

TAKE THIRTY

March 2020

Introduction

Welcome to the March HSSE Newsletter.

Not surprisingly much of the world`s and company`s attention has shifted towards the COVID-19 pandemic, rightly so.

Whilst we would be remiss in not mentioning the matter, our newsletter continues to share with you the good work being done around the projects regarding raising the profile of Health, Safety and Wellbeing, including COVID-19 infection prevention.

In amongst the wealth of information circulating via news channels and social media there is also a lot of misinformation and so called fake news, better to stick to the facts and science behind the basics of preventing infection i.e. washing of hands, not touching the face, nose or mouth, social distancing and awareness of symptoms etc.

Things are changing rapidly and in this edition we feature many articles showing the group activities carried out to raise awareness of a host of issues across the business, these will continue but will need to be carried out in a different way, i.e. based on the principles of social distancing.

Above all keep focussed and take responsibility for your own actions, they really matter, do not despair, we will get through this and emerge stronger and wiser.



Peter Baker



10 Tips To Reduce COVID-19 Anxiety



Focus on things you can control, such as your thoughts and behaviours.



Control how often you check the latest news.



Keep the big picture in mind, Humankind will survive this.



Model peaceful behaviour for those around you.



Remember that the size of news coverage may not equal the size of a threat.



Evaluation your own health behaviours and be a model for others, including children.



Let wisdom and logic guide you.



Feeling too isolated?
Maintain digital connections with people.



Turn to reputable sources for your news.



Don't let fear influence your decisions, such as hoarding supplies.



60 Seconds With Sekar Govindaraj



1. How long have you worked for Douglas OHI?

I have worked for the company for 30 years.

2. What was your first position with the company and what is it now?

I first joined as a Carpenter, and over the years I have worked my way up to Works Manager.

3. What are the biggest changes you have seen in HSSE practice over the years?

HSSE was not an essential part of what we did in the past. This has now all changed as part of operational excellence, HSSE is a key

element in the successful delivery of the project.

4. What has been your proudest moment whilst working for the company?

A. I have never felt more happy than whilst receiving “Employee Reward and Recognition for HSSE”. I know that I have made a positive contribution to getting our employees home at the end of the day.

5. What advice would you give to someone working unsafely on site?

Health and safety is not just about following the rules, but also about the consequences that our actions have, not just on us and our colleagues but our families too.



“It’s Ok”, Behaviour Based Training, Duqm - Badisha M.



The “It`s Ok”, Behaviour-Based Safety Training has been successfully implemented across Douglas OHI.

The course is for both our senior and junior employees, encouraging

participants to consider the consequences of accidents, as opposed to the traditional model of rules based HSE practice.

The “It`s OK” training encourages us to consider the potential impact of accidents or ill health, not only on the person injured but others who can be affected.

The consequences of an accident/incident may have a direct/instant, impact on the person injured as well as a long-term effect on others who may be emotional because of the stress, worry or effected financially because of a lack of income.

The key to understanding the “It’s Ok” training is the principle of cause and effect. If someone acts in an unsafe manner, eventually there will be an accident of some type.

The course discusses how to intervene when observing unsafe behaviour, so that it is curtailed, or good practices reinforced. Participants are then asked to complete a Constructive Interventions Diary which takes employees to the next level in the programme. Following this they can decide to sign the Constructive Intervention Pledge and put the learning into practice.

The course considers why people take risks, how they think and challenges them to contemplate the consequences of an accident far



outside of the workplace. Further to that there is an emphasis on the use of Open Questions that make people think “What if, not If Only!” During the training we actively practice this

technique, so the training is both challenging and rewarding. Having completed the course delegates are empowered to intervene in a positive way and enter into a HSE-related dialogue with their workmates.

The main goals of this training are:

- Encourages respectful, trusting, open-communication between management/employee groups about all aspects of safety in the workplace - ultimately increasing engagement in safety;
- Creates an open, feedback-rich-culture amongst employees to consistently learn and grow;
- Improves the profile and attitude to health and safety.

This course has encouraged participants to consider the consequence of accidents, creating awareness of the different ways to consider - how we do what we do, and why.

Highlights include:

- Improved safety practices;
- Providing a forum for recognition of positive behaviours;
- Increased situation awareness;
- Feedback on the effectiveness of safety process;
- Setting a baseline on which to improve.



