

TAKE THIRTY

November 2018

Introduction

Welcome the latest of our HSE Newsletters which starts with an example of a health and safety joke: “Knock knock. Who’s there? Acci. Acci who? Acci-dent. What are you doing here? Waiting to happen.”

It’s easy to feel negative about HSE, for example some people believe:

1. It stops them from doing things that they want to do.
2. it incurs additional costs.
3. It’s boring.

Read the main article regarding Home Fire Safety and apply a balanced, pragmatic approach to this (and other HSE issues) and you may come to believe:

1. It will allow you to go to bed knowing that you have taken positive action to protect your family and home.
2. It will save you money in the end both in financial and personal terms.
3. You got me on the third point!

I hope you take the time to further explore the subject matter and be proactive and not wait for it to happen, whatever “it” is. For most people, I guess there is actually some truth to Point 3. As adults we need to be reminded sometimes that “interesting and important” don’t always go hand in hand. So take responsibility, learn more about making our homes and workplaces better, safer and healthier.


Peter Baker



60 Seconds With Praseena Palakot



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

I have been working for the company for 15 years. My job role is Systems Manager.

2. What differences have you seen in HSE practice since you joined the company?

Nowadays workplace safety for employees has increasingly gained widespread attention and concern owing to the heavy health and safety risks it poses for workers. Our company is giving more importance to HSE practices than before and bringing HSE awareness and training to each and every employee of the company.

3. How do you think technology can help improve HSE in the future?

I feel the development of a HSE Analysing System to record HSE activities including incidents, will help the company to monitor HSE cases occurring remotely at each site and analyse the various causes and take timely preventative actions.

Risks can also be predicted based on the analysis of this data. This system would identify worker safety risks concurrent with project scheduling, and therefore allow us to implement controls in advance of an activity thus promoting safer conditions for workers. Development of in-house software is currently under discussion.

4. Which of our company values do you think is most important and why?

Among the company values, I feel ‘Do The Right Thing’ and ‘Take Pride in What You Do’ are the most important. Doing the right thing will bring “better” for the company and will bring pride in what we all do.

5. What would like to see develop in HSE practice at Douglas OHI? How can technology help disseminate HSE information?

Software applications can produce quality analytical output in terms of relevance, accuracy timeliness and alert the team about the HSE activities including training, HSE appreciation, etc. on a periodic and emergency basis. The prevention of injury and illness among employees entails dissemination, adoption, and implementation of these effective interventions.

Firstly, let's try to get the issue into context.

Did you know...?

- You're twice as likely to die in a fire if you don't have a smoke alarm that works.
- Many people die each year because the battery in their smoke alarm was flat or missing.
- Home fires are easily caused by cooking accidents.
- Many fires in the home are started by candles.
- Faulty electrics (appliances, wiring and overloaded sockets) cause many house fires across the Sultanate every year.

We, as home owners, tenants or those living in accommodation provided by the company of whatever type, are not fire experts, nor do we need to be. There are some things that we can all do to reduce the risk of what might be a devastating event, both in terms of property damage or physical harm.

Think About - Smoke Alarms

These are relatively inexpensive and should be fitted on every level of your home. These devices are easy to install but should be checked on a regular basis, it only takes a few seconds to do so but because they are usually fitted above eye level (on the ceiling) we tend to forget. If they make a regular "beeping" sound it means the battery needs changing, do so. Consider the first two bullet points above.

Think About - Fire Blankets

These are used to put out a fire or wrap a person whose clothes are on fire. They are best kept in the kitchen. Consider the third bullet point.

Think About - Fire Extinguishers

Fire extinguishers contain water or other chemicals to help control a fire. They are quick and simple to use, but always read the instructions first. Do not put yourself in danger by using one, this might make a bad situation worse.



Think About - Cooking Safely

Take extra care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk and keep cloths away from the cooker. It is better to avoid having pan handles sticking out, this will reduce the risk of an accidental spillage, and never leave children unattended whilst cooking is going on.

