

TAKE THIRTY

QUARTERLY HSSE-MAGAZINE

ISSUE 2 / JUNE 2021

DOUGLAS

OHI

Building Tomorrow, Together

- Our People
- Our Workplace
- Our Communities



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Introduction



Welcome once again to our HSSE-Magazine, a reminder that this is now a quarterly publication. This change was in part forced upon us because of the high volume of rich content you generate by way of good practice on our sites and in our work-places so thank you, there are certainly worse problems to have when it comes to these publications.

As well as taking a look around our projects, considering and sharing best practices, we have an article on mental health awareness, prompted in some way by the Mental Health Awareness week in the UK I read about recently.

Any debate on mental health has to be a good thing and even better is that it is a debate that everyone can join in, and can have an opinion on. Everyone can, and should become, their own mental health champion of some sort and perhaps we should all read more, share more, and talk more about this topic.

Our colleague, Ramit Singh, shares his experiences on the significant improvements he has made in taking control of his physical health. Many of us (I actually mean me) need to take similar steps (pun intended) in improving our physical health, so a bit like sharing best practice on our sites, it is hoped that he will inspire others to take action.

Ramit`s story demonstrates the crossover between physical and mental health, a crossover that can improve overall wellbeing. If I am completely honest, I am sometimes slightly envious of those who have the willpower to make such transformative changes in their behaviours so good on Ramit for showing us how it can be done.

The world continues to be buffeted by the Covid -19 Pandemic. Every corner of the world has its own story to tell, some of these stories are incredibly sad whilst others give rise to hope.

One such story of hope has to be the ongoing development and roll-out of vaccines around the world. We all have our own thoughts on the part vaccines will play in reducing the risk from this crippling disease and we at Douglas OHI, strongly encourage decision making based on fact, facts that are from trusted sources such as the World Health Organisation and Ministry of Health. Both of these and other trusted sources of information point towards an unbiased and demonstrable fact: approved vaccines are safe and the only viable option for the reduction of risk from Covid-19.

In short, if your chance comes along, get vaccinated.

Whilst not laid out within this edition of the E-Magazine, and as we go to press, let`s finish on a (different type of) positive note.

Our projects in both Duqm and Salalah have made significant contributions to project milestones.

Duqm Project celebrates 40 million manhours, whilst Salalah Project 10 million manhours without LTI, these are no mean feats and congratulations to all involved, more information to follow in the next edition of our HSSE-Magazine.

Peter Baker
Corporate HSSE Manager
Douglas OHI





Ramit Singh

Ghala Head Office

1. Tell me a little about yourself and why you decided to make a change to your health?

I joined Douglas OHI in 2018 as a project manager. Our HSSE Team has been conducting Health and Wellbeing campaigns as well as annual health checkups.



I also participated in some campaigns, one campaign was to check the BMI, body composition, obesity diagnosis & muscle fat control and the best BMI was awarded. I was in the obese category weighing 88.3 kgs. Overweight by 18.3 kgs.

I made plans to reduce weight and go to boot camps and walks. I shed some weight but also gained it back quickly. There was something not working for me.

Earlier this year in Jan 2021, I went for my regular check-up and was diagnosed with high uric acid, high cholesterol and liver fatty acid.

2. What goals did you achieve this year?

- I have reduced my weight from 88 to 71 Kgs in 3 months.
- No uric acid, cholesterol is normal and liver is good.
- My waistline has dropped from 42 to 34 inches - 8 inches!

3. When it comes to eating well what are your top 3 recommendations?

- Eating smaller regular portions - 5 meals per day
- Fruits & vegetables, drink plenty of water.
- Cut down your carbs, saturated fat, sugar and salt.

4. How did you manage to alter your eating patterns and accommodate the rest of your family?

My wife and I are following the same healthy diet. Since I have achieved my BMI weight, I am continuing with a healthy diet and regular exercise.

5. How did you manage to integrate this healthy lifestyle into your life?



My wife and kids are my biggest supporters, and encourage me to continue on this healthy lifestyle. My kids are equally as conscious about healthy eating and exercise.

Mindfulness is big in my household - both my wife and I practice yoga to help with our mental wellbeing.

Yoga helps to manage mental wellbeing and breathing exercises ease stress.

My friends, colleagues and the seniors in my company promote health and wellbeing giving it a very high importance that truly bridged the gap of what I used to be and what I am now.

6. What is your best piece of advice for those just starting to lead a healthy lifestyle?

- Eating healthy well-balanced meals.
- Regular physical activity - 1-hour brisk walk and exercise.
- Right amount of sleep.





