

DECEMBER 2018





**A NEAR MISS
TODAY
COULD BE AN
ACCIDENT
TOMORROW**

REPORT ALL

NEAR MISSES!

THINK SAFETY!

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Never miss **Reporting** a near miss

Your co-worker trips on loose debris on the ground, but catches themselves before falling. Your truck and equipment trailer roll backward toward a parked car, but you are able to pull the emergency brake in time before a collision. The door swings wildly open at you, but you jump back out of the way before a mishap. We might have all experienced events like these at one time or another, where an incident was only narrowly

These types of events are known as near misses. A near miss is an unwanted, unplanned event that did not cause an injury or property damage but may have done so if conditions had been slightly different. A near miss is also called a “close call” or a “narrow escape”. In each case, if there had been a slight shift in the timing or position of a worker or an object, the result would have caused harm or damage.

Leading indicators of health and safety

Near misses are leading indicators of health and safety performance. To understand how, we should consider a core theory in workplace accidents or incidents: The Safety Triangle. The Safety Triangle is a ratio of major and minor injuries to near misses, established by H. W. Heinrich in his 1931 book, Industrial Accident Prevention. The ratio states that for every 330 incidents, there is one major lost-time injury or fatality, 29 minor injuries requiring first aid, and 300 near misses. The ratio is not necessarily identical for all occupational groups or organizations. But the lesson is that there are many opportunities to learn from the events leading up to a near miss in order to prevent similar situations before workers are injured or property is damaged.

The Safety Triangle theory demonstrates that the more frequently near misses occur, then the more likely an incident resulting in injury or property damage will occur. For example, if your co-worker trips on loose debris and garbage on the worksite every day, it’s only a matter of time before they actually fall and hurt themselves. For this reason, near misses are considered an important leading indicator of a company or project’s health and safety performance. Leading indicators are used to predict the likelihood of future incidents so that the necessary steps can be taken to proactively prevent such incidents. Associated with the leading indicator is the lagging indicator, which measures safety performance only after an incident has occurred. The number of lost time injuries, non-lost-time injuries, and property damage are all lagging indicators of health and safety performance.

Why report near misses?

While it is necessary to report and record incidents that cause injury or damage, nothing can be done to prevent them after the fact. This is why it is so crucial to report, record, and learn from leading indicators such as near misses in order to prevent future incidents from taking place. The information gathered through near-miss reporting is valuable for finding the root causes of dangerous incidents, proactively taking steps to reduce the danger, and improving the company’s health and safety performance metrics. By reporting near misses, employers and workers can significantly improve worker health and safety, enhance the health and safety prevention culture of the company, and ensure that the day-to-day operations meet the health and safety standards required by law.



15 Ways to Get More Near Misses & Hazards Reported

1) Rename “near-miss” and “hazard” to “? Good Catch”

Hazards sound scary and a near-miss is confusing to most people that don't work in safety. At the end of the day, it doesn't matter what we call it. What matters is that your teams are communicating issues they see to make a safer workplace for everyone.

2) Make it really easy for anyone to report

You've got to remove all of the hurdles that can deter your team from reporting. We've heard about old computer systems that your team have to travel for, and even paper forms that require faxing. Yes...faxing. It's 2018 folks, there's an app for that.

3) Show you're taking action

Your team won't take the time to tell you about a problem if they don't think anything is going to happen. Be proactive in taking action and communicate this your team.

4) Be open and transparent

Incidents are so often attempted to be kept quiet – but word often gets out despite your best efforts. Because of this, it's worth speaking openly with your team about the incidents that have been reported to show it's OK to have these conversations, reiterating that it's all about making a safer workplace.

5) Promote it in the workplace

A bit of marketing goes a long way. Put up posters around the site, talk about your reporting initiative at team meetings and even hand out flyers to people as they arrive at work for the day.

6) Incentive with cash or gift cards

Sure, it's a bit of a bribe. But if it creates a safer workplace and gets your team talking about near-misses then it's worth it.

7) Set goals and targets

Give teams or individuals a target for the number of hazards or near-misses they need to report in a given period.

You could start off small and simple:

Each team needs to report at least ONE hazard or near-miss for the month. Then accelerate as you build on your positive reporting culture: Every single team member needs to report TWO hazards or near-misses in the month.

8) Run an issue reporting contest

A great way to launch a new initiative and get the team engaged early on. It has the great effect of ensuring your team knows how to report something.

9) Don't punish people for reporting

Airline pilots had a culture of sweeping their near-misses under the rug and as a result, they couldn't learn from it to improve safety for other pilots. So, the Civil Aviation Authority and NASA partnered to create the Aviation Safety Reporting System that is non-punitive and gives pilots the confidence to self-report.

10) Train your team on how to identify hazards and near-misses

Controversially, it's easy for safety professionals to forget how complex safety can be for frontline workers that don't have much experience. It's critical to train your team on how to identify hazards when they're working and explaining what a near-miss is and why it's important to report.

To make the training material effective, try using analogies and simple to understand examples that engage everyone on the team and don't require. Use different types of media like video and infographics to make it interesting.

11) Recognition for being proactive

This starts at the top and can filter throughout your company if done right. If leadership offer public recognition for great behavior towards safety then supervisors are likely to do it and flowing through peer-to-peer recognition.

12) Make it fun

Incident reporting is boring. There. I said it.

Does it have to be? Not at all. We've heard from Spotlight users that it's pretty common to see funny photos and emoji in incident reports. This is how your team communicate with each other, we are all human after all.

Getting a useful incident report from your team doesn't need to be formal, it just needs to communicate what the problem is so you can work on reducing that specific risk. Making it fun gives you the information you need, while engaging the team in the process.

13) Stop the blame culture

Incident reporting can get a bad wrap because it can be seen as a medium to snitch. As a result, there's a lot of peer pressure to not report incidents. This is certainly not easy, but it comes back to how you explain the goal of reporting: to make a safer workplace. If your team can see this, the perception of reporting will become more positive.

14) Show your commitment

Safety officers and managers need to be consistent in showing their commitment to the importance of hazard and near-miss reporting. It will take months to start seeing the changes in culture, if you talk about it once nothing will change.

15) Empower Safety Reps to be your ambassadors

It's not just you and the management, it's critical that you bring your safety reps into the near-miss initiative from an early stage as these team members are the ones on the ground with the team on a daily basis.

If you have any other ideas, the Spotlight team would love to hear them!



Working at height risk assessment is a very important aspect of working at height if the task is to be completed successfully without accidents like falling from height or falling objects.

Working at height has been one of the biggest causes of fatalities and major injuries. The major risk associated with working at height is fall from height and falling objects.

Height is explained with regard to a location where if there is no precaution in place a person could fall a distance liable to cause injury. It is required by law that employers assess the risk of working at height, assess the risk and plan the work in such a way that accident is prevented.

Some of the major causes of fall from height are:

- ✚ Use of defective equipment
- ✚ Inappropriate use of access equipment like ladder or scaffold.
- ✚ Contact with overhead electrical line
- ✚ Inexperience in the use of equipment, machinery, lifting accessories like body harness.
- ✚ Uneven surfaces
- ✚ Struck by falling equipment/material, etc.

To carry out proper working at height risk assessment, the employer must:

- ✚ Identify the risk
- ✚ Assess the risk
- ✚ Decide on the precautions required
- ✚ Record the significant findings and
- ✚ Review the assessment as necessary.

