

# TAKE THIRTY

## December 2019

### Introduction

Welcome to our last HSSE Newsletter of 2019.

As usual we continue to showcase the sterling work our project teams are doing to raise awareness, competency levels and standards of best practice in locations around the Sultanate.

Many thanks go to everybody who has contributed throughout the year either in producing the newsletter or sharing their stories, all of which takes considerable time and effort. This time and effort is not wasted.

We have launched our 2019 HSSE Awards programme and this allows you to nominate either your project or any individual for special recognition, do not waste this opportunity.

Our General Manager has further committed to our values by commissioning our first ever Safety, Health and Wellbeing Cultural Survey. This will be the first time we have ever tried to fully understand and quantify, the Douglas OHI HS & W culture. If you are asked to participate, please share your thoughts and exercise the voice that we all have and take the opportunity to make our workplace safer and healthier for everyone.

It only remains for me to wish you a safe and healthy Christmas and New year!



Peter Baker

### 60 Seconds With Jubin, Ghala Camp Medic



#### 1. How long have you been a Medic?

This is my 13th year as a medic and with Douglas OHI for 7 years.

#### 2. Why did you choose this as a career?

Nursing is all about the patient. It's a career that helps you save lives, bring happiness to individuals and their families, and comfort to those in need.

#### 3. Why is it important to have Medics in our camps etc.?

Firstly they are the emergency contact person in health-related issues. They prevent and treat workplace-related illnesses and injuries. As an occupational health nurse we help keep employees healthy and safe at work. We also identify and help to reduce potential health hazards in the workplace.

#### 4. What is the difference between a physical and mental illness?

Mental and physical health is fundamentally linked. The World Health Organization (WHO) defines: health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The WHO states that "there is no health without mental health."

#### 5. What advice would you give someone with a mental health illness or concern?

If you are aware of someone affected by a mental health issue, they require support on how to cope. The first step is to talk about it. Choose a good time to talk, when you are both relaxed. Try to be sensitive, positive and encouraging.

- Encourage them to get enough sleep, eat healthy food and exercise.
- Discourage them from self-medicating with alcohol/drugs.
- Encourage them to seek help immediately if they are at risk of suicide or self-harm.
- Providing information such as books or brochures for them to read.
- Offer to make an appointment with a doctor or mental health professional on their behalf and offer to take them.

#### 6. Who is your biggest hero and why that person?

My parents are my biggest heroes because they are the ones who helped me with problems, taught me things that I don't know and things about life, taught me things that I shouldn't do and things that I should do in life.

# Significant Milestone Achieved, Duqm by Badisha M

Douglas OHI marked a significant safety record, achieving 2 million safe manhours without lost time injury on the Duqm Refinery project.

A strong focus on identifying and controlling hazards, reducing exposure to health and safety risks, and supporting the general health and wellbeing of our workforce has ensured we realised this objective. It is the care that they display for one another that ensures everyone gets home without harm.

Congratulations to our entire workforce for their contribution to this achievement.

## Working Day With Badisha M. - Duqm



I have been engaged as Site HSE Manager at Duqm Refinery EPC1 Project for approximately one and half years.

A normal day for me goes something like, I wake up by 4:30 do my prayers, and then I am on site by 05:30. Once onsite, I conduct a short meeting with Site HSE Superintendents, and we all discuss the tasks that lay ahead for the day in regards to health, safety and environment on site.

Next I visit the whole site and engage with the site foreman, chargehands, HSE advisors and workforce to discuss any site safety issues and concerns they may have. I also, have regular Client walkthroughs with both the Client HSE and Management. I spend time in the yard checking the premises and informing the supervisors of any rectifications required. I generally visit the Project Manager and Site Manager to discuss /resolve issues during site visit.

After lunch, I some time spend reviewing emails, and assisting in preparing Job Safety Analysis as well as supporting training and assessment of the Operators. After this, I visit with the Client HSE Manager and receive updates, advice and necessary approvals.

Duqm Refinery Project is the largest refinery project in the Sultanate of Oman, and I am both proud and honored being able to contribute my experience to this. We work as a team with several sub-contractors with multiple nationalities and communicate in different languages which can be extremely challenging especially when it comes to complying with HSE procedure onsite.

I am happy to confirm that I have succeeded in this project managing a workforce of 1700 at peak, including 25 HSE professionals with the project crossing 2 million-man-hours without lost time injury.