Mental Wellbeing, It's In Your Nature

#ConnectWithNature

Peter Baker, Corporate HSSE Manager, Douglas OHI



Unless of course you get stung by a bee, going back to nature helps with reducing anger, fear and stress and increases positive feelings. This in turn will make you feel better emotionally whilst contributing to your physical well-being, reducing blood pressure, heart rate, muscle tension and the production of stress hormones.

Research has proven that even a simple plant in a room can have a significant impact on stress and anxiety.

Going for a walk and or a swim has been vital for my mental health and I'm sure most people feel that way too. The beauty of walking is that you don't need any expensive sports gear or need to go very far, if you think about it, all you have to do is stand up and move using your legs, walking is that simple!

Swimming takes a bit more time and planning but is a great way to connect with nature.

The more time I spend with nature - the more I become aware and in awe of it of its beauty and power.

Wherever we live - the city, the interiors - there is lots to be in awe of. The infinitely variable shapes of trees, leaves that can colour depending on the season, the impressive array of flowers, beetles, spiders and insects or birds and butterflies and each playing a part in the local, national and global ecosystem.

Whenever I travel across Oman be it for work or pleasure, I set myself a personal challenge to spot something different - be it a building, a flower, or the way in which mountains look different as the light of the day starts to give way to night.

Mobile phones are amazing, we have developed a unique relationship with them, no wonder, we can talk, email, message, do our banking, listen to podcasts and music all at our fingertips.

This has changed the way we connect with the world around us, in some ways a great thing, in other ways we are in danger of losing a sense of where we are and what we are doing, in other words missing the moment.

Most experts in the subject tell us that we should be in the moment more often because this is a good thing for our health.

As counterintuitive as it has become, I have deliberately made efforts to walk and run without my phone as part of switching off from work and switching on the self-care. This helps me to see and hear much more of what is around me.

Growing up, like many of us I didn't pay enough attention to all the natural value around me but I came to the conclusion that it's never too late.

The benefits of connecting with nature are huge. I hope to pass these benefits onto my granddaughters, who I cannot wait to take to the park when I'm next back in England.

We continually support the conversation on mental health, for additional information please contact hsse@douglasohi.com.



Douglas OHI Awarded New VOX Cinemas Fit-Out Works at Mall of Oman, Muscat

Muscat, Oman, 26 April 2021: Douglas OHI is thrilled to announce that it has recently been awarded the warm shell and complete fit-out of the new 15 screen (5840 m2) VOX Cinemas at Mall of Oman, Muscat.

Douglas OHI was awarded the contract following a competitive tender process and selected based upon its extensive experience, expertise and track record of delivering timely large-scale projects.

Aaron Hennessy, General Manager, Douglas OHI said: “We are delighted to have been selected by Majid Al Futtaim to complete the fit-out works at VOX Cinemas Mall of Oman, which will allow us to demonstrate that we have the capabilities, capacity, and highly skilled employees to provide interior fit-out solutions that exceed expectations. Our clients trust us with complex and challenging projects, as they know the exceptional quality we provide, our focus on health and safety, along with our ability to continuously deliver on time.”