When deep fat frying, avoid putting wet food into the hot oil, this will avoid oil being splashed everywhere. Hot oil can easily ignite.

If there is a hot oil pan fire, never throw water onto it, this will make the bad situation a lot worse.

If you can, turn off the heat and cover the pan with a fire blanket or damp towel. Don't lift either until the oil is cold. If you can't do this get out and call the emergency services.

Think About - Electrical Safety

You should always make sure an electrical appliance has a recognised safety mark when you buy it, and that you use the right fuse to prevent overheating on existing appliances.

Certain appliances, such as washing machines, should have a single plug to themselves, as they are high powered. Either way try to keep to one plug per socket.

Keep your eyes peeled for signs of dangerous or loose wiring. Look for any scorch marks, hot plugs and sockets and fuses that blow, there is something wrong if that is the case.

Check and replace any old cables and leads, especially if they are hidden from view - behind furniture or under carpets and mats.

Unplugging appliances helps reduce the risk of fire, so do so before going to bed.

Think About - Using Candles

Put candles out when you leave the room, and make sure they're put out completely at night, use a snuffer or a spoon do so. It's safer than blowing them out because sparks can fly. Children shouldn't be left alone with lit candles; their curiosity may get the better of them.

The truth is an article like this will never fully cover all the issues or risks, but it should serve as a prompt for you to learn more about three of the most important things in life, your family, home and wellbeing.

Fuel Wasted By Idling Engines by Barry Hoprey

In hot climates such as ours, it is common practice to keep your engine running so you can keep cool in your vehicle.

When you multiply these figures by the number of trucks and cars operated by the Company, it becomes an alarming figure.

But do you ever stop and think:

- How much fuel is wasted?
- How much it costs the Company?

We now know vehicle idling has a negative impact on our bottom line, but how else does it affect our fleet? Let's look a little deeper into the numbers:



- When a vehicle (truck) is left idling (A/C on), it can consume 5.7 Litres of fuel each hour.
- The American Trucking Associations states that one hour of idling per day for one-year results in the equivalent of 64,000 miles (103,000 Kms) in engine wear. Increased service and maintenance costs.
- A large majority of vehicle idling occurs when no delivery or service activity is occurring (truck stops, driver breaks, traffic, sitting at the depot, etc.).
- Drivers idle engines for many reasons, most unchallenged by their supervisors or managers.
- Restarting your engine doesn't burn more fuel than leaving it idling. In fact, idling for just 10 seconds wastes more fuel than restarting the engine.

It's easy for drivers to think it won't hurt to leave the engine running during the loading process or delivery, or the driver might listen to the radio with the A/C on while he eats his lunch, (the vehicle must stay cool, right?).

Environmental Impact

All these little things add up. What starts as a few minutes a day turns into hours a year and tens of thousands of Rials in wasted fuel. Vehicle idle fuel consumption is hurting our bottom line.

While you can easily see the direct impact idling has on your fleet, there are also indirect effects to consider. Carbon dioxide, a common emission from truck idling, is widely accepted as a significant contributor to the greenhouse effect and climate change.

So, what can we (you) do about it?

With the focus on government directives and consumer demands to reduce emissions, all companies should focus efforts on eliminating wasteful idling.

Do you see/hear the vehicles in your workplace idling for no reason, think it's normal because it is very hot outside? Or do you think how much fuel and money it is wasting.

The below table indicates the potential wasted fuel and cost per vehicle for just one hour per day.

| A/C running | Idling litres per hour | Idling Engine hours per day | Litres of fuel per day | Average Fuel cost (Diesel) 0.248bz | Idling Fuel cost in OMR |
|---------------------------------|------------------------|-----------------------------|------------------------|------------------------------------|-------------------------|
| Idling cost per truck per day | 5.7 | 1 | 5.7 | 1.4136 | 1.414 |
| Idling cost per truck per week | 5.7 | 7 | 39.9 | 9.8952 | 9.895 |
| Idling cost per truck per month | 5.7 | 31 | 176.7 | 43.8216 | 43.822 |
| Idling cost per truck per year | 5.7 | 365 | 2080.5 | 515.964 | 515.964 |
| Idling cost per car per day | 1.8 | 1 | 1.8 | 0.396 | 0.396 |
| Idling cost per car per week | 1.8 | 7 | 12.6 | 2.772 | 2.772 |
| Idling cost per car per month | 1.8 | 31 | 55.8 | 12.276 | 12.276 |
| Idling cost per car per year | 1.8 | 365 | 657 | 144.54 | 144.540 |

