

TAKE THIRTY COVID-19 Resource Pack June 2020

Introduction

Welcome the latest HSE Newsletter, somewhat different this month as it also features resources that can be used in work or at home to continue to raise awareness of the COVID Pandemic, one that shows little sign of going away anytime soon.

That said we should recognise that, even though things appear to be opening back up, this virus will be around for a long time to come and we need to Take Control of this situation and alter our behaviours to minimise the risk of infection and remember that the vast majority of people who are infected make a full recovery after managing only mild to moderate symptoms.

As usual we feature great examples of the good work being done around the business to reduce risk and increase awareness.

Thanks again to those who have and are, making a positive contribution to keep us all safe and healthy during this period, including but limited to our hardworking Medics.

A big thank you also to Mr Pramod for his contribution to "60 seconds with".


Peter Baker



60 Seconds With Pramod Kumar, Carpenter



1. How long have you been with Douglas OHI?

I've been with Douglas for just over 6 years as a Carpenter.

2. How has the recent pandemic affected you and your family back home?

The pandemic affected me a lot. I was due to take my annual leave, but flights were suspended. The increase in the

number of cases has given me a lot stress and to my family. My family call every day asking me to come back.

3. How do you feel when you see your workmates make a recovery from COVID-19?

I thank God. I was really happy when the HSE Department said that employees were starting to recover from COVID and seeing them back at camp. I talked with them, they shared their experiences, the stress

has reduced and I feel more informed about COVID.

4. What advice would you give someone about COVID?

My advice would be not to stress too much about COVID, maintain distance, wash hand regularly, wear mask, keep your room clean and neat. Seek medical help if you have any symptoms. Also. make sure you take your advice and guidance from trusted sources.

5. What is your favourite thing in the world?

My favorite thing in the world is my country and where I live. I come from a beautiful village where all my family live.



TAKE CONTROL - Protect Yourself & Others - Peter Baker

COVID-19 - How It Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus can spread from person-to-person or through surface contact.
 - *Between people who are in close contact with one another (within about 2 metres).*
 - *Through respiratory droplets produced when an infected person coughs, sneezes or talks.*
 - *These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.*
 - *Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.*

Everyone Should



Clean your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with hands.



Avoid close contact

Avoid close contact with people who are sick.

Stay at home as much as possible. Put distance between yourself and other people.

Remember that some people without symptoms may be able to spread the virus.

This is especially important for people who are at higher risk of getting very sick.



Coughs and sneezes

If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Cover your mouth and nose with a face-mask when in public

You could spread COVID-19 to others even if you do not feel sick.

Everyone should wear a facemask when they have to go out in public, for example to the grocery store or to pick up other necessities.

A facemask is meant to protect other people in case you are infected.

Continue to keep about 2 metres between yourself and others. The facemask is not a substitute for social distancing.



Clean and disinfect

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.



Project Update - Mohamed Azharudeen

Work continues to progress well on our project in Muscat.

Amongst other issues during this period, the project team recognise the importance of good practices and how they ensure that our employees go home safely.



Access areas are properly maintained at all times.



Fire exit signage provided inside the building.



Fire exit signage provided at roof.



Protuding rebar are protected with rebar caps.



Temperature information board introduced at site.



Monitoring the temperature and updating the workforce.



Hot Weather Hazard Information Board



Good Housekeeping.

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.



15 Million Manhours Without LTI, Duqm - Badisha M.

TECNICAS REUNIDAS DAEWOO E&C DUQM REFINERY EPC PACKAGE 1 - PROCESS UNITS مصفاة الدقم DUQM REFINERY

CONGRATULATIONS!
TO EVERYONE FOR ACHIEVING
15 Million Safe Man-Hours Without LTI.
Keep On!!!
ALL FOR - SAFETY
SAFETY - FOR ALL...

Mr. Zero

DOUGLAS OHI

DUQM Refinery Project : EPC Package#1 – Process Units

Douglas OHI has contributed to 15 million-man hours without lost time injury on the Duqm Refinery Project.

This achievement clearly demonstrates our commitment to ensuring that everybody goes home safe.

Congratulations to all involved for this remarkable contribution to this achievement and encourage everyone to continue their efforts towards safety in the same manner.

Road Safety Campaign EPC1, Duqm - Badisha M.

Douglas OHI HSSE Team conducted a Road Safety Driving campaign to keep employees aware of possible road hazards.

The aim was to become familiar with all possible hazards and how to maneuver through. The campaign focused on avoiding incidence and predetermine possible hazards.



Environmental Campaign - Chemical Spill Response, Duqm - Badisha M.

Earlier this month, our Project Team recently carried out an environmental spill demonstration campaign at the project site in Duqm.

The purpose was to demonstrate the steps that should be adopted in case of a chemical spillage at the site.

The team were able to test the plan, equipment, and capabilities of the response team, as well as practicing skills required in an emergency. This allows for challenges to be identified, which are reviewed for any recommendation for improvement in a continuous effort to protecting the environment.