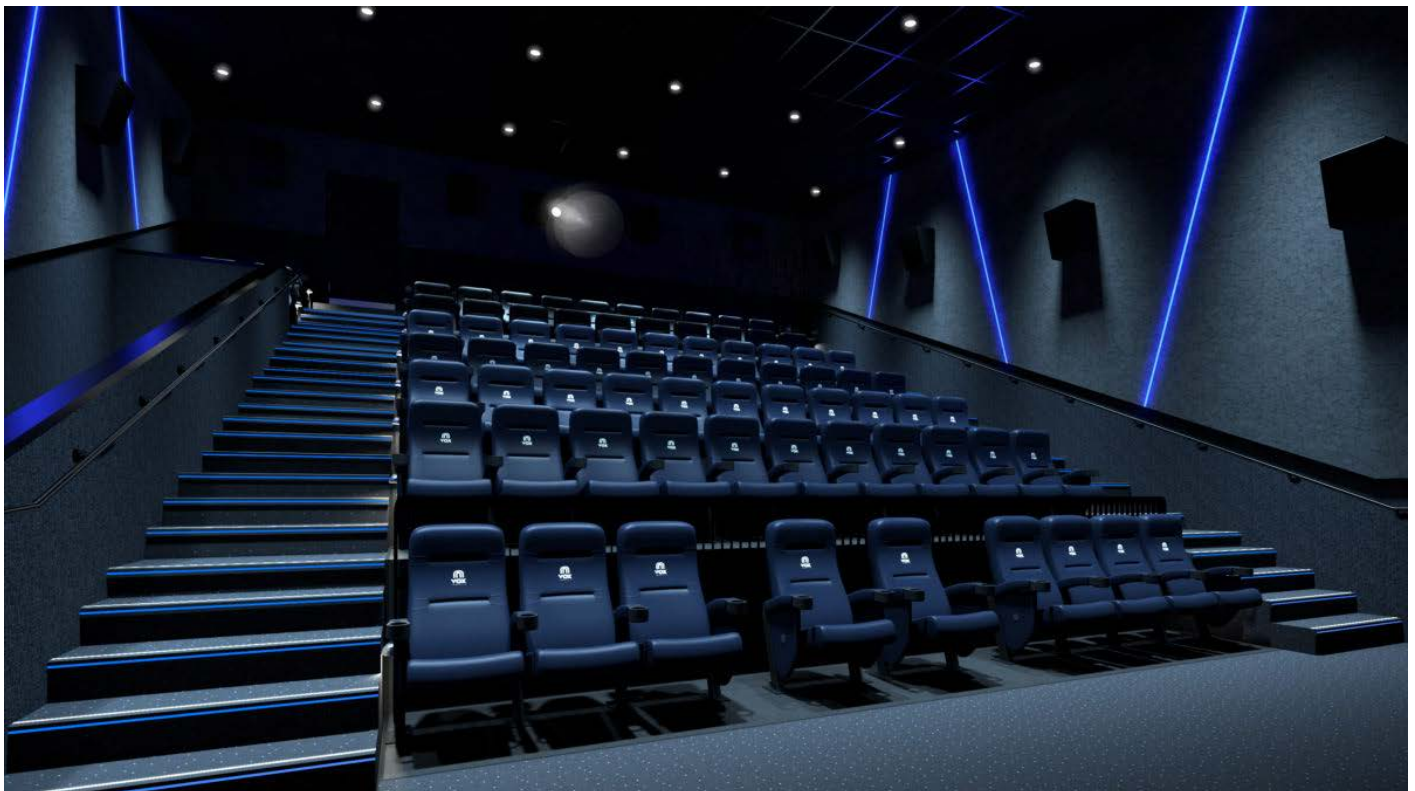
Danny Van Biljon, Divisional Manager, Douglas OHI said: “We are proud to continue our association with VOX Cinemas to develop state-of-the-art cinema and entertainment complexes in Oman. Being awarded this project is a testament to our market-leading project delivery capabilities and we look forward to delivering this prestigious project safely, on time and to the highest standard.”

This will be the fourth VOX Cinemas project to be delivered by Douglas OHI, following the successful fit-out at VOX Cinemas City Centre Suhar (nine screens), City Centre Muscat (10 screens) and City Centre Qurum (seven screens).

Douglas OHI was named Highly Commended Contractor of the Year at the Construction Week Oman Awards 2021.

For more information please visit:

<https://douglasohi.com/category/press-releases/>





Douglas OHI's Sustainability Journey

Douglas OHI's Sustainability Journey and the UN's Sustainable Development Goals

Peter Baker, Corporate HSSE Manager, Douglas OHI

A framework for the future

The United Nations Sustainable Development Goals (SDGs) have helped us to frame our thinking and guide our decision-making on our own sustainability journey. It's great to see many of our colleagues in the construction industry publicly commit to the UN SDGs, focusing on the areas where they can best make an impact.

But what are the SDG's and what do they mean for us?

The SDGs aim to provide peace and prosperity for all people and the planet for today, tomorrow and far beyond. The SDGs recognise that ending poverty and other deprivations go hand-in-hand with initiatives that improve health and education, reduce inequality, and promote economic growth - all whilst tackling climate change and working to preserve our natural landscape and eco-systems upon which we heavily rely on, more than many of us realise.

As an organisation right at the heart of the construction industry we're proud to share our industry colleagues' commitment to both sustainable development and sustainable construction. Collaboration and partnership across multiple programmes and initiatives and with many industry bodies, have been part of our DNA for over 40 years.

Partnerships will bring faster progress

Target 17 of the UN SDGs places the focus on working in partnerships to achieve the goals. This specifically relates to strengthening the means of implementation and revitalising global partnerships for sustainable development. In simple terms: "Alone we can take small steps, but together we can make giant leaps."

I believe this collaborative approach has been key to the success of the programmes we have delivered through our work on the community based initiatives across the Sultanate.

Partnership in action

Here are a couple of examples. Our partnerships with The Omani Women's Association Duqm and The Omani Women Association Al Jazer have positively impacted local communities and relate to UN SDGs 3 and 4 - good health and well-being, and quality education. I think we can all

agree that everybody deserves access to these things.



Each of the 17 targets contains sub-targets. Target 17.8 aims to strengthen the science, technology and innovation capacity for least-developed countries. To support these goals we work with NGO's and schools to provide laptops for education to girls and boys.

