

HEAT STRESS PREVENTION CAMPAIGN

DOUGLAS
OHI
2020



مطفأة الدقم DUQM REFINERY EPC PACKAGE 1 - PROCESS DOUGLAS

HEAT STRESS AWARENESS CAMPAIGN

حملة التوعية بالضغط الحراري
گرمی سے بچنے کے اُپای

- Stay Cool to Avoid Heat Stress
ابقی هادنا لتجنب الاجهاد الحراري
- گرمی سے بچنے کے لیے ٹنڈا رھئیے
- Drink Plenty of Water
اشرب الكثير من الماء
- پانی جیادا پییے
- Take a Break and Beat the Heat
خذ قسطاً من الراحة وتغلب على درجة الحرارة
- گرمی سے بچنے کے لیےا ٹوڈا آارام کرے
- Wear light color, loose and lightweight clothing.
ارتدي الوان فاتحة وفضفاضة وخفيفة
- ہلکے اور ہلکے رنگ کے کپڈے پھنے

KEEP YOURSELF COOL
"AVOID HEAT STRESS"
تجنب الحرارة العالية
BE HYDRATED
OHI
ALL FOR - SAFETY . SAFETY FOR

TAKE THIRTY May 2020

Introduction

Welcome to the May HSSE Newsletter.

The summer brings its own set of challenges, and whilst our teams are well versed in raising awareness and adjusting work patterns etc., most people would recognise the good work our project teams do to mitigate the problems posed by working in such conditions. Not surprisingly, heat illness awareness features in this month's edition.

The COVID-19 pandemic continues across the world, although thankfully many countries are seeing a decline in cases. We are yet to see such a decline within the Sultanate, therefore our project and work location teams continue to raise awareness and strive to introduce practical measures to keep all employees safe and healthy. Not surprisingly COVID-19, awareness features in this month's edition.

We must not forget that the more we apply the basics and adhere to Ministerial Decisions, the sooner the situation will return to whatever the new normal looks like.

So as to ensure we all remain positive about the future, we feature an update on the way in which measures are being adjusted in other parts of the GCC, in the From Around the World Section.

Peter Baker



60 Seconds With Redha Hussain Saied, HR Manager



1. How long have you been with Douglas OHI?

I've been with Douglas for just over 3 years as the HR Manager.

2. What is the most positive aspect of HSSE you have seen during your time at Douglas OHI?

Last year when undertaking an LR4 in Sohar I was pleasantly surprised with how everyone take health and safety so seriously. Right from engagement

from the workforce and their willingness to learn how about safety. This is clearly evident with all the initiatives and training provided at our project sites and documented in this monthly HSSE newsletter.

3. What does safety mean to you?

To me, safety is to never compromise a person's well-being to finish a job. We work in a stressful environment, but it's never worth taking shortcuts and risk an accident.

4. What does your job entail?

HR people have a curious role. We have to interact evenly with the leadership team and the employees in a dual "dance" to both minimise potential risk to the company, and care for the people. I have to ensure that Douglas OHI and all employees stay healthy, and strategically add to the profitability, purpose, and culture of the company.

5. What's the most rewarding part of your job?

The most rewarding is taking care of others in a meaningful way. My favourite part is when I've reached a place in the working relationship where the trust is mutual, where they say, "Redha has this. We're good." And then I do.

6. What is something surprising about you?

Well I'm actually a very good squash player and could quite easily give the Corporate HSSE Manager a run for his money on court.

Heat Exhaustion Or Heat Stroke?

Cause of Heat Illnesses?

Heat-related illnesses occur when your body can't keep itself cool. As the temperature rises, your body produces sweat to stay cool. On hot, humid days - such as the weather we're anticipating at this time of year - the increased moisture in the air slows down this process.

The heat index is not the same as the air temperature. The heat index measures the air temperature plus the effects of humidity. If the temperature is 90 degrees, for instance, and the relative humidity is 70%, the air feels as though it's 106 degrees. A heat index of 90°F or higher calls for extreme caution. High humidity makes it harder for sweat to evaporate from the body. Prolonged exposure to high temperatures increases your risk of heat-related illnesses.