Fuel Wasted By Idling Engines by Barry Hoprey

Therefore, how can we reduce or control vehicle idling?

- Driver behaviour and awareness training.
- Driver recognition rewards for improved driving (idling).
- Hybrid vehicles - expensive and still require driver participation.
- Telematics (IVMS).

Telematics is used widely in the fleet and transport sectors globally and is the most effective way of monitoring driver behaviour and vehicle idling.

Telematics monitors the fuel used while the engine is running but not moving (zero KPH). Based on the figures generated, individual drivers and vehicles can be monitored for performance and then the relevant action taken.

We have the ability within the IVMS system to monitor and analyse idling figures, to determine how much fuel is wasted and at what cost to the company.

So next time you decide to keep your engine running for no other reason other than to “keep cool”, just think of what it cost us.

IEF Grant – Omani Women Association in Al Hamra

Our vision is to play a unique role in the Douglas OHI efforts to meet the needs of homeless and vulnerable people.

This Omani Women Association was established on the 3rd of August 2004 in Al Hamra, via a poll under the supervision of the Social Development Committee and by royal decree. The Board of Directors of this Association consists of: President (Zahra Salim Al Abri) Deputy, and Treasurer, as well as an additional 4 members. There are approximately 60 members in the association, with 20 present on a daily basis. The association activities are divided into 3 categories - social, artistic, and cultural.

Through these activities, they aim to serve all members of society, including children, women - especially families - through teaching and training them to become self-sufficient and earn their own income.

Examples of some association's achievements:

- Life is hope. This project was support by the Natural Gas Company and PDO. Ranked fifth in Sultanate of Oman, this particular programme helps to nurture individuals with special skills giving them the confidence to continue developing on their own.
- My state is read. Ranked fourth in Sultanate of Oman, this initiative aims to encourage primary and secondary students to read.
- Making school bags. Supported by Oman Petroleum Development Company through funds of 20,000 OMR, this particular initiative ensured that the Association were provided equipment and material which they used to produce bags and sell. All monies raised was then used for disadvantaged families.
- Building houses and carrying out maintenance works. In collaboration with the Ministry of House and the Omani Authority for Charity, the Association not only built several new houses but also undertook repairs on dilapidated buildings.

Project Overview:

Aimed at low income families/individuals this initiative is all about making a real difference to the local community. Below is a brief project summary.

By providing kitchen equipment to create an Omani Kitchen serving the community on occasions such as weddings, birthdays, parties etc., we want to help create employment for individuals and give them a sense a value, and what value they bring.

By creating an Omani Kitchen we want individuals to feel they can express themselves and develop confidence in their ability to cook and work together. This is an excellent opportunity for these individuals to build their work habits and earn a living, thus fostering sustainability. It's a great opportunity for these individuals to realise how their efforts materialize into wages.

Those with a talent or desire for cooking ranging from 20-45 years of age can be trained and mentored. This gives a springboard to establish not only their business but their talents, which will grow.

Our team of kitchen volunteers will prepare freshly cooked and nutritious meals throughout the year, to serve charities, mosque, schools birthdays and community weddings. The services will accessed by over 800 every week. This will solely run on volunteers from this Womens Association and volunteers from Douglas OHI.

Douglas OHI is on a continual program to try improve the outcomes for the local community by providing training in order to seek/gain employment in the future.

Amount we required: 5000 GBP and approved 2500 GBP.

Project Ambassador: Intisar Al Bahri and Noof AL Mujaini.

