



# TAKE THIRTY

## November 2020

### Introduction

Welcome to the latest edition of the Take Thirty HSSE Newsletter.

I was asked recently why our Newsletter is called “Take Thirty”, this is a good question because similar to “How are you?” this is a question that allows us to have a wider discussion, never a bad thing.

We encourage everyone to read our Newsletter and to explore more the subjects within, in other words “Take Thirty” minutes to read and learn more about Health and Safety and the Environment on a regular basis.

Continuous learning is a great way improve mental wellbeing.

As usual we showcase some of the great work our projects and workplaces are doing to reduce risk and raise awareness.

Please share our Newsletter with friends and family members and have those meaningful discussions.



Peter Baker



### 60 Seconds With Saquib Imam, QA/QC Manager



**1. How long have you been with the company and what is your job role?**

I am currently working as Site Quality Manager in Duqm Refinery Project EPC1 and I have been working in Douglas OHI since February 2015.

**2. What does your job involve on a day-to-day basis?**

I need to ensure that we are working as per client/company quality requirements daily.

This involves working with the site operations teams to maintain the quality culture.

Like HSE, it is vital that Quality Assurance is implemented throughout the workplace to avoid any non-conformance & rework. These can be costly both in terms of the more obvious direct costs of having to do it again and the indirect costs of reputational damage.

**3. Why is quality assurance so important in our business?**

Quality Assurance (we often call it QA) helps a company to meet clients' demands and expectations. It saves costs and addresses key issues in advance.

We establish and maintain quality standards by preventing problems to begin with, this is far more efficient.

A quality assurance system aims to increase customer confidence, our credibility and efficiency, this also improves other work processes such as HSE, and enables a company to compete with others.

**4. Are there any similarities between Quality and Health & Safety?**

Health, Safety & Environmental and Quality management systems have similar characteristics and basically strive for the same things, that is do it right the first time, without loss.

When we consider loss, this includes financial loss as well as the loss associated with accidents and ill health.

**5. What makes you happy when you are at work?**

Good teamwork and full support from line management to fulfil all the quality requirements on site. The positive attitude of our colleagues towards safety and quality also makes me happy and gets us all through the challenging times.

# Wellbeing Champion - Tim Shepherd

I am delighted to have been asked to be “Wellbeing Champion” for Douglas OHI. Wellbeing has grown in importance in the last ten years and I believe ensuring peoples wellbeing is essential to our own and Douglas OHI’s success.

So, your first question may well be “What is a Wellbeing Champion?”

Whilst there is not a definitive job description for a Wellbeing Champion, I will steer conversations on the senior management team towards Wellbeing on a more regular basis and promote the subject throughout the business and actively engage with people on the subject.

Your second question may well be “What is wellbeing?”

There are many definitions available but for me Wellbeing is about how our social, mental, and physical health connect and interact with each other.



Positive mental wellness encourages our physical good health, our mental alertness, our social relationships, and our personal fulfillment. It looks at our whole life in a much wider way than “health” traditionally does.

I believe that if we can increase wellbeing in our business:

- People will be happier “in the moment”
- People will be more content with their lives
- Stress and anxiety levels will reduce
- People will manage their physical health better
- They will have stronger relationships with their friends and family

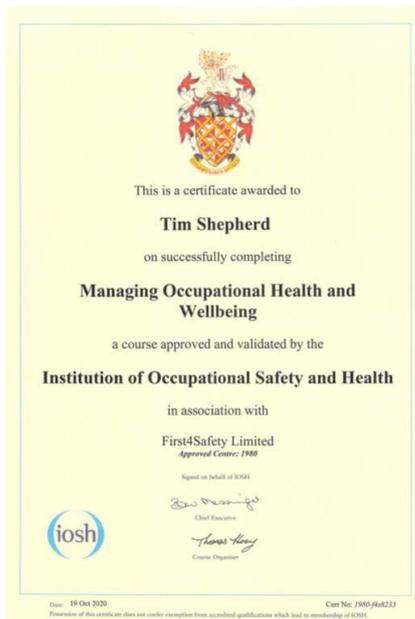
This means that our employee’s lives are improving and if people’s lives are improving then Douglas OHI will improve too.

