

TAKE THIRTY

August 2018

Introduction

Welcome to this month's HSSE Newsletter, it's been a busy period since the last edition.

Since then we have introduced a HSSE Code for Subcontractors, a standard for Personal Protective Equipment and continued to further engage with our Subcontractors by visiting their head offices and employee accommodation. Probably the highlight of the month was the fact that the efforts made by everyone to create a safer, healthier workplace have been recognised, by way of a Gold Award, from the Royal Society for the Prevention of Accidents, known throughout the world as RoSPA. Although many of you may not have heard of this organisation, it is no exaggeration to say that, the fact that we have received such recognition, puts us on par with the best of the best in the GCC. Read overleaf for more information.



Peter Baker



60 Seconds With Taqwaa



1. How long have you worked for Douglas OHI and what is your background?

I have completed just one month in Douglas OHI. My background, I have completed my bachelor's degree in health and safety management and worked 2 years at Modern College of Business and Science as a tutor in math and computer science department. I have also done a lot of training in government and private institutions as a HSE advisor.

2. What made you to choose HSE as your profession?

I chose this profession because it has a great meaning and has direct interaction with people, helping and instructing them to do

the job safely and go back home safe.

3. What is your career aspiration with the company in the future?

Joining a team that doesn't accept being second best.

4. What will you do to achieve your career aspiration?

I will use all the resources available and take advantage of all the opportunities I have in this company. Interact with experienced workers to learn and then implement.

5. If we see something unsafe what should we do?

Stop, think and then act because rushing in making decisions may make the situation worse.

6. What are the benefits to Douglas OHI of good HSSE practice?

Ensuring good HSE practice at work and driving to protect workers means less absences, less cost and high productivity.

Health & Safety In The Office By Suha Al Dhuhli

I have noticed that people who work in the office for long periods have the potential to develop many health problems that can affect their wellbeing as well as well as their productivity.

Having thought about these issues it made me think that I could help reduce occupational health risks and eliminate the hazards that can occur at work by preparing an online Display Screen Equipment (DSE) course, which is a part of overall health safety in the office and this was circulated to all employees who use a DSE workstation.

Office work involves high levels of visual and mental concentration, and very often, much of the work is carried out using DSE. The information below will have some bearing on the health, safety, and well-being of all office occupants.

Our company takes care to improve housekeeping, to ensure safety and efficiency as well as safeguarding the visual appearance of the office.

The temporary storage of material in offices can present a fire hazard. To avoid fire occurring, Douglas OHI always ensures that flammable office materials are stored in appropriate flammables containers.

The cables in all offices are arranged to avoid tripping and falls hazard.

When thinking about Manual Handling we must remember that poor lifting and carrying techniques can cause injury to numerous

members of staff. If the load is on the floor or low down we should always bend our legs and lift with the back as straight as possible.



We must ensure that the office lighting lamps are in a good quality, not too bright or dark. It is also important that the direction of natural light is controlled to ensure an absence of reflection on the DSE screen.

Noise can be a nuisance and a distraction if the concentration is required. Therefore, Douglas OHI, take care that offices near noisy workshops do not affect people and prevent harm to hearing.

I know this is a short article so I hope you have completed the online DSE course to learn about what you can do to protect your own wellbeing and remain a productive employee for the company.

RoSPA Gold Award for Health and Safety Performance

Douglas OHI are delighted to pick up a Gold Award in what is the longest-running industry awards scheme in the UK for Health and Safety.

This award recognises that we have outstanding HS&E management procedures in place and have developed practices that, if applied consistently, will drive improvements in health, safety and environmental performance.

RoSPA awards are not just about reducing the number of accidents and cases of ill-health at work; this award is a true recognition of our commitment to protect our employees and our business.

For more information please go to www.douglasohi.com/winning-gold-with-rospa/



Its Only One Straw Said 7.6 Billion People...



Single-use plastic is everywhere. In a matter of mere decades, it has seeped into every corner of our lives. We are addicted to the convenience of single-use plastic.

Although, when you step back to consider this, it's surprising how we think it's normal (for the average person) to buy a single-use plastic water bottle, take-away coffee cup, lunch wrapped in disposable plastic packaging, and possibly a plastic bag - EVERY day!

Think of the immense quantities of plastic that are required to feed that addiction over the years, whether it's in your household, your town, your country, or globally... it's truly mind boggling!



What happens to single-use plastic after we throw it away?

When we choose an action, we choose the consequences. We cannot escape the consequences of throwing away vast quantities of a material that takes hundreds of years to break down. Our planet is not as large as we think it is. We now share it with 7.6 billion people, the majority of whom are producing plastic waste at an alarming rate.

We need to choose more sustainable alternatives to 'disposable' plastic.

Walk along any beach on the planet, no matter how remote, and you will be reminded of the consequences of our throw-away culture as each tide delivers a fresh batch of plastic to litter our beautiful shorelines.

Another issue with microplastic is that it is perfectly-sized to be eaten by fish, where it then enters the human food chain, along with a side serving of toxicity.



What are the solutions?

The solutions to plastic pollution start with awareness. Start shopping consciously. Be aware of the kind of world you are voting for every time you make a purchase. When you buy an item, you create a demand for it, which will be met by creating more of them.

