



TAKE THIRTY

September 2019

Introduction

Welcome to the September edition of our HSSE Newsletter.

Firstly we recognise that we have a new Finance Manager who has joined the company but we would also like to thank Mr Nagrajan for the contribution he has made in making our workplace safer and healthier in the time he has been with the company and wish him the very best for his retirement.

We dedicate a significant portion of this month's Newsletter to the efforts being made to raise HSSE awareness on our various projects across the Sultanate, well done all and please keep it up. We all need a constant reminder of the things that we need to do to ensure the minimum of harm, loss and disruption.

Thankfully the end of summer is within sight, although the mandatory summer working restrictions have come to an end, we must continue to drive the message home on the importance of hydration and keeping a close eye on each other whilst at work.


Peter Baker



60 Seconds With Suresh Saklani, Finance Manager



1. What is your background?

Education: MBA from Strathclyde University and Intermediate Certification from the Institute of Chartered Accountant of India.

Experience: 25 years. Including 11 years manufacturing sectors (including LG Electronics & Singer India) and 14 years in Infrastructure (Leighton Contractors) in India and Building Construction in UAE.

2. What part can you play in making workplaces safer and healthier?

I would like to see HSE policies being applied by the Company's sub-contractors with equal enthusiasm as that of Douglas OHI. I will be an active advocate of HSE requirements in every possible way. In addition, I will communicate HSE practices through safety walks at project sites on a regular basis.

3. What does good HSSE practice look like to you?

Doing the work in a safe and right way whilst exceeding client expectations on HSE standards. Keeping everybody safe at work and ownership of HSE practices by all employees across all levels in the company. Awareness of HSE practices should be the default habit of our organisation.

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

No injury time and increased productivity due to minimum loss of man hours. No disruption of work due to untoward incidents.

5. What so far has impressed you the most about Douglas OHI?

Effective communication of HSE policy.

6. What are your thoughts on the accommodation and facilities we provide for our staff and workers?

Well maintained with adequate safety and cleanliness standards.

7. What would you like to see develop with HSSE at Douglas OHI?

Equal HSE awareness whether it be a project or non-project site.



HSSE Corner - Safety Is Not A Priority For Douglas OHI!!!

I was privileged to attend a 1 Million Man Hour without LTI celebration at our project in Salah.

During the celebration there were a number of speeches given by the dignitaries who attended and also shared in recognising the achievement.

Many people spoke eloquently about how safety is and should be a priority, why shouldn't they? After all we come to work for the opportunities it presents be it in terms of the salaries we earn, or our career development, perhaps both or more.

After the celebration, I was introduced to the CEO of the ultimate user of the plant we are helping to construct. He thanked Douglas OHI for their efforts in making sure the project was run safely and efficiently, I in turn, thanked him back.

During our conversations, I explained that Health and Safety is not a priority for Douglas OHI, he seemed surprised. I went on to explain that if HSE is seen as a priority then by definition that priority is highly likely to be challenged or may change altogether. Having priorities is very useful, in fact essential if we are to meet a goal, be it personal or professional.

Whilst priorities can be a good thing, we need to ensure that these priorities do not result in unsafe or unethical behaviours. As an example, if our priority is to get home by a certain time and there is an accident on the way that causes us to be delayed and that priority remains, we are highly likely to break the speed limit to

keep to that deadline. In doing so we are putting ourselves and probably others in jeopardy, this is neither safe nor ethical.

Problems may also arise when we become distracted by other priorities, for example on that same car journey we may be tempted to use the mobile phone whilst driving because we don't want to stop for a few minutes.

One of the things that will keep us safe and ethical are the values that we hold dear. These are the constants in life, be it respect for others, self-respect, knowing your own value or a set of company values such as Douglas OHI's.



I remember talking to a senior manager when these values were rolled out in the UK, he said that following the roll-out he was absolutely sure that all his employees knew what the company values were. I asked him if he was so sure that his employees knew what they actually meant. There followed an awkward silence.

In short, of course we must have priorities, they will give focus and direction, but when it comes to being responsible for your own wellbeing and that of others, make sure you are true to yourself and those "others" and "do the right thing" time after time and we will continue to improve the way we do things and look after people.

Refresher Fire Prevention Training, by Badisha M

As part of Douglas OHI's commitment to continual improvement of health and safety practices, refresher training on fire safety and prevention was rolled out at our project site in Duqm.

All participants received inhouse training on:

- Fire prevention and protection requirements implemented onsite.
- Best practices on how to prevent fire incidents.
- How to develop a safety culture encouraging safe behaviour.
- How to be ready in the event of an emergency, as well as the potential consequences.