The above points are the basic elements of risk assessment.

Let us consider the elements sequentially as concerning working at height risk assessment.

Identifying the risk of working at height:

As I mentioned earlier, the main risk associated with working at height is fall from height and falling object. Assess the risk level of falling from height: This assessment of the risk of falling from height will be dependent of the specific work at height task.

Some task at height may pose either low risk level, medium risk level or high-risk level. Hence, in the assessment phase of the working at height risk assessment we can ascertain the level of risk associated with the specific working at height task. Decide on the precautions required to prevent falling from height.

Remember, the precaution will be dependent on the level of risk associated with the working at height task.

The precaution will be based on these points:

- ✚ Avoid working at height as far as reasonably practicable.
- ✚ Where working at height cannot be avoided, avoid fall from height.
- ✚ Minimize the distance and the consequence of the fall.

It is always advisable to consider general protection for falling from height first before considering individual protection. General protection includes use of guard rails, scaffold, lifting platform, etc.

Depending on the specific task being carried out at height, some of these precautions could be adopted:

- 1) All workers involved in working at height should be duly trained.
- 2) All access equipment suitable for purposes should be checked before use and maintained in good condition.
- 3) Set reporting procedures for defective items with prompt removal or remedial action.
- 4) Restrict high level storage
- 5) If working at height is being carried out at different levels, debris net should be used to shield the workers on the lower level from falling object.
- 6) Work areas should be segregated.
- 7) Maximum level for working height should not be exceeded especially from a ladder or scaffold.
- 8) Lone worker should not be encouraged when working at height.
- 9) Working at height should not be undertaken in adverse weather condition like rain, wind, snow, etc.
- 10) Fall from height accessories should be provided like body harness, retractable lanyard, helmet with chin strap, etc.
- 11) Access to and egress from the working at height

Location must be made safe.

Creating a Height Risk Assessment

Risk Assessment Step 1: Identifying the Hazards

The first step of a risk assessment is to identify the hazards that are present in the workplace.

You can identify the hazards through:

- ✚ Workplace observations.
- ✚ Obtaining feedback from employees.
- ✚ Checking the manufacturer's instructions or data sheets for any equipment.
- ✚ Reviewing past accident and ill health records.

This could involve looking out for things such as slip and trip hazards, lone-working, manual handling, cleaning chemicals or fire risks etc.

These factors are:

- ✚ The working conditions and the risks to the safety of people at the place where any work equipment is to be used.
- ✚ The distance and consequences of any potential fall.
- ✚ The duration and frequency of use of work equipment.
- ✚ The necessity for an easy and timely evacuation and rescue in an emergency.
- ✚ Any additional risk posed by the use, installation or removal of work equipment or by the evacuation and rescue from it.
- ✚ Whether the work equipment is appropriate to the nature of the work to be performed.
- ✚ Whether the work equipment allows passage without risk.

Risk Assessment Step 2: Deciding Who Might be Harmed

The second step in the work at height risk assessment involves looking at each specific hazard and then identifying the people who may be harmed by them.

People at risk may include:

- ✚ Specific groups of employees.
- ✚ Customers and members of the public.
- ✚ Visitors.

Some employees also have requirements, such as:

- ✚ Young workers.
- ✚ Expectant mothers.
- ✚ People with disabilities.
- ✚ People who are not at work all the time, such as part-timers and sub-contractors.

Make sure that you consider every person involved in the work area where the hazard is present.

Risk Assessment Step 3: Evaluating the Risks

The next step in the risk assessment is to evaluate the hazards that you have identified and decide whether they can be eliminated. If not, how can you control the risks so that harm

You could consider:

- ✚ Trying a less risky option.
- ✚ Preventing access to the hazard.
- ✚ Re-organizing work to reduce/control exposure.
- ✚ Training staff to ensure they understand the hazard precautions to be taken.
- ✚ Issuing personal protective equipment (PPE).



Think about the control measures that you already have in place: are these sufficient? Do you need to improve them or introduce new control measures?

Risk Assessment Step 4: Recording Your Findings

Workplaces that have more than 5 employees are required by law to record their risk assessment findings. However, it is recommended that you do so anyway even if your workplace has fewer.

Keeping records is crucial, as you need to be able to show that:

- ✚ A proper check was made.
- ✚ You have considered who might be affected.
- ✚ You have dealt with all the obvious significant hazards, taking into account the number of people who could be involved.
- ✚ The precautions are reasonable and the remaining risk is low.
- ✚ Staff or their representatives have been involved.

Use a fresh risk assessment sheet for each assessment you complete and for each area of the workplace. Ensure that you date the risk assessment, record details of who the assessor was, and write down action due-dates and completion dates.

Risk Assessment Step 5: Reviewing and Updating

You should check on a regular basis, such as every 6-12 months, to see whether there have been any changes in your workplace that may affect your risk assessment.

For example:

- ✚ Are there any improvements still to be made?
- ✚ Has there been employee feedback?
- ✚ Have you learnt anything from accidents & near misses?
- ✚ Has any new equipment/ machinery been introduced?
- ✚ Do you have any new employees that require training?

You should also be sure to update the risk assessment on an as-and-when basis to ensure it remains up-to-date. For example, if you have a new staff member, there is an accident or you introduce some new equipment.

Updating your risk assessment regularly is crucial for keeping on top of existing and developing hazards. It ensures that you consistently maintain sufficient health and safety measures and protect the people who work on site.

Employees Right to Safety

Employees Rights to Safety is one thing no one can take away from you as a legitimate employee, and your employer has been mandated to respect this right – It is called the duty of care to an employer.

It is quite unfortunate that most employees are ignorant of their rights.

- ✓ Right to safe plant, safe equipment, tools, materials and appliances
- ✓ Right to safe and secure system of work
- ✓ Right to the provision of competent fellow employees
- ✓ Right to the provision of safe place of work
- ✓ Right to adequate training
- ✓ Right to provision of welfare facility where applicable
- ✓ Right to fair injury compensation

Right to safe plant, safe equipment, tools, materials and appliances

As an employee, you have the right to safe plant, safe equipment, tools, materials and other appliances in the workplace. This will aid in rendering your services adequately.

The employer may be in breach of his duty by failing to meet this duty to his employee.

Right to safe and secure system of work

As an employee, you have the right to a safe and secured system of work. As an employee, you also have the right to notify your employer of cases, situation or condition which you believe could pose any level of risk to you.

It is the obligation of the employer to draw up a system of how work is to be done, the persons to do the work, when a particular thing is and is not to be done without compromising the safety of his workforce.

Right to the provision of competent fellow employees

As an employee, your employer has the responsibility of providing you with competent fellow employee. Since working with incompetent fellow employee could pose a serious safety risk to you as an employee, you need a fellow competent employee, and your employer is mandated to make that work.

Right to the provision of a safe place of work

As an employee, you have right to safe workplace at all times. If the workplace is not safe, you should notify your employer.

It is the duty of the employer to provide a safe working environment for his employee, where the employee will be safe to carry out his work effectively. Stringent measures are expected to be taken by the employer to make sure the workplace is safe for his employees at all times.

Right to adequate training

You have the right to effective training on the task you are assigned to carry out. This is to enable you work efficiently and be up to date on new inventions.

