

# TAKE THIRTY

## Introduction - Peter Baker, Head of HSSE

Welcome to our latest newsletter, a means by which we share knowledge, good ideas and best practice from around the business.

The theme this month is that of muscular pain, probably the correct title for the article should feature the phrase Manual Handling or Muscular Skeletal Disorder. The bottom line is that no matter how you choose to describe it, muscular pain ranges from being mildly annoying to one of the most common reasons people are off work. In addition to the impact it has on a business, the impact on the individual can be huge.

This month's article has not been written by a HSE Adviser, but by Maha Al-Amri from the viewpoint of someone who knows about this issue from first-hand experience.

Make time to read this article, and see how you can apply the logic to how you work or plan the work of others.

Our HSSE crossword features 7 answers relating to the article, please give it a try and a donation will be made to the charity of choice for the winner.

## 60 Seconds with - Amur Al Shuaaibi, HSE Advisor



Q. How long have you worked for the company?

A. Two years in this company as HSE Advisor

Q. What award did you receive?

A. I was recognised in Do the Right Thing Annual award category.

Q. Why did you get it and not others?

A. Lifting Supervisor was a challenging task that I accepted. I took pride in fulfilling the requirement.

Q. How did you feel when you received it?

A. I was very happy and proud to receive the award. This has motivated me, and I look forward to doing something better every time.

Q. What advice would you give to others regarding HSSE?

A. I always advise my colleagues to work safely and aim to be accident free. I look forward to increasing safety awareness in my team and with my colleagues.

Q. What's next for you?

A. As lifting supervisor, I have proved myself to be successful and in the future, I will work harder to move forward and look forward to becoming a lifting manager in the company.

Q. Why is HSSE important to the company?

A. Accidents and incidents are unpredictable and could happen in fraction of second, if we are not proactive at work. This reflects in a poor reputation for the company and will also lose a lot of money & time. Hence, safety plays an important role in everything. Life and safety is everyone's responsibility.



## Ever heard of U.L.D.s ? by Maha Al Hamri

Upper Limb Disorders (ULD`s are musculoskeletal disorders (MSDs) that affect the shoulder, neck, elbow, forearm, wrist, hand and fingers. The (UK) Health and Safety Executive estimates that as many as 370,000 people in Britain are affected by an upper limb disorder of some kind (I wonder how many people in Oman suffer?) In the past, these disorders have been widely known as repetitive strain injury, but it is now accepted that they can occur without a person having carried out repetitive activities. In fact, while some upper limb disorders have an exact diagnosis, the cause and treatment of some upper limb pains can be more difficult to identify.

### Website Link

<http://www.hse.gov.uk/msd/uld/index.htm>

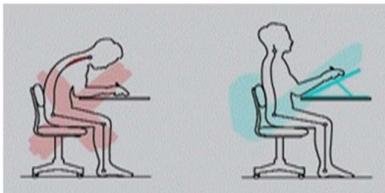
Work that involves a lot of physical labour can often create problems, one of the most common issues that people have to deal with is back pain. Office workers are more vulnerable to this problem than you might think. Since this problem can develop for a variety of different reasons it is important that you seek advice. If the problem is relatively minor, but you still have to deal with the pain, there are some ways to help you with that and how to best avoid it in the future.



### Overworked

The most obvious symptoms that your back is overworked and that you need to slow down a bit is pain in the lower back area, strained muscles and slightly elevated temperature that lasts for up to 24 hours. Take a break on regular basis and slow down a bit, there will still be time to get your job done if you don't hurt yourself by working too much. If you have to deal with a lot of physical activity give your body time to recover. This way you can avoid a lot of pain issues and potential injuries.

### Posture



If you spend lot of time working behind a computer or sitting in general, your posture can really affect your back and cause all kinds of problems especially if you don't sit in the correct position. The best way to prevent this is to correct your posture. Sitting at a proper distance from your monitor and having your back and thighs at a 90-degree angle will allow your back muscles to relax and help you with back pain. Correct your posture now!

