

TAKE THIRTY

November 2019

Introduction

Welcome to the latest edition of our Newsletter.

This month we feature a wide range of awareness campaigns and actions for improvement being delivered on our projects around the Sultanate.

These actions for improvement take time, effort and resource but are all based on practical demonstrations that will help keep our people safe and healthy. Being practical in nature, the demonstrations are far more likely to stick in the minds of those who attend so are more likely to promote positive behaviours in the people who are most at risk.

I was asked recently, why our HSE Newsletter is called Take Thirty? The answer is that despite the many hours that go into preparing the Newsletter we would like you to make around 30 minutes to read, discuss, research and learn more about HSE in the workplace and sometimes home, in doing so we hope you share your learning with others around you and encourage positive behaviours from everyone involved in the work that we do.

Thank you for doing so do.


Peter Baker



60 Seconds With Sujith Kumar, HSE Advisor



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

This is my second year with Douglas OHI as HSE Advisor.

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

- Healthier, happier and better motivated employees
- Maintain Brand reputation
- Winning and retaining customers
- Employee motivation and commitment
- Lower cost of accident and incident

3. If we see somebody working unsafely, how should we approach the situation?

Stay calm and approach the individual with a positive attitude before anybody gets hurt. Try to get a better solution from the same so that he will use this as a lesson to avoid recurrence.

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

I believe the safety campaigns we introduce and conduct at every project is a great step forward increasing the awareness of safety for everybody.

5. What are the most significant changes (HSSE) you've noticed since you joined the company?

I have very good support from management, and it's clear that the leadership have been driving health and safety at Douglas OHI. As a result, I have observed greater engagement from the workforce and they are empowered and motivated to follow safety procedures and raise concerns. For example, only last month we received recognition for implementing and meeting vehicle safety standards.



Dossier Construction's Infrastructure Awards 2019: Douglas OHI Wins Best Construction Safety and Best Training Initiative Honours



Douglas OHI picked up two awards at the Dossier Construction's Infrastructure Awards 2019, held at Sheraton Hotel, Muscat on 30th October 2019.

Douglas OHI were named winners in the Best Construction Safety and Best Training Initiative categories.

Judges praised both initiatives for having a behavioural approach with a common embedded message. Both programmes are aimed at communicating safe and unsafe site practices in a bid to raise employee awareness about how to reduce accidents across the business.

Aaron Hennessy, General Manager, Douglas OHI said: "It is an honour to collect both awards on behalf of Douglas OHI and each of our employees who place safety and innovation at the forefront of their approach to work."



For more information on these award-winning initiatives visit: douglasohi.com/say-hello-wave-goodbye-plant-safety-awareness-training/ and douglasohi.com/constructive-intervention-training/.

Working Day With Rajesh M. - LPIC, Sohar



I have been engaged as the HSE Manager at Liwa Plastics Industries Complex project for approximately 2½ years.

A typical day for me goes something like this. I wake up early morning and pray to god to give good health to our team, and am onsite site by 6:30 am. Once onsite, I discuss the site conditions with the HSE Team and provide guidance/instructions regarding health and safety.

I visit all project sites and engage with the Site Foreman, Charge Hands and the workforce to discuss safety matters. From there I attend the daily management walkdown/site tour with our Client and Owner Orpic. The meeting starts with the Client HSE Manager in the CCJV office to discuss the forthcoming activities. Thereafter, I spend some time on correspondence and review/sign permits.

After lunch, it's time to visit the Brownfield Integrated HSE Building project with HSE staff and Engineer. Afterwards, I generally meet with the Site Manager to discuss/resolve issues that have arisen during the site visit.

Then its time to get back to office to keep on top of emails and provide assistance in preparing the Risk Assessment and review of other reports. Then it's over to the main project office, where I have a daily scheduled meeting with the Project Manager to provide any HSSE updates and receive updates, advice and approval.

Orpic's Liwa Plastics Industries Complex project is one of the largest throughout the Sultanate of Oman, and I feel extremely

privileged to be contributing to the success of it. We work with several contractors with multiple nationalities, which can be both challenging and rewarding during the execution and delivery of the project.