Right to provision of welfare facility where applicable

As an employee you have the right to good and functioning welfare facilities where applicable. This welfare facility includes but not limited to washing point, rest rooms, changing rooms, bathroom, toilet, canteen, etc. The employee is statutorily expected to ensure that these facilities are in a good condition at all times.



Right to fair injury compensation

As an injured employee who got injured while working for the employer, you deserve to be compensated as of right. The enabling law which confers on him this right is the Employee's compensation Act.

These employees rights are documented in legal documents like the Factories-Act, Labour-Act, Compensation-Act, etc. This makes these rights legal, and any employer who breaches any of these right could face the consequence if taken to court.

Base on your country, you may have different act which protects you as an employee, get to know them. That is your support.



As I said earlier, it is very important that you know your right as an employee.

This article concentrated on employees rights to safety, there are other rights stipulated in the documents I mentioned, pick a copy of these document and read.

If you feel your right has been infringed at any point in time, feel free to involve a lawyer; you have the full backing of the law.



Employees Right to Safety

Employee Rights and Responsibilities:

As a worker, you have a legal right to:

- ✓ A safe and healthful workplace
- ✓ Any information your employer has about any exposure you may have had to hazards such as toxic chemicals or noise. You also have a right to any medical records your employer has concerning you.
- ✓ To ask your employer to correct dangerous conditions.
- ✓ To file a complaint about workplace hazards.
- ✓ To participate in enforcement inspections.
- ✓ To not be discriminated against for exercising your health and safety rights. Your employer may not fire you, threaten you, harass you, or treat you differently for exercising your health and safety rights.
- ✓ To refuse work that puts you in immediate danger of serious harm. Before you refuse unsafe work, request that your employer eliminate the hazard and make it clear that you will accept an alternate assignment. The OSHA regulation only protects you if the danger can be proven to exist; if you refuse to work because you believe a condition is hazardous, but are proved wrong, OSHA does not protect you.
- ✓ To information on hazards in your workplace; chemicals used in your workplace; tests your employer has done to measure chemical, noise and radiation levels; and what to do if you or other employees are involved in an incident or are exposed to other toxic substances.
- ✓ To information from your employer about OSHA standards, worker injuries and illnesses, job hazards and workers' rights.
- ✓ To training from your employer on chemicals you are exposed to during your work and information on how to protect yourself from harm.
- ✓ on other health and safety hazards and standards that your employer must follow.

As a worker, it is your responsibility to:

- ✓ Read the workplace safety and health poster at the jobsite.
- ✓ Comply with all applicable OSHA and Maine safety standards.
- ✓ Follow all lawful employer safety and health rules and regulations, and wear or use required protective equipment while working.
- ✓ Report hazardous conditions to the employer
- ✓ Report any job-related injury or illness to the employer, and seek treatment promptly.



Employer Responsibilities:

Under the Occupational Safety and Health Act, employers must:

- ✓ Provide a workplace free from serious hazards
- ✓ Comply with OSHA standards
- ✓ Make sure employees have and use safe tools and equipment. Properly maintain this equipment.
- ✓ Use color codes, posters, labels or signs to warn employees of potential hazards.
- ✓ Establish or update operating procedures and communicate them so that employees follow safety and health requirements.
- ✓ Provide medical examinations and training when required by OSHA standards. Post where employees can see it the OSHA Poster (private companies) informing employees of their rights and responsibilities.
- ✓ Keep records of work-related injuries and illnesses and post these records.
- ✓ Provide employees, former employees and their representatives access to the Log of Work-Related Injuries and Illnesses.
- ✓ Provide access to employee medical records and exposure records to employees or their authorized representatives.
- ✓ Not discriminate against employees who exercise their safety and health rights.
- ✓ Post citations at or near the work area involved. Each citation must remain posted until the violation has been corrected, or for three working days, whichever is longer. Post abatement verification documents or tags.

Creating a Safety Driven Culture

- Redefine Leadership**
 When leaders set the example, discarding the adage "Do as I say, not as I do" and replacing it with "Do as I do", they help blaze the trail to create successful behavior for those they lead.
- Engage Trust and Integrity**
 Leaders should find ways to connect with their employees, allow the employees to feel empowered in their experience and expertise, and create bonds of mutual respect. This creates a dynamic of engagement.
- Have a Passion for People**
 At the end of the day, it takes a leader with a sincere passion and interest in the culture to make it work in the long run. Putting the right person in the driver seat is going to make all the difference.



Right To Know

Workers have the right to know about workplace health and safety hazards.

Right To Participate

Workers have the right to make recommendations about health and safety.

Right To Refuse

Workers have the right to refuse work if they believe it endangers their health and safety.

Exactly How Many Cups of Tea You Should Drink a Day to be Beneficial

We've all read about the health benefits of tea, that's also why nutritionists from all around the world, including the Harvard School of Public Health recommends drinking tea at least three times a day to unlock it's powerful benefits. All true tea comes from the tea plant, *Camellia sinensis*. Yes, all tea: black tea, green tea, white tea, and oolong tea all come from the same plant.

Anything else is technically a tisane, or what people call "herbal tea" (which is not really tea at all). So, just how are so many prepared.

And while all types of tea contain antioxidant, antibacterial, anti-inflammatory, and antiviral benefits (due to the polyphenol called catechin and the antioxidant content) each type of tea also contains unique benefits.

The quantity of intake, so it seems, is proportional to how likely one is benefit from tea. However, it is rather the amount of quality tealeaves one consumes that matter, because the quantity of salutary substances in tea, such as tea polyphenols and L-theanine, is related to the quality as well as the amount of tealeaves, not how many cups of tea. Studies show that their health benefits is proportional to the natural quantity intake. The more the merrier.

In all the research papers we have read there really has been no encounter of side effects of tea, in those that have tried to measure it. Reports of adverse effects of tea have been tied with the use of instant tea mixes and low quality compressed tea in issues of fluorides. Not specific to tea, the other major concern is caffeine. Some people are more sensitive to it and pregnant women have to use it with constrains.

Here are 3 reasons why you should pick up the 3 cups a day habit. Not just because it's recommended, but really to understand what goes on in your body when you nourish it with tea goodness.

Boost your immunity

Brew up a defense force within your body. Three cups of tea can help build your immunity and protect you from many health afflictions. The Harvard School of Public Health and NIH have linked drinking tea to reduced risk of cardiovascular disease, protection from cancer, and a reduced risk of high blood pressure. Some studies have actually shown its benefits being shown in a little less than a week with just one quart of tea.

Constant flow of antioxidants

When you drink tea throughout the day, you're keeping antioxidants flowing through your body. These antioxidants are polyphenols and catechins called Epigallocatechin Gallate (EGCG). Catechins are natural antioxidants that help prevent cell damage by fighting free radicals. Talk about having a natural defense mechanism running throughout your body!

If this is the moment where you're wondering how to brew up to 3 cups of tea a day, Pique Tea may just be the solution to your problem! It's the world's first instant cold brew tea that dissolves in cold and hot water, thus making it super convenient to drink on-the-go while unlocking many of its health benefits.



Through this method, Pique is able to deliver 6 times the antioxidants of a regular tea bag and up to 20 times that of bottled tea (third party verified). Its potent, powerful, and also a great way to hack hydration in a healthy way.

Note: Pique Tea's Mint Green, has the lowest caffeine content and tastes just as good both cold and hot if you want a little less caffeine.

