety given by participants and closure speech by Mr. Johan.



DO YOU LIFT & HANDLE LOAD CORRECTLY?

Safe Lifting Tips

1. **Bend your knees**, not your waist. Let your leg muscles do the lifting.
2. **Avoid twisting** to prevent spine injury.
3. **Know your limits**. If you can lift the load, get mechanical aids or get help from others.

HSSE SHARING SPACE

MANUAL HANDLING TECHNIQUES FOR LIFTING



HANDLE CORRECTLY, CARE FOR YOUR BACK