

TAKE THIRTY

February 2020

Introduction

Welcome to the February HSSE Newsletter.

In this month's edition, our "60 Seconds With" features Balachandran, our Project Manager from the Sohar Project as well as many articles from around the business.

The newsletter congratulates the team at the Integrated HSE Building upon the successful completion of the project and the recognition it received from our Client.

Our Duqm team completed the mass pouring of the 4th level of the Coke Drum, a significant milestone for the company and project so well done to everyone who was involved.

Further articles have been provided by Rajesh, Badisha, Kingsleen, Laila and Hanan, so this month really does showcase the excellent work being done to raise awareness, not only of issues directly affecting our employees but the world at large, so a huge thank you to everyone for their efforts and contributions.


Peter Baker



60 Seconds With Balachandran, Project Manager, Sohar



1. How long have you worked for Douglas OHI and what is your role?

I joined Douglas OHI LLC in 1994 as a Civil Engineer.

2. Excluding HSE what were the most challenging aspects of the Sohar project and what did you do about them?

In terms of the potential risk to the company, the completion of 2.5 km Intake FRP (Fibreglass Pipe) line was one of the challenging activities on the project. The excavation & laying of pipes was through loose soils where there was the presence of water.

Furthermore, the existing underground services, which were live, had to be protected. Effective planning, area specific Method Statements, effective implementation of rigorous, pre-agreed health and safety standards were executed by a competent and dedicated team with sufficient resources coupled with guidance and valued support from our management helped me overcome these challenges.



3. How do you motivate your team members?

Appreciation of, and good interaction with, the team that creates and maintains a spirit of enthusiasm amongst staff. The efforts and ideas put forward by the team on the challenging areas were recognised by our management and further appreciated by the Client and Owner.

4. What were the most significant HSE challenges you faced on the project and how did you overcome them?

To get the job done on time, the interface with different contractors and coordination with them was challenging. They were from different nations with different languages and cultures. This was a challenge in keeping the correct discipline amongst our workforce. Regular coordination meetings with Clients, setting the right priorities & implementation of Safe Systems of Work including Lifting Permits, ensuring effective safety coverage and supervision, helped me overcome these issues.

5. What sets Douglas OHI apart from other contractors when it comes to the management of HSE?

Our Effective HSE Management System, the commitment and support from Douglas OHI management as well as HSE focused, trained and experienced site delivery teams.

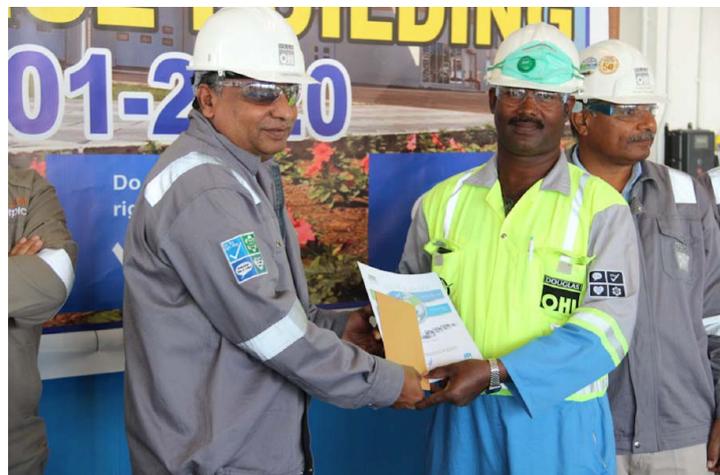
Letter of Appreciation from Orpic, Sohar - Rajesh M

Having safely and efficiently completed the new Integrated HSE Building (IHB) within the required duration of 10 months, the project was officially handed over during January. Our Client, Orpic congratulated the Douglas OHI delivery team for their excellent performance in completing and delivering the IHB project on time.

The methodology and safety standards used in executing the construction of the building was considered an outstanding achievement and was completed without accident or significant incident.

Our Client appreciated the collective efforts of the delivery team for their hard work and dedication. In recognition of meeting the standards, a letter of appreciation was issued to all key personnel by the Orpic Project team from which the quote below was taken.

“We feel proud to see the methodology you used in executing the construction activities at Orpic. I also appreciate your endeavors towards accomplishing the targeted results without any delay or accident/incidents. It is now established that genuine determination is the right weapon to achieve your targets through such performance”.



OO Group CEO Visit, Sohar - Rajesh M

Last month Orpic showed their appreciation to the Douglas OHI Project Team for the HSE Integrated Building. In addition, the OO Group CEO paid a visit to the new facility.