Improving wellbeing is a win-win for the individual and the community.

To increase my knowledge, I have recently completed my IOSH certificate in Mental Health and Wellbeing which has been a useful grounding.

I have also been reading on the internet various ideas on Wellbeing, I believe there are 5 key things we can all do to improve our Wellbeing.

1. Be physically active: I am going to start to run again and lose some of my COVID-19 fat!!
2. Connect with People: I am going to connect with family and friends in UK more often.
3. Learn new skills: I’s going to undertake some more mental health training.
4. Give to others: I have become a mentor of the Institution of Civil Engineers, supporting young engineers.
5. Enjoy the moment: I make time to sit each morning to eat my breakfast and drink my coffee and enjoy the slow quiet start to the day.



# Douglas OHI Duqm Refinery Say Hello, Wave Goodbye Plant Safety Awareness

The Douglas OHI HSE Team working on the Duqm Refinery project conducted a Say Hello, Wave Goodbye Plant Awareness session. This programme was specifically created to raise the profile of the risk posed by moving plant and transport, and significantly reduce this risk on our Duqm based project.

Training is given to operatives including the plant operator. After an overview of the problem, participants are shown the specific blind spots of the equipment and then demonstrated the best place and worse place to stand.

Three areas were identified:

## Yellow Zone

- Relatively safe place in which to stand and be seen by the Operator.

## Amber Zone

- An area of increased risk and should not be entered without the permission of the Operator.
- To obtain permission, the Trainee must Wave to the Operator, who must acknowledge the Operative.
- The Operative must indicate their intention to enter the Amber Zone.
- Before granting permission, the Operator must place the hydraulic attachment on the ground and raise the safety lever in the cab - immobilising the machine.
- The Operator will then Wave to the Operative giving them permission to proceed.
- When the Operative leaves the Amber Zone, they must Wave Goodbye to the Operator who can then continue to work.

## Red Zone

- Highly hazardous place when positioning oneself.
- In addition to the above, the Operator must switch off the engine completely immobilising the machine.

Additional aids including pocket sized cards are issued to trainees, stickers placed inside operating cabs, posters onsite toolbox briefing provided.

For more information please contact [hsse@douglasohi.com](mailto:hsse@douglasohi.com).



# COVID-19 Monitoring & Awareness, Rajesh M - Salalah

As part of an awareness and monitoring programme of COVID-19, all Douglas OHI employees working on the Salalah project underwent Rapid Testing. The testing equipment was provided by the Client and the Client's HSE Manager and his team observed the programme.



## 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).



# Usage Of Fire Extinguishers, Rajesh M - Salalah

An awareness training session was conducted at our Salalah site to understand the basics of firefighting because they are one of the most important hazards on work sites. Topics covered included the elements which cause fire (Fire Triangle), classification of fire, type of extinguishers used, inspections and extinguishing techniques.

The Fire Triangle is a simple model for understanding the necessary elements of fires. The triangle illustrates the three elements of a fire: Heat, Fuel, and Oxygen. Extinguishing methods are Cooling - Removal of Heat, Smothering - Cutting of Oxygen, Starvation - Removal of Fuel. The PASS (Pull, Aim, Squeeze, Sweep) procedure was explained in detail, practical demonstration carried out and the steps to be followed while extinguishing the fire. Our Client appreciated Douglas OHI site management for conducting such an awareness campaign on site.



# November Month, Suha Al Duhli - Safety Adviser

MOVEMBER is a portmanteau of the Australian/English diminutive word for moustache, "mo", and "November" is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues.

We organised an online Men's cancer awareness session conducted by Dr Rajyasree N Kutty. She shared her experience and knowledge to make all attendees aware about the different types of cancer and what are the most common types affecting men, the causes of cancer and how to avoid exposure to cancer. Early detection can saves lives.



