# Dog Bite Prevention Training Content

- Types of poisonous snakes
- Symptoms of snake bite
- First aid of snake bite
- Dos and Don'ts in snake bite

## Pictorial View

| Training Attendance Sheet | | | | | | |
|---|---|---|---|---|---|---|
| Document Code: | DPS/HO/QEHS/SOR-77 | Version #: | 01 | Issue Date: | 31 May 2017 | DESCON |

Site : MPCL
Course Title: Dog Bite

Held at: Mess
Date : 15-02-2019

| Sr. #. | Name | Designation | Department | Signature |
|---|---|---|---|---|
| 1 | Haidder | A/c officer | A/C | |
| 2 | Mujahid | | | |
| 3 | Aktar | | اختیار زکی | |
| 4 | Waheed | | سید وحید علی | |
| 5 | Phool chan | | | |
| 6 | Rasheed | | Rasheed | |
| 7 | Lakhmeer | | Lakhmee | |
| 8 | Khamisso | | | |
| 9 | Khamisso | | | |
| 10 | Mihan Hassoo | | Myo | |
| 11 | Abdul Qayoom | Security guard | عبد قیوم | |
| 12 | Ghulam Akbar | Driver | Ghulam Akbar | |
| 13 | A-REHMAN | | A Rehman | |
| 14 | | | | |
| 15 | Danish Munir | Maint. Tech | O&M | |
| 16 | Sarfraz. | | O | |
| 17 | Haroon | | | |
| 18 | Wajid | M.Tech | O&M | |
| 19 | Qamar | M-Tech | O&M | |
| 20 | Samiullah | AC-Tech | O&M | |
| 21 | | | | |
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Zohaib Hassan Khan
Trainer Name

Trainer Signature and Date

## Training Contents

- Fire Triangle
- Types of Fire
- Types of Fire Extinguisher
- Use of Fire Extinguisher

## Fire Triangle

The fire triangles or combustion triangles are simple models for understanding the necessary ingredients for most fires.[The triangle illustrates the three elements a fire needs to ignite: heat, fuel, and an oxidizing agent (usually oxygen). A fire naturally occurs when the elements are present and combined in the right mixture meaning that fire is actually an event rather than a thing. A fire can be prevented or extinguished by removing any one of the elements in the fire triangle. For example, covering a fire with a blanket removes the oxygen part of the triangle and can extinguish a fire.


**Fire Triangle**

## Types of Fire

Not all fires are the same. Different fuels create different fires and require different types of fire extinguishing agents.

### Class A

Class A fires are fires in ordinary combustibles such as wood, paper, cloth, trash, and plastics.

### Class B

Class B fires are fires in flammable liquids such as gasoline, petroleum oil and paint. Class B fires also include flammable gases such as propane and butane. Class B fires do not include fires involving cooking oils and grease.

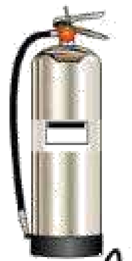
### Class C

Class C fires are fires involving energized electrical equipment such as motors, transformers, and appliances. Remove the power and the Class C fire becomes one of the other classes of fire.

### Class D

Class D fires are fires in combustible metals such as potassium, sodium, aluminum.

## Types of Fire Extinguishers



**Water and Foam**

Water and Foam fire extinguishers extinguish the fire by taking away the heat element of the fire triangle. Foam agents also separate the oxygen element from the other elements.

Water extinguishers are for Class A fires only - they should not be used on Class B or C fires. The discharge stream could spread the flammable liquid in a Class B fire or could create a shock hazard on a Class C fire.

**Carbon Dioxide**

Carbon Dioxide fire extinguishers extinguish fire by taking away the oxygen element of the fire triangle and also be removing the heat with a very cold discharge. Carbon dioxide can be used on Class B & C fires. They are usually ineffective on

Class A fires.

**Dry Chemical**

Dry Chemical fire extinguishers extinguish the fire primarily by interrupting the chemical reaction of the fire triangle. Today's most widely used type of fire extinguisher is the multipurpose dry chemical that is effective on Class A, B, and C fires. This agent also works by creating a barrier between the oxygen element and the fuel element on Class A fires.