More than that, we work with these partners to continually improve the way we build and deliver these programmes, and our shared learnings help us to better meet the needs of these young people, something most people will feel morally obliged to do.

Supporting Life on Land



As a business we're committed to protecting, restoring and promoting our contribution to life on land.

For example, goal 15 has given us the opportunity to create awareness and educate our employees, we have successfully implemented a number of programmes across all our projects in particular at the Duqm Refinery (target 15.9).

These programmes include community development activities, and directly support goals 3, 4, 7, and 13. I've been fortunate enough to see first-hand the difference these projects can make, and the impact is impressive.





Significant accolade in recognition of our efforts

This year we've been delighted that we have won the 'CSR Initiative of the Year' for the fourth year running at the Construction Week Oman Awards.

It was also an honour to receive 'highly commended' in the 'Sustainability Initiative of the Year' category of the Construction Week Oman Awards 2021.



Shared vision and goals

"A successful sustainable development agenda requires partnerships between governments, the private sector and civil society. These inclusive partnerships built upon principles and values, a shared vision, and shared goals that place people and the planet at the center, are needed at the global, regional, national and local level."

It's time to act now and act together - a shared vision and goals will enable us all to work towards a world where we will all benefit from a sustainable future.

For more information please contact:

hsse@douglasohi.com.



Safety Achievements

Best Contractor of The Month - Salalah

Douglas OHI have been recognised as the Best Contractor of the Month for outstanding Health and Safety Performance at the Salalah based project. The Client rewarded employees with smart devices including mobile phone, watch, a head set and gift vouchers.

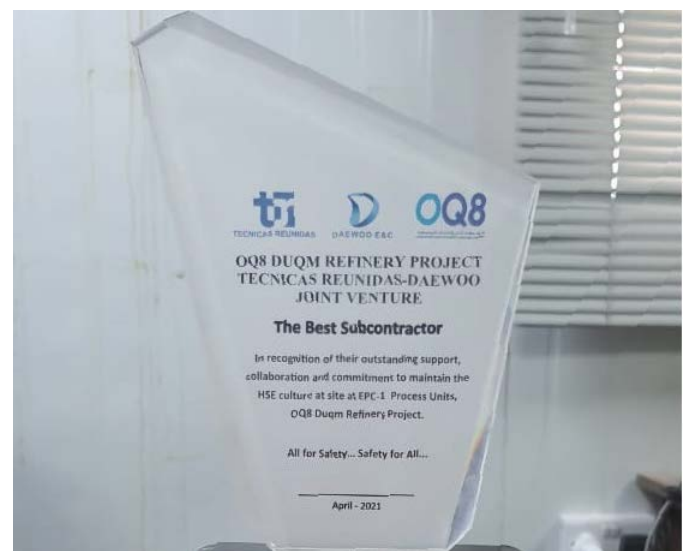


Douglas OHI Receives Best Subcontractor Award - Duqm Refinery Project



Douglas OHI were awarded the Best Subcontractor Award on the OQ8 Duqm Refinery Project for Quarter 1, 2021 for establishing and maintaining a positive health and safety culture. Special recognition was given to Douglas OHI for the various campaigns that are continuously rolled out to all employees, in particular all the work supporting the local community.

The Duqm Project Team is extremely proud to have been recognised for maintaining high levels of safety, achieving great results in the management walk throughs, as well as providing a high standard of welfare facilities for the workforce.





Our People

Getting Through The Pandemic Together

As COVID-19 continues to dominate the news, Douglas OHI are prepared and navigating through these challenging circumstances. Safety is at the forefront of everything we do.

We are monitoring the situation on a daily basis, assessing the latest news, remaining vigilant, adjusting plans as necessary, and taking steps proactively to follow all Ministry of Health and World Health Organization safety measures announced.

It's only natural to be nervous during these times, but across the business employees are kept well informed, and following the mandated precautions which is the best antidote until the vaccine is available.

For more information please visit:

<https://douglasohi.com/adhering-to-covid-19-guidelines/>



Sanitising Douglas OHI Buses



Sanitising Douglas OHI Buses



COVID-19 Awareness Session



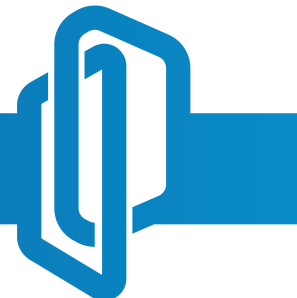
Checking Temperatures



Disinfecting & Sanitising Offices



Physical Distance



Fire Prevention & Protection Campaign - Duqm



As part of Douglas OHI's commitment to continual improvement of health and safety practices, refresher training on fire safety prevention was rolled out at our project site in Duqm.

