

TAKE THIRTY

October 2018

Introduction

Welcome the latest of our HSSE Newsletters.

This month we discuss the issue of mobile phones in the workplace and in particular on sites.

It is hoped you find it thought provoking and I would encourage you to enter into the discussion by contributing to the debate on a dedicated "Mobile Phones in the Workplace" Yammer group. This Group will be open for all for just one month and you are encouraged to share your thoughts and views on the subject. It is our intention to try and stimulate debate on the topic of the month so this will be a regular feature from now on.

Congratulations to Ummar Farook who won last month's puzzle competition, the donation of 10 OMR will be made to Oman Cancer Association. Please contribute to the learning process and the good work we do in supporting local charities by having a go at this issue's competition.

This month's From Around World article should serve as a prompt to those, who write safe system of work, to consider "Are we actually doing what we said we would do?" If not, the outcomes can be life changing.

This month we welcome Wayne Canwell to Douglas OHI by asking a few simple questions regarding his thoughts in 60 Seconds.

Our "And Finally" ends the newsletter with sadness for which there are no apologies. This article will speak for itself and should prove to be thought provoking to say the least.


Peter Baker

60 Seconds With Wayne Canwell



1. What does good HSSE practice look like?

It is something that we should all do first. Nothing is so important or so urgent that it can be done without being done safely or without consideration to those around us and the environment we work in.

2. What are the benefits to the business of good HSSE practice?

The business is our people. Our people expect and deserve to work in and contribute to a healthy and safe environment and return to their loved ones safe and well. Investing in HSSE is an investment in our people.

3. From a HSSE perspective, what impressed you the most about

Douglas OHI?

Perhaps I expected less but having arrived from the UK, I was very happy to see how high the standards are and clearly replicating the UK legally driven standards.

4. Can you give an example of excellence in HSSE at Douglas OHI?

This newsletter.

5. What would like to see develop in HSSE practice at Douglas OHI?

Do we run subcontractor peer safety comparisons on sites? Our subcontractors invariably lag our own performance and any system of monitoring and rewarding their performance as best on site in "October" can only focus their attention. This can be a prominent sign board. This ought to also figure (as a component) in our choice of subcontractor selection as we appoint in future.

Mobile Phones in the Workplace

The use of mobiles has grown to such an extent that most of us feel strange when we are not within arm's reach of ours, in fact many people have more than one phone, one for each hand?

There is no doubt that our mobiles are not only a means of visual and verbal communication, but we use them to do our banking, pay bills, catch up with news and countless social media options and (for some) more than the occasional selfie.

In the construction industry we increasingly need to share information quickly and easily, mobile phones are perfect for this.

For all the benefits, there are of course negatives, for grumpy old men, there are annoying ring tones and how many times have you seen someone using their phone when they should be working?

Everyone knows it is illegal and downright dangerous to use a mobile phone whilst driving, however it is commonplace to see drivers of vehicles of all sizes talking or messaging whilst driving. Countless lives have been ruined by drivers who have been using their phone in this way yet people continue to do so. Most people who do this will have had a near miss but still it continues.

It's beyond doubt that mobile phones cause us to be distracted from the environment in which we use them, no more so than on a construction site.

One of the key ways in which we can protect ourselves at work is to be aware of where we are and what is going on around us.

So what to do?

Q: Should they be banned from the workplace?

A: Probably the easiest thing to do in theory and the hardest thing to actually achieve.

Q: Should the use be of mobiles be restricted to essential users only?

A: This is probably a more pragmatic approach, mobile phones are an important means of communication and almost certainly will be used at some stage should an emergency arise. Perhaps authorised users should include Managers, Supervisors, HSE Advisers and First Aiders, who could be identified by the provision of stickers on safety helmets.

Q: Should we have dedicated "mobile phone zones or areas?"

A: This is probably best achieved by using the same logic as you would for PPE free areas, in other words designate, using signage, areas where mobile phone usage is permitted by those not authorised. Perhaps using signage such as this.



Either way the mobile phone policy for the project needs to be clearly discussed during the site induction and the risks made clear to all who work on site.

If you have any comments on the use of mobile phones on site or which to join the debate why not share them on Yammer the Douglas OHI Mobile Phone Debate Group Page.

Fahud Cleaning Campaign

On the occasion of 'World Clean Up-Day', the project team of LPIC - EPC 3 Building Works Package Fahud collaborated with ORPIC and GS E&C to organise a clean-up drive in the area.

