

TAKE THIRTY

Introduction - Peter Baker, Head of HSSE

Welcome to our latest newsletter, a means by which we share knowledge, good ideas and best practice from around the business.

The theme this month is that of falling objects. As Rajasekar Ramalingam's article will demonstrate this type of event is a significant contributor to death and serious injury in the construction industry and ancillary trades. I guarantee you that today somewhere on a Douglas OHI site, in a Depot or workshop, something has been dropped from height, what we can never guarantee is the outcome. Read on, follow the link and learn more.

It would appear that our projects in Fahud and Sohar are ahead of the game in this regard, as both projects have held practical demonstrations on the issue of Dropped Objects. Well done to all those involved.

Thank you to everyone who entered the word search competition focused on Construction Dust.

The winner is Jerrin John from our IT department who has chosen to donate the cash award of 10 OMR to the Oman Cancer Association. Well done Jerrin, both for entering the competition and for donating to such a worthy cause.

Try this month's puzzle, see what you can learn and should you win, donate to a worthy cause. What have you got to lose?..... Nothing. What have you got to gain?..... Knowledge.

60 Seconds with - Chris Morison, Commercial Manager



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

A. Engagement from the workforce and their willingness to learn how about safety.

Q. How can the Commercial Dept contribute to the management of HSSE?

A. By providing a fresh set of eyes when on site. The Site Management team are on site every day and sometimes may not notice what could potentially be unsafe. When the QS's visit site sometimes they notice and highlight what they perceive could be an unsafe act or work area.

Q. From a HSSE prospective, if you could change one thing overnight, what would it be?

A. I was going to say driving without using mobile phones, but actually I would like all of our staff take care of their families while driving and make sure that their children are given proper child seats. I was leaving the office last Thursday and one of

our staff had just been collected by her husband, and as she left her young child was sitting on her knee on the front seat with no safety belt. I am always horrified when I see this so if I could change something it would be the attitude of caring for our families when driving.

Q. Where can we best improve?

A. Non-site areas. I always feel that where there is no site safety requirement our attitude to safety becomes a little more relaxed.

Q. How can these improvements be best made?

A. Tool Box talks targeting this issue and making sure that a responsible person in each of these locations is monitoring safety.

Q. What barriers do we need to overcome?

A. Generally, I think we have overcome most barriers, but I think possibly when Accident Reports are completed we need to accurately reflect what has happened and challenge the information gathered if it appears to be incorrect.

Q. Given your Scottish heritage, imagine you are watching a football match between Oman and England, who would you support?

A. Goes without saying - always OMAN.



Dropped Objects

Managing work at height remains a major safety management challenge for work places throughout the globe. However, increasingly, it is not just people falls that are an issue.

Statistics show that dropped objects are among the top 3 causes of fatality and serious injury in all industries. Dropped objects account for 35% of all safety related incidents and 80% of High Potential Incidents (HiPo's).

Despite these statistics - and the fact that many of these accidents could have been prevented with the proper safety gear - many contractors do not take the necessary precautions to prevent fall-related injuries by providing workers with personal fall protection systems for both themselves and for their tools.

This discussion should not be about catching the object that falls from a height or limiting the damage a falling object can do by wearing a hardhat or other personal protective equipment (PPE). It is about preventing the object from ever falling in the first place. Why? Because most people have no idea how much force something like a falling hammer generates, even when dropped from a moderate height. Most people do not have an understanding of the forces generated by an object hitting and deflecting off something during the drop. Simply put, most people underestimate the dangers of dropped objects.

Website Link

<http://www.dropsworkpac.com/>



Why Drops Happen?