Mobile Phone Use, Duqm - Badish M

Our project team in Duqm recently underwent training about the the use and misuse of mobiles phones on site, as well as the dangers of using one when it's charging.



Electrical Safety Campaign, Duqm - Badisha M.

Douglas OHI employees based in Duqm were given Electrical Safety Refresher Training. The training followed up on what they had previously learned, and highlighted and promoted safe electrical work practices in the workplace, and as well as the camp.



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.



Successful Completion & Handover of Building, Duqm - Badisha M.

Douglas OHI successfully completed and handed over SS-492 Building on the Duqm Refinery Project EPC1 dust free.



10 Million Manhours Celebration, Duqm - Badish M.

Douglas OHI received appreciation from TRD for contributing to 10 million manhours without lost time injury on the Duqm Refinery Project.



Exercise Is Important “Do It”, Barka - Suha

As we are taking care of our operative’s health, we conducted work-out/exercises before start of work lasting for 30 minutes.

We explained the benefits of doing exercises in our life and for our health. Exercising daily has a positive effect on productivity, employee mood, and even absenteeism rates.

If we, as a society, need a stimulant to get us through the mornings, the healthier choice would be exercise.

The five main reasons to exercise before work are:

- Train your body instead of your coffee maker - If you start your day with 30 minutes exercises and eating an apple, it will energise you better than a cup of coffee.
- Unlock the benefits of breakfast - If you do exercises regularly and don't skip your breakfast, you will reduce the risk of obesity, diabetes and cardiovascular disease.
- Improved mood and lowers stress - People who exercise on a regular basis are known to be happier, suffer less stress, depression and heart disease.
- Improves job performance - Improved ability to concentrate, make complex decisions, reduce workplace related injury and you will be more productive.
- Create a healthy habit for life - A morning exercise routine will help you to get better sleep after long day of work and enjoy.

There are no excuses not to exercise first thing in the morning and promote a healthier self.



DOUGLAS OHI

Exercise is important.

Do it

Exercise is one of those activities that everybody tells us we should do, yet many people find it difficult to find the time. Exercising after work is difficult as there are always distractions, obligations, and an increasing amount of work one must commit to.

In the mornings, however, there are no excuses. The only decision is whether to get up and exercise, or press the snooze button for an extra 30 minutes. Sleep is important. But the benefits of daily exercise are so numerous that I think it's a no-brainer trade-off to make.

5 Reasons to Exercise before Work

Train your body instead of your coffee maker

Research has shown that exercise gives energy. Starting out the day with 30 minutes of cardiovascular or strength training will wake you up better than a cup of coffee will.

Unlock the benefits of breakfast

Regularly eating breakfast can lower your risk of obesity, diabetes, and cardiovascular disease.

Exercising improves mood and lowers stress

Studies have shown that people that exercise on workdays are happier, suffer less stress, and are more productive. As well as avoid depression and heart disease.

Improve job performance

Workers who exercise regularly experience an improved ability to concentrate, make complex decisions, and to even reduce workplace related injuries.

Create a healthy habit for life

Daily exercise is one of the best long-term habits a person can make. Even 30 minutes of exercise before work will leave you energized, clear-headed, stronger, and more able to take on the stress of the day.

Creating this habit requires only one simple step – you must do it every day. Even if it's only 20 minutes each morning to start, consistency will provide the best improvements and lay the groundwork for a lifelong habit.

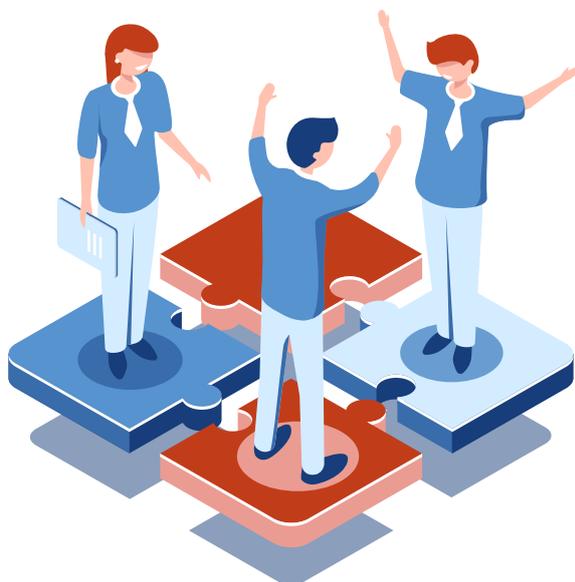
STOP THINK: THE BEST THING



Sohar LPIC Project Team Receive Recognition From CCJV - Rajesh M.

