

TAKE THIRTY

April 2019

Introduction

Welcome to our latest HSSE Newsletter.

At the time of being published the end of winter is fast approaching and we will be drawing closer to the hot months, so I guess we need to start thinking about how to cope with the warmer weather - more to follow over the next few weeks.

Amongst the usual type of stories, we have an article from Girish's wife sharing her thoughts on the risks posed to her loved one by working in the office. We would like to thank her for sharing her thoughts and would welcome any contributions from family members.

As a sign of how Douglas OHI is maturing, we also include an article on the initiative being rolled out at our Duqm Project which is an innovative approach to health and safety training, so well done to the team there for challenging the norm.

Please take note of the image above, you will learn more about the significant achievement of our Duqm Team next month.

As always, I would like to encourage you all to enter our puzzle competitions and remember that you are contributing to a local cause, as well as learning something new about HSSE and wellbeing.


Peter Baker



60 Seconds With Aisha Al Balushi, Marketing & Communications Department



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

I have been with Douglas OHI since 2012, and have a very exciting role as part of the Marketing & Communications team.

2. What do you enjoy most about working at Douglas OHI?

Marketing is extremely fun, dynamic and energetic and I love being part of a team

that works across the business.

My role is very challenging, and I am able to work with many teams involved in a wide range of projects. What I find fun is that I am learning and working on diverse projects which is allowing me to develop my skill set.

3. What differences have you seen in HSSE practice since you joined Douglas OHI?

In my journey with Douglas OHI, I have seen a huge difference in HSSE practice.

Douglas OHI provides HSE courses for everyone to be safe not just at work but also in our personal life. Personally, I am thankful for the company in providing and teaching us how to be safe and healthy in this environment.

4. What five words describe you best?

I struggle to describe myself but my colleagues say I am: hardworking, loyal, fun, resilient & modest.

5. How do you define success?

Success is sitting down, looking around you, smiling to yourself, and thinking, "Man, I love this life".

6. If you could learn to do anything, what would it be?

In our daily life we are learning so many things: but if you ask me what is the thing I most want to learn, this going to sound funny but I really need to build upon my cooking skills!!!

It's OK to talk about Health and Safety!

We are proud to announce that Behavioural Based Health and Safety Training has been rolled out on our Duqm project.



We first considered this type of training at our HSSE conference in January, where we agreed that whilst we have an abundance of health and safety systems processes, training etc., people need to think more about the consequences of workplace accidents more and realise that accidents can have a huge impact on those who rely on us back at home, wherever that may be.

Since then we have constructed our Behaviour Based Safety Training centre in Duqm and have run a pilot course lasting 3 ½ hours. The course involved our own staff and as well as some of our client's HSE managers and was delivered by our Corporate HSSE Manager who developed the course in conjunction with the project team.



The course considers why people take risks, how they think and challenges them to contemplate the consequences of an accident far outside of the workplace.

Further to that there is an emphasis on the use of Open Questions that make people think "What if, not If Only!"

During the training we actively practiced this technique, so the course is very much hands on, challenging and rewarding and has been well received by all those who attended.

The course is pass or fail, and having completed the course delegates are empowered to intervene in a positive way and enter into a HSE related dialogue with their workmates in both a proactive and reactive way, after all why wait for something to go wrong?



Having completed the course delegates will then be awarded Bronze, Silver or Gold badges that they will wear with pride showing that they give permission to others to talk to them about their health, safety and wellbeing.

We will keep you informed on the progress of this initiative. If you want to know more or organise a session in your workplace, It's OK to contact Peter Baker to discuss further.



Behavioural Based Health & Safety Training

Where: Douglas OHI Behavioural Based Health Safety Training Centre
When: 24 April 2019
15 May 2019
25 June 2019
How long: 3 hours
Why: It helps save lives

For more information please email rajeesh.nair@douglasohi.com

www.douglasohi.com

Health Corner: Dust Storms by Rajasekar

Last month whilst Peter and I travelled to Duqm by road, we found ourselves driving through a sand storm. As a result, we experienced extremely poor visibility which made the journey quite tough and unpleasant.

Dust storms are natural events that occur when heavy winds blow loose sand, dirt and other fine particles from deserts and semi-arid landscapes into urban areas.

Our project delivery teams work in all-weather conditions, and I thought it might be useful to look into sandstorms and the potential effects on health.



Dust Storms - Health Impacts

Dust storms may have adverse effects on your health and are especially harmful for people who already have breathing-related difficulties. Inhaling small or fine dust can get deep into the lungs and cause serious health problems.

What are the symptoms following exposure to a sandstorm?