All participants received inhouse training on:

- Fire prevention and protection requirements implemented onsite.
- Best practices on how to prevent fire incidents.
- How to develop a safety culture encouraging safe behaviour.
- How to be ready in the event of an emergency, as well as the potential consequences.

Through role plays and sharing best practices with each other, all onsite personnel are aware of their responsibilities regarding health and safety allowing them to perform their jobs safely.





Driver Engagement Programme Rollout

Of course, all our drivers are trained. Training is an integral element of any competent person, along with skills, knowledge, and experience.

In order to better engage with our drivers we have embarked on our bespoke Driver Engagement Programme.

This programme reinforces the important role that our professional drivers play in keeping themselves, our employees and other road users safe and importantly emphasises the point that the vehicle is a workplace, which is something that could easily be forgotten for a company whose primary output are civils and building projects.

Our programme builds upon the principles of our existing “It’s OK” ethos and creates the necessary head space for our drivers to consider the type of things that may lead to accidents, who might be affected and how.

It further considers some of the most common causes of accidents such as speed, distractions such as mobile phones as well as the potential consequence of not wearing a seatbelt.

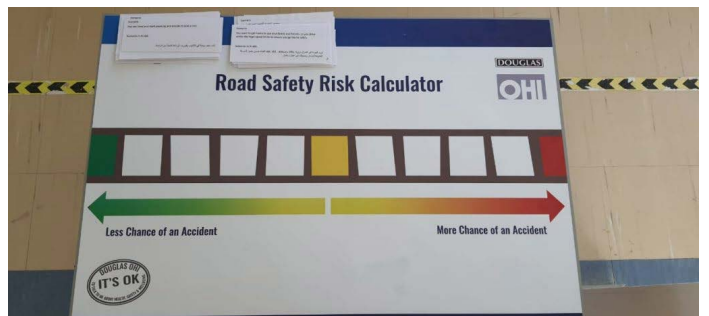
The key thing is not to tell people what to do, but to allow them to come to their own conclusions as a result of their individual actions. These conclusions are far more likely to stick than the thoughts of others.

We also make better use of the IVMS data we generate by recognising the best of the best Douglas OHI drivers with our monthly Road Safety Champion, and working with those drivers who need to improve upon their driving behaviours.

In addition, we have a monthly Driver Engagement Bulletin called “Let’s Get Onboard”, a publication for our drivers which is available in English and Arabic which helps share best practice and celebrates good behaviours.



Badish M, Duqm HSE Manager, Douglas OHI said: “All in all, our Driver Engagement Programme focuses on creating a multi-sensory approach to allowing people to learn for themselves and from others, a mindset that not only applies to the workplace but also in everyday life.”



Good Housekeeping? It's A Mindset

We all know that on construction sites, good housekeeping reduces the risk of accidents as well as improving fire safety.

Douglas OHI continuously maintains tidy construction sites. We do everything we can to reduce the risk of accidents, and this includes not having materials, waste and discarded tools lying around our project sites.

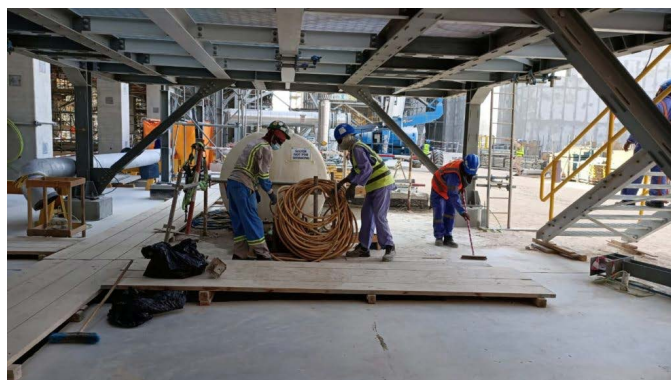
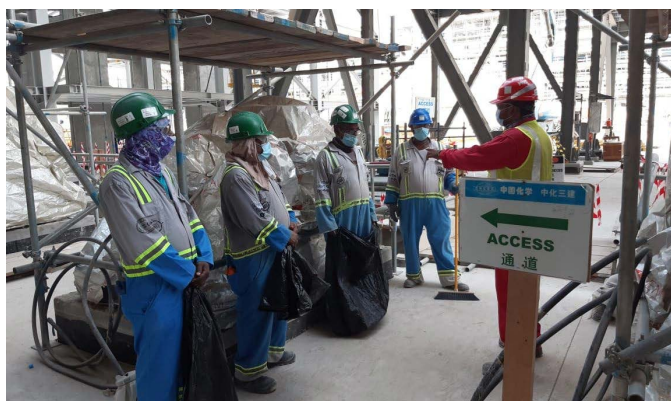
All Douglas OHI project sites are organised, tidy and everyone knows where everything is. This ultimately saves times searching for items and gives more time to deliver the project.

