



TAKE THIRTY October 2020

DOUGLAS OHI-2020

Syan HSE

Introduction



Welcome to the latest HSE newsletter, in which we look around the business to see and learn what's new and to highlight the best of Douglas OHI when it comes to managing risk and raising awareness.

Mr Ashish shares his thoughts on his 9 plus years with the company and the site team in Duqm has been raising awareness of mental health which remains as important as physical health. Other parts of our business have also been raising the mental health profile and we will share these further next month.

Times remain difficult but nonetheless we will continue to consult and communicate, therefore we advertise the 2020 Employee Health, Safety and Wellbeing Survey that will be conducted in November, please prepare to participate.

Movement restrictions have been reintroduced and for good reason so for your sake and that of others please adhere to them, they are in place for a reason i.e. the protection of public health.


Peter Baker

60 Seconds With Ashish Mudgal, Senior Planning Engineer



1. How long have you been with the company and what is your job role?

I am a Senior Planning Engineer and have been working at Douglas OHI for 9½ years in the Planning Department at Head Office.

2. What is the first thing you do when you get to work?

I think about my biggest, hardest, and most important task that I want to complete for the day. Once I have decided on it, I start with that.

3. Which part of your job do you enjoy the most?

The best thing about my profession is constant learning every day and that's what I like. I can also share my knowledge with my Manager/senior managers as well as the rest of the team. This goes two ways - I also take guidance from them, which helps me evolve and improve which in turn makes it easier to understand the concepts. Finding new ways of indulging myself in learning new things - it feels so great to learn new things which I can use in my everyday tasks.

4. What does good HSE practice look like to you?

I believe that health, safety, sustainability, and environment are

critical elements of success for both the employee and the company.

Workplace safety is very important for each and every employee in the industry because all the workers desire to work in a safe and protected environment. Health and safety is the key factor for all the industries in order to promote the wellness, physically and mentally, of both employees and employers. It is a duty and moral responsibility of everyone in the company to keep themselves safe as well as the people around them.

5. How would you describe the culture at Douglas OHI?

A company with cultural diversity is one where every employee feels accepted, valued, and has a sense of belonging. Nobody likes to be micromanaged at work, which makes autonomy an attractive quality for employees. Employees and employer alike greatly value transparency.

6. What surprised you about working at Douglas OHI?

It's no secret that the senior leaders/line managers of my company are incredibly accomplished. It should also be no surprise that you can learn a thing or two from their experiences.

Message From General Manager: Douglas OHI Encourages Responsible Coronavirus Behaviour



Recently we reached the grim milestone of 1 million people who have died globally as a result of the COVID-19 pandemic. In the Sultanate, the number of positive cases has exceeded 100,000 and deaths have surpassed 1,000. Last week we sadly lost a member of the Douglas OHI family.

Under such circumstances, our own behaviour is our best defence. The Ministry of Health and World Health Organization recommends avoiding the three Cs.

1. Crowded places with many people nearby;
2. Close contact settings such as close-range conversations; and
3. Confined and enclosed settings with poor ventilation.

With this in mind, I would kindly remind you of the importance of following the health protocols designed to keep us safe. While we all are fatigued by the changes in our everyday lives brought by the coronavirus, staying socially distanced, avoiding group gatherings, wearing face masks, and washing hands often are small prices to pay for keeping our positive cases low and showing kindness and respect for one another at all times.

I want to thank everyone of you for your patience and understanding as we collectively navigate the ongoing coronavirus pandemic.

Take Control and Stay Safe,

Aaron Hennessy
General Manager
Douglas OHI



Slip, Trip & Fall Campaign

The Douglas OHI HSE Team working on the Duqm Refinery project conducted a Slip, Trip, & Fall Awareness Campaign. The aim of the session was to ensure employees could readily recognise and understand specific hazards of scattered materials, material stacking and the severity of the hazard that could occur during an emergency response.

The session covered:

- Hazards on site;
- Importance of proper signage;
- Ill effects of poor housekeeping;
- Improper cable management; and
- Good practice to reduce slips, trips and falls were highlighted.



Mental Health Education & Awareness For Employees - Duqm

Feelings of isolation and despair have occurred to many of us during the COVID-19 pandemic. Restrictions on day-to-day movement, work, travel, socialising and exercise have resulted in uncertainties for many.



Connection is a basic human instinct and having those touch points severely limited can and has caused anxiety and depression for many. Mental illness does not discriminate and can affect anyone, of any age and background.

With this in mind, our HSE Team working on the Duqm Refinery Project conducted a Mental Health Awareness Session on World Mental Health Day 2020. The session provided employees with the opportunity to learn and raise awareness about mental health.