**Clean Agent**

Halogenated or Clean Agent extinguishers include the halon agents as well as the newer and less ozone depleting halocarbon agents. They extinguish the fire by interrupting the chemical reaction of the fire triangle.

Clean agent extinguishers are primarily for Class B & C fires. Some larger clean agent extinguishers can be used on Class A, B, and C fires.

## Use of Fire Extinguisher

- Pull the safety pin from the handle. The pin is located at the top of the fire extinguisher. Once removed, it releases the locking mechanism, allowing you to discharge the extinguisher.
- Aim the extinguisher nozzle or hose at the base of the fire. As explained, this removes the source or fuel of the fire. Keep yourself low.
- Squeeze the handle or lever slowly to discharge the agent. Letting go of the handle will stop the discharge, so keep it held down.
- Sweep side to side approximately 6in or 15 centimeter (5.9 in) over the fire until expended. The sweeping motion helps to extinguish the fire. Stand several feet or meters back from the fire: fire extinguishers are manufactured for use from a distance.

# Pictorial View




# FIRE FIGHTING DRILL REPORT

| Document Code: | DPS/HO/QEHS/SOR-72 | Version #: | 01 | Issue Date: | 6/30/2016 |
|---|---|---|---|---|---|

## Training Attendance Sheet

| Document Code: | DPS/HO/QEHS/SOR-77 | Version #: | 01 | Issue Date: | 31 May 2017 |
|---|---|---|---|---|---|

**Site:** Metro Power Company Limited

**Held at:** DPS MPCL Site **Course Title:** Fire Fighting Mock Drill **Date:** 02nd February, 2019

| Sr. #. | Name | Designation | Department | Signature |
|---|---|---|---|---|
| 1 | M. Ashraf Javed | SO | Security | |
| 2 | Manzoor Hussain | Supervisor | " | MH |
| 3 | M. Azam Khan | S.gd. | " | |
| 4 | Jurial Khan | " | " | جاوید |
| 5 | Teer Feyo | " | " | |
| 6 | Khamee So | " | " | |
| 7 | M. Siddique Chang | " | " | |
| 8 | Imam Bakhash | " | " | |
| 9 | Shahaab | " | " | |
| 10 | Javed | " | " | |
| 11 | Ali Sher Chang | " | " | |
| 12 | Sukkhyo | " | " | |
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Muhammad Jillani
**Trainer Name**

02/02/19
**Trainer Signature and Date**

## Training Contents

- Fire Triangle
- Types of Fire
- Types of Fire Extinguisher
- Use of Fire Extinguisher

## Fire Triangle

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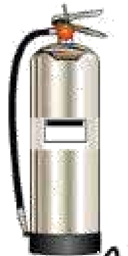

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# Pictorial View




| FIRE FIGHTING DRILL REPORT | | | | | | |
|---|---|---|---|---|---|---|
| Document Code: | DPS/HO/QEHS/SOR-72 | Version #: | 01 | Issue Date: | 6/30/2016 | DESCON |

| Training Attendance Sheet | | | | | | |
|---|---|---|---|---|---|---|
| Document Code: | DPS/HO/QEHS/SOR-77 | Version #: | 01 | Issue Date: | 31 May 2017 | DESCON |

Site: MPCL TSF

Held at: 09:45 am Course Title: Fire Fighting Date: 06-10-19

| Sr. #. | Name | Designation | Department | Signature |
|---|---|---|---|---|
| 1 | Capt R M. Ashraf Javed | SO. | Security | |
| 2 | Sup Manzoor Hussain | Supervisor | " | |
| 3 | Hameed Ali. | S. guard | | |
| 4 | Abdul Qayyum | " | | |
| 5 | Noor Hassan | " | | |
| 6 | Shahzad Din | " | | |
| 7 | Peer Bakhsh | " | | Imtiaz Ali. |
| 8 | Imtiaz Ali. | " | | |
| 9 | Javed. | " | | Javed |
| 10 | Abdul Latif | Sec-Incharge | | لطیف |
| 11 | Mr Azam. | S-guard. | | AZAM |
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ZOHAIB

Trainer Name

Trainer Signature and Date

# Fire Control Training

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**Date:** 15-11-2018
**Location:** Nordex Central Camp
**Started at:** 4:00 PM
**Adjourned at:** 5:00 PM

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**Participants:** Nordex Personnel, Security Guards, Kitchen staff, Drivers and Housekeeping staff

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## Objective:

The objective of the training is to train all personnel in fire hazards, types of fire and control of fire through fire extinguisher.

