

TAKE THIRTY

January 2019

Introduction

A tremendously Safe and Happy New Year to You all.

With the advent of any new year it is common to reflect upon the year behind us and what is to come, some people make resolutions such as losing weight or becoming more active.

Change is something that is easy to talk about but can be difficult to sustain over the long term, however change is an essential part of moving forward either on a personal or business level. That said it is good to set ourselves personal goals, in that way we will continue to grow and improve. Why not take the time to consider what you can do to make our workplaces safer and healthier?

This could be something as simple as communicating better on HSSE or making the time to better engage with others who you see at risk or making a positive suggestion for improving HSSE practice. Like anything in life, we may not always get what we want, but at least you have “done your bit”.

When you read the “And Finally” section of this newsletter you will find a classic example of someone who took the trouble (outside of work) to intervene, share their thoughts, worries and concerns when they saw inherently unsafe work practice that put workers (not Douglas OHI employees) and members of the public (not necessarily Douglas OHI employees either) at risk of serious injury.

It is not known what happened thereafter, but that person (our General Manager) can be satisfied that their intervention may have saved a life. A valuable lesson for us all.



Peter Baker



60 Seconds With Suha Al Dhuhli, HSE Advisor



1. How long have you been with Douglas OHI and what is your role?

My job role is HSSE Advisor, and this month I will complete 3 years service with Douglas OHI.

2. What made you choose a career in HSSE?

When I went to register at the International College of Engineering and

Management (ICEM), they showed me all the programs they have. My attention was drawn to HSE. So, I started to research this subject, and from that moment I realised that the scope of health and safety is wide and endless. Although a career in health and safety may not seem to be a good career choice for some, it remains one of the most important areas of our lives. It is also the fastest growing sector in Oman. It has the potential to save people lives and for this reason I chose a career in HSSE.

3. What do you think is the biggest HSSE challenge Douglas OHI faces?

To work without any type of incident occurring.

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

The leadership commitment. All senior management are undertaking inspections (LR4) and participating in monthly meetings.

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

I think all our values are important because if we have a voice, we will bring better to life for the company. So we are doing the right thing, and finally we feel proud of what we do.

6. And finally, have you made any New Year’s resolutions?

Yes sure, I will mention only the main resolution from work side, which is to improve myself to achieve my aim to become a senior HSE advisor.

Many of you would have read recent headlines of Dengue Fever cases reported in Oman.

Dengue Fever is a viral infection spread by mosquitoes. It's widespread in many parts of the world.

In most people the infection is mild and passes in about a week without causing any lasting problems. But in rare cases it can be very serious and potentially life threatening.

There's no specific treatment or widely available vaccine for Dengue Fever, so it's important to try to avoid being bitten by mosquitoes when visiting an area where the infection is found.

Symptoms of Dengue Fever

Symptoms of Dengue Fever usually develop suddenly 4 to 10 days after becoming infected.

Symptoms can include:

- A high temperature (fever), which can reach 40C (104F) or higher
- A severe headache
- Pain behind the eyes
- Muscle and joint pain
- Feeling or being sick
- A widespread red rash
- Loss of appetite

The symptoms normally pass in about a week, although you may feel tired and slightly unwell for several weeks afterwards.

In rare cases severe Dengue Fever can develop after the initial symptoms.



Image source: [Oman Ministry of Health](http://www.moh.gov.om)

When to get Medical Advice

If you develop symptoms while travelling or living in an area where Dengue Fever is common.

Remember to tell them where you've been travelling.

There's little a doctor can do to help you recover, but it's important to get a proper diagnosis in case there's another cause of your symptoms. You may need a blood test to confirm that you have Dengue Fever.

How Dengue Fever is Spread?

Dengue Fever is spread by infected mosquitoes, usually the Aedes aegypti and Aedes albopictus varieties.

These mosquitoes bite during the day, most often early in the morning or in the early evening before dusk.

They're often found living around sources of stagnant water in built-up areas, such as wells, water storage tanks or old car tyres (water might accumulate inside the tyre).

Dengue Fever isn't spread from person to person.

You can get it again if you've had it before, as you'll only be immune to one particular variant of the virus.