## Barka Villa Cabins



Maintenance and repairing of 49 cabins that came from different sites to Barka Villa has been completed by 30 workers within 3 months. Our champions converted cabins of poor condition to perfect and they look great. They did it successfully by following OHSE procedures including risk assessments, method statement in place, perfect housekeeping, wearing full PPE.

There were different activities such as off-loading of porta cabins and containers using a crane, movement of equipment, working with portable ladders, manual lifting & shifting of materials, working at height, painting work, welding, cutting and MEP activities.  
"All cabins are ready to go "

## Supporting The Local Community

Bring better to life. Have pride in what you do.  
Do the right thing. Everyone has a voice.

These four statements guide the culture and behaviours we value at Douglas OHI, and they underpin a framework of indicative behaviours expected at all levels of our company.

As a responsible business, Douglas OHI believes in making a positive impact to the local community. In line with this we recently donated 2 study tables, 2 chairs and a medical bed to a family with two autistic children and 1 impaired mobility children in Duqm.



## Social Value - Duqm



Acting responsibly is at the heart of all we do at Douglas OHI. We believe that corporate social responsibility can make a positive difference for everyone - our employees, our business, our customers and the construction industry.

Our Duqm based project team have partnered with the Omani Women Association in Duqm to show support for children with autism by donating pencils and notepads to help children channel their feelings through writing and drawing enhancing development and growth.

In recognition of Douglas OHI's efforts, Omani Women Association handed over memento to Mr. Amur Al Shaaibi, Social Coordinator for Douglas OHI. In addition, The Omani Women Association extended their sincere thanks and gratitude to Mr. Badisha. M HSSE Manager, Douglas OHI - Duqm Refinery Project for his continued efforts in supporting the local community.



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# Diversity, It's Who We Are

## Yusra Al Shabibi, HSE Adviser, Duqm Refinery Project

Douglas OHI's workplace is all about diversity - many different countries and cultures are represented amongst our workforce, along with colleagues who've been working here for decades and collaborating with those just out of college (like me) and early in their careers who bring along a fresh perspective.

That's one of the things that makes me proud to work at Douglas OHI. Every day, I get the chance to work with a vibrant mix of people. I think, because of the truly inclusive nature of our company, and that of construction industry, diversity is simply part of working at Douglas OHI. It is embedded in our culture. To be successful here, you really need to embrace diversity and inclusion.

Many companies aim to be diverse and inclusive, but really, that is only the case if you are willing to listen to everybody's view. Taking the reality of my co-workers experience gives us a much deeper and inherent understanding of where we stand and how we can further improve Douglas OHI's culture of inclusion.

For more information on this please contact:  
[hsse@douglasohi.com](mailto:hsse@douglasohi.com).



### 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 in November and be prepared to participate.



## From Around The World ...

A civils contractor has been fined OMR 10,000 after an employee was struck by the placing boom of a concrete pump causing serious injuries.

The Court heard how concrete footings were being poured at a site in the south of England.

Due to the soft ground, vehicles could not get close to the work, so a concrete pump with a 52-metre boom was used.

During the pour, the ground beneath one of the pump outriggers collapsed, causing the concrete pipe and boom to strike the employee, dislocating, and fracturing his hip, fracturing his spine, and tearing ligaments and muscles.

He was also later diagnosed with a brain injury. He is still undergoing

regular physiotherapy, and suffering from post-traumatic stress, but does not know the long-term effects of the brain and nerve damage.

The investigation found that the work had not been properly planned, managed, or monitored.

Although some work had been done to stabilise the ground in the area where the pump was set up, no checks had been made as to the load that the ground could sustain, and no consideration had been given to the size or type of spreader plates that would be required to support the vehicle outriggers.

Speaking after the hearing the investigating Inspector said “The employee’s injuries are life changing and he could have easily been killed. This serious incident and devastation could have been avoided if basic safe- guards had been put in place.”

## And Finally...



We talk about (and will increasingly mention), the United Nations Sustainable Development Goals, often known as the UNSDG`s.

This is not surprising, these are important, world-changing objectives that require co-operation among governments, international organisations and world leaders. It seems impossible that the average person (You and I) can make an impact. Should we just give up?