Source of l-theanine

Tea contains an amino acid called l-theanine which is able to cross the blood-brain barrier. It significantly increases alpha activity in the brain which in turn increases alertness, helps improve memory and creativity.

Activity of the inhibitory neurotransmitter GABA is also increased, which has anti-anxiety effects. The combination of caffeine and l-theanine in tea work synergistically together to improve brain function.

The l-theanine molecules neutralize the jittery and edgy effects of caffeine, without affecting your focus and clarity. You're essentially getting the best of both worlds in every serving! Drinking tea also produces the same chemical and neurological effects as entering a deep meditative state. It's no wonder why Buddhist monks were so attached to tea not only for medicinal purposes, but also during long hours of meditation to stimulate and sharpen their senses.

Lastly, drinking 3 cups of tea a day will not break the bank. Teas can much more affordable than coffee, and you can get a diverse and healthy selection for a reasonable price to supply your 3 cups a day routine. Also, a cup of tea typically contains much less caffeine to a cup of coffee – about 10 mg to 50 mg – compared to a cup of ten times as much.





8 Fun Facts about Tea

1. Tea is good for you. Among other things, it contains “polyphenols”—antioxidants that repair cells and in doing so, may help our bodies fight help us fend off cardiovascular diseases, cancers, osteoporosis, diabetes mellitus and other maladies. And contrary to popular belief, it’s not just green tea that’s good for you. Black, white, and red tea also have health-giving flavonoids and polyphenols.

2. It takes around 2,000 tiny leaves to make just one pound of finished tea. Tea plants grow wild in parts of Asia, but it can also be farmed. The very best tea comes from high elevations and is hand-picked.

3. You are less likely to get a “caffeine crash” when you drink tea (as opposed to soda or coffee). Why? The high levels of antioxidants in tea slow the absorption of caffeine, which results in a gentler increase caffeine in your system and a longer period of alertness with no crash at the end.

4. Do you store your tea near your coffee or in your spice cabinet? Don’t. Store your tea away from “strong, competing aromas” so that you keep the tea’s own delicate flavors intact.

5. To steep the perfect cup of tea, timing is crucial. And ideal steeping times vary depending on what variety of tea you’re making. For black tea, steeping time is 3-5 minutes.

6. People were using ceramic teapots 11,000 ago in Asia and the Middle East. Tea didn’t reach most Europeans until the late 16th century.

7. Herbal Tea isn’t Tea. Herbal tea blends don’t contain any actual tea leaves, which is why they’re usually caffeine-free. They’re concoctions of different herbs, spices, and other plants, like chamomile, hibiscus, and mint.

8. Genuine “Darjeeling” tea is grown in an area of India at the foot of the Himalayas that’s less than 70 square miles large. For this reason, Darjeeling is highly prized and known as the “Champagne of teas.”

Q: What, if any, are the health benefits of tea?

A: Tea is a good source of polyphenols, which are antioxidants with proven health boosting properties that include cardiovascular benefits. It also contains another antioxidant, called theaflavin, which is thought to help alpha wave activity in the brain, & enhance cognitive function.

Q: Which tea is the most beneficial?

A: Black, green, white and oolong tea all come from the plant Camellia sinesis, and are all high in polyphenols. There are some studies that suggest these polyphenols could have a beneficial effect on lowering blood pressure.

In addition, green tea contains catechins, which increase the body’s ability to burn fat as fuel, and can boost exercise endurance.

Q: Is decaffeinated tea better than caffeinated tea?

A: It is thought that the decaffeination process may remove some of the antioxidants from tea. For those who are sensitive to caffeine, I would recommend decaf. Otherwise, I would suggest sticking to normal tea, but just having no more than two to three cups a day.

Q: When should we have our last cup of tea for the day?

A: This depends on the individual. For those who have trouble sleeping, I usually recommend that they have no caffeinated drinks after 2pm. Non-caffeinated or herbal teas are fine after this time, although I recommend going easy in the evenings, so they’re not up all night going to the loo.

Q: Does tea age you?

A: There is no evidence to suggest that tea can age you. In contrast, the antioxidants found in tea may help to fight the free radicals in the body linked to cancer, heart disease and neurological degeneration.

Q: Can tea replace the hydration value of water?

A: I wouldn’t advise that tea should replace water, but it can certainly provide hydration to the body (being 99% water). Tea should be enjoyed alongside pure filtered water for good hydration.

Q: Which has more caffeine – tea or coffee?

A: Coffee. A regular sized cup of tea contains around 50mg of caffeine, in comparison with a regular cup of instant coffee, which contains around 100mg. A cup of filter coffee can contain up to 150mg of caffeine, depending on its strength.

HSE STATISTICS DECEMBER 2018

Project 7071: Construction of Flowlines & Wellhead Installation of Typical Works in ADCO's Field
(Package "A" - SE Abu Dhabi (ASAB, Sahil, Shah, Qusahwira & Mender Fields) Contract No. 15536.01/EC 10851

2018 PERFORMANCE INDICATORS		PROJECT 7071	
		Month	YTD-2018
PERFORMANCE	Total Number of Employees	28	
	Man-hours worked	6,720	498,334
	Milestone (Man-hours since last LTI)	2,821,205	
	Fatalities (Death)	00	00
	Fatal Accident Rate (FAR)	00	00
	Permanent Total Disabilities	00	00
	Lost Workday Cases (LWDC)	00	00
	Severity Rate	00	00
	Restricted Workday Cases (RWC) - RECORDABLE	00	00
	Restricted Workdays	00	00
	Medical Treatment Cases (MTC) - RECORDABLE	00	00
	Total Recordable Cases (TRC)	00	00
	Total Recordable Case Frequency (TRCF)	00	00
PEOPLE	Total Employees Trained	08	1,929
	Total Training Hours	05	2,052
	YTD Total Training Hours/Employee (Average)	0.50	1.06
EFFICIENCY	First Aid Cases	00	00
	Near Misses	00	00
	Hazards (Unsafe Act)	13	417
	Hazards Actions Closure (Unsafe Acts)	13	417
	Hazards (Unsafe Conditions)	08	499
	Hazards Actions Closure (Unsafe Conditions)	08	499
	Non Work Related Incidents	00	00
	Non Accidental Death Incidents	00	00
	Property Damages (Fires, Natural Calamity, etc)	00	00
	Cost of Property Damages (Fires, Natural Calamity, etc)	00	00
	Labour Strikes	00	00
	No. of Quarterly Camp and Labor Welfare Audits Conducted	01	04
	HSE Meetings	01	12
	HSE Inspections	08	130
	Emergency Exercises	01	07
	Number of Light Vehicles	04	
	Total number of Light Vehicles (LV) Drivers	04	
	Number of Heavy Vehicles	01	
	Total number of Heavy Goods Vehicles (HGV) Drivers	01	
	Number of Machinery	01	
Vehicle Kilometer Driven	19,342	924,803	

HSE STATISTICS DECEMBER 2018

Project 7077: Construction of Flow lines & Wellhead Tie-in Installation at ADCO Fields. (Package 'B') BAB
Contract No. 16392.01, Project No: P-30236