When your body can't cool, your body temperature rises and you can become ill.

How Your Body Reacts to High Temperatures

There are 3 main reactions to hot environmental temperatures and heat waves:

- Heat cramps are the mildest form of heat illness and consist of painful muscle cramps and spasms that occur during or after intense exercise and sweating in high heat.
- Heat exhaustion is more severe than heat cramps and results from a loss of water and salt in the body. It occurs in conditions of extreme heat and excessive sweating without adequate fluid and salt replacement. Heat exhaustion occurs when the body is unable to cool itself properly and, if left untreated, can progress to heat stroke.
- Heat stroke, the most severe form of heat illness, occurs when the body's heat-regulating system is overwhelmed by excessive heat. Heat stroke, also called a sun stroke, is a life-threatening emergency and requires immediate medical attention.

Heat Exhaustion or Heat Stroke?

The signs of heat exhaustion and heat stroke are similar. Here's how to tell the difference and what to do for first aid.

Heat Exhaustion Symptoms

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

HEAT STROKE SYMPTOMS	VS.	HEAT EXHAUSTION SYMPTOMS
Body temperature above 104°		Excessive sweating
Pounding headache		Vision changes
Lack of sweat		Nausea, vomiting, or diarrhea
Hot, red skin		Muscle or abdominal cramps
Loss of consciousness		Dizziness
Confusion		Extreme fatigue
Rapid heartbeat		Fainting
WHAT TO DO		WHAT TO DO
<ul style="list-style-type: none"> ○ Move to shaded area or indoors ○ Soak in a cold or ice-water bath, or spray with cool water and fan ○ Do not give oral fluids if confused ○ Seek emergency medical care 		<ul style="list-style-type: none"> ○ Give cool fluids ○ Apply cool, wet towels or ice packs to neck, forehead, and under arms ○ Move to cooled off room and rest ○ Remove some clothing

If you are experiencing any of these heat exhaustion symptoms you should:

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Heat Stroke Symptoms

- High body temperature
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness

If you are experiencing any of these heat stroke symptoms you should:

- Call 9999 immediately.
- Move the person to a cool place.
- Help lower the person's body temperature with cool cloths or a cool bath.
- Do not give the person anything to drink.



Heat Stress Awareness Campaign, Sohar - Rajesh M

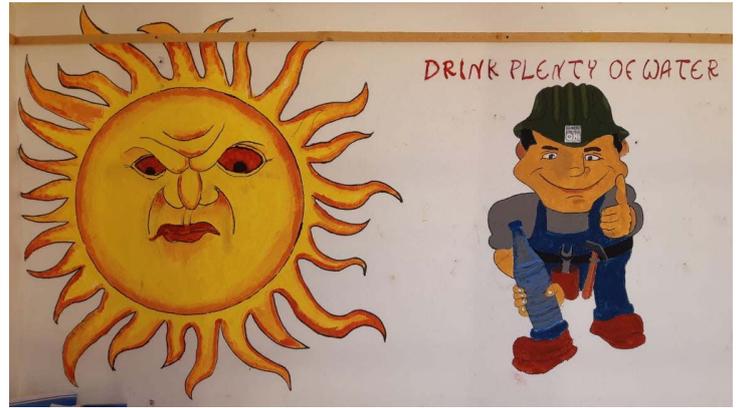
Since the temperature started increasing day by day, the Sohar team conducted Heat Stress Awareness Campaign at site level to increase the awareness of people. The topic covered was heat stress illness and symptoms, monitoring of heat index, implementation of a flag system, urine colour chart, precautionary measures, facilities available at site and Emergency preparedness. At the end of the session, we conducted an open quiz to test the effectiveness of the campaign.

CCJV Project HSE Manager Mr. Art C Pulliam and his team attended the function and distributed golden tickets for the winners. The campaign was very effective and CCJV management appreciated DOHI for conducting this type of awareness campaign at site level and the implementation of “summer volunteers” to monitor and assist the people during summer months.