It was aimed at raising awareness on the importance of cleaning up and the negative impact of plastic and waste has on society. The campaign consisted of an hour wherein the entire locality was transformed from garbage cluttered to a place of cleanliness.

The team managed to collect about 400 kg of trash consisting of plastics, aluminium cans, papers and other waste materials.



The initiative, was a springboard that encouraged local people to consciously dispose of waste in designated areas.



October is international breast cancer awareness month which helps to increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease.

- A mammogram: a type of x-ray commonly used for initial breast cancer screening. It produces images that can help detect any lumps or abnormalities.
- An ultrasound scan: can help differentiate between a solid mass or a fluid-filled cyst.
- An MRI scan: which involves injecting a dye into the patient, and find out how far the cancer has spread.
- Self examination.

Breast Cancer

Breast cancer is a malignant tumor that forms in the cells of the breast. Although mostly found in women, men can get breast cancer too. There are several symptoms associated with breast cancer.

Symptoms

The first symptoms of breast cancer are usually an area of thickened tissue on the breast, or a lump on the breast or in an armpit. Others include:

- Pain in the armpits or breast that does not change with the monthly cycle.
- Pitting or redness of the skin of the breast, like the skin of an orange.
- A rash around or on one of the nipples.
- Discharge from a nipple, possibly containing blood.
- Sunken or inverted nipple.
- Change in the size or shape of the breast.
- Peeling, flaking, or scaling of the skin on the breast or nipple.

Risk Factors

The risk increases with age. If a close relative has or has had, breast cancer, the risk is higher. Women who have had breast cancer before are more likely to have it again, compared with those who have no history of the disease. Women who are overweight or have obesity after menopause may have a higher risk of developing breast cancer, possibly due to higher levels of estrogen. High sugar intake may also be a factor.

A higher rate of regular alcohol consumption appears to play a role. Studies have shown that women who consume more than 3 drinks a day have a 1.5 times higher risk. The use of oral birth control pills has been linked to breast cancer, due to increased levels of estrogen.

Diagnosis

Breast examination can be carried out by:

Treatment

Treatment will depend on the type of breast cancer, the stage and the sensitivity to hormones. The patient's age, overall health, and preferences are also concerns.

The main options can be any one of them, radiation therapy, surgery, biological therapy, or targeted drug therapy, hormone therapy, chemotherapy and surgery.

Prevention

There is no sure way to prevent breast cancer, but some lifestyle decisions can significantly reduce the risk of breast and other types of cancer.

These include:

- Avoiding excess alcohol consumption.
- Following a healthy diet with plenty of fresh fruits and vegetables.
- Getting enough exercise.
- Maintaining a healthy Body Mass Index (BMI).

Women should think carefully about their options for breast-feeding and the use of HRT following menopause, as these can affect the risk. Preventive surgery is also an option for women at high risk.

Incidence And Survival Rates

Breast cancer is the most common cancer in women worldwide, with nearly 2 million new cases diagnosed in 2018, representing about 25 per cent of all cancers in women. Incidence rates vary widely across the world, from 27 per 100,000 in Middle Africa and Eastern Asia to 92 per 100,000 in Northern America.

It is the fifth most common cause of death from cancer in women, with an estimated 522,000 deaths (6.4 per cent of the total). The prevalence of breast cancer in women per 100,000 is 665 in Western Europe, 745 in North America and 170 in Eastern Asia.

Knowing it exists is not enough, lets act and work for a cure.

From Around The World (UK): Failure To Follow Their Own Risk Assessments

A UK based company has been fined OMR 225,000 after a worker fell into a pit at the steel mill it formerly operated, despite a risk assessment having identified the need to provide a barrier to protect against such an incident.

Steven Ayres was working to empty a skip at the bottom of the open pit, said to measure 3.7 m x 2.5 m x 2.25 m, which was fully covered by two floor plates.

The plates were removed with the assistance of an overhead crane and its driver. The skip was then removed from the pit, emptied and returned to its position.

The first plate was put back in place over the pit using the crane, but swung slightly out of position. As the second plate was lifted by the crane, Ayres positioned himself out of the way in case it swung out of position as well.

But during the operation to replace the second plate, he stepped back and fell approximately 3 to 4 m into the pit, sustaining injuries to his kidney and ribs.

The investigation found that a risk assessment had been completed by the company 16 months before the incident. The risk assessment had identified the need to provide a barrier around the pit when the floor plates were removed to empty the skip, but a barrier was not provided until after the accident.