The LPIC Project passed a significant milestone by completing 70 Million Safe Manhours without lost time injury.

To celebrate this admirable achievement, CCJV presented the Douglas OHI Project Team with an award for their contribution towards getting employees home at the end of the day.



TEAMWORK

divides the task
 and
 multiplies the success



COVID-19 Awareness Sessions - Rajesh M.

Our project teams have been delivering COVID-19 awareness sessions across the business.

The sessions are aimed to spread awareness about the Coronavirus and preventative measures we can all take.

All employees were encouraged to keep themselves updated on health related information so as to minimise health risks as well as supporting each other.

In addition, employees discussed:

- Where did Coronavirus originate.
- How to prevent the infection or spreading the virus.
- When to wear a mask and when one is not required.
- How to wash your hands.

They were also reminded that our Medics can offer help, advice and support.



Salalah Independent Water Plant - Kingleen Thanislas

You will see below the latest pictures from the project as it moves towards completion.



From Around The World ... UK

No physical protection or warning of opening and fragile covering. A construction firm in the UK has been fined after a 17-year-old worker fell over 3m through a roof opening on a project.

The court heard that the young man fell through a sheet of insulation covering a rooflight opening whilst walking across an unmarked and unguarded area on the first floor of the structure. He suffered multiple broken bones in his right leg and foot and, after two operations, was advised it was unlikely he could work in construction again.

Investigators found that the inexperienced young employee was not supervised properly and was unaware of the risks on site. There were no physical warnings that there was an opening or a fragile surface, and no verbal warning had been circulated to workers on site. There were also no physical barriers to stop anyone walking from the scaffold onto the flat roof. Failures continued after incident.

Despite the incident, the company continued to fail to ensure work at height was planned and managed on site. Numerous failings were identified by the authorities during later visits to the construction site. The company pleaded guilty to breaching Health and Safety regulations and has been fined OMR 27,810.

Speaking after the hearing, the Health and Safety Executive investigator said: "This serious incident and devastation could have been avoided if basic safe guards had been put in place. Falls from height remain one of the most common causes of injuries in the country and the risks associated with working at height are well known.

Those in control of work at height should be aware we will not hesitate to take appropriate legal action against those that fall below the required standards."

March Word Search

The challenge for the month of March 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 hse@douglasohi.com.

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

Last Month's Winner...

Achelal, Ghala Carpenter successfully completed the February puzzle.



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

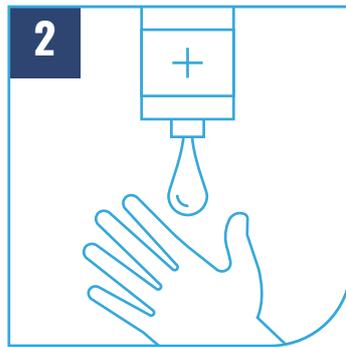




HOW TO WASH YOUR HANDS



1 WET HANDS



2 APPLY SOAP



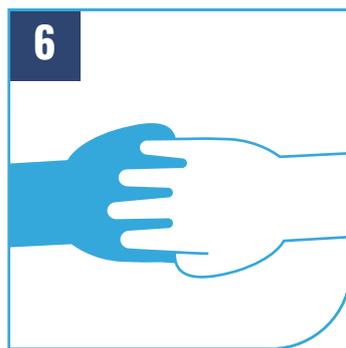
3 PALM TO PALM



4 PALM OVER DORSUM



5 FINGERS INTERLACED



6 BACKS OF FINGERS



7 THUMBS



8 FINGERNAILS



9 RINSE HANDS



10 USE PAPER TOWEL



11 USE TOWEL TO TURN OFF FAUCET



12 YOUR HANDS ARE SAFE

IT ONLY TAKES 20 SECONDS

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