

TAKE THIRTY

September 2018

Introduction

Welcome to the latest edition of our HSSE Newsletter.

During the last month we have been focussing on two key areas namely a more structured approach to HSSE training for Supervisors and engagement with our supply chain.

The truth is we have always trained our supervisors and we have always engaged with our supply chain however, it is hoped and envisaged that a more structured approach to both these issues will pay dividends.

A renewed HSSE course for supervisors has, and is, being delivered by our training company, OTI (Occupational Training Institute) at our major work locations and has been structured, as you would expect, to include all the major workplace hazards, including discussions on behavioural issues. This is important as most people know what is dangerous but don't always appreciate the impacts should an accident occur. I will expand on our approach to supply chain engagement later in the newsletter.

This month's main article discusses the risks when people, plant and vehicles share the same space. Articles such as this rarely feature all the risks associated with the topic, therefore read, digest and learn more. We have plenty of HSE Advisers who will be happy to discuss the specific issues in your workplace.



Peter Baker



60 Seconds With Lal Gurmail



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

I have been work here for 9 Years as a carpenter.

2. You recently did the right thing, please explain?

During a site visit, Peter Baker found a member of the subcontractor team was not wearing PPE at the workplace. While enquiring, the team informed that the employer didn't provide him with a PPE. When I saw his face, I felt sad about his situation. So, I shared the PPE I keep as spare. He was so happy when he got the PPE.

3. How did you feel after doing this act?

I felt proud in helping my colleague - it is the right thing to do.

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

We should intervene and make people understand the real cause of an unsafe act they do to themselves and others.

5. What advice would you give to others when it comes to safety?

In a simple statement, safety is not a formality; it's a responsibility of every individual to keep themselves and others safe and secure.

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

It keeps workers feeling secure in their workplace which I believe improve productivity and prosperity to the organisation.

Most of us recognise falls from height as being the most common cause of fatality in the construction industry, it probably always has been and is likely to remain so, for quite some time.

Many people forget that one of the most significant causes of fatality in the workplace is contact with moving plant and transport, therefore the issue of people, plant interface is one that needs to be constantly considered and addressed. The reality is, whenever people and plant (or vehicles) come into contact, it is highly unlikely that the vehicle or plant, will suffer any damage and highly likely the person will suffer significant injury, if not worse.

As with most workplace hazards, the key is to adopt a hierarchal approach, more specifically:

Site Set Up

Good site set up can make a big difference to the smooth running of the site or workplace and make segregation a much simpler task. One-way systems and avoiding the need for vehicles and plant to reverse if at all possible on the site should be in place from the start of the project.



Review traffic management plans regularly and also think about the interface with the outside world i.e. your vehicle access and egress points. In short, best practice is a separate pedestrian access/egress point to keep people away from vehicles arriving and leaving site.

Remember, an area can never be considered safe if there are vehicles, plant and people sharing that space.

Planning And Supervision Of Tasks

Adequate planning means that all risks have been taken into account. These risks should then be eliminated or controlled following the hierarchal approach already mentioned. Equipment including the plant and any attachments used, should be selected to suit the work activity and environment.

Supervisors should ensure that bystanders are not straying into the work area and ensure that only authorised operators are using machines. Where there is any change for example in work practice, people, materials etc. the supervisor should take charge and ensure that any alterations to working practices are properly thought through and planned following consultation with the site team.

Where arrangements previously planned are no longer appropriate a revision of the safe system of work is required which must be accepted by the site team, and if needs be, client, before works re-start. Where it is not safe to proceed a good supervisor will not hesitate to halt the work activity. Any unsafe acts or behaviours that are observed by a supervisor should never go unchallenged as these can easily become the norm if not addressed regularly.

Remember, everyone has the authority and obligation to intervene when they see something is unsafe.

Operator Competence

Plant and vehicle operators must have the correct training for the type of machine they will be operating. If in doubt, ask your health and safety advisor. In addition to this, they should also have familiarity with the particular machine (we have seen in the past for example agency workers will have not been given any familiarisation training).