When the project was awarded to Douglas OHI, Management informed me that I was to be the HSSE Project Lead. I found it quite overwhelming but am pleased I have succeeded in one of the biggest challenges in my working career. I have succeeded in managing a workforce 4,000 strong at peak including 50 HSE professionals with the project achieving 17 million-man-hours without lost time injury.

As a result of all our hard work and determination the Sohar Project Team received Best Contractor Award from the Client.

Health and Safety is important because it protects the wellbeing of employees, visitors and customers. Looking after Health and Safety makes good business sense. Workplaces, which neglect health and safety risk prosecution, may lose staff, and may increase costs and reduce profitability.

A safe and healthy workplace not only protects workers from injury and illness, it can also lower injury/illness costs, reduce absenteeism and turnover, increase productivity and quality, and raise employee morale. In other words, safety is good for business. As an employer, we have a duty to protect the workers from injury and illness on the job. Protecting workers therefore makes good business sense.

It is clear to me and others that good safety practices reduces the chances of accidents or injury happening. A safe work environment with adequate safeguards allows an employee to focus on their work instead of the danger or hazard. Safety reduces injury there by decreasing lost work hours.

60 Million Man Hours, Sohar by Rajesh M

Douglas OHI receives appreciation from CCJV for contributing to 60 Million Manhours without lost time injury on Liwa Plastics Industries Complex EPC1 Project.



Wheel Nut Safety Indicators

Wheel nut safety indicators are a simple and cost-effective product giving visual indication of any movement of vehicle wheel nuts. If the indicator points in a perfect circle, then the driver/operator can easily identify that the wheel nut is tight and safe. With continuous movement of vehicles on graded roads, there is a possibility that a wheel nut may come loose and operators are not aware. This system can be implemented on all heavy equipment/vehicles onsite and be included in the daily check list.



Fall Prevention Awareness

Our Team in Sohar conducted a Fall Prevention Awareness Campaign in the Integrated HSE Building. Working at height is the leading cause of fatalities in construction sites. The purpose of the campaign is to coach and mentor employees about the correct usage of safety harness and how to maintain 100% tie off while executing elevated jobs. During the campaign practical demonstrations were carried out about inspection of harnesses, steps to be followed to wear the harness, the ABC in fall protection and 3-point contact while ascending/descending the ladder. At the end of the session the campaign was assessed, and feedback was very positive. The Orpic HSE and Construction Team highlighted the importance of this campaign, and shared the recent near miss that occurred in ORPIC in relation to work at height.



Human Machine Interface, Sohar, by Rajesh M.

We recently conducted an awareness campaign at the Integrated HSE Building in Sohar, training the workforce on Human Machine Interface and safe usage of rotating power tools.

Machines do lots of useful work to save us time and effort. They cut, punch, roll, drill, grind, assemble, handle, and transport - but they can't think! Only the human operator can make them do their jobs properly and safely.

Machine guards are in place in order for us to work safe. Unfortunately, guards can be ignored and removed by some workers on site.

Machine guards provide protection from hazards by providing a covering. The covering creates a barrier, shielding workers and preventing them from touching, or being caught in moving parts. They also protect from sparks, flying debris and splashing chemicals.



CCJV Training Recognition

Mr. Younis Saif Nasser and Mr. Anirudh Sahani received a certificate of recognition from the CCJV HSE Manager for the completion of their behaviour based training programme by effectively monitoring and correcting individuals from unsafe acts.



Lifting Equipment Inspection, Duqm, Badisha M

Achieving safe and efficient lifting operations depends on the continued safety of the equipment and accessories used.

At our project site in Duqm, a thorough inspection of all lifting equipment being used was conducted by a third party. This inspection ensures the strength and stability of the equipment, as well as minimising the risk associated in the work zone.

For more information on this inspection, please contact hsse@douglasohi.com.



Inhouse Vehicle Banksman & Operator Refresher Training - Duqm, Badisha M

Our project team based in Duqm conducted refresher vehicle banksman and operator refresher training.

