



Pakistan Oilfields Limited HSE Bulletin

July, 2021



“WHEN THUNDER ROARS, GO INDOORS”

Monsoon Season Safety

Monsoon Season in Pakistan

Rainy season or monsoon season starts in Pakistan from mid July and lasts up to mid September. Monsoon season is a blessing however, it may become nuisance in many ways due to heavy rains, windstorms, floods, road accidents & most importantly a lot of dangerous diseases associated with waterborne germs. It is therefore vital to be prepared for the monsoon weather and its associated hazards.



اگرچہ موسم برسات ایک نعمت ہے تاہم بھاری بارشوں، آندھی، طوفان، سیلاب، سڑک پر حادثات اور پانی کے جراثیم سے وابستہ خطرناک بیماریوں کی وجہ سے پریشانی کا باعث بن سکتا ہے۔ اس لئے موسم برسات سے وابستہ خطرات کے لئے تیار رہنا بہت ضروری ہے۔

What are Monsoon Hazards?

There is no denying that the rains are an important replenishment of life. Water is essential for growing crops and basic human needs; however, monsoon brings their own hazards. Some of the most common hazards are:

Electrical Hazards

Monsoon season often results in an escalation of electric shock & electrocution accidents. Wet poles, broken power lines, water penetration in electrical DBs and power sockets often become a deadly source of electrocution during monsoon. Also due to high moisture contents, metallic bodies of normal household appliances like washing machines, refrigerators etc. can become live causing severe electric shock accidents.



Lightning

A lightning strike is an electrical charge current which flows between the clouds and ground. It often occurs during



rainy season and mostly strikes the tallest object (trees, electrical poles, towers or a person standing in an open area). Each spark of lightning can reach over 100 million electrical volts which is lethal in a blink of eye. It is therefore one of the most dangerous hazard associated with monsoon season.

Windstorms

Windstorms create particularly hazardous conditions in monsoon. As wind speeds are so high that it causes weak trees to be dislodged and loose structures to be uplifted. Also in Pakistan, we have above ground electricity distribution, so electricity poles and broken electric lines create additional hazards in monsoon.



Floods & Rain Water Accumulation

Floods & rain water accumulation are the most likely hazards associated with monsoon. People living near river passing areas are most affected from flooding hazard but sometimes heavy rains can cause flash flooding in any low lying area. Rain water accumulation on roads is one of the major reasons of road accidents, electric shock accidents and waterborne diseases.



Waterborne Diseases

During monsoon season, our immune system gets weakened causing attacks of many water borne diseases. The risk of catching various diseases is extremely high due to unhygienic conditions created by water accumulation and contamination from sewerage systems. Most common monsoon diseases are;



- Influenza (Cold and Flu)
- Diarrhea & Gastroenteritis (Food poisoning)
- Typhoid fever
- Dengue fever
- Malaria

How to avoid diseases in Monsoon?

Stay healthy this monsoon season by adopting basic safety precautions as mentioned below:

- Avoid & clear stagnant water to keep mosquitoes out. Look through flower pots, ditches & corners that may be holding stagnant water.
- Wash your hands as frequently as you can with soap and warm water. Keep a bottle of hand sanitizer with you. Washing or sanitizing your hands is most effective way to avoid germs from entering your body.
- Drink clean water. The best practice is to boil it and keep it covered. Try to avoid sharing drinking glasses and utensils. Also keep all edibles covered.
- Avoid eating street food. Always try to eat fresh, home-cooked meals. Also avoid eating pre-cut fruit and vegetables or keep them in refrigerator. Keep your cooking and eating areas clean and ensure personal hygiene.
- Don't stay wet and try to change wet cloths as soon as possible. Do not enter an AC room with damp hair. There are high chances of catching a cold.



کھڑے پانی کو صاف کریں



ہاتھوں کو صابن سے اچھی طرح دھویں



صاف پانی پیئیں



باہر کے کھانوں سے پرہیز کریں



گیلے کپڑے فوری طور پر تبدیل کریں

Driving Safety in Monsoon

During monsoon season, there is greater risk for road accidents due to slippery roads, impaired vision and windstorms. Follow these steps to avoid road accidents in this season.

دوسری گاڑیوں سے مناسب فاصلہ رکھیں	جہاں بارش یا سیلاب کا پانی ہو وہاں گاڑی لے جانے سے گریز کریں
بارش کے دوران گاڑی کی ہیڈ لائٹ جلائے رکھیں	اپنی گاڑی کی رفتار مقرر کردہ حد رفتار سے کم رکھیں
پریشانی سے بچنے کے لئے موسمی صورت حال دیکھ کر گھر سے نکلیں	گاڑی کے واپس کو درست حالت میں رکھیں اور بروقت مرمت کروالیں

General Safety Tips for Monsoon Season

Here are general safety tips to be followed during monsoon season:

موسم برسات میں احتیاتی تدابیر

- 1 Stay updated with weather forecast
موسمی صورت حال سے آگاہ رہیں
- 2 Repair damaged roofs and keep them clean
خراب چھتوں کی مرمت کو یقینی بنائیں اور بہتر نکاسی کے لئے انہیں صاف رکھیں
- 3 Repair broken glasses of your windows
کھڑکیوں کے ٹوٹے ہوئے شیشوں کی بروقت مرمت کروائیں
- 4 Avoid going in accumulated rain water
بارش کے کھڑے پانی میں جانے سے گریز کریں
- 5 Keep away from electric lines and poles
بجلی کی تاروں اور کھمبوں سے دور رہیں
- 6 Don't perform electric repairs during rain and thunderstorm
بارش اور طوفان میں بجلی کی اشیا کی مرمت سے گریز کریں
- 7 Avoid driving in heavy rain
تیز بارش یا طوفان میں گاڑی چلانے سے گریز کریں
- 8 Timely de-choke clogged sewerage
سیوریج کی بروقت صفائی اور نکاسی کو یقینی بنائیں
- 9 Stay away from high ground during a thunderstorm
بارش اور طوفان میں آسمانی بجلی سے بچاؤ کے لئے اونچی جگہوں پر مت رکھیں
- 10 Keep sufficient stock of groceries & important medicines
کھانے کا سامان اور ضروری دوائیاں حسب ضرورت اپنے پاس محفوظ کر لیں
- 11 Take precautions to prevent diseases
موسمی بیماریوں سے بچنے کے لئے احتیاتی تدابیر اپنائیں
- 12 Keep important documents, equipment and chemicals above ground
ضروری اشیا، دستاویز اور کیمیکلز کو پانی سے بچانے کے لئے زمین سے اونچی جگہ پر محفوظ کریں