## Content:

- Types of Fires
- Fire Triangle
- Types of Extinguishers
- How to Use an Extinguisher
- Rules for Fires

## The Types of Fire are:

- Class A (Wood, Paper, Plastic, Rags etc.)
- Class B (Gasoline, Oil, Grease, paint etc.)
- Class C (flammable gases methane, ethane etc.)
- Class D (flammable metals potassium, sodium, aluminum, magnesium etc.)
- Class E (Electrical Fire Motors, switchgears, heaters etc.)
- Class F (Cooking Oil and Fats)

# Fire Control Training

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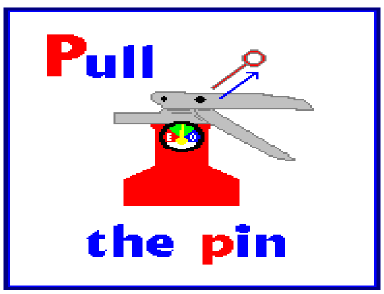
## Using a Fire Extinguisher

Use the PASS System

- **Pull**
- **Aim**
- **Squeeze**
- **Sweep**

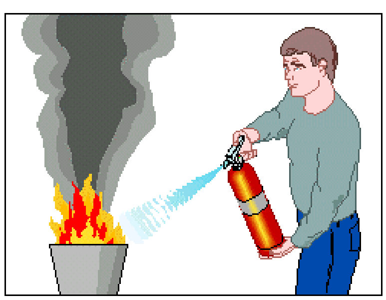
### Pull the Pin:

This will allow you to discharge the extinguisher.




### Aim at the base of the fire:

If you aim at the flames, the extinguishing agent will fly right through and do no good. You want to hit the fuel.



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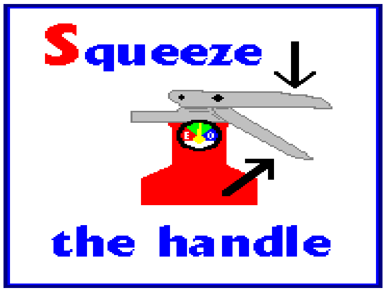
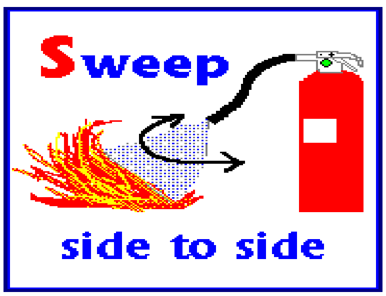
**Squeeze the top handle or lever:**

This depresses a button that releases the pressurized extinguishing agent in the extinguisher




**Sweep from side to side:**

Until the fire is completely out.




**Rules for Fires:**

- Fires are very dangerous
- Be certain that you will not endanger yourself or others when attempting to put out a fire.
- Never Fight a Fire if you don't know what is burning
- If you don't know what is burning, you don't know what type of extinguisher to use.
- Even if you have an ABC extinguisher, there may be something in the fire which is going to explode or produce highly toxic smoke.

# Fire Control Training

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Pictures:








# Fire Control Training

Umair Raja (HSE Specialist)

Signature:

## STD & HIV Training Content

- Introduction
- HIV & Sexually Transmitted Infections
- Preventing Sexually Transmitted Infections
- Common Sexually Transmitted Infections
- What is HIV/AIDS
- Epidemiology
- How do you get HIV/AIDS?
- Symptoms & Signs of HIV
- Prevention of HIV/AIDS

## Pictorial View




## Training Attendance Sheet

| Document Code: | DPS/HO/QEHS/SOR-77 | Version #: | 01 | Issue Date: | 31 May 2017 |
|---|---|---|---|---|---|

