

MESSAGE



MR. MANOCHA,
CEO-EPC DIVISION

Dear Friends,

It is indeed a proud moment for all of us that our HSE awareness programmes are on right track. The e-journal is one such step which reaches to all of us with useful information on HSE. I am confident enough to say that employees must be waiting anxiously to see the message of this e-journal in their inbox.

To me this is an indispensable mechanism to scale up our employee awareness on HSE. I request you to play your part to make this an effective tool

for all of us. One can definitely share experiences on HSE in their work life with other employees.

This practice will help us immensely in building a prevention strategy programme within the organisation.

HSE is a major challenge for all of us, but I am confident that we can build a strong culture within our organisation through active participation and sharing on a common platform. It is heartening to see that the HSE quiz winners are recognized suitably. It would be encouraging if all employees participate in this quiz for creating a competitive environment.

I wish a safe environment both at the work place and at home. Let the message of HSE reach far and wide within our organisation. Cheers for Safety...Be the ambassadors of Safety.

EMPLOYEE'S DESK



Hemant Kumar Sahoo,
Asst Manager-Mechanical
(Lanco Babandh Power Ltd,
Dhenkanal, Orissa)



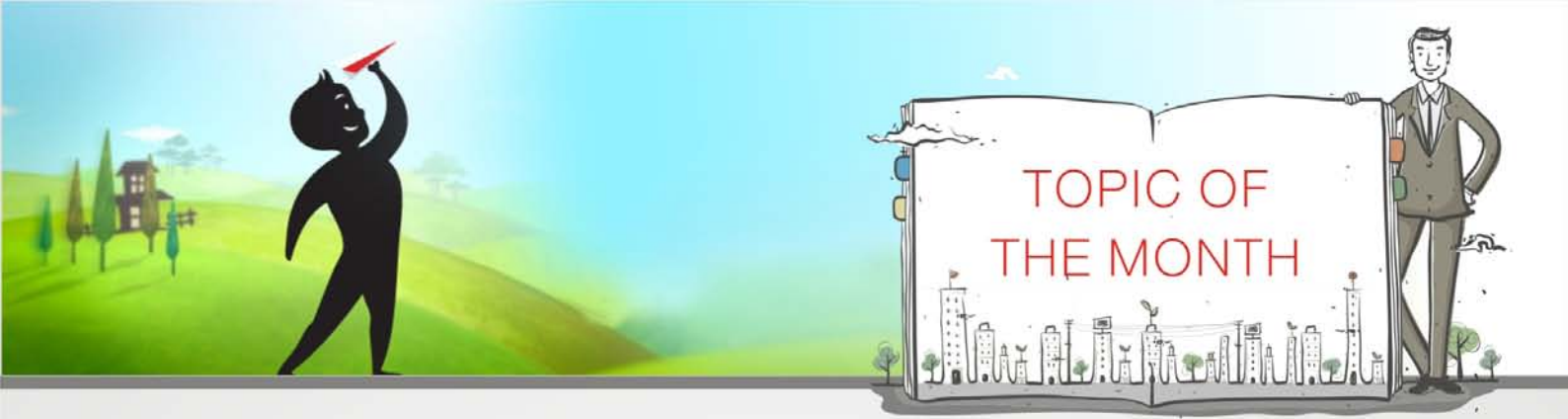
In my previous employment, one of my colleague had asked for a work permit for coal mill-1A. The operation department issued the permit against coal mill-1A. But due to some miscommunication between the operation and electrical department, the electrical technician isolated coal mill-2A instead of mill 1A.

So on that basis, work started in Coal mill-1A. After some time, I heard that two electrical person talking for a trial run of Mill 1A. Realising the problem, Suddenly I rushed to Mill-1A area and asked to my colleague to take out all workmen from the Coal Mill 1A. We then rushed to the electrical MCC where we found Mill-2A isolated.

This action prevented a major accident.

Learnings

- 1) Before starting any work, physically confirm the electrical isolation of equipment.
- 2) Isolate the energy source and use LOTO. Remember, communication should be clear and error free.



ELECTRICAL SAFETY

"Always remember electricity is a good servant but a bad master."

What is Electricity?

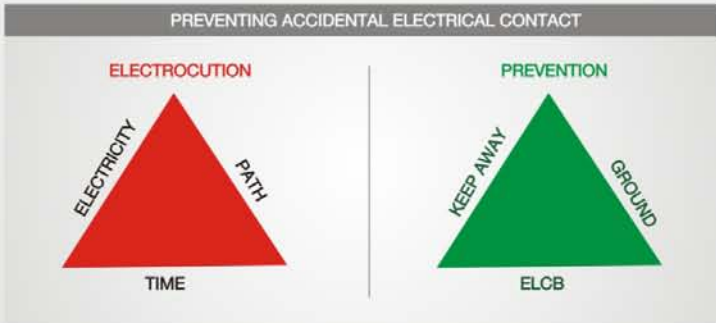
Electricity is a form of energy. Electricity is the flow of electrons in a closed path.

