

# TAKE THIRTY

## April 2020

### Introduction

Not surprisingly, much of our newsletter features issues surrounding the ongoing Coronavirus Pandemic.

Much work is being done throughout the company to raise awareness and to give employees the opportunity to exercise good hand hygiene practice, in other words sticking to the basics. To all those people who are playing their part, we say thank you.

Stay safe, stay healthy and take care.



Peter Baker



### 60 Seconds With Anish Cherian, Medic in Sohar



#### 1. How long have you worked as a medic for Douglas OHI?

Next month it'll be 11 years since I joined Douglas OHI.

#### 2. What is the main difference between working as a Medic in a camp rather than in a hospital?

In a hospital you are one amongst an expert team whilst still covering all aspects of care. Whereas being an occupational health nurse in one of our camps, most of the time you are alone. There is no doubt that it can be challenging and you have to make the appropriate decisions yourself. One positive is that it gives me lots of freedom to enhance confidence.

#### 3. What advice would you give our employees regarding COVID-19?

Remember, "the train is out of the station" we have very little time to sit and ponder, act accordingly without wasting any time.

First and foremost 'do not panic'. Secondly, stick to reliable information rather than consuming a lot of information or a little misinformation, by now we all know what to do.



- Good Hygiene - wash hands frequently - make it habitual.
- Cover your mouth while sneezing or coughing, wear a mask only if you are ill.
- Follow strict isolation procedures.

Thirdly, my advice is that information is changing each day, so strictly adhere to the advice that is being given by the relevant Government Authorities.

#### 4. Why is it important to have a medic at each of our camps?

Having a medic in a camp set up helps the organisation to have a proper track record of the employees' health status in all aspects.

#### 5. What is your role in occupational health surveillance?

As the medic at the Sohar Camp I am responsible for carrying out necessary assessments and check-ups periodically and to maintain a systematic record of surveillance.

#### 6. As a medic how can you help employees with their wellbeing?

I do this in many ways including providing health education, keeping a track of employee health statuses and making referrals as and when required.



## A Coronavirus Champion



Sometimes in the challenging times, the little things become even more important.

One such little thing is the work being done to ensure our workplace remains free from infection.

Whilst the onus is very much on us to keep doing the basics, others are doing their bit to help reduce the risk.

One such person is Shamdev who disinfects, door handles and other hard surfaces in Ghala every day.



Shamdev comes from Uttar Pradesh and has a wife and young child back at home how - both are safe and well.

Thank You Shamdev.

If you wish to nominate someone as a COVID Champion, and there are many others, please email us at: [hsse@douglasohi.com](mailto:hsse@douglasohi.com)

## Don't Forget It's Ok To Talk About Health & Safety Too! Peter Baker

Not surprisingly there is a huge focus on the COVID-19 Pandemic, and rightly so.

There is however the danger that we focus that much on this issue that we and our employees become distracted from the day to day hazards around them.

But how can this be? Our industry, worldwide, has long topped the list of those with the highest numbers of injuries.

If we were to spend a bit of time considering how much information is being circulated regarding the Pandemic, we would think about the news coverage, internal and external communications, WhatsApp, Facebook and virtually every other form of social media and the fact that we are receiving this information constantly, never mind the personal worries we will have for ourselves, family and friends.

We must also consider that some of the information may not be true, either because of a genuine misunderstanding or misinterpretation of the facts or through thoughtless forwarding of misinformation or so called "fake news".

So, what to do about Social Media?



To put this into some context, one Social media platform recorded 19 million mentions of Covid-19 across social media, blogs and online news sites worldwide in one day alone and not all came from legitimate sources.

Above all remember that information is only helpful if it's relevant and accurate.

Don't just accept something as being fact, even if it came from a

friend or family member, check the source before you accept it as fact and send it on.

The truth is most of us will forward something before we act upon it or question it as fact.

I can give a good example of this, I received a message from an associate recently which contained what looked like a COVID-19 article from a magazine, I asked my associate what was the source of the article and the reply started with "I don't know", I deleted it.

What to do about distractions from the day to day?

Put quite simply stick to the basics but give them greater emphasis, this may sound like a contradiction but it's that simple.

Remember the principles of the "It's OK" BBS training that many employees have done.

Enter into a dialogue with our people about what they are to do next or what they are doing now.

Structure your conversation like this:

- What are the hazards?
- What might go wrong?
- What could happen if it went wrong?
- Who might be affected and how?
- What can you (or we) do to stop it going wrong?
- When will You (or we) do it?

In conclusion, this Pandemic will pass, we will get to a new normal but the hazards posed by construction are still here and will be with us then and going forward. We have the tools at our disposal to get through this, we just need to stick to the basics.