Heat Stress Prevention Campaign, Duqm - Badisha M.

Earlier this month, our Duqm based project team organised a Heat Stress Awareness Campaign to educate and create awareness to employees on the dangers of working in the heat.



Certificate Of Appreciation, Duqm - Badisha M.

The Omani Women Association in Duqm recently awarded Douglas OHI with a Certificate of Appreciation for their continuous support in the local community.



Coronavirus Awareness, Salah - Kingsleen Thansislas

During the coronavirus pandemic the health and wellbeing of our workforce, visitors to project sites and the local community is at the forefront.



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.



From Around The World ... GCC

Whilst recognising the ongoing situation within the Sultanate, an extract from a recent article in the Oman Observer gives us an overview of how other states within the GCC are starting to adjust their COVID-19 measures.

The UAE has eased restrictions, allowing people to return to the gyms and resume other activities. Gyms and cinemas will open and night restrictions will be between 11 pm and until 6 am, changing facilities will remain closed. Entertainment and leisure attractions, such as Dubai Ice Rink, will reopen. Dubai International Airport will return to full operation after final approval from authorities.

Saudi Arabia will begin a three-phase plan on May 28.

Bahrain has announced it is going to ease some of the restrictions imposed nationwide to fight the spread of coronavirus.

Kuwait will replace the complete lockdown with a partial curfew as of May 31.

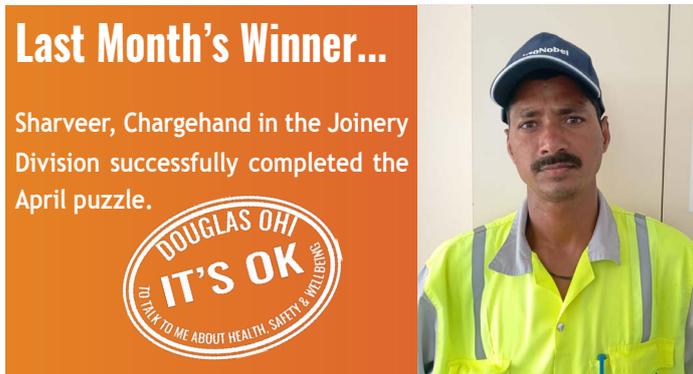
This is not the full list or full story but will hopefully reinforce that if we continue to apply all the necessary controls and measures, we will eventually start to see a relaxation of the current measures in place.

May Puzzle

The challenge for the month of May is to search for 10 words related to facts about Heat Exhaustion or Heat Stroke.

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.



And Finally ...

Some of the most recent Ministerial Decisions mean that we all have to wear masks for a significant part of our day unless we are in the home or in certain circumstances when in the vehicle. This is not an easy thing to do but is required by law and is designed to help reduce the risk of infection.

As with all things, there is a right way and the wrong way to do things, therefore we have included a simple guide within this newsletter.

Please remember that although wearing a mask, we must also continue to practice the basics of hand hygiene and social distancing etc.

In addition we must also recognise the excellent work our Medics are doing around the business at this challenging time. Thank you!



How to put on, use, take off and dispose of a mask

1



Before putting on a mask, wash hands with alcohol-based hand rub or soap and water

2



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water

3

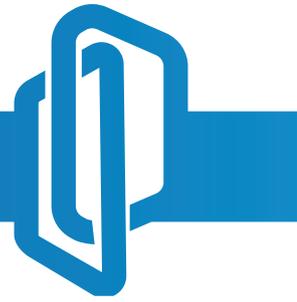


Replace the mask with a new one as soon as it is damp and do not re-use single-use masks