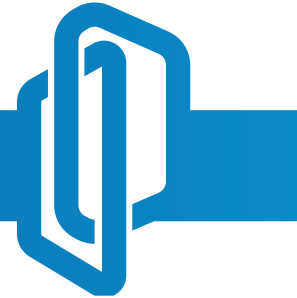
Here are just some of the ways good housekeeping minimises risks and keeps our employees safe:

- A designated area for waste.
- Stack and store materials safely - stops them from becoming a hazard. This includes clear fire escapes.
- Maintain a safe work area - work areas are checked at regular intervals and cleared up as we go along.
- Keep access routes clear - this includes access and egress.
- Putting away tools or equipment that are not being used.
- Good housekeeping is also about keeping things in good working order on site. Damaged tools or equipment must be taken out of use so they can either be repaired or replaced.
- Cables are routed to avoid any trip hazard - all walkways and access routes are clear.
- Eliminate fire hazards - clearing and removing waste is also a good way to prevent fires on sites.
- All Douglas OHI employees set an example. All employees are committed to keeping the workplace safe.
- Our HSE teams run regular awareness sessions such as toolbox talks and campaigns reiterating that good housekeeping practices will keep a site safe for everyone.

Rajesh M, Salalah HSE Manager, Douglas OHI said “Standards of housekeeping, good or bad will influence the way a person acts in any workplace.

As well as the benefits previously mentioned, good standards will contribute to good behaviours that in turn encourage all round efficiencies in what is by nature a dynamic and potentially hazardous environment. Let there be no doubt, the benefits of good housekeeping far exceed the efforts in setting the scene right at the start of the project or task.”





Beat The Heat & Stay Cool

Summer is here, and with it comes a lot of heat.



In construction, no matter what time of that year, working in hot and humid environments is not just uncomfortable but can also be dangerous. Anyone can get sick as a result of heat, but those with underlying health issues such as high blood pressure, heart disease or being overweight are a higher risk.

When working in hot conditions precautions must be taken to make the environment cooler. At Douglas OHI, our workforce takes regular work/rest cycles whilst keeping hydrated.

Sometimes working in extreme heat is unavoidable, but with careful planning we can still work safely when temperatures are high. Our project HSE Teams run regular educational sessions educating employees so they can recognize the symptoms of heat-related illness, the steps they need to take to reduce that risk, as well as what to do if a colleague suffers from heat exposure. The session includes:

Factor causing heat-stress:

- Working in high temperature and humidity.
- Direct sun exposure.
- No breeze.

Symptoms of heat exhaustion include:

- Headaches, dizziness, fainting.
- Wet skin.
- Confusion or irritability.
- Upset stomach or vomiting.

Symptoms of heat stroke:

- Dry, hot skin with no sweating.
- Confusion, loss of consciousness.
- Convulsions or seizures.

At Douglas OHI, we protect our employees from the heat by following the precautions below:

- Employees are provided with cool water to drink.
- Electrolyte supplements are provided.
- A water buddy is assigned in each work area to ensure that everyone is keeping hydrated.
- Employees take regular breaks in a cool shaded area where fans or air conditioning is available.
- Heavy, labour intensive work is scheduled during the coolest part of the day.
- Wherever possible work is assigned in the shade.
- Employees are rotated whenever working in the heat cannot be avoided.
- Employees wear breathable light overalls.
- Educate, remind, educate, remind...

If a colleague has symptoms of heat stroke:

- Call the medical team immediately.
- Move to a shaded area.
- Wipe skin with cool water.
- Loosen clothing.
- Fan with cardboard or other material.



Reptile Awareness & Safety

Suha Al Dhuli, Barka Plant



It's that time of the year, that as the temperature soars so too does the risk and boldness of reptiles.

They are looking for shelter in cool, dark, protected areas such as under sheds, rubble, stored materials, plant and equipment may attract these creatures.

At Douglas OHI our teams across the business provide informative and engaging reptile awareness sessions which includes:

Where reptiles may hide

- Our workplace includes many such places like pipes, scaffolding tubes, beneath cabins as well as shoes and boxes.

How to check the things before use

- Reptiles don't like noise and vibration, so you should make some noise and use a stick to shake the shoes or boxes.

Watch your step and your reach

- Never blindly place your hands or arms into areas.
- Never attempt to grab and/or pick up a snake. They will most likely strike at you!
- Always wear the correct PPE, such as eye protection, gloves, closed-toe boots and long trousers.
- Keep pedestrian and work areas clear of debris.

What to do if someone is bitten by a snake?