No! Change starts with you and me!

Every human on earth is part of the solution. Fortunately, there are some easy things we can adopt into our routines that, if we all do it, will make a big difference.

Over the course of the next few editions of our Newsletter, we will consider just a few of the many things you can do to make an impact!

Did you know that, from the comfort of our own home, you can:

Save electricity by turning off appliances when not in use, including your computer.

Stop paper bank statements and pay your bills online or by your mobile phone.

Speak up! Ask your local and national authorities to engage in initiatives that do not harm people or the planet.

You can also voice your support for the Paris Agreement and ask your country to ratify it or sign it if it has not yet.

Turn off the lights. Your TV or computer screen provides a cozy glow, so turn off other lights if you do not need them.

Do a bit of online research and buy only from companies that you know have sustainable practices and do not harm the environment.

Report online bullies. If you notice harassment on a message board or in a chat room, flag that person.

In addition to the above, offset your remaining carbon emissions! You can calculate your carbon footprint and purchase climate credits from Climate Neutral Now. In this way, you help reduce global emissions faster!”

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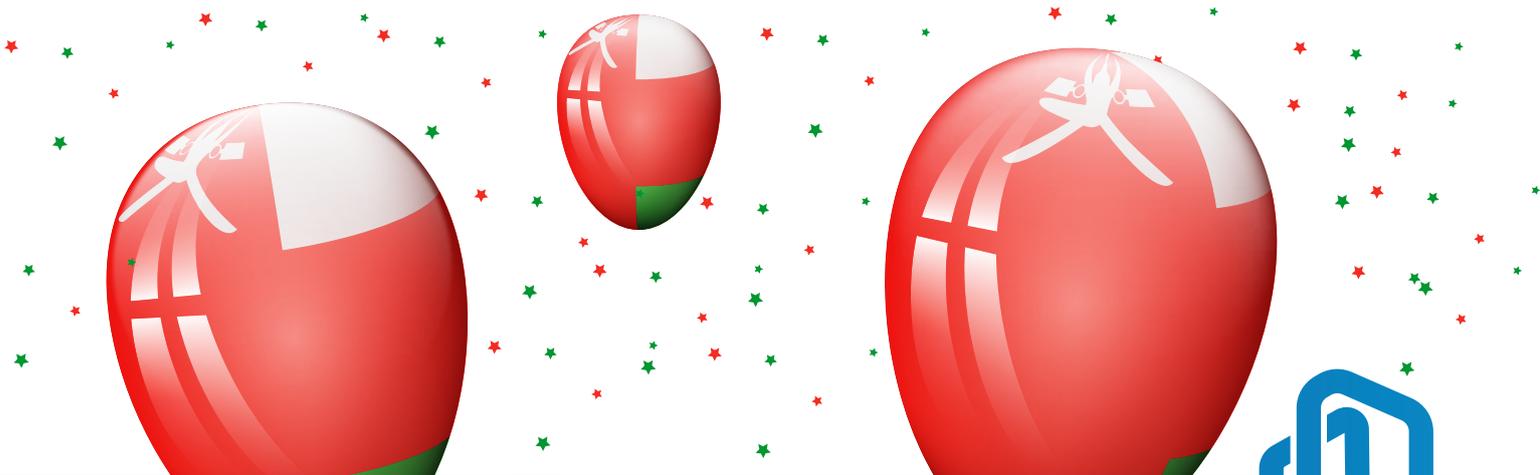




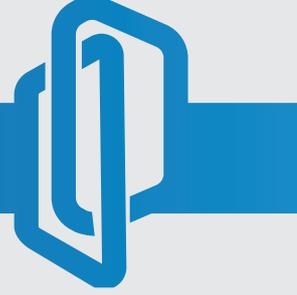
# OMAN

NATIONAL DAY

اليوم الوطني



#maskyourface #notyourfeelings



#maskyourface #notyourfeelings



DOUGLAS

OHI

# TAKE CONTROL

Wash Hands;  
Use Handsanitiser;  
Social Distance;  
Wear A Face Mask; and  
Avoid Contact.

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