Through role plays and sharing best practices with each other, all onsite personnel are aware of their responsibilities regarding health and safety allowing them to perform their jobs safely. Supporting material was provided in English, Arabic and Hindi.



Protect Your Hands - Your Most Valuable Tools

Douglas OHI recently conducted an awareness session focusing on hand safety at the Integrated HSE Building project in Sohar.

The awareness session included role play where employees were reminded how important their hands are, and how complacency in the workplace can lead to accidents and injuries which can result in permanent, life-changing consequences.

Employees were given refresher training on preventative measures including following work practices, being aware of the job tasks, equipment and materials that can create a risk, as well as knowing the steps to be taken to prevent injuries.



Housekeeping Exercises

Mass housekeeping exercises recently took place at the Douglas OHI sites in Duqm and Barka.

When practiced well, good housekeeping not only results in a cleaner workplace, it's safer as well. As one of the first safety steps onsite, good housekeeping reduces illnesses and injuries and promotes positive behaviours, habits and attitudes.

As part of the training exercise, Douglas OHI employees embraced a practical session on how to create/maintain a tidy, clean, orderly and safe working environment. Participants were reminded that uncluttered working conditions should be maintained at all times - both onsite and in the office.

For more information please contact hsse@douglasohi.com.



Environmental Chemical Handling Refresher Training, Duqm by Badisha M



Environmental Chemical Handling Refresher Training was undertaken at the Duqm Refinery project site to ensure the workforce were aware of environmental hazards associated with hazardous materials. The training presented information on the nature of hazardous materials and chemicals helping participants to reduce or eliminate potential exposure to hazardous materials in the work environment.

Participants were reminded that Safety Data Sheets are available for each hazardous chemical in a clearly identified place and are easily accessible in an emergency.

Training also included the steps to take in the case of accidental exposure to hazardous chemicals and how to use a spill kit.



For more information please contact hsse@douglasohi.com.

Around The World: UK Construction Company Fined After Putting Workers At Risk Of Falling From Height

A construction company has been fined for failing to comply with work at height regulations, placing employees at greater risk of injury.

The Court heard that during an unannounced inspection in May 2018, a number of issues in relation to working at height were identified. These included several unprotected edges, where a person could fall a significant distance and also a floor that was being removed by a handheld breaker whilst workers were standing on it. No measures were in place to prevent them falling if the floor collapsed.



An investigation by the Health and Safety Executive (HSE) found that the risk assessment identified measures that needed to be implemented. These measures were not implemented and therefore created a significant risk of people falling, and causing serious or fatal injury.

The company pleaded guilty to breaching Work at Height Regulations and was fined OMR 13,333 and ordered to pay costs of OMR 550 plus a victim surcharge of OMR 60.

Speaking after the hearing, the HSE inspector said: "Falls from height remain one of the most common causes of work-related fatalities in this country and the risks associated with working at height are well known. Work at height is dangerous and should be planned correctly and the required measures implemented".

Monthly HSE Awards Duqm, Badisha M

Members of the project team in Duqm were recently awarded best HSE Performance for the month of August.



Best Safety Performance Awards at Shell Development Office Project

Shell recently awarded a number of employees with the Best Safety Performance Award for August.



September Word Search

The challenge for the month of September is to search for 10 words related to Fire Prevention. The letters might appear in the puzzle across, up and down or be spelled forward, backward or diagonally. ‘

The HSSE department will make a cash donation to the winner’s charity of choice. Please send your answer to hsse@douglasohi.com.

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

Last Month

Rahul Nair, based in Duqm successfully completed the last puzzle and donated the cash prize to a Oman Cancer Association.



Safety Selfie - Spot The Difference

Can you spot the 5 differences between the pictures below?



Quote of the Month

TEAM WORK
 divides the task
 and
 multiplies the success



And Finally ...

Our site team at the Shell fit out project in Al Khuwair have been trying an innovate way of addressing an age - old problem on site.

Ever since the construction industry moved towards the mandatory wearing of eye protection, users have complained of the problem of the glasses “fogging or misting” up, in other words condensation forms on the glasses thus reducing the wearers ability to see properly.

The team are trialling the use of Baby Shampoo of all things. They use a solution of water with the addition of a small amount of the shampoo which is then wiped onto the glasses and this somehow reduces the build up of the mist or fog on the lens.

Apparently, this method was first used by divers who encountered the problem and it has now found its way onto our site. The trial is not yet complete, and we will report in next month’s Newsletter on the outcome but so far the feedback has been positive.

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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HAND SAFETY
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