Hazard Identification Training Programme, Sohar - Laila Al Weshahi

Construction is an inherently risky profession, and the job sites are dangerous. When one of our workers suffers an injury, a key piece of your team is missing. This can hinder your progress on a project.

One of the "root causes" of workplace injuries, illnesses, and incidents is the failure to identify or recognize hazards that are present, or that could have been anticipated. Risk Control means taking action to eliminate health and safety risks so far as is reasonably practicable, and if that is not possible, minimising the risks so far as is reasonably practicable. Eliminating a hazard will also eliminate any risks associated with that particular task.

By identifying the hazards, assessing the risks involved and then eliminating or controlling these risks, the consequences and/or likelihood of illness, injury and death are reduced. However, risk management does not stop here. Thus, educating all workers is the only way to educate them on how to assess risks and control results.

As a result, as of this, the company has introduced a great initiative for all site workers about hazard identification to increase their knowledge. Training included hazard identification, hierarchy of control and recognition of hazards from pictograms.



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.



Douglas OHI Marks Oman Environmental Day - Badisha M.

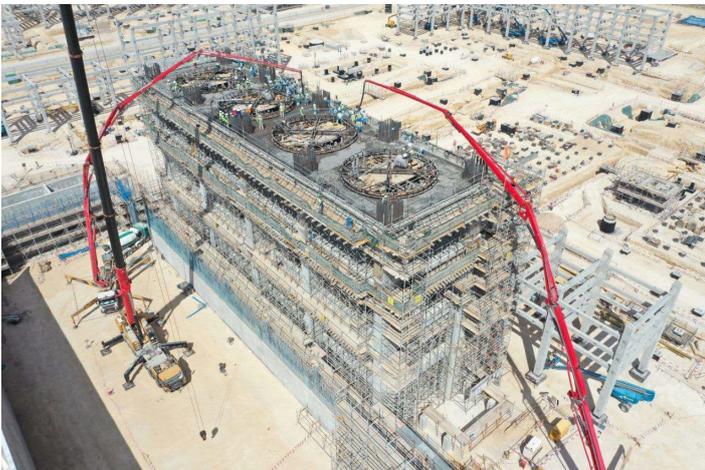
All across the Sultanate of Oman, 8th January was celebrated as Oman Environmental Day. This year Douglas OHI organised a tree planting drive, where our Duqm based project team planted trees in the locality including at our accommodation camp.

The main aim behind this drive was to highlight the importance of trees to our environment and the benefits they provide. Planting trees is one of the best things we can do for the local environment and for the planet in general. In addition to producing oxygen and removing carbon dioxide and contaminants from the air, trees have many other social, economic, and environmental benefits creating, new natural habits, protection from the sun and enhancing the area in general.



Coke Drum 4th Level Mass Concreting, Duqm - Badisha M.

Last month Douglas OHI carried out mass concreting at the 4th level in the coke drum at a height of 32 metres. The total concrete quantity was 660 cubic meters and approximate 68 concrete trucks came onto site for this activity, taking approximately 13 hours to complete. Douglas OHI employees embraced this challenge. With great effort and hard work this task was completed without any incident.



The Importance Of Water Conservation, Duqm - Badisha M.

Environmental matters are something I feel passionate about, therefore Douglas OHI held a Water Awareness Conservation campaign at our Duqm Project.

This campaign was to focus on avoiding the misuse of water resources and creating a mental consciousness and awareness on water conservation amongst Douglas OHI employees. Think about it, Water is life! If there were no water, there would be no life!

Do you know all life forms, flora and fauna will not survive without water? Water is the major component of all living cells, typically forming between 70% and 95% of the mass of the cell. This means 80% of our body mass is water. Not only are we made up of water, it is the only transportation medium that carries the food molecules and oxygen to the cells of every part of the body via our blood.

This signifies that water is the most essential ingredient to the functioning of life processes of every organism. Therefore it's clear that living this wonderful life would be impossible without water! In addition, water is the force behind all the industries we rely on such as construction, agriculture, manufacturing and trade and commerce. All forms of energy generation involve using water.

Be it hydroelectrically projects, or thermal power plant, or nuclear power plant, water is the key ingredient in all of them. There would be no power without water! The gist of all the points mentioned above is **WATER IS INDESPENSIBLE** for life. No water, no life!

Therefore, it is our responsibility to conserve this "life nectar". It is possible only through by changing our outlook towards this wonderful natural resource. We must ensure there is no pollution of water bodies by dumping any wastes such as, sewage, effluents, and other toxic substances.

We must also ensure there is no emission of green-house gases into the atmosphere and ensure installation of effluents and smoke treatment plants at industrial, garbage, and sewage units.



Yoga & Meditation Training, Salalah - Kingsleen Thanislas

Yoga is an activity that is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness.

