

# **SAFETY ADVISORY**

# SUMMER / MONSOON SAFETY ADVISORY

## WORKING OUTDOORS:

- Make sure your safety gear is in a serviceable/usable condition, use PPE.
- Keep a small towel/ piece of cloth and wipe your tools dry before you use them.
- Use Gum boots and check that the soles have proper tread which avoids slipping.
- Ensure use of safety belt while working at heights.
- Keep away from trees, tall objects, metal objects and water during a thunderstorm.
- Lookout for open manholes if you have to wade through standing water, use a stick to feel the ground in front.
- Move cautiously because rain causes slick surfaces, work more slowly particularly when climbing ladders.
- Make sure you can be seen. Wear high-visibility clothing, especially in areas with vehicle traffic and heavy machinery.

## AT HOME / OUTDOORS:

- Telephone or cable TV wires that are touching a power line could become energized and should be avoided.
- Stay clear of areas where there is a lot of debris or downed trees. It could conceal an energized power line.
- Stay clear of chain link fences that may be energized if touching a downed line.
- Stay away from any water that may have downed wires in or near the area.
- Notify KE of any downed lines by reporting on KE website safe card

## WHILE DRIVING:

- Use safety belts while driving
- Make sure the windshield wipers are in working condition.
- Be aware of falling trees, which could fall due to wind or lightning.
- Turn on your emergency flashers.
- Do not touch any metal objects in the car.
- Avoid driving on roads covered by water.
- Stay toward the middle lanes—water tends to pool in outside lanes.
- Don't follow large trucks or buses too closely, because the spray created by their large tires can reduce vision.
- Be more alert watching for brake lights in front of you.
- Avoid using your brakes; if possible, take your foot off the accelerator to slow down.
- Never drive beyond the limits of visibility.
- When you need to stop or slow, do not brake hard or lock the wheels and risk a skid.

# WINTER SAFETY ADVISORY

Cold and flu symptoms are common. This advisory aims to educate how to differentiate between the two and spells out precautions needed to be taken to prevent occurrence.

## **COLD (Common Cold)**

It is a viral [infectious disease](#) of the upper [respiratory system](#)

### **Signs and Symptoms**

[Cough](#), [sore throat](#), [running nose](#), and [nasal congestion](#); may be accompanied by [conjunctivitis](#) (pink eyes), [muscle aches](#), [fatigue](#), [headaches](#), [shivering](#), and [loss of appetite](#).

## **FLU (Seasonal Influenza)**

It is a contagious respiratory illness caused by influenza virus. It can cause mild to severe illness and at times can lead to death. Flu is different from a cold and usually comes on suddenly with all or some of the following symptoms.

### **Symptoms**

Fever or feeling feverish, Cough, Sore throat, Running or stuffy nose, Muscle or body aches, Headache, Fatigue (tiredness) and Rarely, Vomiting, diarrhea (common in children)

**SPREAD OF FLU:** The flu virus spreads mainly through droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouth or nose of people nearby. Touching surface or objects that have such droplets and carrying them to our mouth or nose may also cause catching of this virus. It is important to note that not everyone with flu will have fever.

**The symptoms of cold & flu overlap, however symptoms of flu are usually more severe.**

### **TIPS FOR WORKING IN COLD WEATHER:**

- Dress in layers so you can adjust for colder conditions but avoid sweating. Cover the head & wear gloves.
- Wear face protection to avoid skin exposure, depending on how cold it is, use sunglasses if it is sunny.
- Cover mouth & nose in extreme cold so that the air you breathe is not immediately cold to your lungs.
- Apply ointments/lotion/oil to keep the skin protected from dryness.

**COMPLICATION:** - Usually people recover in a few days to less than a week. But it may complicate like;

- Pneumonia
- Bronchitis
- Sinus & ear infections

### **PREVENTION:**

1. Vaccination
2. Avoid close contact with flu patient
3. Stay at home when you are sick
4. Cover your mouth & nose
5. Clean your hands- washing hands frequently
6. Avoid putting hands in eyes, nose & mouth.
7. Avoid travelling under treatment
8. Practice good health habits e.g. sound sleep, manage stress, drink more fluids, eat nutritious food.

# EARTHQUAKE ADVISORY

Actions required to be taken during an earthquake.



## During the Earthquake:

- If you are indoors, stay there. Quickly move to a safe location in the room such as under a strong desk, a strong table, or along an interior wall. The goal is to protect yourself from falling objects and be located near the structural strong points of the room. Avoid taking cover near windows, large mirrors, hanging objects, heavy furniture, heavy appliances or fireplaces.
- If you are cooking, turn off the stove and take cover.
- If you are outdoors, move to an open area where falling objects are unlikely to strike you. Move away from buildings, power lines and trees.
- If you are driving, slow down smoothly and stop on the side of the road. Avoid stopping on or under bridges and overpasses, or under power lines, trees and large signs. Stay in your car.

## After the Earthquake:

- Check for injuries, attend to injuries if needed, help ensure the safety of people around you.
- Check for damage. If your building is badly damaged you should leave it until it has been inspected by a qualified professional.
- If you smell or hear a gas leak, get everyone outside and open windows and doors. If you can do it safely, turn off the gas at the meter. Report the leak to the gas company and fire department. Do not use any electrical appliances because a tiny spark could ignite the gas.
- If the power is out, unplug major appliances to prevent possible damage when the power is turned back on. If you see sparks, frayed wires, or smell hot insulation turn off electricity at the main fuse box or breaker. If you will have to step in water to turn off the electricity you should call a professional to turn it off for you.

Provincial Disaster Management Authority may be contacted on +92-21-99251458-9, +92-21-35830193-4 in case of emergencies

# WEATHER ADVISORY - Tropical Cyclone

The current weather advisories forecast heavy rains for Karachi from tomorrow till Friday. The cyclone is not expected to hit Karachi, however the rains and winds associated with it can cause severe difficulties.

## Here's what you can expect:

- Power outages
- Shortage of water supply for extended period (due to power outages)
- Temporary fuel shortage (deliveries impacted and high demand)
- Communication breakdown (Mobile networks, landlines, internet)

## What you need to do now:

- Refuel and maintain full tanks
- Stock dry rations for the rest of the week (note this is also a long weekend)
- Keep cash handy (ATMs, Credit Card services may be disrupted due to communication links failure)
- Ensure life saving drugs/medication are stocked
- Stock up on candles, matchsticks, batteries for torches
- Keep emergency contact numbers handy
- Turn up the cooling of your fridge/freezer (allows food items to remain fresh longer)
- Stay abreast with the news

## What you need to do during and after the rains/storm:

- Stay abreast with the news and advisories
- Avoid moving out on the streets until the storm passes
- Park your vehicles in location to prevent from damage due to falling items (trees, billboards, etc)
- Avoid unnecessarily opening your fridge (in case of extended power breakdowns the food will spoil)
- In case water has entered your home switch off the power supply and only switch on when its dry
- Do not pump water from the underground water tank in case it has been contaminated
- When stepping out of the house be wary of items that may have been dislodged and could fall on you or others
- Stay away from accumulated water around electrical installations.
- Don't attempt to repair electrical system or pull wet tree limbs off electric lines.
- Don't touch wet electrical switches. Particularly outdoor switches must be touched using non-conductor material.
- Do not lock motorcycles or bicycles with electric poles.
- Do talk to your family/children about risks associated with electricity during rainy/windy season.
- Do not touch or fiddle with any falling electric wires. Report such observation to concerned K Electric office, if possible.