### Desk Work

If you do a job that requires a lot of sitting, it is important that you use a chair that supports your back and that it is adjusted properly. Chairs that don't provide your lower back with the support needed and those that put you in an uncomfortable sitting position can cause back pain. Whether you spend all your work day in the seat of a vehicle or office chair it is important that you find one that gives proper back support.



It is essential that you relax your back relax from time to time and give it enough time to recover from physical stress. This can easily be achieved by planning your work to reduce the time you are sitting down, i.e. standing up if possible to take or make a phone call, doing some filing etc.

Make sure that you don't lift anything too heavy without warming up first, you will avoid a lot of back pain issues.



### How to Fight Work-Related Neck Pain

A pain in the neck is the curse of many office workers who sit at a desk for long periods of the day with bad posture. The term “tech neck” is often used to describe the condition of people who suffer neck and upper back pain due to poor workstation set up that forces them to look down with their shoulders hunched up over a keyboard. Good posture and better workstation ergonomics will help alleviate this pain.

- ✓ Sit in your chair properly with your lower back supported as much as possible by a back rest and a lumbar support pad or a rolled-up towel.
- ✓ The screen should be positioned one arm’s length away from you and aligned with your body so you’re facing it straight, with the top of the screen at eye level.

### How to Fight Work-Related Shoulder Pain

This type of pain is also common among office workers and those who drive a lot, such as professional drivers. Sitting in the same position for hours on end is the cause of much of it.

- ✓ Drivers should sit upright with their head supported by the headrest so they can comfortably see all mirrors.
- ✓ Your mirrors can be used as a guide to make sure the correct posture is maintained. Do not sit too far away from the wheel as you will round your shoulders if you have to overreach.
- ✓ The wheel should be level with your wrists and when you hold it, there should be a slight bend in your arms.
- ✓ When you stop at traffic lights, move your neck and shoulders to loosen those tense muscles and to help improve your circulation.



See if you can find 7 words that relate to this article in the crossword. Don’t forget a donation of 10 OMR will be made to a charity of your choice.

Write your name & employee No. in the space provided, scan and email to HSSE Department.

Name:
Emp. No:

#### ACROSS

- 3 The position in which someone holds their body when standing or sitting (7)
- 4 Many people suffer with this (4,4)
- 5 The most obvious symptoms that your back is overworked (8,7)
- 7 Can be supported with a rolled-up towel to reduce the likelihood of back pain. (5,4)

#### DOWN

- 1 Taking these will help to avoid lot of back pain issues (7,6)
- 2 Term used to describe the pain caused by poor workstation design (4,4)
- 6 The UK HSE believe 370,000 people are affected by this in Britain. (3)

The crossword puzzle grid consists of white squares for letters and grey squares for empty space. The starting letters for the clues are as follows:

- 1.R: Down, 1st row, 1st column.
- 2.T: Down, 2nd row, 8th column.
- 3.P: Across, 3rd row, 6th column.
- 4.B: Across, 4th row, 6th column.
- 5.S: Across, 5th row, 1st column.
- 6.U: Down, 6th row, 8th column.
- 7.L: Across, 7th row, 1st column.

## Omani Women's Day



Douglas OHI reinforced its commitment to empowering female employees by celebrating Omani Women's day on 17th October 2017. A special gathering was held for female employees at our Head Office, Ghala. This initiative not only addressed Omani Women's Day, but also Breast Cancer Awareness Month. We were delighted to be joined by a member of Oman Cancer Association (OCA) - Faiqa al Sinawi, Ministry of Health who delivered a speech about awareness, early detection, treatments and palliative care for breast cancer.

Our guest speaker, Manal al Balushi, who recently received 'Omani Young Water Researcher Award' from Middle East Desalination Research Centre and Diam - The Public Authority for Water Resources, shared her experience in this project with the Omani women employees and she emphasized on the importance of saving water in Sultanate of Oman considering our future generations.