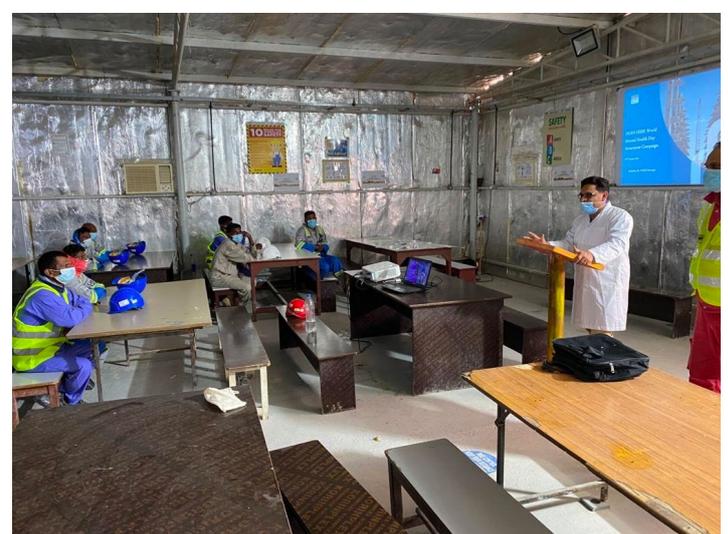
The primary purpose of this session was to break down the stigma of mental health in the workplace and support employees to make positive choices to support their own mental health and wellbeing.

Mental health education and awareness in the workplace has the power to reduce stigma, and reduced stigma improves organisational culture. Improved organisational culture supports early intervention. Early intervention supports smoother recovery.

After completing this session, participants gained:

- An understanding of the difference between mental health and mental illness;
- An awareness of stress, anxiety and depression;
- Useful tips and strategies to stay mentally well; and
- Awareness of where to find help.

For more information about this session, please contact our HSSE Team by emailing hsse@douglasohi.com.



Reduce, Reuse & Recycle

Responsible management of materials is an essential aspect of sustainable construction.

The Douglas OHI Project Team working on the Duqm Refinery Project conducted a 'Reduce, Reuse, and Recycle Campaign' with a focus on the environment.

Participants explored what managing materials means. This included:

- Eliminating waste where possible;
- Minimising waste where feasible; and
- Reusing materials which might otherwise become waste.

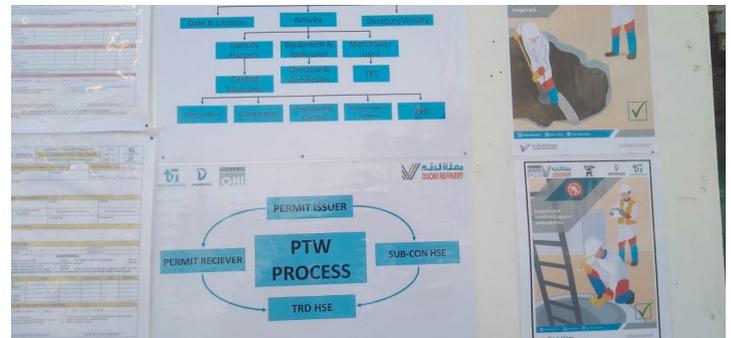
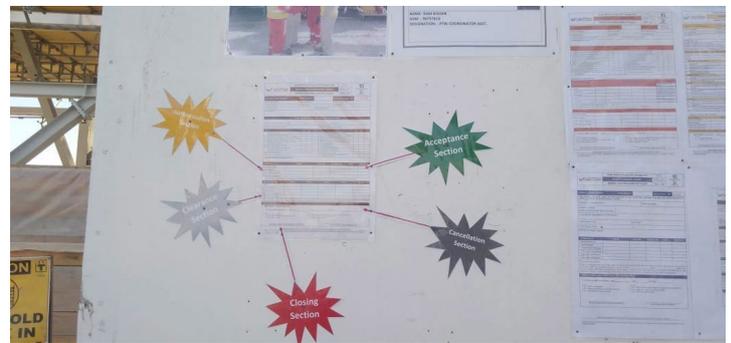
For more information on this campaign please contact hsse@douglasohi.com.



Permit To Work (PTW) Campaign



Our HSSE Project Team based in Duqm created an onsite PTW Campaign where employees were made aware of why permits are required, the various type required and the application process.



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.



Job Safety Analysis, Safety Awareness and You Awareness Session

Job safety analysis (JSA), safety awareness and you are the key components to recognising and controlling hazards.

There are a variety of methods used to protect our employees from workplace hazards. In order to do this we require an understanding and awareness of the workplace hazards to which our employees may be exposed. A JSA is a risk assessment tool that allows us to do this.