CAUSES	RISKS
<p>Elements</p> <ul style="list-style-type: none"> ❖ Environmental (wind, rain, snow, sea motion) ❖ Corrosion or other deterioration ❖ Vibration ❖ Body effects (sweaty or numb hands, fatigue) <p>Worker or Equipment Generated</p> <ul style="list-style-type: none"> ❖ Tripping or colliding ❖ Poor housekeeping ❖ Not following procedures ❖ Miscalculation and poor design ❖ Missed or inadequate inspections ❖ Home made tools and equipment 	<p>Poor Housekeeping Risks</p> <ul style="list-style-type: none"> ❖ Disorganized and unclean work place ❖ Unnecessary and time spent at height ❖ Cables and cords lying across walkways, platforms etc. ❖ Foreign material concerns <p>Improper equipment transport risks</p> <ul style="list-style-type: none"> ❖ Not maintaining 3 points of contact while climbing ❖ Overloading a climber ❖ Exceeding a fall protection capacity ❖ Physical toll on body ❖ Overflowing containers ❖ Using container not suitably rated

Types of falling object

Static or dynamic dropped objects?



Static

Any objects that falls from a stationary position under its own weight.



Dynamic

Any objects that falls as a result of a secondary force such as being struck by another objects or involved in a collision.



Consequences of Dropped Object?

- Personnel Injury /Death; Damage to equipment; Structural damage; Environmental damage.

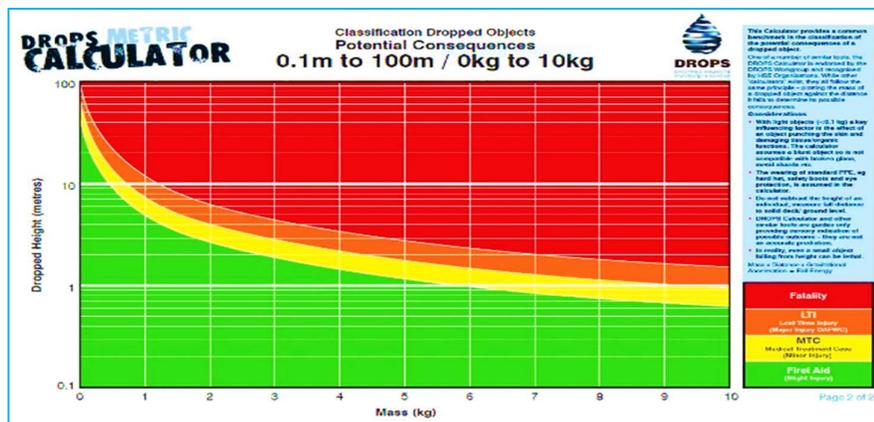
Fact of Dropped Object

Even a small object falling from a height can cause serious or fatal injuries.



The potential harm to the individual has been determined using the Dropped Objects Calculator.

The Dropped Objects Calculator was developed with a mathematical model based upon the mass of the object and the height from which it falls.



Hierarchy of Control

Under the hierarchy of control, managing risk out is considered the best approach to prevent injury. Engineering a hazard out altogether or utilizing alternative mean of access to minimize fall risks would always be considered best practice.

Wherever possible, prevent the fall of a person or tools through the use of barriers. Containment and tool tethering is the most appropriate means of protection possible. It removes the risk of people or object falling in the first place.

See if you can find 11 words that relate to this article in the Word Search. Don't forget a donation of 10 OMR will be made to a charity of your choice.

Write your name & employee No. in the space provided, scan and email to HSSE Department.

Name:

Emp. No:



SustainAbilities™

Recycle! Thinking about Tomorrow's Tomorrow



As part of Douglas OHI's environmental commitment, used plastic bottle caps which we have been collecting were handed over to a plastic recycling company 'Plasbin'. In Plasbin, plastic waste is recycled to produce an innovatively designed plastic bin to collect and segregate various waste materials. One of those Plasbin unit is placed in our Ghala Head Office. Through plastic recycling, we are reducing the oil usage, carbon dioxide emissions and the quantities of waste requiring disposal. Being an Environmental Partner with Plasbin, we work together to reduce the plastic waste in Oman. With this in mind, we ask you all to continue to collect the bottle caps, as these give birth to a new life.

We Care...

