

## F2 Logistics Safety Health & Environment Committee

### Executive Summary Report

January 2020

It's a brand new year, F2 SHE Committee has prepared its programs for the year and is excited to lay it down for the F2 Organization.

#### F2 Logistics Biggest Loser Season 4

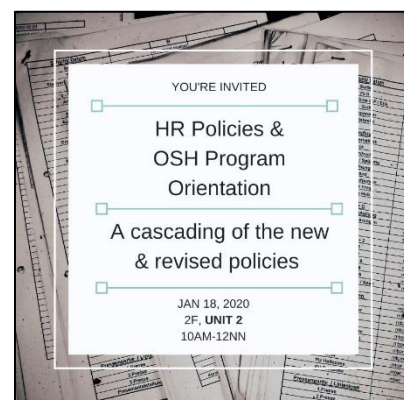
F2's Human Resource Department launched the 4th season of F2's own Biggest Loser Challenge last January 20, 2020. This challenge is to encourage employees to gain healthy wellness habits and lose unhealthy habits as they participate in friendly competition against co-workers to see who can lose the most weight in a designated time period. It was joined by 21 participant and will be running for 9 weeks until the end of March 2020. Let us see who will rise up on the challenge, result will be on the March issue of F2 SHE Committee Executive Summary Report.



#### Safety, Health & Environment Orientation

On January 18, 2020, the HR Policies and SHE Orientation was initially conducted for the SHE Committee members and F2 Global employees. The Occupational Safety and Health Program of F2 Logistics Philippines, Inc. and F2 Global Logistics, Inc. and SHE's Policies and procedures were the topics for the SHE Orientation. Another batch of employees for HR and SHE Orientation will be schedule by HR.

This is a part of our commitment in communicating our Safety, Health & Environment policies and procedures to the employees.



### Taal Volcano Eruption

It was also in January 2020 that an unexpected calamity was experienced by the people in Southern Luzon, Taal Volcano erupted last January 12, 2020, and the said volcano continuously became active resulting to declaration of state of calamity in some areas. This has caused suspension of classes, work schedules, cancellation of domestic and international flights and evacuation of thousands of families. Ash fall was the biggest impact for employees of F2 in Manila. It has even reached the northern part of Luzon.


Volcanic ash consists of tiny jagged particles of rock and natural glass blasted into the air by a volcano. Ash can threaten the health of people and livestock, pose a hazard to flying jet aircraft, damage electronics and machinery, and interrupt power generation and telecommunications.

F2 SHE Committee has reminded the employees on the safety guidelines on the ash fall every day through email blast.


Reminders from SHE Committee

**Reminders:**

- For employees commuting, please wear dust mask on your way home (Preferably the N95 type).
- Go home directly, postpone any unimportant plans of going out to minimize ash fall exposure. Remove ash from your body before interacting especially with kids or babies.
- Listen to news and be aware of the current situation.



## Ash Fall


Volcanic ash consists of powder-size to sand-size particles that have been blown into the air by an erupting volcano. Exposure to falling ash may cause a number of health problems. Anyone who already suffers from health problems such as bronchitis, emphysema, or asthma should avoid exposure to volcanic ash.

**Health Effects**

- Nose and throat irritation
- Coughing
- Bronchitis-like illness
- Discomfort while breathing
- Eye irritation
- Minor skin problems
- Injuries/death due to roof collapse or vehicular accident resulting from slippery roads and poor visibility

**Ways to cope with Ash Fall**


- Minimize exposure to ash
- Stay indoors as much as possible
- Keep doors and windows closed
- Keep home from infiltration by using damp curtains, blankets or clothing
- Use dust masks
- Wear goggles or eyeglasses to protect eyes from irritation
- Keep pets in closed shelter
- Clear your roof of ash
- Observe traffic notifications and road safety measure




## PAYONG KALUSUGAN HABANG MAY PAGSABOG NG BULKAN




EPEKTO SA KALUSUGAN



Troma at mga pisikal na mga pinsala



Mga problema sa бага



Sunog sa balat at pangangati



Pangangati ng mata



Mga problema sa sikhura


MGA DAPAT MONG GAWIN



Sundin ang mga patakaran sa paglikas




Para sa pangkalahatang populasyon: Magsuot ng simpleng mask



Manatili sa loob ng bahay; huwag lumabas maliban na lang kung talagang kinakailangan




Magsuot ng pangproteksiyon sa mata



Iwasan ang mga lugar na mababa at dinaraan ng hangin mula sa bulkan






Tiyaking ligtas ang tubig na iniinom at pagkain na kinakain



Para sa mga bata, matatanda at taong may mga problema sa paghinga: Magsuot ng mask na humaharag sa mga tipik ng abo

Bisitahin ang pinakamalapit na ospital o health center kung ikaw ay may karamdaman.

@WHOPhilippines



WWW.F2LOGISTICS.COM



### Novel Coronavirus 2019

While coronavirus outbreak in China has been in the news, it was January 30, when the first confirmed coronavirus case was reported, SHE Committee was already sending out awareness information on the coronavirus and safety reminders to the employees. Also, SHE Committee has started to implement its precautionary measures like setting up sanitizer stations in the entrances of the facility, frequent cleaning of most touched objects in the office like door handles, stair banisters, light switches, etc.