Our Duqm based Project Team carried out an awareness session providing instruction on the use of JSA. Attendees were taken through how to identify jobs and tasks for analysis.

The session focused on:

- When a JSA should be performed;
- What information a completed JSA should contain;
- How the process of developing a JSA works;
- What safety awareness is;
- Why safety awareness is important;
- How the practice of hazard recognition can help employees avoid injuries;
- What situational awareness is and why employees should not lose it;
- What the causes as well as signs and symptoms of loss of awareness are; and
- What corrective actions can be taken once an employee notices signs and symptoms of situational awareness loss.

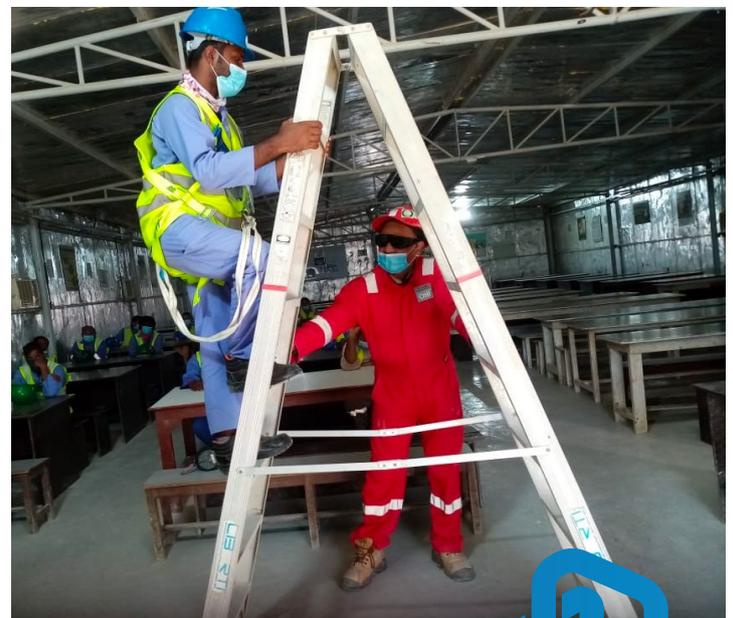


Working At Height Awareness Campaign

Our Team in Duqm conducted a Working At Height Awareness Campaign. Falls from height is the leading cause of fatalities on construction sites. The purpose of the campaign is to coach and mentor employees about the correct usage of safety harness and how to maintain 100% tie off while executing elevated jobs.

During the campaign practical demonstrations were carried out about:

- Inspection of harnesses;
- Steps to be followed to wear the harness;
- The ABC in fall protection and 3-point contact while ascending/ descending the ladder.



Inhouse Vehicle Banksman & Operator Theory Refresher

Our project team based in Duqm conducted vehicle banksman and operator refresher training.

A vehicle banksman is a key figure in maintaining a high level of health and safety onsite, especially where the operator's vision may be obscured.

The Douglas OHI team were given a refresher on how to direct traffic safely onsite, whilst controlling any potential risks. They were also giving further training on how to read the environment, understand the importance of their role and communication.

For more information on this training please contact hsse@douglasohi.com.



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 in November and be prepared to participate.



From Around The World ... India

A site supervisor, a crane operator and another person were arrested for their alleged negligence causing the death of a 28-year-old worker at a construction site in Pune.

“The worker, from West Bengal, was grievously injured after some building material from an overflowing crane bucket fell on him from the 16th floor of the under-construction building. He died in hospital the same day,” said a senior Police Inspector.

The Inspector further added, “Initial police investigation pointed to negligence on the part of the supervisor, crane operator and another

person working at the site in ensuring precautionary measures while moving the building material.”

The victim’s father, stated in his complaint, “My son was doing welding work when the building material fell on his head. The workers at the site rushed him to the hospital, but he succumbed to injuries.”

The complaint read that the information collected from the workers revealed that his son had died because the suspects did not take apt safety measures.

And Finally... Wellbeing Book Tree

Our Carpenter in Duqm, Mr Vishwakarma Jithendra Kumar has made great use of recycled timber to produce a Wellbeing Book Tree.

The Book Tree is used to store the books that were donated by staff members recently.

Reading is a great way to relax, using recycled timber is a great way to reuse a potential waste and it is interesting to note that this builds upon the Mental Health Awareness and Reduce, Reuse, Recycle campaigns that have been carried out on site recently.

Our thanks go to Mr Vishwakarma Jithendra Kumar and the team in Duqm.



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<https://douglasohi.com/about-us/take-thirty/>



TAKE CONTROL

Wash Hands;
Use Handsanitiser;
Social Distance;
Wear A Face Mask; and
Avoid Contact.

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