My definition of Yoga is "the cessation of the modification of the mind".

We organised the Yoga sessions in Salalah because we recognise that Yoga can improve our workers strength and flexibility and helps to reduce the likelihood of sprains and strains on the job.

Stretching improves flexibility and being more flexible allows joints to move through their full range of motion.

Benefits of Yoga:

- Can reduce stress
- Increase energy
- Reduce migraines
- Improve heart health
- May help with depression
- May improve quality of life
- Improve breathing
- Increase strength
- Increase sleep
- Increase happiness



Feedback from the sessions was very positive.



Importance of Fire Drills, Hanan Al Rawahi

It is well known that fires can have devastating effects on any type of premises be it the home or workplace therefore a lot of effort goes into fire prevention. However, due to the many different activities being carried out, companies are at significant risk. They are often filled with numerous fire hazards and potentially hundreds of employees, many of whom can be vulnerable because they don't fully understand what to do if a fire occurs, thus adding to the problem.

Therefore, it's crucial for our company to establish clear, step-by-step evacuation plans that explain exactly what everyone should do in the event of a fire. Furthermore, we must carry out regular fire drills. Doing so is not only important for checking that the plan actually works in practice, but also for familiarising everyone in our workplaces with the evacuation process.

A fire drill is a method of practicing how a building would be evacuated in the event of a fire. Additionally the purpose of a fire drill is to ensure that everyone knows how to exit safely and as quickly as possible if a fire or other emergency occurs and to familiarise building occupants with the sound of the fire alarm. As part of that familiarisation process, Douglas OHI requires that all workplaces conducts fire drills on regular basis.

In recognition of the risk, Salalah, Duqm, Muscat projects and Ghala head office carried out fire drills for different objectives including:

- To test the operational readiness of the fire safety personnel.
- To familiarise building occupants with fire safety evacuation procedures.
- To seek improvements to existing fire safety arrangements/ procedures.



The Facts About Coronavirus (COVID-19)

In December 2019 there was a cluster of pneumonia cases in Wuhan City, in China.

Coronavirus`s are a very large group of viruses, ranging from the common cold to MERS coronavirus & SARS (Severe Acute Respiratory Syndrome).

The World Health Organisation (WHO) is convening a global research and innovation forum to mobilise international action in response to the new coronavirus.

The Ministry of Health of Oman is making plans and all the necessary preparations as well issuing sensible and proportional guidance on what we can all do to deal with what is currently a relatively low risk to the Sultanate and its people.

If this changes they will inform us straight away through the press and social media etc.

What we all can do

Be aware that the common signs of infection include respiratory symptoms, fever and cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Remember, whilst we should never be complacent, to date there have not been any cases of the new Coronavirus reported in Oman, however there are several simple measures we can take to protect yourself and others from infection (not only this virus but many others), such as:

Wash your hands frequently with soap and water, or use rubbing hands with alcohol if your hands are not clearly dirty.

Avoid close contact with anyone suffering from fever and coughing.

If you have a fever, or cough, and trouble breathing, seek medical attention early.

Clean and disinfect things and surfaces that touch them frequently. When coughing and sneezing, cover the mouth and nose with your elbow or a tissue if you have them - get rid of the tissue immediately in a closed box and clean your hands with rubbing your hands with alcohol or soap and water.

Handle raw meat, milk or animal organs with care, to avoid contamination of uncooked foods, according to good food safety practices.

Keep an eye out for official advice from organisations such as the Ministry of Health and the press etc.

Automated External Defibrillator (AED)



An AED is a portable electronic device that automatically diagnoses the life-threatening cardiac arrhythmias (irregular or abnormal beats or rhythms) and is able to treat them through defibrillation (restoration of normal heart beats).

The AED is generally considered to be the most important development in defibrillator technology in recent years.

An AED automates many of the stages in performing defibrillation. The operator has only to recognise that cardiac arrest (when the heart stops beating) may have occurred and attach two adhesive electrodes to the patient's chest.

These electrodes serve a dual function: recording the electrocardiogram and giving a shock if required. The process of interpreting the electrocardiogram (automated recording of heart beat activity) is automatic, and if the sophisticated software in the device detects significant problems, the machine charges itself automatically to a predetermined level.

The simplicity of operation of the AED has greatly reduced training requirements and extended the range of people who are able to provide defibrillation.



With this in mind, training sessions in the use of the devices were held in Ghala. The sessions were delivered by our Camp Medic, Jubin and was given to a broad range of staff, the feedback was very positive.



From Around The World ... France

International Contractor Bans the Use of Small Grinders.

In a sign of the changing times, Bouygues Construction has banned small diameter angle grinders from all of its sites in a bid to cut down on accidents.