- The most important thing is the victim should remain calm, relaxed, and fearless otherwise it will increase the blood flow and the heart rate resulting in the rapid spread of venom.
- The affected part of the victim should move as little as possible.
- If moving the victim, try to keep the affected area below the level of the heart.
- Using a bandage or clean cloth, wrap the wound loose enough to insert a finger, and wrap it up until it is covered.
- Do not use ice on the wound because it might increase the damage.
- Do not suck the venom, because it will poison the helper.
- Do not eat or drink alcohol or caffeine as it increases the heart rate and blood flow.
- Do not cut the wound as it will increase the chance for infection.
- Remove any tight clothes, rings, and watches from the affected body part or on the wound itself, otherwise, it might cause swelling.



For more information please visit:

<https://douglasohi.com/category/hsse-best-practice/>





Get Out, Stay Out - Emergency Fire Drill Barka Plant

Suha Al Dhuli, Barka Plant

Fire drills play a very important role in workplace fire safety. Since the workers are staying in Barka camp, we conducted an unplanned emergency fire drill at our camp in the evening time. We started our fire drill at 19:45 and we finished at 20.45.



We decided to do a drill during the night time to gauge their response during off-work hours.

The purpose of fire drill in camp is to ensure that everyone knows how to exit safely, as quickly as possible, raise an alarm throughout the camp, make sure all people are moving towards the

assembly point, account for everyone, check where the fire is, extinguish if possible, call emergency services and concerned authorities.

Overall, it was a satisfactory drill with the personnel responding well. As soon as the alarm was raised people started moving towards the assembly point; some were mid-way through their shower and some mid-way through their meal. The other alarms were activated by personnel to make sure it is heard by all.

Some of the shortfalls observed during the drill are that the alarm was not heard by some personnel who were at the far end of the camp and people did not account for their roommates.

The shortfalls were made clear to them and assured that all engineering controls would be put in place to make sure the alarm is audible for everyone. It was made very clear to all personnel that everyone is responsible for their own safety and that of others and they would have to account for their roommates.





Our People

Manual Handling Inhouse Refresher, Duqm

On a construction site there are often heavy or awkward objects to be moved to keep the work process moving.

When an individual lifts, lowers, pushes, pulls, carries or otherwise handles any object this is best defined as manual handling. In short, moving anything by bodily force.

There are a wide range of risks associated with manual handling including:

- Serious back injuries;
- Repetitive strain disorders;
- Sprains of muscles or tendons;
- Slips, trips and falls.

Our Project Team in Duqm conducted manual handling refresher training, to ensure workers at risk are reminded of how to lift and handle objects without sustaining any injury. The training also provided pointers on how best to use equipment and risk reduction.

For more information please contact:
hsse@douglasohi.com.



Hand Power Tools & Hot Works Awareness, Duqm

Douglas OHI recently conducted an awareness session focusing on hand safety and hot works on the Duqm Refinery project. The awareness session included role play where employees were reminded how important their hands are, and how complacency in the workplace can lead to accidents and injuries which can result in permanent, life-changing consequences.

Employees were given refresher training on preventative measures including following work practices, being aware of the job tasks, equipment and materials that can create a risk, as well as knowing the steps to be taken to prevent injuries.





Supporting local environmental action to make a world of difference

Beaches are the bridge between land and the ocean, which is a critical biodiversity area. Cleaning beaches is a step towards cleaning our oceans. In addition, to the environmental benefits, beach cleanups increase volunteer knowledge and awareness of ocean litter. This inspires individuals to change behaviour creating a ripple effect within the community.

A collaboration between Douglas OHI and Save Oman Beaches allowed volunteers to access and clean the beach in Seeb, Muscat.

Special permission was granted by the Royal Oman Police, and over 65 volunteers joined in the 100th Save Oman Beaches cleanup drive. All volunteers adhered to the COVID-19 precautions currently mandated by the Supreme Committee.



Volunteers headed off with large garbage bags, picking up every scrap of debris they could find until they were full to the brim.

The combined team collected 96 bags of debris, plus 19 tyres. Amongst the rubbish, there was abandoned fishing gear, plastic food wrappers, cigarette ends, glass and plastic bottles, as well as aluminium cans.



Ramit Singh, Project Manager, Douglas OHI said: “It’s important to remain realistic about what we set out to achieve. I think it’s a real mistake to pretend we’re saving the world with a cleanup, but we should clean up beaches just because it’s the right thing to do, even better, the trash shouldn’t be there in the first instance. I always have to answer the perpetual question of “why should I pick someone else’s litter up?”



It’s relatively easy to answer by remembering that for every piece of litter removed from the beach, there is one less dangerous item that could harm a sea creature or enter the food chain. Cleanups restore beach habitats and I admire those selfless individuals, who on a regular basis put such questions to one side and make the effort to participate.”