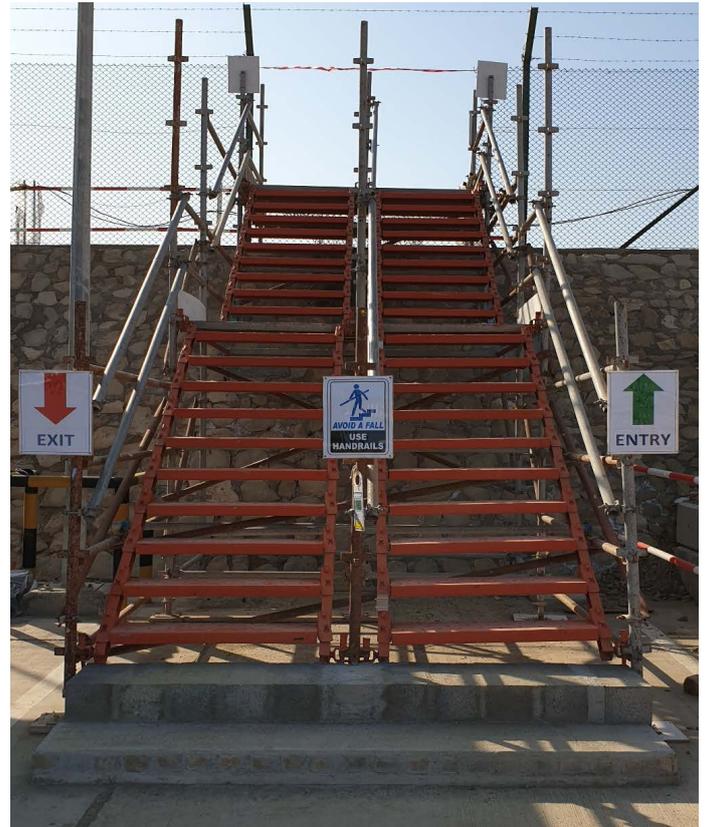


Work continues to progress well on our project in Muscat.

Amongst other issues during this period, the project team recognise the importance of maintaining safe access and egress, not only during the normal course of events but also if an emergency arises. Some good examples of this include.



Access arrangements onto the working deck.



Stair access to the laydown area.



The team recognise the importance of clearly defined, safe access at ground level.



So as to ensure that they are prepared for any emergency, the team ran an emergency response drill to ensure the access arrangements were suitable for all occasions.



The importance of safe designated walkways at ground level is important and has been acted upon.



Social distancing on bus journeys.



Maintaining social distancing onsite.



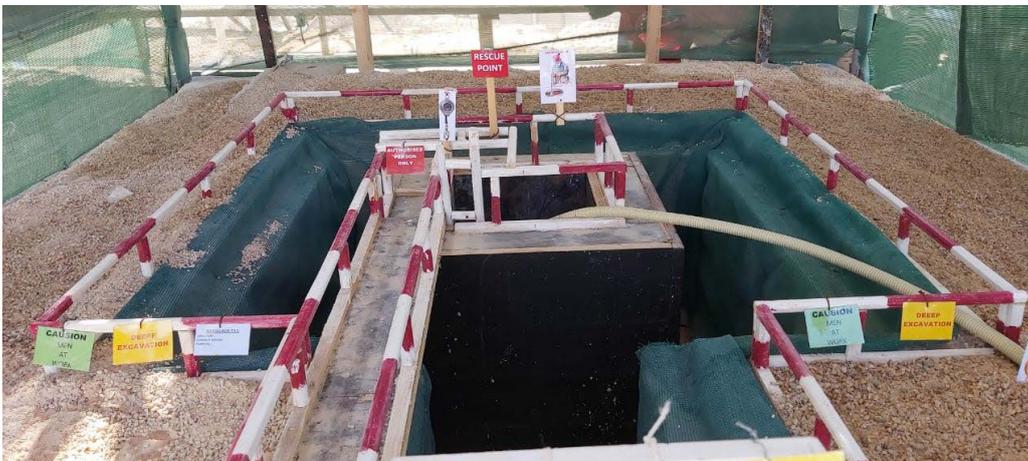
## Refurbishment of Barka Villa, Suha Al Dhuhli

In these uncertain times, it is essential to ensure we have enough of the right kind of facilities available just in case they are needed. Worker accommodation is no exception. Our team from Joinery and Interiors refurbished the company owned villa in Barka in case we needed additional capacity for worker accommodation during this difficult period and beyond.