A vehicle banksman is a key figure in maintaining a high level of health and safety onsite, especially where the operator's vision may be obscured.

The Douglas OHI team were given a refresher on how to direct traffic safely onsite, whilst controlling any potential risks. They were also giving further training on how to read the environment, understand the importance of their role and communication.



Roll Out of Douglas OHI Behaviour Based Training “It’s OK” Continues in Duqm

Members of our team based in Duqm participated in the Douglas OHI Behaviour Based Safety Training - “It’s OK”. The course has been developed and tailored in our continued efforts to create a positive approach toward safe work culture.



Even though it is a gradual process, the course is a positive step towards changing safety attitudes and safety performance. For further information on this course, please click [here](http://hse@douglasohi.com) or contact hse@douglasohi.com.



Falling Object Prevention Campaign, Duqm, by Badisha M

All attendees were encouraged to recognise how they can control and prevent risks by proactively engaging in best practices. In addition, participants were asked to think about the people that can be affected and the consequences of falling objects.

While the challenges are great, we are convinced that If we pull together and pledge our total commitment and effort, we will succeed in reaching the important goal of Zero Incidents.



Colour Coded Safety Vests, Duqm - Badisha M

Our Project Team based in Duqm have recently introduced new colour coded high visibility vests, enabling Confined Space (CS) Attendants, Riggers, First Aiders, and Flagman to be easily distinguishable within the workforce based upon their job role.



Manual Handling Refresher Training, Duqm - Badisha M

On a construction site there are often heavy or awkward objects to be moved to keep the work process moving. When an individual lifts, lowers, pushes, pulls, carries or otherwise handles any object this is best defined as manual handling. In short, moving anything by bodily force.

There are a wide range of risks associated with manual handling including:

- Serious back injuries;
- Repetitive strain disorders;
- Sprains of muscles or tendons;
- Slips, trips and falls.

Our Project Team in Duqm conducted manual handling refresher training, to ensure workers at risk are reminded how to lift and handle objects without sustaining any injury. The training also provided pointers on how best to use equipment and risk reduction improvement.



Please go to the Douglas OHI YouTube channel to watch the training video.

<https://www.youtube.com/channel/UC-T6jxlzjwEt900ev-HE0FQA>

For more information about this refresher training, please email hsse@douglasohi.com.

Quit Smoking - Salalah, by Kingsleen Thanislas

Our Project Team in Salalah recently conducted a “Quit Smoking” awareness campaign. This campaign was aimed at increasing the understanding of our workforce about the harms of smoking and the benefits of quitting smoking.



Slips, Trip & Falls Awareness Programme - Salalah, by Kingsleen Thanislas

In a bid to make our workplace a safer place to be, our Project Team based in Salalah recently conducted an awareness programme of the risks of slips, trips and falls.

The programme primarily focussed on how risks can be eliminated where the workforce are reasonably able to. In addition, they were also informed of what they should consider to minimise the risk.

Slips, trips and falls can cause serious injury. The Team discussed safe practices, and demonstrated to the workforce how to be mindful of surroundings, clean up after themselves, and to implement safety measures when necessary.



From Around The World ... Lifting Incident (UK)

Work was suspended on a site in the UK after a chain came away from a lifting beam.

The failure happened as a prefabricated module was being lifted onto the tenth floor by a luffing crane during construction of a Hotel.

The pod was left dangling from the remaining chain which stopped it falling from the lifting beam.

The cool-headed crane driver allowed the load to stabilise then carefully slewed it over the roof and lowered it into position avoiding any damage or injuries.



The root cause of the incident is not yet known but this should serve as a reminder of the extreme care that needs to be taken when planning and executing lifting operations.

November Word Search

The challenge for the month of November is to search for 10 words related to Behaviour Based Safety Training "It's OK". The letters might appear in the puzzle across, up and down or be spelled forward, backward or diagonally.

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



Last Month

A.A Tara Kumar, Engineer at Salalah IWP 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?



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