2018 PERFORMANCE INDICATORS		PROJECT 7077	
		Month	YTD-2018
PERFORMANCE	Total Number of Employees	410	
	Man-hours worked	112,960	1,610,950
	Milestone (Man-hours since last LTI)	1,667,960	2,514,271
	Fatalities (Death)	00	00
	Fatal Accident Rate (FAR)	00	00
	Permanent Total Disabilities	00	00
	Lost Workday Cases (LWDC)	00	00
	Severity Rate	00	00
	Restricted Workday Cases (RWC) - RECORDABLE	00	00
	Restricted Workdays	00	00
	Medical Treatment Cases (MTC) - RECORDABLE	00	00
	Total Recordable Cases (TRC)	00	00
	Total Recordable Case Frequency (TRCF)	00	00
PEOPLE	Total Employees Trained	485	7546
	Total Training Hours	581	15281
	YTD Total Training Hours/Employee (Average)	1.19	2
EFFICIENCY	First Aid Cases	00	00
	Near Misses	01	14
	Hazards (Unsafe Act)	35	540
	Hazards Actions Closure (Unsafe Acts)	35	540
	Hazards (Unsafe Conditions)	85	1221
	Hazards Actions Closure (Unsafe Conditions)	85	1221
	Non Work Related Incidents	00	00
	Non Accidental Death Incidents	00	00
	Property Damages (Fires, Natural Calamity, etc)	00	00
	Cost of Property Damages (Fires, Natural Calamity, etc)	00	00
	Labour Strikes	00	00
	No. of Quarterly Camp and Labor Welfare Audits Conducted	02	19
	HSE Meetings	01	12
	HSE Inspections	168	1713
	Emergency Exercises	01	11
	Number of Light Vehicles	38	
	Total number of Light Vehicles (LV) Drivers	38	
	Number of Heavy Vehicles	40	
	Total number of Heavy Goods Vehicles (HGV) Drivers	40	
Number of Machinery	16		
Vehicle Kilometer Driven	204,400	2,904,452	

HSE STATISTICS DECEMBER 2018

Project 7079: EPC for Expansion of Manifolds at BAB & ASAB
ADNOC Contract No: 16299.01 (Project Start Date: August 2018)

2018 PERFORMANCE INDICATORS		PROJECT 7079	
		Month	YTD-2018
PERFORMANCE	Total Number of Employees	92	
	Man-hours worked	19,630	75,740
	Milestone (Man-hours since last LTI)	75,740	
	Fatalities (Death)	00	00
	Fatal Accident Rate (FAR)	00	00
	Permanent Total Disabilities	00	00
	Lost Workday Cases (LWDC)	00	00
	Severity Rate	00	00
	Restricted Workday Cases (RWC) - RECORDABLE	00	00
	Restricted Workdays	00	00
	Medical Treatment Cases (MTC) - RECORDABLE	00	00
	Total Recordable Cases (TRC)	00	00
	Total Recordable Case Frequency (TRCF)	00	00
PEOPLE	Total Employees Trained	49	260
	Total Training Hours	294	671
	YTD Total Training Hours/Employee (Average)	6.00	2.58
EFFICIENCY	First Aid Cases	00	00
	Near Misses	00	00
	Hazards (Unsafe Act)	32	120
	Hazards Actions Closure (Unsafe Acts)	32	120
	Hazards (Unsafe Conditions)	18	104
	Hazards Actions Closure (Unsafe Conditions)	18	104
	Non Work Related Incidents	00	00
	Non Accidental Death Incidents	00	00
	Property Damages (Fires, Natural Calamity, etc)	00	00
	Cost of Property Damages (Fires, Natural Calamity, etc)	00	00
	Labour Strikes	00	00
	No. of Quarterly Camp and Labor Welfare Audits Conducted	01	02
	HSE Meetings	01	03
	HSE Inspections	08	31
	Emergency Exercises	00	03
	Number of Light Vehicles	05	
	Total number of Light Vehicles (LV) Drivers	05	
	Number of Heavy Vehicles	03	
	Total number of Heavy Goods Vehicles (HGV) Drivers	03	
	Number of Machinery	01	
Vehicle Kilometer Driven	32,146	132,530	

HSE STATISTICS DECEMBER 2018

Project 7081: EPC FOR TIE-IN WORKS AT SOUTH EAST PACKAGE D (SHAH, QUSAHWIRA & MENDER)
Contract No. 16861.01 (Project Start Date: August 2018)

2018 PERFORMANCE INDICATORS		PROJECT 7081	
		Month	YTD-2018
PERFORMANCE	Total Number of Employees	82	
	Man-hours worked	15,858	49,384
	Milestone (Man-hours since last LTI)	49,384	
	Fatalities (Death)	00	00
	Fatal Accident Rate (FAR)	00	00
	Permanent Total Disabilities	00	00
	Lost Workday Cases (LWDC)	00	00
	Severity Rate	00	00
	Restricted Workday Cases (RWC) - RECORDABLE	00	00
	Restricted Workdays	00	00
	Medical Treatment Cases (MTC) - RECORDABLE	00	00
	Total Recordable Cases (TRC)	00	00
	Total Recordable Case Frequency (TRCF)	00	00
PEOPLE	Total Employees Trained	26	84
	Total Training Hours	35	175
	YTD Total Training Hours/Employee (Average)	1.34	2.08
EFFICIENCY	First Aid Cases	00	00
	Near Misses	00	00
	Hazards (Unsafe Act)	00	0
	Hazards Actions Closure (Unsafe Acts)	00	00
	Hazards (Unsafe Conditions)	08	10
	Hazards Actions Closure (Unsafe Conditions)	08	10
	Non Work Related Incidents	00	00
	Non Accidental Death Incidents	00	00
	Property Damages (Fires, Natural Calamity, etc)	00	00
	Cost of Property Damages (Fires, Natural Calamity, etc)	00	00
	Labour Strikes	00	00
	No. of Quarterly Camp and Labor Welfare Audits Conducted	01	01
	HSE Meetings	01	03
	HSE Inspections	02	06
	Emergency Exercises	00	00
	Number of Light Vehicles	11	
	Total number of Light Vehicles (LV) Drivers	11	
	Number of Heavy Vehicles	00	
	Total number of Heavy Goods Vehicles (HGV) Drivers	00	
	Number of Machinery	00	
Vehicle Kilometer Driven	45,055	89,748	