Most of us enjoy a good night's sleep most of the time.

Some people have a poor night's sleep only some of the time.

Other people have a poor night's sleep most of the time.

Sleep deprivation can affect mood, driving ability, increase irritability; problems with relationships, and in the extreme, depression. Research shows that not getting enough sleep, or getting poor-quality sleep, increases the risk of high blood pressure, heart disease, obesity, and diabetes.

In order to improve the quality of our sleep, we need to think about 4 key things:

H.E.A.L.

Health

As anyone who has tried to get to sleep with a blocked nose or headache knows, physical health problems can stop you from getting a good night's sleep.

Speaking to your doctor or pharmacist about appropriate medication can help with this. Try to avoid taking medication without speaking to a medical professional, as sometimes the medication itself can stop you from sleeping properly.

Mental health problems like anxiety and depression can also affect our sleep. In these cases, a combined approach to tackle both the mental health issue and the poor sleep is often the most effective method of treatment.

Speak to your doctor for advice on this or have a look at the 'Attitude' and 'Lifestyle' sections of this article.

Environment

The bedroom should be somewhere that we associate only with sleep. Where possible, you should try to remove distractions from your bedroom. It is better to watch TV, play computer games and eat in another room.

Be mindful of the presence of gadgets and electronics, such as computers, phones, tablets and TVs. The backlit 'blue light' displays suppress melatonin production - the hormone that helps you sleep; the suppression of melatonin causes sleep disruption. You should stop using these devices two hours before you go to sleep. Although everyone is different and has their own personal preferences, the common factors that can affect our sleep are light, noise and temperature.

Too much light or noise can prevent you from falling asleep or staying asleep. If you have sources of light and noise that you can't control, such as light from a street lamp or noise from a neighbour's music, you might want to use an eye mask or ear plugs.

Attitude

Lying awake in bed, particularly before an important day, can make us worry. However, this worry then makes it harder for us to get to sleep.

Progressive relaxation techniques can help you to relax and unwind at these times. Free guides for learning progressive relaxation techniques can be downloaded from various websites. Alternatively, instead of staying in bed and getting more and more frustrated, you could get up and make yourself a warm drink, such as milk, and return to bed when you feel sleepier.

If you continue to have sleep problems for more than a month, you could speak with your Doctor about the possibility of some support. In some countries Cognitive Behavioural Therapy is used to treat some mental health problems, why not find out about this here? It can encourage a more positive attitude, which can then help to break the cycle of negative thoughts causing your lack of sleep and can help you develop a healthier sleep pattern.

Alternatively, practices like mindfulness (a type of meditation) can help by reducing stress and anxiety levels. Mindfulness can be practised without a Doctor's prescription. "Google" it.



Health Corner: So What's So Important About Sleep? By Peter Baker

Lifestyle

There are several things that you can do every day to improve the quality of your sleep.

Eating rice, oats and dairy products can produce chemicals can increase our desire to sleep. However, food and drink containing lots of caffeine or sugar can keep you awake, so drinking less tea and coffee and eating less chocolate and other sugary foods late in the day might help you to sleep better.



Although it can make you feel tired and can help you get to sleep, alcohol often impairs the quality of your sleep and makes you more likely to wake up during the night as the effects wear off, and you may need to go to the toilet frequently or get up to drink water if you are dehydrated.

Exercising on a regular basis is thought to help us sleep, as, amongst other things, it can help to reduce anxiety and relieve stress. It is, however, important to exercise at the right time. Exercising earlier in the day is better, as exercise increases the body's adrenaline production, making it more difficult to sleep if done just before bedtime.

Fact: Pythons sleep for up to 18 hours per day. Giraffes generally sleep for less than two. When was the last time you saw a tired Python? The balance lies somewhere in between.

Another Fact: You may need to put more effort into getting more sleep.

The Around The World (UK): Firm Fined OMR 750,000 Over Failure To Assess Coupling Operations

A logistics company in the UK has been fined after a worker died when he was trapped between a trailer and his vehicle.

