

TAKE THIRTY

Introduction - Peter Baker, Head of HSSE

Welcome to the second edition of our newsletter. Thank you to those who took the trouble to give us feedback, this has been largely positive which is always welcome.

Our main article this month will focus on the issue of dust, please read it, make the time to follow the link and research the matter further. I guarantee you will learn more about a subject that can affect us all.

You will notice a Word Search puzzle is included within the newsletter, the key words all relate to the subject of dust, 10 in total.

Read the article, do the puzzle, write your name & employee No. in the space provided, scan and email to the HSSE Department, the winner will be selected at random and a donation of 10 Omani Rials will be made to a charity of your choice.



60 Seconds with - Lal Babu, Carpenter



- Q. How long have you worked for Douglas OHI?
- A. Since 1989 - almost 28 years.
- Q. What have been the biggest (HSE) changes you have noticed since then?
- A. When I joined the company, I was not really aware of safety, now with all the different initiatives such as the Tool Box Talks and Safety Nights we have learnt how important HSE is in our everyday work.
- Q. Why is it important that HSE is well managed at Douglas OHI?
- A. Taking care of employees improves the reputation of the company.
- Q. Why is it important to you that HSE is managed well?
- A. Our HSE department always says that we should go home to our families in the same condition that we came to work. It is true.
- Q. Who is responsible for managing HSE?
- A. Everyone has responsibility for managing HSE.
- Q. How can we manage it better?
- A. Providing training to improve the awareness of new employees and subcontractors.
- Q. If we see somebody doing something well, what should we do?
- A. We should show our appreciation in front of our co-workers to motivate and inspire others.
- Q. Is there anything that Douglas OHI should be proud of?
- A. Douglas OHI looks after its employees. I have been with the company for 28 years and am proud to work for a company which values its employees.



Construction Dust

Construction dust is not just a nuisance; it can seriously damage health; some types can eventually kill.

Construction dust is a general term used to describe different dusts that we may find in and on our sites, factories and workshops. There are three main types:

- Silica dust - cutting or drilling silica containing materials like concrete, blocks, mortar.
- Wood dust - working on softwood, hardwood and wood-based products like MDF and plywood;
- Lower toxicity dusts - created when working on materials containing very little or no silica. The most common include gypsum (in plasterboard), limestone and marble.

Website Link

<http://www.hse.gov.uk/construction/healthrisks/hazardous-substances/construction-dust.htm>

Health risks

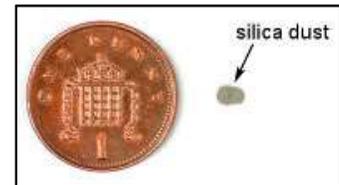
The main dust-related diseases affecting workers are:

- Lung cancer;
- Silicosis (scarring or thickening of the lungs);
- Chronic obstructive pulmonary disease;
- Asthma.

Some lung disease, like advanced silicosis or asthma, can come on quite quickly.

However, most of these diseases take a long time to develop. Dust can build up in the lungs and cause harm gradually over time.

The amounts needed to cause this damage are not large. According to research done in the UK, the largest amount of silica someone should be breathing in a day after using the right controls is shown above next to a British penny.



Controlling the Risks

You may need to use a range of controls to manage the dust.

Eliminate / Reduce:

Look at the ways to stop or reduce the amount of dust generated before work starts. You can achieve this by:

- using different materials
- using different tools or work methods

Control at Source:

Where this cannot be done, it is important to stop dust getting into the air. Think about using:

- Water suppression
- On-tool extraction

This equipment is available, just talk to our Plant Department

Masks

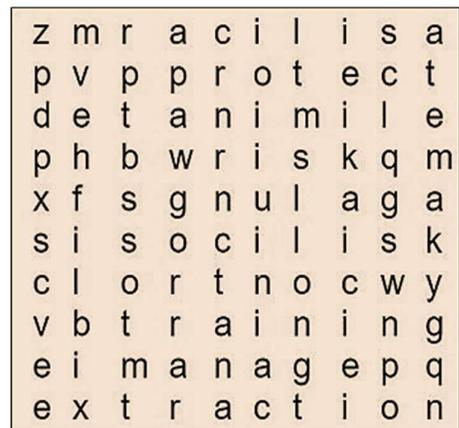
Some tasks produce so much dust that water suppression or on-tool extraction is not enough on its own. In these cases, masks or other respiratory protective equipment (RPE) will also be needed. Remember; a mask is the last line of protection and should only be used once the other controls have been used.