SHE Committee will continue to implement precautionary measures and will closely monitor this coronavirus outbreak for the safety and health of the F2 organization

## CORONAVIRUS

SOURCE | WORLD HEALTH ORGANIZATION

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans.

**HOW TO REDUCE YOUR RISK OF CORONAVIRUS INFECTION:**

- Clean hands with soap and water or alcohol-based hand rub
- Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu-like symptoms
- Thoroughly cook meat and eggs
- No unprotected contact with live wild or farm animals

**PROTECT YOURSELF AND OTHERS FROM GETTING SICK**

**WASH YOUR HANDS**

- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are dirty
- After handling animals or animal waste

**#MakeSafeHappen**

**#F2Cares**



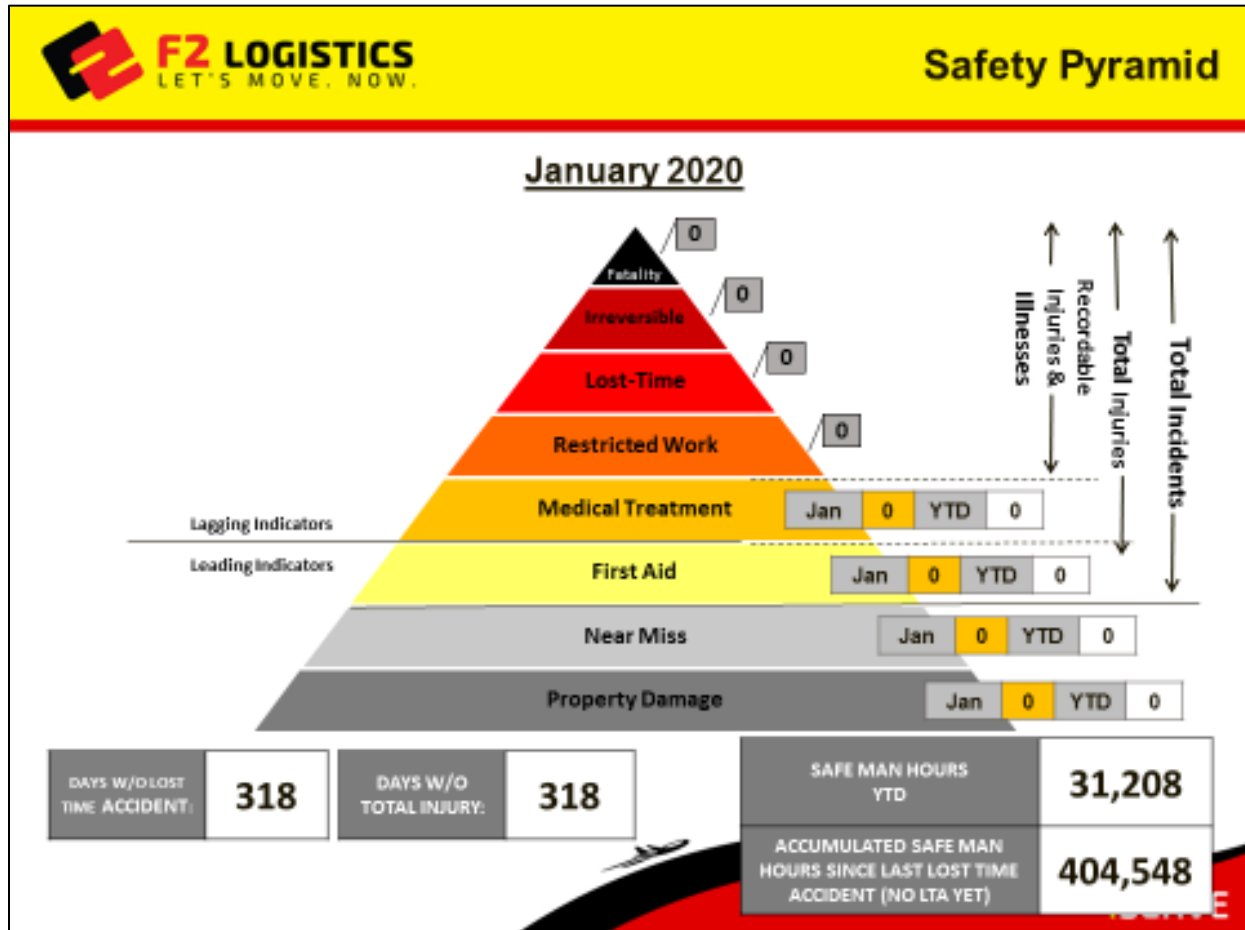
**SAFETY TEAM**  
SHE COMMITTEE






### Safety Data Monitoring

For the month of January 2020, Safety Pyramid Report below is the reflection of our Company's SHE Committee commitment to the safety and health of its employees.



#### Legend:

- 1) Days without Lost Time Accident - refers to total safe man days for all employees both F2 Logistics and F2 Global without reported lost time accident. It will return to zero when a lost time accident occurs.
- 2) Safe Man Hours YTD - total man hours per month from January 2020 to date
- 3) Accumulated Safe Man Hours- total safe man hours for all employees both F2 Logistics and F2 Global without reported lost time accident since the start of the program in January 2019 to date. It will return to zero when a lost time accident occurs.