From Around The World ... India

It seems that there is nothing but bad news, this story, taken from the BBC however warms the heart and proves there is still plenty of good in the world.

As India reels from the effects of a nationwide lockdown, there are heart-warming stories of people going the extra mile to help someone out, or cheer them up.

"You've made my day!"

India has been in lockdown since 25 March. Many people are stuck at home alone, leaving the elderly especially feeling lonely and cut-off from family and friends.

So Karan Puri, an elderly resident of Panchkula, a town in the northern state of Haryana, was in for a pleasant surprise when the police came knocking at his door recently.

In a video that has since been shared widely, Mr Puri can be seen striding towards the gate, saying, "I am Karan Puri, I live alone and I am a senior citizen."

But what happens next leaves him stumped. "Happy birthday to you!" As the police officers sing, Mr Puri doubles over in surprise, asking them how they know. He says his children are away and he starts to tear up.

The police tell him there is no need to feel lonely because they are like his family too, before producing a birthday hat and a cake, which Mr Puri then cuts while the officers resume singing."

Follow, or cut and paste, the link below to a short video of the birthday surprise.

https://twitter.com/CP_PANCHKULA/status/1255011870529863681

June Challenge

The challenge for the month of June is to guess how many bottles of disinfectant are in the image right.

Please send your answer to hsse@douglasohi.com.



And Finally ...

You will increasingly see the phrase Take Control used in our COVID related communications.

The time has come to change the tone of the discussion around the infection, we need to start pushing back.

C.S. Lewis, a famous writer once said:

"You can't go back and change the beginning, but you can start where you are and change the ending".

From a behavioural prospective, Taking Control of COVID-19 has 2 clear principles:



1. Take responsibility for your actions.
2. Control the 2 metre space around you.

This isn't about circles on the floor, wearing masks etc., Say Do, and Think around these two key principles and encourage others to do so and we are far more likely to get through challenging times.



TAKE CONTROL

COVID-19



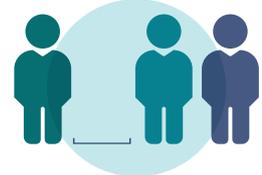
WASH HANDS

HAND SANITIZER



WEAR MASK

SOCIAL DISTANCE



AVOID HANDSHAKE

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السيطرة على

كوفيد 19



غسل اليدين

إستخدام المعقم



إرتدي الكمام

المسافة الإجتماعية



عدم المصافحة

DOUGLAS

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नियंत्रण करना

कोविड 19



हाथ धोना

हैंड सैनिटाइज़र



मास्क पहनें

सामाजिक दूरी



हाथ मिलाने से बचें

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HOW TO WASH YOUR HANDS



Wet hands



Apply soap



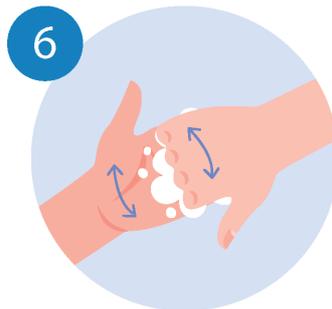
Rub hands
palm to palm



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



كيف تغسل يديك



بلل اليدين



ضع مقداراً من الصابون



افرك اليدين
بدعم الراحيتين



افرك ظهر اليدين



فرك بين الأصابع



افرك ظهر اصابع اليد
مع راحة اليد



فرك ابهام اليد بشكل دائري



غسل ما بين
الأصابع



بالامء ساتخدا مرمة
واحد



فجف اليدين بساتخدا مرمة
واحد



اغلق الماء باستخدام
منديل

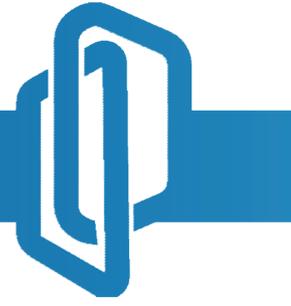


ديك الآن نظيفة

يستغرق الأمر 20 ثانية فقط

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अपने हाथ कैसे धोएं



हाथों को गीला करें



साबुन लगाएं



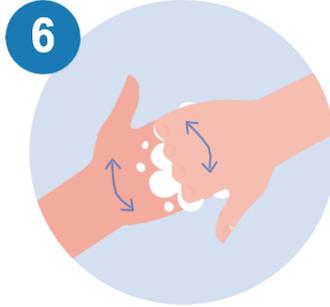
हथेली को
हथेली से रगड़ें



साबुन का झाग
हाथों के पीछे
लगाएं



अपनी उंगलियों
के बीच रगड़ें



एक दूसरे हथेली पर
उंगलियों के पीछे रगड़ें



अंगूठा साफ करें



नाखूनों और उंगलियों को धोएं



हाथों को रगड़ें



तौलिया से सूखा लें



नल बंद करने के लिए
तौलिया का उपयोग करें



आपके हाथ साफ हैं

इसमें केवल 20 सेकंड लगते हैं

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