The court heard how an employee was fatally injured whilst attempting to attach a trailer to a vehicle. The trailer was parked on a slight slope and rolled forward trapping the employee.

Risk Assessment Should Identify The Unique Hazards

The investigation found safety management arrangements for coupling trailers to vehicles failed to take account of the slope.

- The company pleaded guilty to breaching the Health and Safety at Work Act 1974 and has been fined OMR 750,000 and ordered to pay costs of OMR 16,000.

Speaking after the hearing, the prosecution said: "Had the defendant taken the slope into account, simple measures could have been taken that would have prevented this incident.

Workplace transport remains a high risk environment, and this case serves as a reminder to industry that assessments of sites should be specific and identify the hazards unique to each yard.

It is also a reminder that the slope a vehicle is parked on does not need to be steep for incidents to occur.

This was a tragic and wholly avoidable incident, caused by the failure of the company to adopt robust management action in both planning and monitoring of the workplace and workplace actions at this site."

Coupling & uncoupling

What's the problem?

Accidents and dangerous situations occur all too often when drivers of large goods vehicles (LGVs) fail to follow safe coupling and parking procedures. Unsafe practices often lead to vehicle runaway or trailer rollaway situations. They can result in serious and fatal injury to the driver or others, and costly damage to both vehicles and property.

Guidance

A risk assessment should be made of each type of vehicle the driver will use to decide if one of the generic procedures provided below can be used or if it must be adapted to suit a specific situation.

The driver should be trained in the safe system of work and simple monitoring systems should be set up to check that safe systems are followed at all times - a careless driver can be a danger to others as well as themselves.

Down

1. The type of basic hazard categories are P_____, chemical, biological and ergonomic.
2. Loose lying cables can cause tripping hazards, E_____ and damage to equipment.
3. Workplace health safety involves the assessment and mitigation of risks that may affect the health, safety or W_____ of those in your workplace.
4. A disorder you get from sitting too long in an office includes B_____.
6. Workplace Health and Safety is often referred to as O_____ Health and Safety.

The HSE department will make a cash donation to the winner's charity of choice.

