

# TAKE THIRTY

## January 2020

"It's OK to talk  
to me about Health,  
Safety & Wellbeing"  
2019-2020



## Introduction

Welcome to the January HSSE Newsletter so a belated Happy New Year to everyone.

Our first Newsletter of the year introduces Hanan Al Rawahi to the HSSE Department and company.

We also feature many articles highlighting the various ways in which we strive to improve the lives and working environments our employees both whilst at, and away from work.

This is exactly how it should be.

At the time of publication, we have already launched our first ever Safety, Health and Wellbeing Survey and are busy planning for our 2020 HSSE Conference and 2019 HSSE Awards.

Thank you to everyone who has participated, and we are looking forward to a new year, one in which we will continue to improve what we do and how we behave, both in and outside of work.

Peter Baker

## 60 Seconds With Hanan Al Rawahi, HSE Advisor



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

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

### 2. What made you choose a career in HSSE?

At the suggestion of family and friends I decided to study Health & Safety. I realised very quickly that a career in health and safety can be hugely rewarding and has the potential to save lives. In addition there are a number of other benefits I can expect to enjoy as a qualified health and safety professional.

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

In my role I get the opportunity to review the HSE Statistics and Near Miss Reports, and have come to understand the biggest challenge is dealing with line of fire (Hands). Our Safety Leads are trying to handle it with inspection and awareness training.

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

Last month I attended the Monthly HSE Performance meeting where all the HSE Leads presented their lessons learnt with constructive discussion which shows the leadership commitment on HSSE, all the lessons learnt are communicated in this publication and Yammer etc.

### 5. Any finally, have you made any New Year's resolutions?

Yes! As like everyone I too had new year resolutions some of them for my career growth and some of them to the company who gave me this opportunity.



# Duqm Safety & Social Nite Celebration 2019-2020, Badisha M.

Last month we celebrated Douglas OHI's success in Duqm.

To those who attended, thank you for your support. Your presence was very much appreciated in making this event a success.

I would like to congratulate and thank the "Safety Nite Team", for their hard work, enthusiasm, and support, together we made this event a success and an evening to remember.

To those who could not attend, see you next year!



## In Country Value (ICV) Training, Duqm - Badisha M.

Wherever we operate, we're committed to employing local people, working with local SME's and developing local capabilities in order to deliver sustainable commercial benefits for the country. We place a strong emphasis on growing the local economy, and believe it is our responsibility to invest in our communities and develop business that brings value to Oman.

In line with this, Douglas OHI's ICV Specialist is delivering training across all sites with the aim of developing a deeper understanding of ICV, our plan/requirements and how we can support the local economy.



## Plant & Equipment Safety Awareness, Duqm - Badish M.

Douglas OHI conducted a number of sessions on Construction Plant Equipment Awareness for employees based at the Duqm Refinery Project Site. The session was designed to make participants aware of the dangers of operating/working in close proximity to vehicles/obstructions.

Best practices were shared, and employees were reminded of the health and safety requirements, control measures and how to identify potential hazards when working with/close to plant equipment.



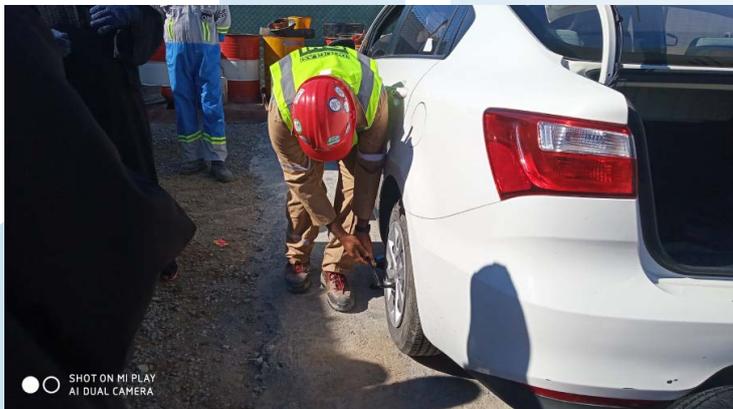
For more information please visit:

<https://douglasohi.com/plant-and-equipment-safety-awareness/>

## How To Change A Flat Tyre, Sohar - Rajesh M.

Douglas OHI employees based in Sohar were given a practical demonstration on how to change a car tyre by a Mechanical Supervisor.