## Charity donation by J&I Division

Douglas OHI's Joinery & Interiors division and Dar Al Atta - a registered charity organisation in the country, joined hands to help the disabled centre for children in Bid Bid, Ad Dakhiliyah, Muscat. In this project, we have donated essential classroom furniture (5 tables, 5 chairs, a baggage cupboard, a cupboard toys & accessories and a mirror) for an Autism class at Al Wafa Centre. The project cost (inclusive of all materials) is OMR 1995/-

The J&I team spent a total of 49 voluntary days on this project which exhibits our company's strong commitment to social & community demands.



## Oman Cancer Association - Walkathon



A team of employees from Douglas OHI took part in Oman Cancer Association (OCA) Walkathon on 31<sup>st</sup> October. The employees cheerfully joined hands with hundreds of people from different organisations and contributed their time in midst of their busy schedule to raise awareness about cancer in the country. The walkathon held at Qurum Park in Muscat

Oman Cancer Association (OCA) arranged a Cancer Awareness booth at Head Office, Ghala. Breast cancer awareness pamphlets were distributed to the employees who visited the booth, and sold items like T-Shirts, caps, pins etc., In addition, many employees donated voluntarily for this noble cause. All funds raised in this booth were handed over to Oman Cancer Association.

## From around the World`s HSE press (UK)

### Joinery company fined over 600,000 OMR after the death of a visiting HGV driver at one of its workshops.

Carlisle Crown Court heard how agency driver Richard Brown was delivering kitchen worktops to a factory when he was crushed to death as a forklift truck overturned while unloading his trailer.

An investigation into the incident that took place on 10 November 2014 found the forklift had been overloaded and that visiting delivery drivers were not kept at a safe distance from the loading and unloading operations.

Howden Joinery Ltd pleaded guilty to safety breaches and the company was fined 616,800 OMR and ordered to pay costs of 17,500 OMR.

Speaking after the hearing HSE inspector Steven Boyd said: "Standing too close to where loading or unloading work is being carried out can put people in harm's way so people, such as delivery drivers, should be in a position of safety when forklift trucks are operating.

"This tragic incident could have been avoided if Howden Joinery Ltd had implemented a safe procedure to ensure that pedestrians were kept at a safe distance during loading and unloading work.

"Duty holders should be aware that HSE will not hesitate to take appropriate enforcement action against those that fall below the required standards."

## And Finally...

A colleague recently recounted something he had seen recently whilst travelling on the expressway.

He was overtaken by a guy driving a pick-up truck with a cow in the back.

The guy was wearing his seatbelt as is required by law, and the animal was duly tethered to the pick-up to prevent it from falling from the truck, this makes sense as the animal would have been very costly to replace.

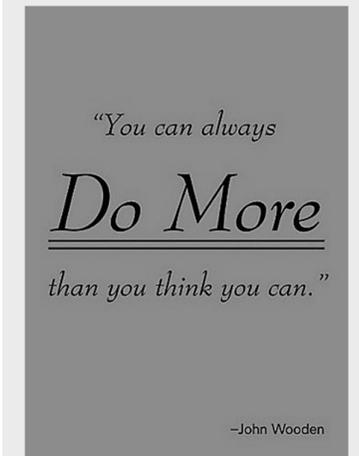
Nothing wrong with that you might think, however he observed that there was a young child stood up on the front seat of the pick-up without any means to stop the youngster from hitting the windscreen at over 120 KPH i.e. not wearing a seatbelt (or having his nose tied to the pick-up like the cow).

In my colleague's words "the guy seemed to put a higher value to the cow than the child".

It's important not to judge others and to keep an open mind about things but why not take a moment to think about something that you have done that would sound just a crazy to others if recounted by a colleague i.e. driving too fast or too close to the car in front, not wearing a seatbelt etc.

What price would you put on your safety and that of others?

### Food for Thought



### Contact HSSE

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

Simply email us at [hsse@douglasohi.com](mailto:hsse@douglasohi.com).