Common symptoms that you may experience during a dust storm include:

- Itchy or burning eyes
- Throat irritation
- Skin irritation
- Coughing/ sneezing
- Respiratory or breathing difficulties, including asthma attacks

Who can be affected by dust storms?

Anyone can experience symptoms from dust storms. The longer you are exposed to high levels of dust, the greater the chance that it will affect your health.

How will I know if dust concentrations are dangerous?

It is difficult to tell whether a dust storm will be harmful to your health. The severity of a dust storm will depend on the size of the particles, composition of the particles, your current health, and how long you have been exposed to the dust storm.

What health precautions can I take?

The following precautions can help you minimise health effects from exposure:

- Leave the area for a cleaner environment
- Stay indoors, with windows and doors closed
- Stay in air-conditioned premises and switch the air-conditioner to 'recycle' or 'recirculate' to reduce the amount of dust entering the building
- Visit a local air-conditioned building
- Avoid vigorous exercise, especially if you have a heart or lung condition
- If you have asthma, continue your medication and consult your general practitioner if required
- If it is safe to do so, check on elderly neighbours or other people who you think might need extra help.

If you must be outdoors when high levels of dust are present, consider using a P2 rated mask designed to filter fine particles. If you have a heart or lung condition, follow your treatment plan prescribed by your doctor. If you experience chest tightness, wheezing, difficulty breathing, or your symptoms do not settle, seek urgent medical assistance.

Driving Tips

The following driving tips are recommended when encountering a low-visibility dust storm or smoky conditions with the understanding that driver judgment is the most important factor when driving in adverse conditions:

- Avoid driving into or through a dust storm if possible.
- While driving through dust and smoke make sure to have your headlights on.
- Do not wait until poor visibility makes it difficult to safely pull off the roadway - do it as soon as possible. Completely exit the highway if you can.
- Do not stop in a travel lane; look for a safe place to pull completely off the paved portion of the roadway.
- Stop the vehicle in a position ensuring it is a safe distance from the main roadway and away from other vehicles.
- Turn on all vehicle lights, including your emergency flashers, while parked.
- Set your emergency brake and take your foot off the brake pedal.
- Stay in the vehicle with your seatbelt buckled and wait for the storm to pass.
- A driver's alertness and safe driving ability is still the number one factor to prevent crashes.

If you have a subject you would like to discuss and share, please contact the HSSE Team at hsse@douglasohi.com.

Al-Ghubra Beach Cleanup

With public service in mind, volunteers from Douglas OHI and The Environment Society of Oman completed a beach cleanup last month at Al Ghubra, Muscat, Oman.

The aim of the beach cleanup was to reduce litter, protect our ocean and raise awareness about litter and plastic pollution.



I-Care About My Bread Winner - Anjali Girish Kumar



When compared with construction sites, the office environment would appear to be a safe heaven, with climate control, soft movable chairs, armrests etc. But there are a lot of hidden health risks.

I have a lot of concerns about the associated health risks when my Bread Winner is working in an office environment.

First and foremost, issue is the sedentary nature of his work itself: Sedentary behaviour can increase the risk of ill health including a wide range of conditions including obesity, cardiovascular diseases, high blood pressure, depression, diabetes, musculoskeletal disorders and cancers too.

People who sit at work are at high risk even if they are active at other times. After just 90 minutes of continuous sitting, the body begins to show negative effects as:

- Gravity takes its toll on posture, forcing the body forwards and down.
- Calorie burning reduces considerably.
- Nerve activity in leg muscles shuts off.
- Enzymes that break down the fat molecules drop by 90%.
- Restricted blood circulation to the lower limbs.

Another concern is musculoskeletal disorders. Prolonged sitting causes backache, neck stiffness, and fatigue and eye problems.

Dr. Alan Hedge, a professor of ergonomics offers a quick rule to remind you to take a break for every half hour of work. The rule is:

- (20-8-2) sit for 20 minutes.
- Stand for 8 minutes.
- Stretch or move for 2 minutes.

How often we change position may be more important than the length of the break.

Changing positions often will help you to maintain focus and energy throughout the work day, so I suggest keeping the printer, photocopy machine etc far from your seat.

I also worry about my husband's eye strain and fatigue - adequate lighting and maintaining the correct distance from the computer screen is necessary to ease eye strain.

In order to reduce fatigue, give your eyes a break from the screen at least every 20 minutes and look at an object (at least 20 feet away) for at least 20 seconds. This relaxes the focusing muscles of the eye, thereby reducing eye fatigue.

Whilst using a computer, people blink less, hence tears coating the eyes evaporate more rapidly, causing dry eyes. To reduce the risk, every 20 minutes, blink 10 times by closing your eyes as if falling asleep (very slowly).