## Confined Space Awareness, Duqm - Badish M.

Employees working on the Duqm Refinery Project participated in a Confined Space Awareness Session. This session covered various aspects of risks and dangers associated with working in confined spaces, safety procedures and practices for entry, types of dangers and risk management competencies.



## Line of Fire Hand Safety Campaign, Duqm

Our project team recognises the importance of constant hand safety by having an awareness campaign



## Excavation & Soil Backfilling Safety Campaign, Duqm



The HSE Team conducted an Excavation and Soil Backfilling Safety Campaign. Note the great use of visual aids.



## Coronavirus Awareness Campaign, Duqm

Our project team has been doing some superb work in highlighting the key issues when it comes to raising Coronavirus awareness on the project.



## Coronavirus Awareness, Sohar - Rajesh M



Maintaining social distancing.



Cleaning using disinfectant.



## Studying the effects of watching natural history television content.

During these challenging times with restrictions placed upon us all, many are finding themselves indoors and trying new ways to occupy and stimulate our minds and, in some cases, those of our children.

Television has long given us a window to the world, we see things that we would probably never see and learn things we may never have learnt.

As children, many of us were actively discouraged from watching too much television and to go outdoors to play, this of course is the right thing to do.

However, for the short term, things have changed, many are now watching more TV and in many cases using streaming channels to do so.

A new study from the BBC and the University of California, Berkeley has revealed that watching natural history documentaries can make you happier.

## April Puzzle

The challenge for the month of Aprils is to answer the puzzle below.

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

A man buys a camel for OMR 60.  
He sells the camel for OMR 70.  
He then buys the camel back the camel back for OMR 80.  
And he sells the camel for OMR 90.

In the end:  
Did the man make or lose money? If so, how much?  
Or did he break even?



Whilst scientific papers can be long and difficult for the lay person to fully understand, in short watching Natural History programmes stimulates more positive emotions and curiosity than other types of television programmes such as the news, drama or instructional DIY programmes.

A quote from the report captures this as follows:

“The study found a range of significant results evidencing not only that watching content from Planet Earth II (a popular Natural History Programme) inspired significant increases in feelings of awe, contentedness, joy, amusement and curiosity, but that it also acted to reduce feelings of tiredness, anger and stress.”

A short article in a newsletter such as this will not do full justice to the report but in short, whilst nothing will beat a personal interaction with nature, at times like this watching such programmes may well help keep us connected to nature and serve as a welcome relief from what at times may seem relentless bad news.

If you have to watch television, why not watch something that will potentially add value to our lives?

## And Finally ...

With the focus on COVID 19, it would be easy to forget that summer is approaching, and the weather is starting to get warmer and with it the increased risk of heat related illness.

All our project teams and work locations are well versed with our heat illness prevention planning and it is my sincere hope that we maintain our focus on the day to day issues and challenges that we face.



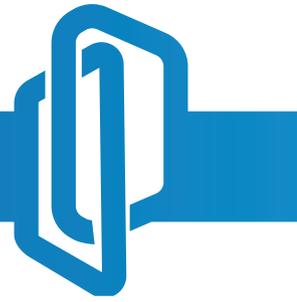
## Have Your Say...

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).





# COVID-19 Mental Wellbeing Hub



**DOUGLAS**

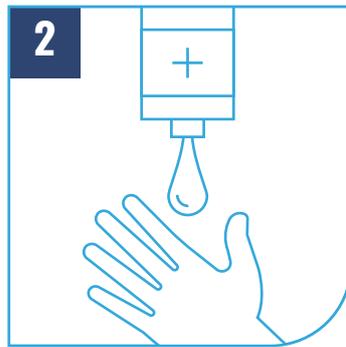
**OHI**



# HOW TO WASH YOUR HANDS



1 WET HANDS



2 APPLY SOAP



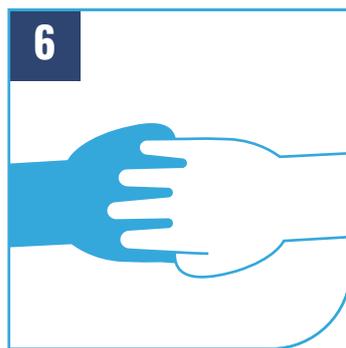
3 PALM TO PALM



4 PALM OVER DORSUM



5 FINGERS INTERLACED



6 BACKS OF FINGERS



7 THUMBS



8 FINGERNAILS



9 RINSE HANDS



10 USE PAPER TOWEL



11 USE TOWEL TO TURN OFF FAUCET



12 YOUR HANDS ARE SAFE

IT ONLY TAKES 20 SECONDS



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# Stay Safe, Stay Well, Take Care.

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