CORPORATE HSE KPI'S FOR 2018

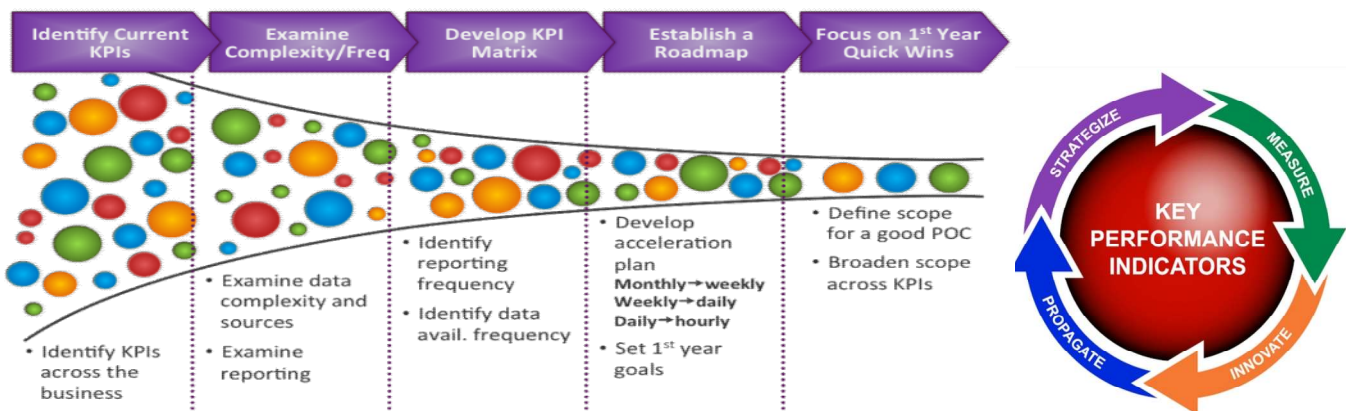
Sl. No.	OVERALL HSE KEY PERFORMANCE INDICATORS	ANNUAL TARGET	TAGET ACHIEVED FOR 2018			
			Q1	Q2	Q3	Q4
1	Frequency Rate of Lost Time Injuries – F.R.I	0.6	0	0	0	0
2	Severity rate of injuries	0	0	0	0	0
3	Fatal Injuries/ Fatal Accidents	0	0	0	0	0
4	High Profile Tours (per Project)	04	1	1	1	1
5	Frequency Rate of Vehicle Accidents (FRVA)	0	0	0	0	0
6	HSE Mandatory Trainings for Staff/Workers	100%	100%	100%	100%	100%
7	Property Damage Accidents	0	0	0	0	0
8	Client's / Public's Property Damage Accidents	0	0	0	0	0
9	Near Miss Reporting (0.2%)	100%	100%	100%	100%	100%
10	Corporate HSE Audits per Project	4	1	1	1	1
11	HSE Campaigns	4	1	1	1	1
12	HSE Inspections per Camp	4	1	1	1	1
13	Emergency Drills per Camp	2	0	1	0	1
14	HSE Inspection on working Sites per Project	12	3	3	3	3
15	Corporate HSE Review Meetings	2	0	1	0	1
16	Project HSE Committee Meetings per Project	16	4	4	4	4
17	CHSE Audits on Head Office.(OHSAS 18001/ISO 14001 Standards	2	0	1	0	1

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One of the evaluating and measuring of performance tools is the Key Performance Indicators (KPI's). Galfar has identified the KPI's as per the attached list which are evaluated on quarterly basis during CHSE Internal Audits.

KPIs are applicable to all the ongoing projects to improve the overall HSE Performance. Responsibility lies with each and every individual to understand and be a part of these positive HSE initiatives.

HSE Focal points in each project monitor the KPI on weekly and monthly basis and submit monthly reports to Client and CHSE.



SAFETY QUIZ ISSUE 39

- Q1) How many main types of fire extinguisher are there?
 a) 05 b) 08 c) 02 d) 12
- Q2) How can an employer prevent their employees from being exposed to hazardous substances?
 a) Stop using the substances altogether b) Complete the hazardous tasks quickly to avoid exposure
 c) Employ new workers d) Change the process so the substance is no longer required
- Q3) Which one of the following would be classified as a fragile surface when working at height?
 a) Roof tiles b) Wooden beams c) A skylight d) Metal rafters
- Q4) Which of these is a description of manual handling?
 a) The automated transportation of objects b) Using a team of people to push a load
 c) The use of a conveyor belt system d) Any action involving physical effort to move an object
- Q5) Who issues Approved Codes of Practice (ACoPs)?
 a) The HSE b) The law c) The business manager d) The British Safety Council
- Q6) Which of the following is responsible for most work-related fatal injuries?
 a) Being struck by an object b) Falling c) Fire or an explosion d) A motor vehicle accident
- Q7) Which occupation has the most fatal injuries?
 a) Construction b) Law enforcement c) Firefighting d) Farming
- Q8) Who should be responsible for workplace safety?
 a) Managers and owners b) Workers c) OSHA inspectors d) All of the above.
- Q9) What is the most common non-fatal injury in the workplace?
 a) Strains and sprains b) Slip and fall injuries c) Combustible dust d) Needle sticks
- Q10) How can employers benefit from improved workplace safety policies?
 a) Healthier employees b) Lower costs associated with workplace injuries
 c) Lower indirect costs, such as lost productivity and cost of hiring and training replacement workers
 d) All of the above

PICTURE SLOGAN FOR ISSUE 39

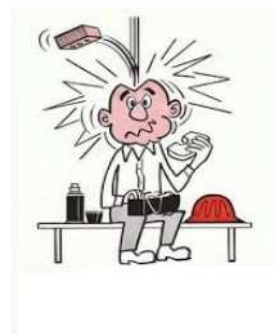


PARTICIPATE AND WIN EXCITING PRIZES

Send your Safety Quiz Answers. We will select the Winner and mention the name of the person in the next HSE Newsletter issue with right answers.

Send your Caption for Picture of the Month. We will select the Best Safety Caption and mention the name of the person in the next HSE Newsletter issue.

ratheeshrl@galfaremirates.com



**SAFE MAN/ SAFE DRIVER OF THE MONTH
(OCTOBER 2018 TO DECEMBER 2018)**

**Project 7077:
Construction of Flowlines and Wellhead Tie-in Installations in ADCO's Fields. Package B (BAB)
ADCO Contract No. 16392.02**



Mr. Deep Samuel
GEC No. 271863
Civil Helper
Safe Man of Month



Mr. Mohamad Ali
GEC No. 271316
LD Driver
Safe Driver of Month



Mr. Abhay Pratap
GEC No. 275743
Mech Helper
Safe Man of Month



Mr. Gurmit Singh
GEC No. 276305
Crane Operator
Safe Operator of Month



Mr. Sandeep Bharati
GEC No. 275930
Grinder
Safe Man of Month



Mr. Tajda Zamir
GEC No. 275468
Shovel Operator
Safe Operator of Month



Mr. Bittu Pradhan
GEC No. 275958
Rigger
Safe Man of Month



Mr. Umesh Swaminathan
GEC No. 275564
LD Driver
Safe Driver of Month



Mr. Shiva Kumar
GEC No. 271870
Rigger
Safe Man of Month



Mr. Balwinder Singh
GEC No. 276054
Light Duty Driver
Safe Driver of Month



Mr. Niranjana Singh
GEC No. 273393
Painter
Safe Man of Month



Mr. Parshatom Lal
GEC No. 273993
HIAB Operator
Safe Operator of Month

As part of Employee Welfare Safe Man and Safe Driver certificates / Awards were distributed for the first quarter. Project Manager, Construction Manager, CHSEM, and Sr. Safety Engineer congratulated award winners and concluded the meeting by requesting all to continue the teamwork, comply with the law, standards and procedures in order to make the project a successful one.