As a result of all our hard work, Douglas OHI received Best Safety Contactor from the Clients for our work in Duqm.

My experience with this project is totally different from the other projects I have worked on in both Sohar and Muscat. Working in an isolated area with constant change in the health and safety needs of the workforce.

Each day on this project we are continually learning and maintaining company standards as per client procedure. Again, with the entire team support we are able to stay on top successfully. This is achieved through continuous refresher training courses for the entire workforce. The Client is also learning from our site standards and rolling this out to other contractors.



# Senior Management Walkthrough, Duqm - Badisha M

As aligned with our HSE Management System, a senior management walkthrough was conducted at our Duqm project site. The walkthrough aimed to ensure construction operations and activities are being executed in accordance with the site established HSE plans, procedures, method statements and current HSE legislation. A major focus on the walkthrough is to further improve the workers safety culture. Observations are closed out and action plan identified implemented and continuously monitored by management.



## Emergency Evacuation Drill, Duqm

The Douglas OHI Piping Crew conducted an Emergency Drill at the Pre-Fabrication Yard in Duqm.

The aim of this drill was to reinforce incident response preparedness by working through a specific scenario. This emergency exercise helped reinforce skills, validate the effectiveness of the team response, as well as identify areas for improvements. Lessons learned were captured and included in the Emergency Response Plan.

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



## Electrical Safety Awareness Training, Duqm

In an effort to develop and build upon our safety culture, our project delivery team based in Duqm recently underwent Electrical Safety Awareness Training.



The training highlighted and promoted safe electrical work practices in the workplace and in camp, including:

- Precautions to identify, prevent and control electrical hazards;
- Top tips for electrical safety;
- Effective electrical safety - test and tagging;
- Electrical safety practices;
- How to respond to electrical incidents;
- Eliminating chances of an electrical incident

At the end of the training all participants took an electrical safety quiz test.



# 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 and be prepared to participate.

## Constructive Intervention Scaffolding Training, Duqm

The site team organised a short training session to raise awareness of issues associated with scaffolding on site.

The hour-long session was practical and hands on with sharing the knowledge they already have as well as learning something new to fill any gaps.

They also concluded with a practical inspection of a scaffold structure specifically built with faults.

The session was never meant to be about scaffold inspection but more about reminding people of the faults and dangers associated with scaffold and what they should do if faults are found on a work platform and how to intervene.



## Mental V Physical Wellbeing

We increasingly use the term Wellbeing, but do we know what it actually means?

One dictionary definition of Wellbeing is “the state of being comfortable, healthy or happy”, many would argue that this is not a definition of wellbeing, more they are the outcomes of wellbeing.

It seems that many scholars cannot agree on a definition so in reality we will come up with our own definition. Mine relates to a sense of equilibrium (balance) in our physical and mental health that allows us to deal with life’s challenges as well as enabling us to make the best of our lives.

Note that my definition includes 3 broad categories ie. Physical and Mental Health and Challenges.

Challenges can also be divided into Physical and Mental.

Our inability to face physical challenges usually involves a visit to a medical practitioner (most males will complain bitterly about an ailment but will eventually go to the doctor). Some physical conditions can be very simple to diagnose, some require further tests, such as blood samples or X rays, but once diagnosed, treatment may involve a course of treatment such as tablets, physiotherapy etc. One can often tell if a person is physically unwell from their appearance, they may be wearing something such as a plaster or bandage.

Mental Illness is something we may struggle to identify in ourselves or others.

Even though we spend a considerable amount of time at work and with our colleagues, it is surprising how little we talk about mental health at work, perhaps we should talk about it more?

Instead of talking about the signs of mental unwellness, perhaps it would be better to talk about how to best maintain mental wellness, the key things are as follows:-

1. Talk About Your Feelings
2. Keep Active
3. Eat Well
4. Drink Sensibly
5. Keep in Touch
6. Ask for Help if you need it
7. Take a Break
8. Do Something You Are Good At.
9. Care For Others
10. Accept Who You are



Please contact hsse@douglasohi.com for a Fact Sheet on these 10 things that you can do to keep yourself mentally well.