The contracting giant is now working on a safer angle grinder with German power tool specialist Fein which will be introduced on sites next year.

The current Bouygues site ban applies to all angle grinders with a diameter of less than 230 mm.

The contractor said they were “one of the world’s best-selling but all too often misused hand-held power tools.”

The new angle grinders being developed will not start without a disc guard and will have compulsory two-handed operation.

A Bouygues Construction spokesperson said: “The health and safety of our employees is our number one priority wherever we operate.

“Because nothing justifies taking risks for our site workers, we decided to work with Fein to co-develop the first very high safety angle grinder on the market that is both efficient and completely adapted to our requirements.

“We are proud of this innovation which will benefit all of our sites, and we are delighted to work with a partner who will enable us to help the sector progress in its practices.”



An Appeal, Peter Baker

There are many good reasons to read books, newspapers or magazines, not least of all the 10 benefits below:

- Mental Stimulation
- Stress Reduction
- Knowledge
- Vocabulary Expansion
- Memory Improvement
- Stronger Analytical Thinking Skills
- Improved Focus and Concentration
- Better Writing Skills

Therefore, I would like to renew our appeal for books, magazines etc that we can use to create a library in one or more of our camps.

I would be especially interested in books in the various languages of our employees.

If you have any books you wish to donate, please send them to the HSSE Department for the attention of Ahood.

Likewise any board games that are suitable and in good condition, these too will help our employees exercise mindfulness and perhaps have some fun, all of which will be good for mental wellbeing.

February Word Search

The challenge for the month of February is to search for 10 words related to facts about Coronavirus.

The letters might appear in the puzzle across, up and down or be spelled forward, backward or diagonally.

Please send your answer to hss@douglasohi.com.

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

Last Month

Eswar Sudharsan, Senior Planner at the Salah IWP project site successfully completed the December puzzle.



Safety Selfie - Can You Spot The 5 Differences Between The Images Below?



TEAMWORK

divides the task
and
multiplies the success



And Finally....

Many thanks to everyone who participated in and or helped with the Safety, Health and Wellbeing (SHW) Survey.

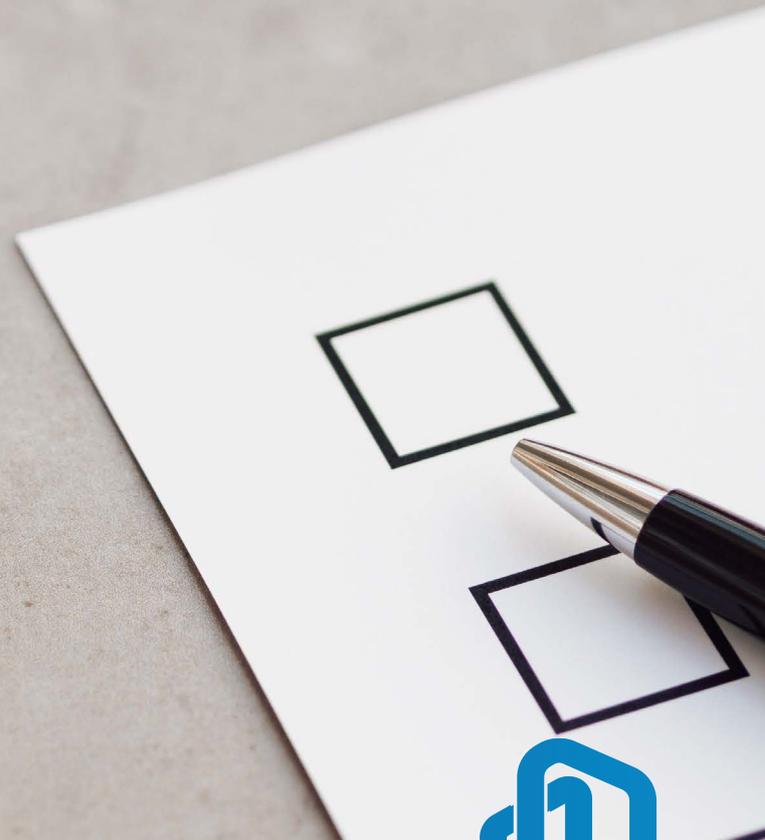
A survey such as this is our way of trying to capture the essence of our SHW culture.

All the Survey Returns have been collated and a Report produced for our Senior Managers who can reflect upon its findings.

As promised, we will issue a summary of the Survey and inform you of the actions that will be taken.

Although nothing new to very large companies, Douglas OHI is one of the first companies of its size and type to carry out such a survey.

This was a real team effort so once again Thank You to everyone who played their part.



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