Please send your answer to hsse@douglasohi.com

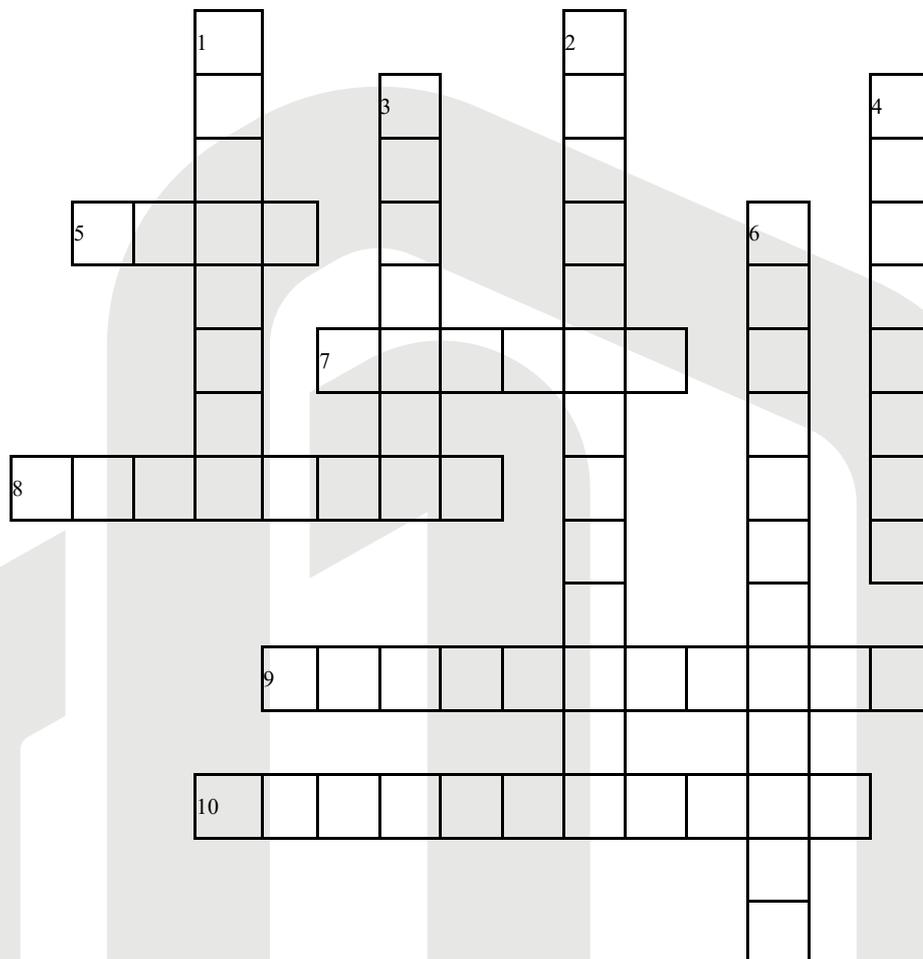
Last Issue's Winner

Mr. Prateek, Document Controller at Fahud project successfully completed the last puzzle and donated the cash prize to Oman Cancer Association.



Across

5. Likelihood X Severity equals this.
7. Anything with the potential to cause injury.
8. It is the responsibility of an E_____ is to protect their own health and safety.
9. One of the steps to manage health and safety risks is I_____ hazards.
10. Duties of employers to their employees is to train them, provide protection and maintain a healthy working E_____.



Safety Selfie Spot The Difference

Can you find the five differences between the two pictures?



Quote Of The Month

**START BY DOING
WHAT'S NECESSARY,
THEN DO WHAT'S
POSSIBLE, AND
SUDDENLY YOU ARE
DOING THE
IMPOSSIBLE.**



And Finally...

One of our Senior HSE Advisers at our Sohar project did some excellent work in tackling one of the most difficult things you can try to do in the workplace i.e. tackling cultural culture.

Wherever you have people, a culture will exist. Cultures differ in every country, company and project. In some cultures, it is not customary for more junior employees to speak up. This initiative is an attempt to change this.

Imagine a culture in any country, company or project where everyone used their voice for common positive change.

I won't steal Amal's thunder, should you wish to learn more about the work she has done, contact her on amal.aljardani@douglas-ohi.com

In short, well done Amal.

DOUGLAS OHI Constructing a Safety Culture: **Speak up for safety** Interserve
@LIWA PLASTICS INDUSTRIES COMPLEX EPC1 SCU PROJECT

ON THE JOB SAFETY BEGINS HERE!

Safety needs to be rooted in the culture of a company or project in following ways:

Developed by: Amal Al Jardani
Senior HSE Engineer
DOUGLAS OHI LLC

1. A Positive approach to Safety Intervention

Taking a positive approach to safety by encouraging employees at all levels to report safety infractions or dangerous practices gives safety personnel and managers the opportunity to correct them before they cause injury, illness, or death

2. Welcome Feedback

Input from workers, especially those who work in the field and in close proximity to industrial equipment, is vital to the safety of everyone who works at the company.

3. Give Feedback

When those responsible for safety — managers, supervisors, engineers — receive a report, they need to make it clear that they have embraced it and taken immediate steps to resolve the issue.

Levels of Maturity with respect to safety culture

GENERATIVE

Safe production is my number one priority. Lessons learned are applied on day-to-day basis.

PROACTIVE

In part, my safety depends on my teammates. To stay safe as a team, we need to work together and look out for one another.

CALCULATIVE

Safety rules and procedures are there to protect me. It is my responsibility to follow them so that I can stay safe for the things that matter to me.

REACTIVE

Most of the time, safety procedures are a burden to getting a job done. But, I need to make sure I am following them when management is looking.

PATHOLOGICAL

The company doesn't care much about me or my safety, so I don't care much about anything besides looking for myself and getting the job done.

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