**SAFE MAN/ SAFE DRIVER OF THE MONTH
(OCTOBER 2018 TO DECEMBER 2018)**

Project 707901

EPC for Expansion of Manifold Stations at Bab and Asab Jebel Dhanna Import and Reverse flow to FUJ Terminal



Mr. Chaudhary
GEC No. 276071
Pipe Fabricator
Safe Man of Month



Mr. Abdul Hameed
GEC No. 272402
LD Driver
Safe Driver of Month



Mr. Justin
GEC No. 273036
Chargehand Scaffolder
Safe Man of Month



Mr. Sarwar Khan
GEC No. 276308
Bobcat Operator
Safe Operator of Month



Mr. Lagamanna Mallappa
GEC No. 276031
Rigger
Safe Man of Month



Mr. Abdul Karmeem
GEC No. 275665
LD Driver
Safe Driver of Month



Mr. Senduraipandi M
GEC No. 270334
Scaffolder
Safe Man of Month



Mr. Tilla Khan
GEC No. 270633
Operator Excavator
Safe Operator of Month



Mr. Udaya Kumar
GEC No. 273536
Chargehand Civil
Safe Man of Month



Mr. Gurdeep Singh
GEC No. 276753
HD Driver
Safe Driver of Month



Mr. Bikram Lenka
GEC No. 273790
Spray Painter
Safe Man of Month



Mr. Zar Gul
GEC No. 275782
Trailer Driver
Safe Driver of Month

As part of Employee Welfare Safe Man and Safe Driver certificates / Awards were distributed for the first quarter. Project Manager, Construction Manager, CHSEM, and Sr. Safety Engineer congratulated award winners and concluded the meeting by requesting all to continue the teamwork, comply with the law, standards and procedures in order to make the project a successful one.

ANNUAL STAFF GET TOGETHER 2018

Date; 29.11.2018; Venue: Al Raha Beach Resort Hotel, Abu Dhabi



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NEW FLEET IN GALFAR PLANT AND EQUIPMENT



Be fire smart

with **electricity** throughout your home.



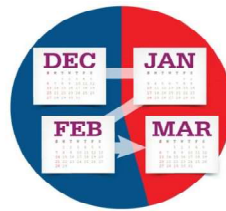
There are **more than 45,000** home electrical fires each year.



About **half** of these involve lighting equipment or home electrical wiring.



Home electrical fire deaths peak between **midnight and 6 a.m.**



Peak months for electrical fire deaths are **December through March.**

Plug only **one** heat-producing appliance (such as a coffee maker, space heater, or microwave) directly into a wall outlet at a time.

Extension cords should only be used temporarily. Have an electrician install additional wall outlets where you need them.



Never use an extension cord with a heat-producing appliance.

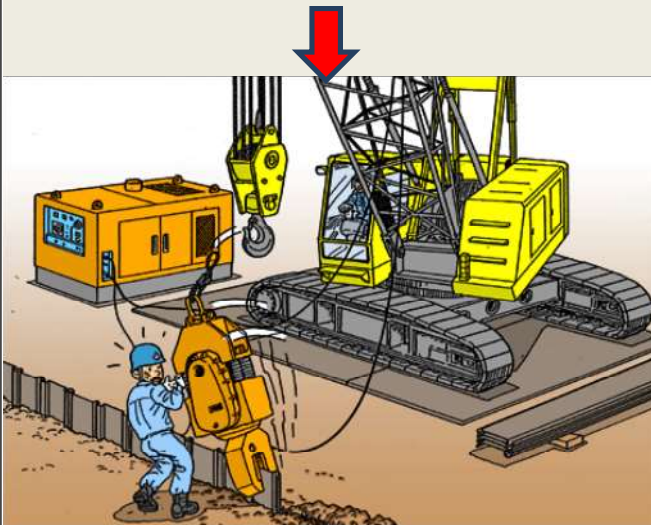
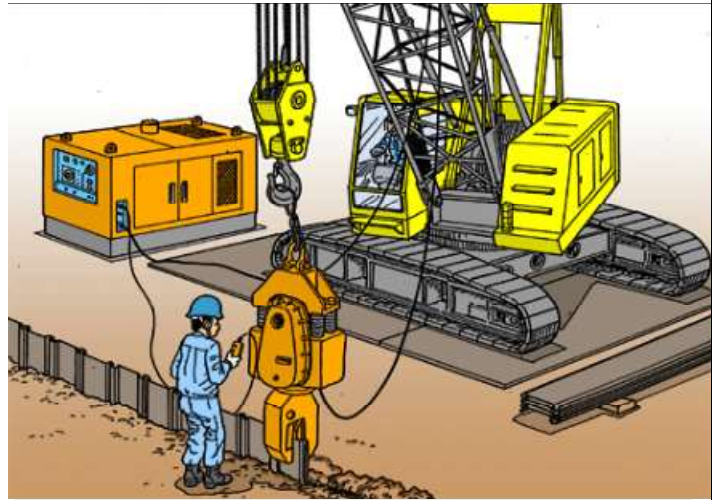
Safety Alert 

ANY ACCIDENT FORESEEN IN THIS FRAME?

What kind of accident is about to happen?

While extracting steel sheet piles, a worker connects the chuck portion of the Vibrohammer to the steel pile, and starts the machine.

Can you predict what's about to happen?



Look what happened!

Because the worker turned on the Vibrohammer without securing the hydraulic chuck, the Vibrohammer started shuddering, came off its hook, and fell onto the worker.

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TIPS FOR PREVENTING SIMILAR ACCIDENTS

- ☑ Only start a Vibrohammer after securing the chuck and ensuring that it is being firmly pinched.
- ☑ Be sure to inspect the safety catch for the hook before starting work.
- ☑ Only allow personnel certified to operate a vehicle-type construction machine for foundation work to perform pile extraction work.
- ☑ Undergo preliminary training on the proper methods for operating machinery, such as methods of starting a Vibrohammer from a remote location.



SAFETY ALERT
COMMITTED TO ZERO HARM

स्टीविया क्या है? इसे शुगर के तौर पर क्यों



स्टीविया के फायदों और नुकसान को विस्तार से समझने का प्रयास किया जाना चाहिए.

1. त्वचा की देखभाल में

हमारा त्वचा बाहरी पर्यावरण के सीधे संपर्क में रहता है. इसलिए उचित देखभाल न करने से इसमें कई तरह के विकार आने की संभावना लगातार बनी रहती है. त्वचा पर होने वाले एक्जिमा और डर्मेटाइटिस जैसे विकारों को ठीक करने में स्टीविया मददगार साबित होता है. स्टेरॉयड के रूप में काम करते हुए ये जीवाणुओं को फैलने रोकता है.

2. कैंसर में

इसमें कई एंटीऑक्सीडेंट यौगिक जैसे कि फ्लावोनोइड्स, टैनिन, काम्पेरोल, ट्राईटरेपेनस, कैफिक एसिड, और क्वैक्सेटीन आदि पाए जाते हैं. ये सभी कैंसर के उपचार में एक आदर्श आहार पूरक हैं. फ्रीरेडिकल्स को खत्म करके ये स्वस्थ को कोशिकाओं को कैंसर कोशिकाओं में बदलने से रोकते हैं.

3. मधुमेह के उपचार में

हमारे शरीर में स्टीविया के कई फायदे हैं. इसका सबसे महत्वपूर्ण काम ये है कि ये रक्त शर्करा के स्तर को नियंत्रित कर सकता है. स्टीविया में स्टेवियोसाइड नामक यौगिक पाया जाता है, जिसे एक गैर कार्बोहाइड्रेट ग्लाइकोसाइड यौगिक के रूप में जाना जाता है. इसका मीठापन मधुमेह के मरीजों या कार्बोहाइड्रेट नियंत्रित आहार खाने वाले लोगों के लिए आम तौर पर मिलने वाली चीनी के बदले एक बेहतर विकल्प है. इसलिए वो लोग इसे बिना किसी चिंता के खा सकते हैं.