Water Conservation Campaign, Duqm

Did you know that the more water we use, the more stress we place on rivers, tributaries and dams?

Did you know that the more water we waste, the more wastewater we discharge and stress our coastal environments?

Did you know that the more bottled water we make, the more energy we consume and the more we stress our natural environment?



During the session participants were taken through where water comes from, the variety of uses for water, the water cycle, how different plants are suited for different weather and climate zones, and how plants use water.

In addition to water conservation, participants were reminded that individual behaviour change around water use helps reduce greenhouse gas emissions. Water and wastewater treatment systems are energy-intensive, so every drop of water saved means less energy used.



For more information please visit:

<https://douglasohi.com/water-conservation-campaign-duqm/>.

Blood Donation Drive

Oman is facing a shortage of blood in its medical infrastructure and inviting its residents, both nationals and ex-pats, to help out in a time of need.

We being responsible residents, invited the blood donation service to help out by doing a blood donation camp on our premises on Monday, 15th March 2021, between 9:30 - 13:30.

It was a success and thanks to everyone who came to donate.

"Donate blood, save a life!"



Our Communities



Community Support in Duqm

Douglas OHI is focused on uplifting and strengthening local communities by adopting relevant community support programmes and services that helps to create a better future for everyone.

Douglas OHI in association with Duqm Omani Women Association donated Ramadan necessity packs to the needy and poor families within the Ad Duqm local community and also donated Toys to children of Duqm Ministry School on 07 Apr 2021.

For more information on our community programmes please visit:

<https://douglasohi.com/category/community-support/>



Safety Selfie Spot The Difference

Can you find the five differences between the two pictures?

Please send your answer to hsse@douglasohi.com.



Have Your Say...

Do you have a suggestion on how we can improve Take Thirty?

Tell us what you like best about the e-magazine and how we can make it even better.

Send your feedback or comments to hsse@douglasohi.com.

Learn more...

About Safety, Health, Environment and Wellbeing at Douglas OHI by visiting:

<https://douglasohi.com/health-and-safety/>

And Finally

From Around The World (UK)

The director of a construction company has been sentenced after a subcontractor suffered serious injuries when a stack of plasterboards fell on him on a construction project.

The case was prosecuted in Court where it was explained that heard that subcontractors were moving sheets of plasterboard weighing 32kg each from the ground floor to the second floor of a house undergoing refurbishment.

As there was no staircase in place, they were stacking the plasterboard against an unsecured ladder and sliding them up to the floor above. During the process the plasterboards fell on the worker, fracturing his pelvis.

The subsequent investigation found there was no safe system of work in place and the workers were not being adequately supervised.

The stairwell openings were not guarded and they were partially spanned with scaffold boards resting on insecure scaffold poles, creating a significant fall risk.

The director of the company pleaded guilty to safety breaches and was sentenced to 20 weeks in custody suspended for 12 months, fined OMR 1700 and ordered to pay costs of OMR 300.

Speaking after the hearing, the prosecuting HSE Inspector said: "This was a wholly avoidable incident, caused by the failure of the director to devise and implement a suitable safe system of work.

"Companies should be aware that we will not hesitate to take appropriate enforcement action against those who fall below the required standards."



Is It Safe To Mix Vaccines?

A major UK trial currently looking at whether Covid vaccines can be mixed with different types of jabs used for first and second doses is being expanded.



Combining vaccines might give broader, longer-lasting immunity against the virus and new variants of it and offer more flexibility to vaccine rollout.

Adults over 50 who have had a first dose of Pfizer or AstraZeneca could apply to take part in the study whilst their second dose could be the same again, or a shot of Moderna or Novavax.

The Chief investigator on the trial said he hoped to recruit 1,050 volunteers who had already received one dose in the past eight to 12 weeks.

Results of this first stage are expected next month and the expanded trial should have some reportable findings by June or July - although the study will run for a year.

Health experts generally agree that the mixing and matching of the vaccines should be safe. The trial will check for any side-effects or unwanted reactions.

Participants will have blood taken to check how well the vaccines trigger an immune response - in the form of antibodies and T cells - to combat Covid.

In addition, it was recently reported in the Times of Oman that a Spanish study has confirmed that mixing anti-coronavirus vaccines is safe and effective.

Oman TV said: "A Spanish study on mixing vaccines against COVID-19 concluded that giving a dose of Pfizer vaccine to people who have already received a single dose of AstraZeneca vaccine is very safe and effective."

As a company Douglas OHI is liaising with the Ministry of Health in preparing for our own vaccination drive and of course we will keep you informed.

Beat The Heat



Stay Cool

Staying hydrated not only helps you with your alertness, it improves work performance and helps with nausea, dizziness and faintness.



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