If they are being asked to undertake a high-risk activity, have they got the skills and experience to do that safely? Pre-start briefings on the particular task are extremely important, so the operator and operative(s) know exactly what is expected, can ask questions and voice any concerns about the planned activity. Our Take 10 for HSE Boards can be very helpful in promoting discussion and ownership of HSE issues.

Operator Visibility

Although it does not feature in legislation, there is a very useful rule of thumb when it comes to operator visibility, the driver/operator of any vehicle in our workplace, should be able to see a 1 metre high object 1 metre away from any part of the machine. If not, visibility is compromised. This can be achieved by the use of mirrors or on more modern vehicles or plant, cameras. Regardless of whether this is achieved or not, a competent vehicle marshal must assist with vehicle/plant movements.

Pedestrians Beware

Always stick to the designated routes and walkways. If barriers of any kind have been put in place this is for everyone's protection, lead by example and always use the designated routes. Sometimes in order to perform certain tasks, amendments may need to be made to the existing arrangements. This needs to be properly considered and planned, last minute reactive changes for example moving a barrier have been the cause of many incidents.

Mobile Phones In The Workplace

The vast majority of people have one, most people actually feel strange when they don't have one within arm's reach, there is no doubt they have become an essential part of our lives.

For all the positives there are negatives, they can be distracting and interfere with productivity as well as our safety and wellbeing, so much so that this issue will be the main topic of our next newsletter.

Until then, follow the link below to a video clip from the UK and draw your own conclusions as to this hazard and what should be done (this will also be placed on Yammer for wider viewing and discussion).

<https://www.youtube.com/watch?v=32suPRC7Tp8>

Blood Donation Campaign

In continuation of Douglas OHI's efforts to enhance its positive role in the service of the local community, a blood donation campaign was organised in head office, Ghala in association with the Blood Bank of the Ministry of Health. The campaign was aimed at all Douglas OHI employees, The Oman Construction Company (TOCO), RMD Kwikform, and supply chain in the Muscat region. A total of 35 volunteers attended and 22 blood donations were collected, compared to last initiative where we had 8.



Giving blood helps increase the activity of bone marrow and the production of new quantities of cells (red blood cells, white blood cells and platelets), leading to increased blood circulation, reducing the risk of heart disease, blockage of arteries and prevents the accumulation of iron in patients who suffer from excessive iron concentration (blood pigmentation).

We would like to thank everyone who participated in this initiative.

Support For Differently-Abled Children's School



Hams Al Atheer, a local rehabilitation centre based in Muscat provides specialist therapy and training to children of varying ages. With approximately 93 students and 28 specialist teachers, the school helps not only students, but parents on how to deal & cope with Autism, Celebrate Palsy, Down Syndrome, paralysis to name a few.

Douglas OHI donated table & chairs, drawers, bed and teaching aids which were made using off cuts from the Joinery & Interiors workshop. In addition to this, a LED TV and mattresses were also donated.

Autism is a complex developmental disorder, typically appearing during childhood and affecting a person's ability to communicate and interact with others. It is estimated that 1 out of 165 children is suffering from Autism in Oman with 3000 cases recorded with the Ministry of Health.

Health Corner: Healthy Eating By Anish Cherian (Camp Nurse, Sohar)

We are taking a look at eating well and what makes up a healthy balanced diet. We are told regularly to have at least five portions of fruits or vegetables a day - but why is this important? Fruit and vegetables are packed with vitamins, minerals and fibre which help to ward off disease.

And this goes for other food groups too. The right amount of food, quantity and time is also important as a balance diet will help you maintain good health and make you feel at your best.

Right Food

Our food should be nutritious, free of any harmful things because our body functions depend on what we eat. Our food should give us energy, it should rebuild our cells, should keep us away from illness thus it should help us lead a quality life.

Right Quantity

Quantity is a very important factor for healthy eating, in the modern world we have a wide variety of food, and each one has its own nutritional value, but our body has a mechanism of storing this if taken in excess and that often lead to obesity and other life style diseases.