Knowing how to change a tyre is a necessary skill for all drivers. If you rely on a mobile phone to save you in a roadside emergency, there's always a chance you'll forget to charge it, be out of range, or simply just leave it at home. Flat tyres can happen anywhere, and a mobile phone is no substitute for knowing how to change a flat tyre. Changing a flat tyre isn't all that difficult.



## Fire Extinguisher Training: Best Practices, Sohar - Rajesh M.

Office based staff at our Sohar Project Site recently undertook fire extinguisher training.

The training allowed employees to develop an understanding of how fires start and how they can be extinguished. They also learnt how to select the correct fire extinguisher and how to safely use it to extinguish a small fire.

The training focused on:

- How fires start and spread;
- How fires can be extinguished;
- The dangers of smoke and fire;
- How to respond to a fire emergency;
- How to use a portable fire extinguisher and fire blanket.



### 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](mailto:hsse@douglasohi.com).

## How Are You? Barka Plant - Suha Al Dhuhli

How Are You? sessions were conducted by our Medic and HSE Advisor at Barka Plant Department in English & Arabic. Meditation and Yoga sessions were carried out in English and Hindi.

The aim of the sessions was to make people aware that their problems are not unique and they are not alone.



## QUOTE OF THE MONTH

**“TELL ME AND I FORGET, TEACH ME  
AND I REMEMBER, INVOLVE ME  
AND I LEARN”**

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

A construction company has been fined following an incident in which a worker was killed when a dumper truck overturned.

The Court heard that on 3rd October 2016, David Scott Green, a groundworker was manoeuvring a 9T front tipping dumper truck on a spoil heap to offload soil.

He lost control of the truck which toppled forward and came to rest upside down at the base of the spoil heap. A colleague noticed the overturned truck and ran over to assist, but Mr Green had sustained a serious head injury during the fall and died on scene.

An investigation found major deficiencies in the management of tipping operations on the spoil heaps. The investigation established that the operation was not properly planned; drivers were not given instruction or training on how to safely operate vehicles and tip on spoil heaps, and the job itself was poorly supervised. The victim did not have his seat belt fastened and the investigation confirmed that

this was common practice on the site.

The company pleaded guilty to breaching Health and Safety legislation and was fined OMR 112,000 and ordered to pay costs of OMR 6,000.



Speaking after the court hearing, the investigating HSE inspector said, "This was a tragic and wholly avoidable incident, caused by the failure of the employer to assess the risk related to tipping operations, implement safe systems of work, and failure to ensure that such systems were communicated to groundworkers and were followed."

## January Word Search

The challenge for the month of January is to search for 10 words related to recycled brick production. The letters might appear in the puzzle across, up and down or be spelled forward, backward or diagonally.

Please send your answer to [hsse@douglasohi.com](mailto:hsse@douglasohi.com).

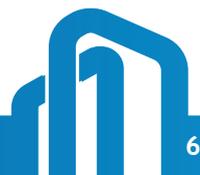


### Last Month

Jubin K Thomas, Ghala Medic successfully completed the December puzzle.



## Safety Selfie - Can You Spot The 5 Differences Between The Images Below?



# YOUR OPINION MATTERS



Douglas OHI is a dynamic, thriving company because of our most important resource: our people. That's why we want to hear what you have to say in our upcoming Safety, Health and Wellbeing Cultural Survey.

Please look out for it and be prepared to participate.

## And Finally ...

The world's first recycled bricks go into production in Scotland.

Scientists in Scotland have developed the world's first building brick that's made from 90% recycled construction and demolition waste.

The K-Briq produces slashed the CO2 emissions of a traditional fired brick, using less than a tenth of the energy in its manufacture and can be made in any colour and is stronger and lighter than traditional kiln-fired bricks.

It is produced from concrete, brick and plasterboard waste combined with a secret binder and compressed to size without firing.

Professor Gabriela Medero, who conceived the idea of the K-Briq more than 10 years ago, said: "The K-Briq looks like a normal brick, behaves like a clay brick but offers better insulation properties. "It is sustainable and not kiln-fired so it is far better for the environment and represents massive savings for the construction industry in terms of related taxes".

"In the past year, we've produced thousands of bricks and put them through rigorous testing with the K-Briq now commercially available to construction clients.



"The Scottish Government has set very high targets for housebuilding with 50,000 new homes earmarked for construction in the next three years. We hope K-Briq will be part of those homes."

Up to 85% of bricks used in Scotland are currently being imported from England or Europe raising considerable questions about the long-term sustainability of the sector.

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