Douglas OHI teamed up with the Ministry of Health, Sultanate of Oman, to take part in the Mass Measles vaccination campaign. A total of 1,115 Douglas OHI employees at the age range of 20 to 35 years from Ghala, Sohar, Barka and Fahud camp have been vaccinated during this campaign. These employees are protected from life-threatening complications, such as pneumonia and inflammation of the brain (encephalitis); and from other complications associated with measles like ear infection, bronchitis, severe diarrhoea, fever, runny nose, sore throat, cough, and widespread skin rash. Douglas OHI supported the community by breaking the chains of transmission of Measles disease and reducing measles cases in Sultanate of Oman.



Go Green - Going Solar Power



Douglas OHI, recently launched outdoor solar panel lighting units in one of J&I division project site at Muscat International Airport and in Fahud project site office. This initiative was led by Senior Management and implemented successfully by the Plant Department.

Green energy is tapped to light the parking space and the entrance of camp gate. This small step speaks to the commitment which our company has towards Sustainable renewable energy. Certainly, this initiative will contribute in reducing the use of electricity, burning of coal, amount of Co2 released to the atmosphere and consumption of water resulting in economic, social and financial benefits. Plant department has also extended its research to study the possibility of implementing the same tool in various other business locations in future.

Child Seats

There are up to 12 million car seats sold every year! One of the major contributors to this number is that as your child grows, so too do your car seat needs - which will happen several times as your little one grows (into a not-so-little one). Opting initially for a 'convertible' car seat is one way to minimize the number of car seat products you need over the course of this life stage. Your car seat can have a second life, either with another family, or another purpose altogether like breaking down into different plastic, metal and fabric parts and recycle normally. If you pass your old car seat on to someone else, you need to make sure it's still safe. Or, you can upcycle your car seat! It could be a pet bed, a garden planter, a comfy chair for your kid to watch a movie... your creativity is the limit!



From around the World`s HSE press (UK)

Scaffold inspectors caught faking safety certificates

“Two scaffold inspectors have been prosecuted after a worker fell through a gap on a structure they had signed off as safe.

Greater Manchester Magistrates’ Court heard how on 26th March 2014, the 49-year old worker was working on a re-roofing project.

As he stepped down from the untiled roof onto a fixed scaffold, he fell through a gap between the working platform of the scaffolding and the building.

He suffered fracture injuries to his spine and had to wear a back brace for eight weeks.

The scaffolding had been signed off as safe for use by Stephen Harper and Garry Arnold.

An HSE investigation revealed that they had not carried out the relevant inspections and had falsified the certificates to show that all was safe for use.

Speaking after the hearing HSE Inspector Matt Greenly said: “Scaffold Inspectors are relied upon by workers and must be trusted.

“Falsely completing reports without carrying out a thorough inspection can lead to serious risks being missed and life changing accidents occurring.”

Harper of Alkington, Middleton and Arnold of Crookes, Sheffield, pleaded guilty to safety breaches and were each sentenced to 170 hours community service and ordered to pay £1,500 (750 OMR) costs”

Although not mentioned in the article, this case is linked to Interserve Construction in the UK.

Thankfully the Health and Safety Executives` (the government`s HSE enforcing authority) investigation demonstrated that Interserve, as a Company had all the requisite controls in place, but the individuals involved fail to apply them and falsified records.

The enforcement regime in the Sultanate isn’t the same as in the UK however we must always ensure that our controls for allowing work to start/continue are fit for purpose and used appropriately. In doing so, should the unfortunate happen we can ensure that those responsible are held to account.

And Finally...

Work has started in Ghala to alter some of the existing structures to accommodate OTI who will be moving their operations from their current location.

I recently observed one of our Junior Workers using a small hand-held jack hammer breaking out concrete.

His colleague noticed that his co-worker had forgotten to put on his gloves before starting work, he stopped him and gave him his gloves.

This simple intervention by Mr. Ram Avat, took seconds, the impact of injuries at work can last a lifetime.

Well done to Mr. Avat, he did the right thing.

Food for Thought

**WORK
HARD
STAY
HUMBLE**

Contact HSSE

We appreciate your feedback on our newsletter, and would welcome any articles, photos or questions.

Simply email us at hsse@douglasohi.com.