## HSE Leadership Habits, Salalah

As a follow on to the work done with our junior employees, a short session was held on site with supervisors. The session focussed on HSE Leadership and posed the questions:

1. How would you define a HSE Leader?
2. Who can be a HSE Leader?

There are no wrong answers to the questions just interesting discussion and debate as well as realising that being a HSE Leader is about taking the initiative to make things better or stop things from getting worse therefore anyone can be a HSE Leader.

The session also discussed 7 HSE Leadership Habits:



# It's Ok To Talk To Me About Health, Safety & Wellbeing, Salalah - Peter Baker

Our site team in Salalah organised a number Behaviour Based Safety sessions for our junior employees over a two day period.

These short sessions are interactive and fun whilst driving home that we need to think about how we will protect ourselves and others whilst at work as well as thinking about those at home who rely on us for the money we earn and the benefit of being able to continue to support our families and other loved ones.

The guys even signed the It's OK, Pledge Board at the end of the session.

It was a busy couple of days but deemed worthwhile by all who attended.



## 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).

## From Around The World (UK)

The former director of a now-dissolved landscaping company in the UK has been sentenced for safety breaches after a worker was impaled on a spike

The Court heard that on 25 August 2016, an employee of the landscape company was using a lorry loader crane to deliver a load of soil to a project.

As he brought the crane arm down, his left arm was impaled on a spike which was protruding from the control system. The impact caused several bones in his arm to be shattered.

The investigation found the crane had severe defects, including a disabled safety system, and part of the safety guard around the controls had been cut off, leaving the spike on which his arm was impaled.

In addition, the worker had not received appropriate training to operate the lorry loader crane.

The former Director pleaded guilty to safety breaches and was given a 12-month prison sentence suspended for two years and ordered to complete 200 hours of community service.

After the hearing, the inspector who carried out the investigation commented: "This injury was easily preventable, and the risk should have been identified.

"The lorry loader crane should have been properly maintained, regular inspections carried out, and a thorough examination taken place every twelve months. The disabled safety system would have been found during the examination, ensuring that this incident could not have occurred."



## December Word Search

The challenge for the month of December is to search for 10 words related to health, safety and wellbeing. The letters might appear in the puzzle across, up and down or be spelled forward, backward or diagonally.

The HSSE department will make a cash donation to the winner's charity of choice. Please send your answer to [hsse@douglasohi.com](mailto:hsse@douglasohi.com).

### Last Month

Kajal Bhadra HSE Adviser, at Duqm successfully completed the last puzzle and donated the cash prize to a Oman Cancer Association.



E	T	N	E	M	T	A	E	R	T	G
B	D	I	A	G	N	O	S	E	C	T
L	A	C	I	S	Y	H	P	H	K	E
C	O	M	F	O	R	T	A	B	L	E
Q	K	Y	E	B	M	L	W	M	S	G
E	O	T	X	I	L	H	A	P	P	Y
M	S	S	S	E	N	L	L	E	W	T
Z	T	X	N	R	L	X	O	X	A	E
C	I	G	I	K	Q	G	M	S	U	F
Z	E	A	L	A	T	N	E	M	O	A
S	E	H	E	A	L	T	H	Y	U	S

## Safety Selfie - Spot The Difference

Can you spot the difference between the logos below?



# 2019 HSSE Awards

## Nominations Are Now Open!



Do you know someone who deserves an award?

You are invited to nominate a colleague for an award.

3 awards recognising excellence in HSSE including:

- Special Thanks and Recognition
- Supervisor of the Year
- Project of the Year

To nominate please contact your supervisor, HSSE Advisor or HSSE Department



**Closing date for nominations is 31 December 2019**

### And Finally ...

For the second year running, Douglas OHI has walked away with the Corporate Social Responsibility (CSR) Initiative of the Year at the Construction Week Awards 2019 for the Empowerment of Women Project. The awards ceremony was held on 4 December at the JW Marriott Marquis, Dubai.

The programme was praised by judges for helping orphaned girls to learn and develop new skills and create self-employment opportunities.

Aaron Hennessy, General Manager, Douglas OHI was named the Highly Commended Construction Executive of the Year for 2019. Aaron's commitment to employee welfare and support for the local community attracted praise from the panel of judges.

Aaron Hennessy, General Manager, Douglas OHI said: "Douglas OHI is committed to improving the world we live in by creating, supporting, and nurturing outstanding CSR programs that make a sustainable and measurable impact on communities in which we operate."



### Have Your Say...

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