**Site:** Metro Power Company Limited

**Held at:** DPS MPCL Site **Course Title:** SRD's **Date:** 23rd March, 2019

| Sr. #. | Name | Designation | Department | Signature |
|---|---|---|---|---|
| 1 | Mihan wasayo | Mess stuff | Admin | [illegible] |
| 2 | Gul Zar Ali | " | " | [illegible] |
| 3 | Khameso | " | " | [illegible] |
| 4 | Resheed | " | " | Resheed |
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Muhammad Jillani
**Trainer Name**

[illegible] 20/3/19
**Trainer Signature and Date**

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|---|---|---|

# Use of Fire Extinguisher Training Content

- Extinguishment Theory
- Classification of Fire
- Fire Extinguishing Methods
- How to use Fire Extinguisher?
- Extinguisher characteristics
- Quick Check

## Pictorial View

Training Attendance Sheet

| Document Code: | DPS/HO/QEHS/SOR-77 | Version #: | 01 | Issue Date: | 31 May 2017 |
|---|---|---|---|---|---|

Site : MPCL
Course Title: use of Fire Extinguishers.

Held at: Watch Tower No 5
Date : 05-07-2019

| Sr. #. | Name | Designation | Department | Signature |
|---|---|---|---|---|
| 1 | M. Ashraf Javed | SO | Security | |
| 2 | Miandad Sher | Supervisor | " | |
| 3 | Jan Muhammad | S- guard | " | |
| 4 | Khuda Dino Jakro | " | | |
| 5 | M, Ramzan | " | | |
| 6 | M. Siddique | " | | |
| 7 | Shdas Din | " | | |
| 8 | Abdul Qayyum | " | | |
| 9 | Noor Hassan | " | | |
| 10 | Dost Ali Samun | " | | Dost ALi |
| 11 | Jurial Khan | " | | |
| 12 | Ali Sher | " | | |
| 13 | M. Asif. | " | | |
| 14 | M. Qasim | " | | |
| 15 | Javed | " | | Javed |
| 16 | M. Azam | " | | |
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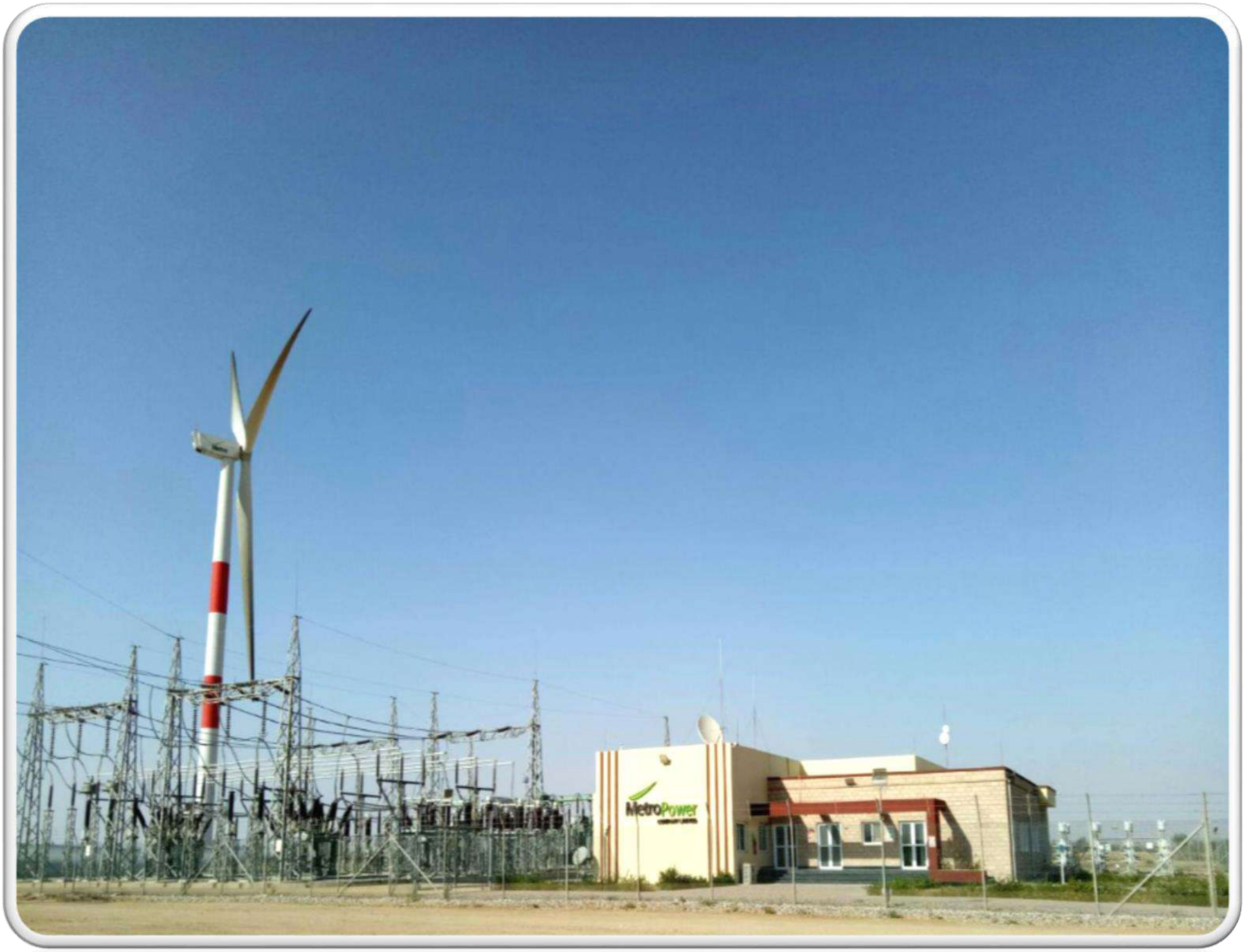
Lead Hse.
M. Jeelani Rao
Trainer Name