Preventing Dengue Fever

There's currently no widely available vaccine for Dengue Fever. You can prevent it by avoiding being bitten by mosquitoes. The following can reduce your risk of being bitten:

- Use insect repellent - products containing 50% DEET are most effective, but lower concentrations (15-30% DEET) should be used in children, and alternatives to DEET should be used in children younger than two months.
- Wear loose but protective clothing - mosquitoes can bite through tight-fitting clothes; trousers, long-sleeved shirts, and socks and shoes (not sandals) are ideal.
- Sleep under a mosquito net - ideally one that has been treated with insecticide.
- Be aware of your environment - mosquitoes that spread Dengue Fever breed in standing water in urban areas.

It's a good idea to speak to your Doctor, practice nurse or a travel clinic before travelling to get specific advice about what you can do to avoid Dengue Fever and other travel illnesses.

For more information please visit www.moh.gov.om

Skin disorders vary greatly in symptoms and severity. They can be temporary or permanent, and may be painless or painful. Some have situational causes, while others may be genetic. Some skin conditions are minor, and others can be life-threatening.

While most skin disorders are minor, others can indicate a more serious issue. Contact your doctor if you think you might have one of these common skin problems.



Symptoms Of Skin Disorders

Skin conditions have a wide range of symptoms. Symptoms on your skin that appear due to common problems aren't always the result of a skin disorder. Such symptoms can include blisters from new shoes or chafing from tight pants. However, skin problems that have no obvious cause may indicate the presence of an actual skin condition that requires treatment.

Skin irregularities that are typically symptoms of a skin disorder include:

- Raised bumps that are red or white
- Rash, which might be painful or itchy
- Scaly or rough skin
- Peeling skin
- Ulcers
- Open sores or lesions
- Dry, cracked skin
- Discoloured patches of skin
- Fleshy bumps, warts, or other skin growths
- Changes in mole colour or size
- A loss of skin pigment

Causes Of Skin Disorders

Common known causes of skin disorders include:

- Bacteria trapped in skin pores and hair follicles
- Fungus, parasites, or micro-organisms living on the skin
- Viruses
- A weakened immune system
- Contact with allergens, irritants, or another person's infected skin
- Genetic factors
- Illnesses affecting the thyroid, immune system, kidneys, and other body systems
- The use of chemicals at work or at home

Numerous health conditions and lifestyle factors can also lead to the development of certain skin disorders. Some skin conditions have no known cause.

Treating Skin Disorders

Common treatment methods for skin conditions include:

- Antihistamines
- Medicated creams and ointments
- Antibiotics
- Vitamin or steroid injections
- Laser therapy
- Targeted prescription medications

Not all skin disorders respond to treatment. Some conditions go away without treatment. People with permanent skin conditions often go through periods of severe symptoms. Sometimes people are able to force incurable conditions into remission. However, most skin conditions reappear due to certain triggers, such as stress or illness.

You can often treat skin disorders that are temporary and cosmetic with:

- Medicated makeup
- Over-the-counter skin care products
- Good hygiene practices
- Small lifestyle adjustments, such as making certain dietary changes

Preventing Skin Disorders

Certain skin disorders aren't preventable, including genetic conditions and some skin problems due to other illnesses. However, it's possible to prevent some skin disorders

Follow these tips to prevent infectious skin disorders:

- Wash your hands with soap and warm water frequently
- Avoid sharing eating utensils and drinking glasses with other people
- Avoid direct contact with the skin of other people who have an infection
- Clean things in public spaces, such as gym equipment, before using them
- Don't share personal items, such as blankets, hairbrushes, or swimsuits
- Sleep for at least seven hours each night
- Drink plenty of water
- Avoid excessive physical or emotional stress
- Eat a nutritious diet
- Ensure all chemicals used at work are subject to assessment

Don't forget, you should seek professional medical advice for on-going skin disorders.

Hams Al Atheer – Supporting Disabled Children School

As we continue to support Hams Al Atheer, we were able to deliver a play materials to the rehabilitation center. The school management team were delighted.