The company pleaded guilty to breaching health and safety law and was fined OMR 225,000 and ordered to pay OMR 16,000 in costs.



The prosecution said “This incident could so easily have been avoided if the company had actually acted on [its] own findings and provided a simple but effective control measure in the form of guardrails to prevent a fall and by using safe working practices.

“A fall from this height into a pit containing various metal objects could easily have resulted in a fatality. Companies should act swiftly if and when risks are identified and relevant control measures should be put in place when working at height.”

Safety Selfie Spot The Difference

Can you find the five differences between the two pictures?



Quote Of The Month

**PROGRESS IS
 IMPOSSIBLE
 WITHOUT CHANGE**

**CHANGE
 MAKES US
 GROW.**

You can complete these questions by searching for words through “Mobile Phone in the Workplace” article.

1. Most people who use a mobile phone whilst driving will have had a _____, but still it continues.
2. Mobile phones are means of _____ and _____ communication.
3. Mobile phones cause dangerous _____ from the environment.
4. What should you do if you are on the receiving end of a prohibited or unsafe mobile phone call whilst at work? (choose 1 of the below)
 - a. text the person back and tell him or her that you aren't supposed to text at work.
 - b. call the person on your cell phone and inform him or her that you aren't allowed to text at work.
 - c. let him or her know in person that using mobile phone at work is unsafe and inappropriate and you will not participate.

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. Ummar Farook, Senior Engineer at Fahud project successfully completed the last puzzle and donated the cash prize to Oman Cancer Association.



And Finally...

I heard terrible news on the radio recently and had a look at the Times of Oman website, the headline spoke for itself.

“Family of 10 suffocates to death in Oman house fire”

<https://timesofoman.com/article/162037>

The website did not speculate on the cause of the fire, that will be investigated by professional fire experts.

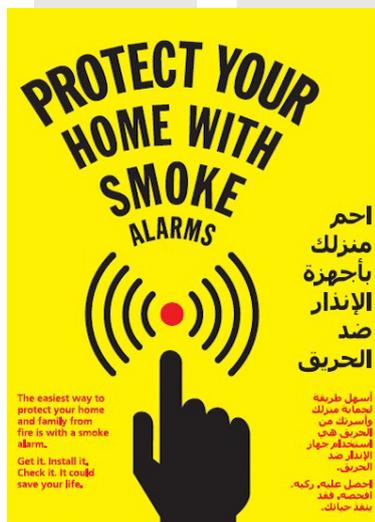
Fire safety will be the main article in next month's Newsletter and we will circulate any relevant information as and when it becomes apparent, until then:

Does your home have smoke alarms fitted?

If not, why not?

If yes, have you checked it is working properly? (the batteries may need replacing).

Have a discussion with your family members about what



to do should a fire occur, where to go, what to do to reduce the risk from smoke inhalation.

Check my Yammer post for more guidance on the above or contact me directly- PAB

DOUGLAS OHI TOOL BOX TALK

Smoke Alarms in the Home

FREE

A recent house fire in the Sultanate tragically resulted in the death of 10 members of the same family, the youngest victim was just 1 year old. Did you know.....?

You are twice as likely to die in a house fire if you don't have a smoke alarm (sometimes called detectors) fitted.

Many people die each year because the battery in the smoke alarm was flat (exhausted) or missing. Many fires are caused by cooking accidents.

Faulty electrical (appliances, wiring and overloaded sockets) are a significant cause of house fires every year.

The HSSE Department will issue home safety fire guidance in the next couple of days, until then, **let's discuss the use of Smoke Alarms.**

Smoke alarms are cheap and easy to install.

They are available from a wide range of shops and other establishments.

There are a wide variety of models to choose from.

Fit a smoke alarm in every level of your home.

Don't fit them in kitchens (unless specifically designed for the purpose) or bathrooms where they can get off by accident.

The ideal position is on the ceiling in the middle of the room or on a hallway or landing so it can be heard throughout your home.

Test the batteries and the alarm regularly.

If it beeps on a regular basis, the batteries need changing.

Never take the batteries out if it sounds by mistake.

Other equipment for consideration

Fire blankets can be used to put out a fire or wrap a person who is on fire. They are best kept in the kitchen.

Fire extinguishers shoot out a jet to control a fire. They are quick and easy to use but always read the instructions first.

2 Simple Questions

1. What are the benefits of having smoke alarms fitted in our homes?
2. Why would we not do so?

Remember: The outcry for a simple smoke alarm does not compare to the loss and devastation caused by a fire in the home.

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