05/07/2019.
Trainer Signature and Date

# MEDICAL EMERGENCY RESPONSE DRILL

20th January, 2019




MPCL Site
DPS QEHS Department

# Medical Emergency Mock Drill

| Date | 20 January 2019 | Facility | Metro Power Company Limited , Jhimpir |
|---|---|---|---|

**Brief Description of the Exercise:**

Medical Emergency Mock drill was carried out at MPCL,jhimpir. A victim fell down while climbing the ladder of watch tower # 05 and got minor cut on his right knee.
At **17:00** Hrs an emergency call via motorola was made by on duty security guard to security office about the location and Medical Emergency,emergency call was received by Security officer at **17:01** Hrs.
Security Officer called to Site ERT at **17:02** Hrs.Emergency Response Team reached at location on **17:05** Hrs.
First Aid provided to the victim at **17:06** Hrs.
ERT took overall **05 mintues** to Respond the situation.
The drill was supervised by Emergency Coordinator.
At the end of drill, Emergency co-ordinator & Lead QEHS discussed with all the employees about the importance of emergency drill.The Objective of this drill was to check the response of Emergency response team members and to reveal the reaction time of internal Medical Aid.

| Parameter tested | Good | Need Improvement | Remarks |
|---|---|---|---|
| To reveal the response time of Site ERT | | √ | Site ERT took 05 minutes from DPS TSF area to location,providing first aid. |
| To check the Response of Emergency response team | | √ | Need Trainings |

**Emergency Response tested for:**

| | | | |
|---|---|---|---|
| A | General Muster | | Drill was performed to reveal the response time of Site ERT. |
| B | Remote Facility Fire or Leak | | |
| C | Project Site Fire | | |
| D | Office/Lab/Mini Warehouse, W.Shop Fire | | |
| E | Medical Emergency | √ | |
| F | Port cabin Fire | | |
| G | Kitchen Fire | | |
| H | Oil spill/leak inside facility | | |
| I | Assume raining Condition | | |

**Final Remarks**

| | |
|---|---|
| Response of Site emergency response team. | Site ERT Responded very good. |
| Availability and reliability of emergency response equipment | Sufficient. |
| Any bottlenecks in the response | **NIL** |

| Reported by: | QEHS DEPARTMENT | Date: | 20 January 2019 |
|---|---|---|---|

**PICTORIAL VIEW**