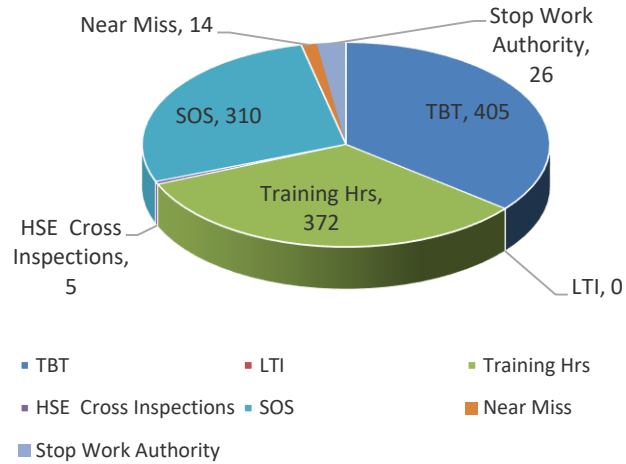


HSE Statistics Report – April 19

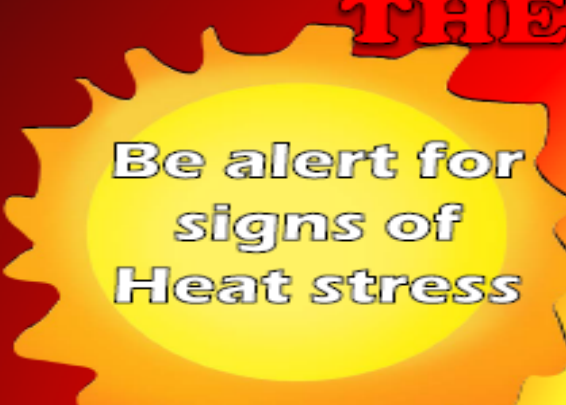


Spetco April 2019 Winners


Awards	Name	Remarks
Best Drivers	Christopher Fernando - 1045	WT
	Dawoud Mahmoud - 2439	SRP
	Ronald Noronha - 2735	WK
	Rashid Al Dousari - 2269	NK
Spot the Hazard	Mohammed Idris Ali - 2001	WT
Best SOS	Roby Jose - 1405	GSF
	Fawad Pangarkar - 2105	GCP
	Eappen Oomen - 1125	GRIP
	Biju Nair - 1589	WK Maint.
	Justin Jose - 2620	JPF
	Swapankumar Biswas - 2628	Fab Shop
	Zulfiqar Akram - 2237	WT
	Nazrul Islam - 2584	SRP
Sukesh Subran- 2255	EPF-50	

Heat Stress

THE HEAT IS ON



Be alert for signs of Heat stress




Headache & Dizziness

Excessive Sweating


Nausea & Vomiting

Muscle Cramps


TIPS TO AVOID HEAT STRESS




Stay Hydrated
Drink water regularly. Don't wait until you are thirsty



Stay cool
By moving to a cooler area



Take rest
When you experience signs of fatigue



Call 160/112
Incase of any emergency

Spetco HSE Motivational Program