Training

- Make workers aware of the risks posed by dust.
- Instruct them in how to use and maintain tools and equipment.
- Train workers in how to fit, store and maintain masks.

Other Controls

You may need to combine these controls in some situations with other measures like keeping other people away from the work, stopping any dust spreading with sheeting, rotating those doing the work or getting extra ventilation to the work area.



Name:

Emp. No:

See if you can find 10 words that relate to this article in the Word Search. Don't forget a donation of 10 OMR will be made to a charity of your choice.

It's all in Blood!



486 lives were saved by 162 Douglas OHI employees through the blood donation campaign organized in Ghala, Sohar and Salalah camps.

It is estimated that 3 people may be saved from the blood donated by 1 person. Blood donation also helps donors to reduce the chances of heart attack, improve the cardiovascular health, lowers the risk of stroke, cancer and enhances the production of new blood cells.

We would like to thank everyone who helped make this life saving campaign a success.

Office Clear Out

Douglas OHI has conducted office clear out - a week's program of collecting paper waste, office supplies and IT equipment from the Head Office premises.

With great support from all employees, we have successfully collected 1 tonne of paper waste, which was sent to Muscat Daily for recycling, along with office supplies which Central Stores can reuse.



Paper Less Pay roll



Anytime Awards have been distributed to the employees who designed and launched the first Online Payroll System. Within just two weeks, the team managed to complete all the IT programming and testing. The new secured system means we can save on paper and printing.

The paperless payroll system has drastically reduced our carbon footprint and also the time spent on completing this highly sensitive task. All employees can access their pay slips electronically.

A Thought for Food

A survey report states that nearly 1.3 Billion tonnes of food is lost or wasted every year around the world. Oman throws food waste worth approximately 45 million Omani Riyals every year. Are you a part of it?

Your food does its job best when it's on a plate ready to be enjoyed. Saving food - saves money, which in turn helps to slow down global warming and deforestation.

Reducing the amount of food that ends up in the bin, also means you can say goodbye to unnecessary packaging waste. If we all make a few small changes, together we can make a big difference.

Turning less food into rubbish can also make a real difference to the world around us - and that's something we can all get on board with.

It takes water, energy, fuel and packaging to produce the food we all love.

Does it really belong in the bin? Of course, not!

It's easy to make a difference, Keep it out of the Bin.

Go on, have a go! With your help, we can turn the tide on food waste in Douglas OHI.

**EAT WHAT YOU WANT,
EAT WHAT YOU WILL,
JUST DON'T LET FOOD
END UP IN A LANDFILL.**

And Finally...



One of our sub-contractor employee Mr. Binu Kumar lost his wallet at Liwa Plastics project site, Sohar containing almost a month's salary with all his official identity cards.

TCC Safety officer, Mr. Chang, had found the wallet after two days at the workplace and handed over the wallet to the HSE Department on site.

The owner of the wallet was Mr Binu Kumar and he was delighted and relieved to have his wallet back, along with all its contents intact.

This act of kindness cannot go unnoticed and Douglas OHI would like to extend a sincere thanks to the TCC employee for his honesty and integrity in the workplace.

Mr. Chang, TCC employee has been nominated for the Anytime Award.

Food for Thought

*When 'i' is
replaced By 'we'*

*Even
'illness'
Becomes
'Wellness'*

Contact HSE

We appreciate your feedback on our newsletter, and would welcome any articles, photos or questions.

Simply email us at hse@douglasohi.com.