Hams Altheer Rehabilitation Center is an education/ rehabilitation facility providing training to children with disabilities such as autism, cerebral palsy, down syndrome, hyper active, dyslexia etc.

For more information on how Douglas OHI has been supporting this center, please go to Yammer.



Disadvantage Family House in Izki Village



Douglas OHI has been working with Together We Build to support a disadvantaged family house in Izki village. The family - a widow with 3 children ranging from 7-17 years of age are currently living in a dilapidated house.

So far, 95% of work is complete including painting, electrics, rooms are ready with furniture, now on going work including outside gate, boundary wall and landscaping. For more pictures and informations, please go to Yammer.

Around The World (UK): Manufacturing Worker Killed In ‘Preventable’ Machinery Incident

A company which manufactures plastic products has been fined for safety breaches after the death of an employee.

A 52 year old employee was in the process of removing a cast plastic rod from a casting machine. The rod was secured in the machine by a pressurised piston, which should have been depressurised before the rod was removed. As the employee went to remove the rod from the machine, the metal retaining end cap and plastic rod were forcibly ejected, with the rod travelling at an estimated 81 mph. It hit him in the chest, and he died the following day in hospital from his injuries.

The company failed to undertake a suitable and sufficient assessment of the long length rod machine in order to ensure that all foreseeable hazards had been identified.

The court found the company guilty and has been fined OMR 143,473 and ordered to pay costs of OMR 4,997 as well as a victim surcharge of OMR 84.

The HSE inspector said: “Those in control of work equipment have a responsibility to undertake a suitably robust assessment in order to ensure that all foreseeable hazards have been identified. Had this hazard been identified, suitable engineering controls could have been devised and implemented to minimise the risk, therefore this death could have been prevented.



We may not use this type of machine, but the principles remains the same.

January Wordsearch Puzzle

The challenges for January month is to search for 10 words relating to behaviours.

The letters of the words might appear in the puzzle across, up and down or they might be spelled forward or backward.



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. Maruthi Shetty, CCJV HSE Advisor at Sohar project successfully completed the last puzzle and donated the cash prize to Oman Cancer Association.



Safety Selfie Spot The Difference

Can you find the five differences between the two pictures?



Quote Of The Month

You may not be able to control every situation and its outcome...
But you can control your attitude and how you deal with it.

Having a Vision

Our HSSE Conference will be held at the end of January.

Amongst the many things that will be discussed and debated will be the vision for the companies' HSSE future over the next 5 years.

Given the ever-changing nature of the industry we work in, it might seem a bit far fetched to think what our workplace will look and feel like so far into the future.

So why is it important to have a vision?

A vision is important as it creates a goal. Having the vision will help us overcome any obstacles we may face along the way.

Having a vision is different to having vision.

Our vision helps us see now, a vision can help us see and realise a better, brighter future.

A vision in the workplace isn't that different to having a vision in our personal life, for example if you want to lose weight, you will probably either need to eat less and or do more exercise, both of which require considerable effort and willpower. However, if before setting out on this path of self-improvement we visualise ourselves, slimmer or feeling better about ourselves, perhaps wearing new clothes or clothes that we had grown out of, we will overcome the temptations to go back our old habits.

Having a vision can therefore keep us focussed during the difficult times.

Our vision is one of a safer and healthier workplace and workforce and although we are making strides to improve, there will be many distractions along the way. Ultimately it will be worth it.

Why not apply this logic to your personal life, create a vision for a better You!

And Finally...

Our General Manager was out and about with his family when he noticed work being carried out on on a fast food takeaway restaurant.

Whilst there he noticed that the work platform being used was unsafe, not only were the workers themselves at risk of a fall from height but also members of the public were at risk from falling objects.

When we are out and about, we often see things are "not right", we then have a decision to make, do we intervene or not?

Thankfully Aaron took the trouble to intervene and share his concerns with the manager of the premises and made suggestions that would improve the situation.

Doing the right thing is not as easy as saying the right thing but when the two things come together the person who intervened can be proud of themselves and be satisfied that they may have saved one or more lives from the devastating consequences of an accident.

A great example of Visible Leadership.

Who amongst us is not a potential leader?



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

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