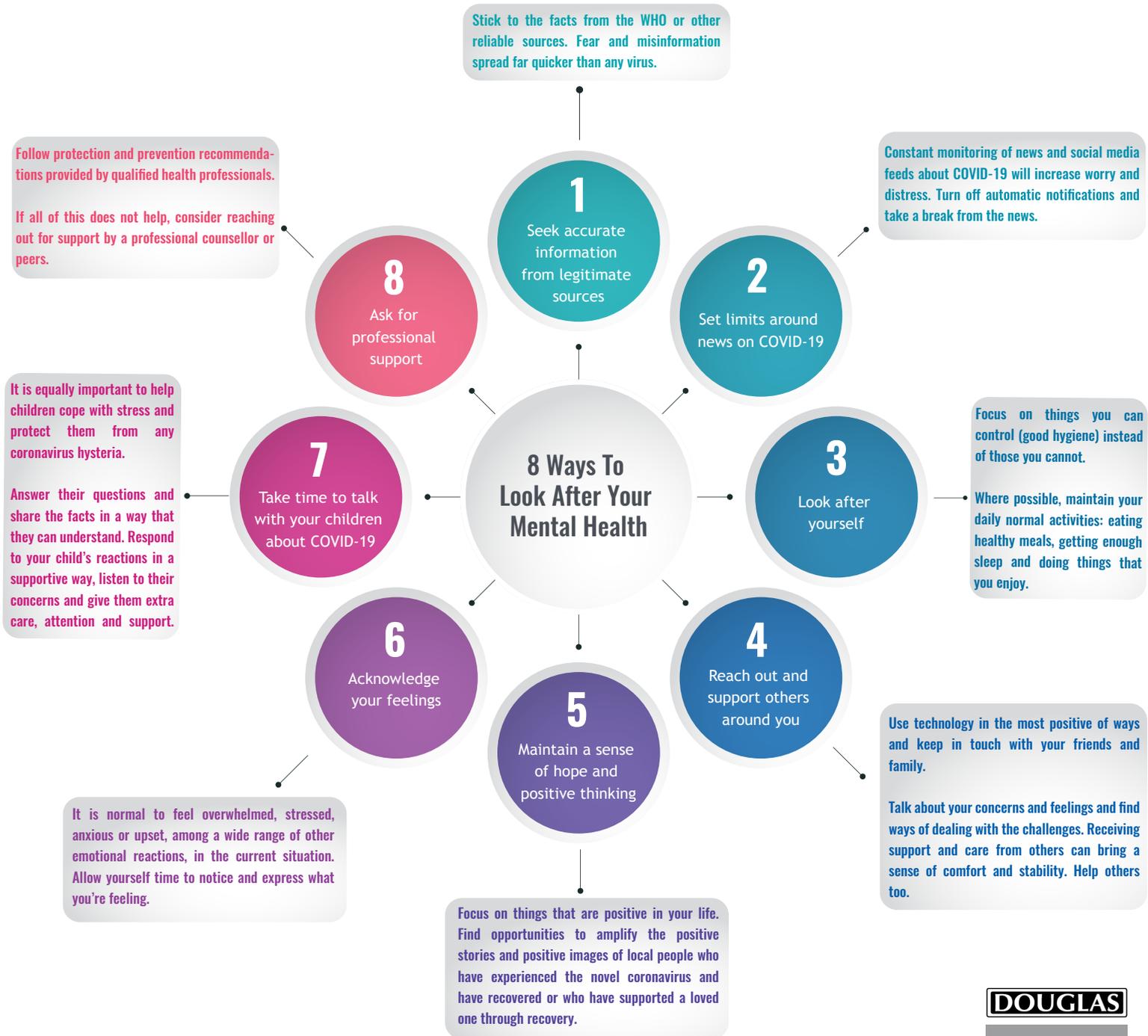
4



To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water



COVID-19 Mental Wellbeing Hub



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HOW TO WASH YOUR HANDS



Wet hands



Apply soap



Rub hands
palm to palm



Lather the back
of both hands



Scrub between
your fingers



Rub the back of fingers
on the opposing palm



Clean thumbs



Wash fingernails
and fingertips



Rinse hands



Dry with a
single use towel



Use the towel
to turn off the faucet



Your hands are clean

IT ONLY TAKES 20 SECONDS



Stay Safe, Stay Well, Take Care.

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