Do you want a world with more single-use plastic water bottles, bags, coffee cups, sandwich packaging, plastic bags, ect., floating around the ocean, or do you think there is enough already?

If we don't see a massive shift in our collective behaviour very soon, the problem will compound causing unforeseen consequences that are impossible to predict at this stage.

Food and drink are two of our most important requirements for survival, but we don't need it packaged in single-use plastic for the short term convenience of having it immediately.

If you must have food and drink on-the-go, there are plenty of reusable solutions available.

Finally, you can share your knowledge with friends and family. Your conversation may inspire them to take positive action too, and start telling others, so that the positive ripples spread.

We all have power when we own our actions, and their consequences. #BeTheChange

9 REASONS TO REFUSE SINGLE-USE PLASTIC

- 1 Made from fossil fuels
- 2 Huge carbon footprint
- 3 Will still be here in hundreds of years
- 4 Only a tiny percentage is recycled
- 5 Leaches toxins into food & drink
- 6 Causes hormone disruption & cancers
- 7 Pollutes our oceans
- 8 Kills marine animals and birds
- 9 Enters our food chain

- Some useful links:
- <https://www.sealegacy.org/>
 - <https://www.sas.org.uk/>
 - <https://www.plasticoceans.org>
 - <https://www.plasticfreepledge.com/>
 - <https://onelessstraw.org/>
 - <https://www.breakfreefromplastic.org/get-involved/>



From Around the World (UK): “Wonderful but worthless” risk assessments land activity centre in court

The operator of an outdoor activity centre in the UK has been ordered to pay OMR 17,000 after a member of the public suffered a fractured hip when the quad bike they were riding tipped over and landed on them.

Investigators discovered that staff had not received formal training in riding quad bikes and were not adhering to the risk assessments. Inadequate procedures were in place to ensure that staff were being appropriately supervised.

“You can have the most wonderful risk assessments and policies in place but if they are not monitored and reviewed then they are worthless” District Judge Taylor, Bristol Magistrates’ Court

The company pleaded guilty to a breach of Health and Safety Regulations in that it failed to control, monitor and review health and safety policies and risk assessments and failed to monitor and supervise staff.

The company was fined OMR 4,500 plus OMR 12,500 in costs as well as a victim surcharge of OMR 60.



In sentencing, District Judge Taylor said: “You can have the most wonderful risk assessments and policies in place but if they are not monitored and reviewed then they are worthless.”

The prosecution said the case “illustrates the importance for businesses to not only have the correct safety policies and procedures in place but also to make sure they’re adhered to-day in, day out and ensure that risks are addressed”.

Safety Selfie Spot The Difference

Can you find the difference between the two pictures?



Quote Of The Month

The achievements of an organisation are the results of the combined effort of each individual.

- Vince Lombardi

August Word Search Puzzle

The challenge for this month is to search for 9 words that relate to Health and Safety in the Office.

The letters of the words might appear in the puzzle across, up and down or may be spelt forward or backwards.

The HSSE department will make a cash donation to the winners charity of choice.

Please send your answer to hsse@douglasohi.com

E	Y	A	H	N	X	T	N	P
R	T	K	O	U	L	R	K	O
G	I	W	U	P	F	I	P	O
O	C	S	S	A	U	P	I	R
N	I	L	E	F	H	C	L	L
O	R	L	K	F	I	H	S	I
M	T	A	E	P	F	R	Z	G
I	C	F	E	W	C	P	E	H
C	E	O	P	S	X	G	B	T
S	L	B	I	D	I	P	W	I
F	E	X	N	I	Y	O	H	N
A	W	B	G	C	V	D	N	G



Last Issue's Winner...

Mr. Subbarao from the Estimation Department successfully completed the last puzzle and donated the cash prize to Oman Cancer Association.



And Finally...

Have you have wondered why HSE Advisers talk a lot about removing or flattening nails? Read the story below, which was told to me by a friend of mine. It's about a co-worker who ended up in hospital as a result of puncturing his skin on a nail even though he was wearing gloves at the time.

The incident involved two steel fixers who were lifting out a wooden box-style step used for temporary access over a wall kicker. The step was being moved sideways a small distance to allow the fixing of re-bar, shown in photo 1.

In order to lift the access step, the injured person reached underneath the step with his fingers to get a good grip. Unfortunately, a protruding nail on the inside of the box punctured his finger through his gloves.

The person did not report the injury at the time as it was perceived to be minor. However, after a few hours the person started to feel pain and see discolouration to his finger, so he reported the incident and following a discussion with the first aider, was taken to hospital.

The wound had become infected and needed minor surgery to clean out the infected area, followed by an overnight stay in hospital for observation.

This incident should serve as a reminder of the importance of ensuring that nails are removed or flattened as well as remembering that even small cuts can lead to serious infection if not dealt with correctly. It also demonstrates the limitations of gloves in certain situations.



Photo 1. The step which need to be removed



Photo 2. The nail is almost invisible to the eye.



Photo 3. The hand of the injured person following surgery.

Have Your Say...

Do you have a suggestion on how we can improve Take Thirty? Tell us what you like best about the newsletter and how we can make it even better.

Send your feedback or comments to hsse@douglasohi.com