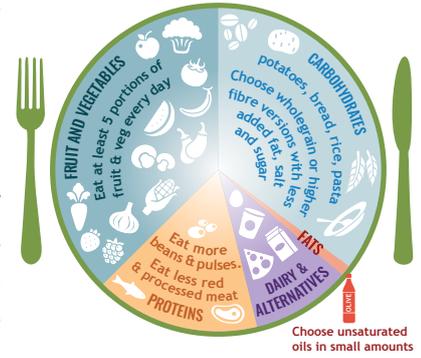
Right Time

Over time, humans have developed a biological clock for eating, so it's important to keep precise times for eating healthy. Breakfast should be our main meal of the day, it should give us all enough nutrients for a good kick start followed by small meals at regular

intervals, dinner should be light because metabolism remains low while sleeping.

Right Person

Even though our daily caloric requirement is almost the same, there is some dietary difference between people so one should select and eat the best possible food, suitable for our individual needs.



For example, a person who works all-day in front of a computer doesn't need as many calories as a mason or carpenter working outside. So a healthy balanced diet can reduce the risk of developing cardiovascular diseases, type 2 diabetes and certain cancers.

Remember:

Stop - Make the time to have three nutritious meals throughout the day.

Think - Is your plate balanced? Have you had five portions of fruit or veg today? How are you getting the minerals, vitamins and energy your body needs to function?

Do The Right Thing - Eating well can help you live a longer and fuller life helping you stay healthy.

From Around The World (UK): Employee Slashes Wrist With Saw

An electrical contracting company has been fined after one of its employees suffered severe lacerations from the moving blade of a mitre saw due to a faulty guard.

The guard failed to return to position and cover the blade when the saw was in the upright position meaning that when the employee reached across it he severely cut his wrist.

An investigation found that a lack of suitable maintenance meant the guard did not operate as intended and did not come down to cover the dangerous blade and protect the user.

The company pleaded guilty of breaching safety regulations and was fined the equivalent of OMR 2000 and ordered to pay costs of approximately OMR 500.

The accident highlights the importance of regular proactive maintenance of work equipment to ensure equipment does not deteriorate to the extent that it puts people at risk.

Quote Of The Month

“Great things in business are never done by one person. They're done by a team of people.”

Safety Selfie Spot The Difference

Can you find the five differences between the two pictures?



And Finally...

As part of our ongoing commitment to better engage with our supply-chain, we recently held our first Supply-Chain Engagement Session in Ghala.

The overall theme for the event was that of Working Better, Together, and as an objective, this goal was met. We will now need to build upon this success and ensure we do indeed Work Better, Together.

The event was organised by our Marketing Communications team, and hosted by our Operations Manager, Tim Shepherd.



September Puzzle Questions



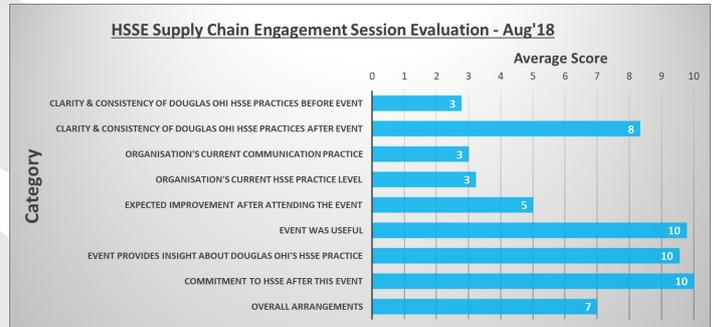
1. The most common causes of fatality in the workplace are falls from height and _____
2. Best practice during site set up _____
3. A good supervisor will _____ the work activity when it is not safe to proceed.
4. _____ must assist with vehicle plant movements.

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

Please send your answer to hsse@douglasohi.com

Last Issue's Winner...

Mr. Prateek from the Administration Department at our Fahud site successfully completed the last puzzle and donated the cash prize to Oman Hereditary Blood Disorder Association (for more information, <http://www.omancares.org/>).



It was attended by the top ten members of our supply-chain and included a communications exercise as well as introducing our revised HSSE Code for Subcontractors, PPE Standard and practical ways in which work can be carried out in a sustainable manner.

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

www.douglasohi.com

