



Pakistan Oilfields Limited

HSE Bulletin

November, 2021



“AS TEMPERATURE DECLINES, KEEP SAFETY IN YOUR MIND”

WINTER SEASON AND ITS PRECAUTIONS

Winter Season in Pakistan

Pakistan has a short span of winter season which starts from the middle of November and ends in the middle of February. Most areas of Pakistan experience fairly cold winter, often accompanied by rain, snow & fog with temperatures decreasing close to zero degree celcius at night time.



Winter Season Hazards

Winter has its own attraction and fascination however, it is associated with certain hazards which can become life threatening if not taken seriously. Following are some of the major hazards a of winter season:

Seasonal Flu:

Seasonal flu or influenza is a viral respiratory illness caused by flu virus especially in winters. People can catch flu due to dry winds and sudden climatic changes in early winter. As per WHO, COVID-19 and influenza viruses have similar disease patterns; however adequate treatment options are available for seasonal flu. It is important to note that seasonal flu can also lead to other serious respiratory diseases if not treated timely. Seasonal flu is also contagious and can be transferred from one person to another.



Skin Diseases:

During winter, skin diseases like dry skin, itchy rash, cracked skin and dermatitis are very likely to occur. This occurs due to low humidity contents and dryness during winter season. Children are more likely to get skin diseases during winter. Skin problems in extreme cases may lead to bleeding and other serious complications.



Hypothermia:

Hypothermia is a medical emergency when body loses heat faster than it produce heat, causing a dangerously low body temperature. Hypothermia can even occur in our region's winter temperatures when it's windy or when a person is wearing wet clothes. Untreated, hypothermia can lead to death.



Fog:

Fog is a natural phenomenon in winters where outdoor visibility is significantly reduced. Our region has the fog season which starts from November and ends in January. Rate of road accidents is much greater while driving in fog as it impairs the visibility leading to unexpected vehicle collisions.



Smog:

Smog is also a winter hazard in our region as it occurs in populated areas due to air pollution and cold temperature. It is a mixture of smoke and fog. Smog adds the risk of getting sick during winter season as it contains dangerous airborne chemicals. Frequent exposures to smog can lead to serious respiratory problems.



Use of Room Heaters:

Use of room heaters during winter season is a common practice. All forms of heaters may serve to prevent you from cold, but all of them have their own risks. Fire & explosion, carbon monoxide poisoning, burns and electric shocks are common risks involved in the use of heaters. Also use of



heaters lower the humidity level in a closed room which can cause skin and breathing problems in long term use.

Use of Geysers:

Electric or gas geysers are one of the most common appliances that are used in every home during winter season. However, people barely realize how dangerous they can be. Burns, fire, electric shock, geyser explosion and CO₂ poisoning are most common hazards associated with the use of geysers.



پانی گرم کرنے والے آلات کا استعمال

How to Prevent from Winter Hazards

Dress Warm:

The first protection from winter hazards is use of proper clothing. Dress warm with a wind resistant outer layer if you are going outside, wear cap, mask & gloves and keep your face & neck warm with a scarf. Use face masks to prevent from smog.

گرم کپڑوں کا استعمال کریں، خود کو ٹھنڈی ہوا سے محفوظ رکھیں، ٹوپی، ماسک اور دستاں پہنیں اور اسکارف سے اپنے چہرے اور گردن کو گرم رکھیں۔

Stay Dry:

Try not to get wet. Remove any wet clothing immediately and wear dry cloths.

کوشش کریں کہ آپ کے کپڑے گیلے نہ ہوں۔ گیلے کپڑوں کو فوری طور پر تبدیل کریں۔

Stay Hydrated:

To avoid skin diseases, increase water intake, cover your skin as much as possible and use moisturizers.

جلد کی بیماریوں سے بچنے کے لئے پانی زیادہ پیئیں، جلد کو ڈھانپ کر رکھیں اور مونسچرائزر استعمال کریں۔

Precautions for Room Heaters:

Be extra careful when using room heaters. Always ensure proper ventilation in the room where heater is operating. Keep room heaters at least 03 feet away from other objects and yourself. Switch off the heater before sleeping or leaving the house, office and rooms.

ہیٹر کے استعمال میں بہت زیادہ احتیاط برتیں۔ جہاں ہیٹر چل رہا ہو وہاں ہوا کی نکاسی کو یقینی بنائیں۔ ہیٹر کو خود سے اور دیگر اشیاء سے کم از کم 03 فٹ کے فاصلے پر رکھیں۔ سونے سے پہلے یا گھر / دفتر سے باہر جانے سے پہلے ہیٹر کو بند کر دیں۔

Precautions for Geysers:

Take necessary precautions for geysers. Always install geysers outside the washroom in well ventilated area to avoid carbon mono oxide poisoning and gas explosions. Ensure that all geysers are equipped with a pressure relief valve.

Regularly check for gas leakages and maintain geysers in good working condition. For electric geysers, ensure proper electric connections, earthing and installation of earth leakage circuit breaker.

گیزر کے استعمال میں بہت محتاط رہیں۔ کاربن مونو آکسائیڈ پوائزنگ اور گیس کے دھماکوں سے بچنے کے لیے ہمیشہ گیزر واش روم کے باہر ہوا دار جگہ پر لگائیں۔ یقینی بنائیں کہ تمام گیزر پریشر ریلیف والو سے لیس ہیں۔ باقاعدگی سے گیس کی لیکج کی جانچ کریں اور گیزر کو اچھی حالت میں رکھیں۔ الیکٹرک گیزر کے لیے، مناسب برقی کنکشن، ارتھنگ اور ارتھ لیکج سرکٹ بریکر کی تنصیب کو یقینی بنائیں۔

Drive Safely in Fog:

دھند میں ڈرائیونگ کی احتیاتی تدابیر

تیز رفتاری سے گریز کریں

موسم کی صورت حال سے آگاہ رہیں

دوسری گاڑیوں سے مناسب فاصلہ رکھیں

گاڑی کی بریک درست حالت میں رکھیں

ٹریفک کے اشاروں کی پابندی کریں

گاڑی کے واپر درست حالت میں رکھیں

دھند میں فوگ لائٹس کے استعمال کو یقینی بنائیں

گاڑی کی شیشوں سے دھند بروقت ختم کرتے رہیں

سڑک کے کناروں پر لگی لائن پر نظر رکھیں

موبائل فون کے استعمال سے گریز کریں

بار بار لین تبدیل کرنے سے گریز کریں

لین تبدیل کرتے وقت اشاروں کا استعمال کریں