Adjust your workstation and chair to the correct height and position your computer's screen to 20-24 inches from your eyes. The centre of your screen should be about 10-15 degrees below your eyes for comfortable positioning of your head and neck.

Finally, is the pain and possible injury due to frequent use of the mouse - researchers say that, greater the force required for use of the mouse, greater will be the chance of pain or injury. Because we use 3 different forces whilst using a mouse:

- Forces to grip the mouse - this causes tension in the forearm.
- Forces to move the mouse- if the arm is abducted, this force increases shoulder tension.
- Finger force to press the button - this increases the risk of for example carpal tunnel syndrome.
- Uncomfortable and excessive repetition of any motion using the mouse (or keyboard) may lead to pain or injury.

Rather than compromising our health, follow the good practices and return home safe and sound at the end of every workday for the sake of your loved ones waiting at home.

'Better Safe Than Sorry'

Around The World (UK): Major Scaffold Collapse in North London, UK

More than 200 square metres of scaffolding collapsed in high winds recently in London.

The four-storey scaffold fell onto a public street.

A London Fire Brigade statement said: “Approximately 200 square metres of scaffolding from ground to third floor level collapsed into the road way.

“Surrounding buildings were evacuated as a precaution and a cordon was put in place.

“Thankfully there were no reports of any injuries.

Although thousands of miles away, we must always remain vigilant to the power of nature.



Safety Selfie Spot The Difference

Can you find the five differences between the two pictures?



Quote Of The Month

**GO AS FAR
AS YOU CAN SEE;
WHEN YOU GET
THERE, YOU’LL BE
ABLE TO SEE
FURTHER**

Thomas Carlyle

April Wordsearch Puzzle

The challenge for the month of April is to search for 10 words related to Constructive Intervention.

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

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

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

(G S E&C) HSE Officer Mr Suresh successfully completed the last puzzle and donated the cash prize to Oman Cancer Association.



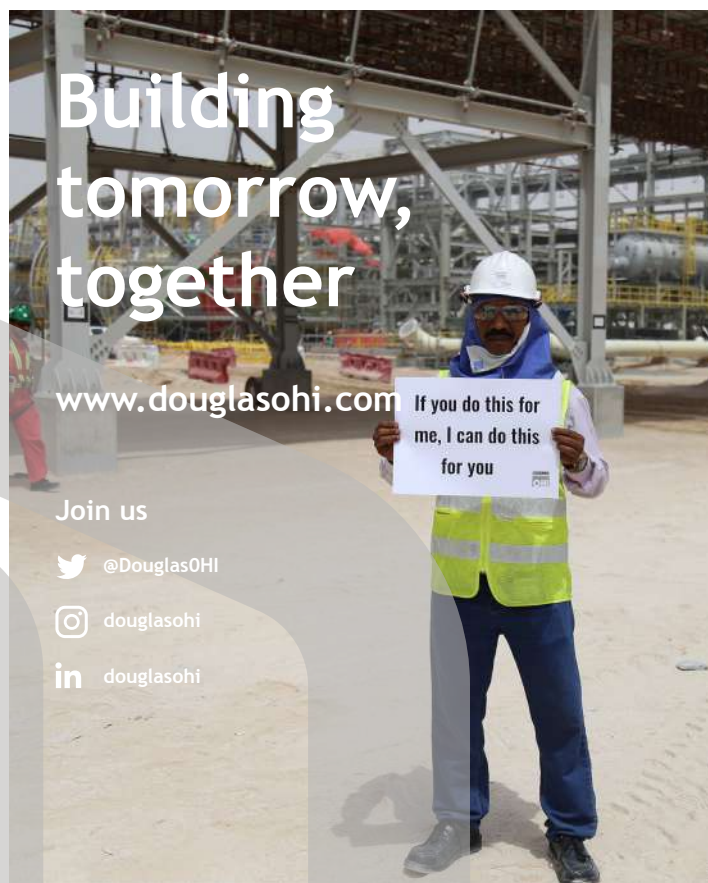
And Finally... IOSH Managing Safely Training

Many congratulations go to all of those who have successfully completed the online IOSH Managing Safely training course.

Those who have successfully completed workplace project course include:

- Laila Ali Salim Al Washahi
- Zahra Mohammed Hassan
- Arun Kumar T
- Arun Schreedar
- Govinda Raj Sekar
- Mohamed Azharudeen
- Mohamed Zaheeruddin
- Niranjana Nayak

Whilst many have started and not yet completed (well done, keep going), some are yet to access the course which has been paid for by the company so please do so as soon as possible.



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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