Why Electrical safety is important?

Day in and day out we are exposed to electrical energy in one or another form. If we do not handle it properly, it will harm human life as well as damage property. Hence it is important for each one of us to use/handle it carefully.

What are the Electrical Hazards and its preventive measures?

THERE ARE MAINLY TWO TYPES OF HAZARDS PRIMARY	PREVENTIVE METHODS
<ul style="list-style-type: none"> • Electric shock • Burns • Fires • Flash over • Radiation • Explosion 	<ul style="list-style-type: none"> • De-energisation • Lock out / tag out • Safe working distance • Inspection • Grounding • Warning methods • ELCB • Safety equipment • Safety procedures
SECONDARY HAZARD	
<ul style="list-style-type: none"> • Fall 	
CIRCUIT BREAKERS/FUSES	ELCBS (EARTH LEAKAGE CIRCUIT BREAKERS)
<ul style="list-style-type: none"> • Provided to protect EQUIPMENT not people • Too much current causes circuit breakers to trip open and fuses to melt • Do not reset breakers unless you know why it tripped 	<ul style="list-style-type: none"> • Provided to protect people • Usually used for outlets in damp locations • Detect current leakage to ground (ground fault) • Trip range 4-6ma in < 0.02 seconds • Monthly test





DO'S

1. Only a qualified person / licensed electrician should be allowed to carry out repairs.
2. Always use correct size and quality of fuse wire for replacement.
3. Treat all circuits as live unless it is confirmed after testing to be "dead".
4. Always use wires / cables / switches with ISI marks and of approved quality
5. Periodically check the earth resistance and the earth lead for its earth continuity.
6. Use proper PPE's while handling electrical equipments
7. test rubber gloves periodically

DO NOT:

1. Overload electrical circuit
2. be over confident while dealing with electricity.
3. make any temporary joints in the wiring , especially without proper insulation.
4. Connect a fuse in the neutral circuit.
5. Use any appliances without proper earthing.
6. Don't close any switches unless you are familiar with the circuit, which controls and unless you know the reason for its being kept open.
7. Don't throw water on live electric equipments in case of fire.

HONEY HISTORY

It is believed that honey history dated as far back as 10 to 20 million years ago and the practice of beekeeping to produce honey, apiculture, dates back to at least 700 BC.

The key health benefits of honey are related to the fact that:

1. Honey is nature's energy booster
2. Honey is a great immunity system builder
3. Honey is a natural remedy for many ailments
4. Honey's antioxidant and anti-bacterial properties can help improve digestive system and help you stay healthy and fight disease.
5. Honey is an excellent natural home remedy for obesity and lowering of cholesterol levels.
6. Honey is a miracle food; it never goes bad. It was reported that archaeologists found 2000 year old jars of honey in Egyptian tombs and they still tasted delicious!





1. Fire Prevention is defined as:
 - a. action taken towards preventing the ignition of a fire
 - b. action taken towards a fire
 - c. smoking in no smoking areas
 - d. Building a smoke less chamber

2. In industrial settings, there is no need for marking pathways because it's an open, large area where the exit can be seen clearly.
 - a. True
 - b. False

3. Gas Cylinders are to be stored:
 - a. Horizontal
 - b. Inclined with a slope of 43 Deg
 - c. Vertical
 - d. Parallel to ground

4. While staking articles in a shelf, one must follow
 - a. Putting heavier objects at top for stability
 - b. Keeping lighter objects at middle shelf
 - c. Keeping heavy and light objects in sequence
 - d. Following FIFO principle

5. In case of LPG leakage in house
 - a. Open doors and windows
 - b. Switch on light
 - c. Call customer service person
 - d. Use naked flame



Answers to the Last Edition Quiz (Aug-11)

1. (c)
2. (c)
3. (d)
4. (b)
5. (c)

WINNERS

1. Karnav Yadav, Gurgaon
2. Prasanthi.K, Kondapalli
3. Karteek Neeravari, Udupi
4. Prakash Chandra Jena, Baran
5. Smita Kar Saha, Babandh

Hearty Congratulations!!!

Please mail your answers to:
shweta.grover@lancogroup.com

EDITORIAL TEAM

Corporate HSE

Lalit Tiwari
Dinesh
Satya Narayana Nayak
Shweta Grover

Corporate Communications

Sreenivas Veluri
Devraj Basu
Janakiram Rao
Praveen Vadla