4. मुंह को स्वस्थ रखने में

मुंह के स्वास्थ्य का मतलब है दांतों आदि की देखभाल करना. इसमें स्टीविया की भूमिका मुंह में जीवाणुओं को पनपने से रोकने में है. हमारे दन्तमंजनों में भी इसका प्रयोग किया जाता है. कैविटी और मसूड़ों के सूजन को ठीक करने में इसकी भूमिका होती है.

5. हड्डियों को मजबूत बनाने में

स्टीविया पर होने वाले कई शोधों में एक शोध मुर्गी पर भी किया गया है. इसमें स्टीविया खाने वाली मुर्गियों के अंडे में औसतन अण्डों की तुलना में ज्यादा मात्रा में कैल्शियम पाई गई. हलांकि अभी तक ये शोध मनुष्यों पर नहीं किया गया है लेकिन संभावना जताई जाती है कि ये मनुष्यों पर भी कारगर होगा.

6. वजन घटाने में

स्टीविया चीनी से ज्यादा मीठी होने के बावजूद कम कैलोरी वाली होती है. यानी आप इसके मीठापन से अपने पसंद की तमाम चीजें जैसे कि कैंडीज, केक और कुकीज आदि बनाकर बिना किसी टैशन के खा सकते हैं. इससे आपका वजन नहीं बढ़ेगा.

आप कितना ही कंट्रोल क्यों न कर लें, मीठा ऐसी चीज है, जो आपको बार-बार अपनी ओर आकर्षित कर ही लेता है। खासकर अगर आप फूडी हैं और मीठा खाने के शौकीन हैं, तो मीठे से आप दूर रह ही नहीं सकते। लेकिन यह भी हकीकत है कि मीठा आपकी सेहत पर नकारात्मक असर भी डालता है। इतना ही नहीं ज्यादा मीठा खाने से आप अपना वजन भी संतुलित नहीं रख पाते। इसलिए अगर आपसे कहा जाए कि अपनी डाइट से किसी एक चीज को तुरंत निकाल बाहर करें, तो निःसंदेह वह शुगर ही होगा।

ऐसे में बहुत जरूरी है कि आप अपनी डाइट में शुगर के विकल्प को तलाशें। हाल के सालों में स्टीविया, शुगर का ही एक विकल्प के रूप में सामने आया है। हालांकि यह ग्रॉसरी शॉप में आसानी से उपलब्ध नहीं है। लेकिन अगर आप अपने स्वास्थ्य के प्रति जरा भी सजग हैं तो स्टीविया खोजना आपके लिए ज्यादा मुश्किल नहीं होगा।

स्टीविया क्या है

वास्तव में स्टीविया एक हर्ब है जो कि स्टीविया रेबोडियाना नामक पौधे से निकलता है। आपको यह जानकर हैरानी होगी कि एक टेबल स्पून की तुलना में यह 200 गुना ज्यादा मीठा है। लेकिन इसमें कैलोरी बिल्कुल नहीं है। स्टीविया इन दिनों पावडर और टैबलेट जैसे अलग-अलग रूपों में उपलब्ध हैं। आपकी सहज उपयोगिता के लिए स्टीविया छोटे-छोटे सैशे में भी पाया जाता है। इसे आप चाहें तो अपने साथ कैरी कर सकते हैं। इसे आप चाय या काफी में डालकर आसानी से पी सकते हैं। आमतौर पर आप स्टीविया को किस रूप में सेवन कर रहे हैं, यह ब्रांड पर निर्भर करता है। सामान्यतः एक कप चाय के लिए छोटी सी स्टीविया पिल ही काफी होती है।

अच्छी हेल्थ और अच्छे रिश्तों के लिए जरूरी है सकारात्मक सोच, पढ़ें ये जरूरी बातें

चाहे घरेलू कार्य हों या सेहत की देखभाल या फिर सामाजिक जिम्मेदारियां, ऐसे मामलों में लोग अक्सर लापरवाह हो जाते हैं। इससे बचने के लिए शुरुआत से ही अपनी कार्यशैली को सुधारने की कोशिश करें। समय की कमी सबको महसूस होती है पर उसी बीच अपना खयाल रखना भी जरूरी है। अक्सर लोगों से किन मामलों में लापरवाही होती है और सही टाइम मैनेजमेंट से अपनी दिनचर्या को कैसे व्यवस्थित किया जाए, आइए जानते हैं कुछ जरूरी बातें।

सेहत से जुड़े सवाल

हर मर्ज को मामूली समझकर नजरअंदाज़ करना, मेडिकल चेकअप और एक्सरसाइज़ से बचने की कोशिश, अपने मन से दवाएं और विटमिंस लेने की आदत शरीर को बहुत नुकसान पहुंचाती है। अच्छी सेहत के बिना कामयाबी मिलना मुश्किल है, इसलिए इसे अपनी प्राथमिकता सूची में सबसे ऊपर रखें।

जरूरी टिप्स : बुखार, किसी भी तरह का दर्द-सूजन, चक्कर आना, जी मिचलाना, अनिद्रा, भूलने की आदत, बेवजह थकान और उदासी जैसे लक्षणों को मामूली समझकर अनदेखा न करें। मज्दू बढने का इंतज़ार किए बगैर डॉक्टर से सलाह लें।

रिश्तों के लिए

किसी भी रिश्ते को सहज और मधुर बनाए रखने के लिए थोड़ी सक्रियता जरूरी है। कई बार व्यस्तता की वजह से लोग अपने दोस्तों-रिश्तेदारों और पड़ोसियों से मिलने-जुलने का समय नहीं निकाल पाते। इससे धीरे-धीरे उनके रिश्तों में उदासीनता आने लगती है।

जरूरी टिप्स : साल की शुरुआत से ही ऐसे लोगों की लिस्ट बनाएं, जो आपके लिए बहुत खास हैं। बारी-बारी से पंद्रह दिन के अंतराल पर लोगों से मिलने का कार्यक्रम रखें।

सकारात्मक सोच के फायदे

इस दौरान कभी आप किसी के घर जाएं तो कभी अपने प्रियजनों को घर पर बुलाएं। अगर किसी वजह से मिलना संभव न हो तो फोन करके हाल ज़रूर पूछ लें।

नैतिक जिम्मेदारियां

अपने पास-पड़ोस और समाज के प्रति भी कुछ ऐसी नैतिक जिम्मेदारियां होती हैं, जिन्हें नज़रअंदाज़ नहीं किया जा सकता। हो सकता है आपके पास समय की कमी हो, फिर भी इसके लिए कोशिश तो की ही जा सकती है। इससे न सिर्फ सकारात्मता आती है बल्कि व्यक्ति मानसिक रूप से भी स्वस्थ रहता है।

सखी टिप्स : अपने पड़ोसियों के साथ मिलकर कॉलोनी के लिए कुछ ऐसे नियम बनाएं ताकि वहां रहने वाले सभी लोग स्वच्छता का पूरा ध्यान रखें। जहां तक संभव हो, प्लास्टिक की वस्तुओं और पॉलीथिन बैग का उपयोग न करें, पानी की बर्बादी न करें, ज़रूरतमंद लोगों की मदद के लिए हमेशा तैयार रहें और अपने बच्चों में भी शुरू से ही अच्छी आदतें विकसित करें।

जोड़ों के दर्द और अर्थराइटिस में आराम दिलाती है दालचीनी, जानें कैसे करना है प्रयोग

अर्थराइटिस या गठिया के कारण जोड़ों और हड्डियों में दर्द बना रहता है। आमतौर पर इस दर्द का असर घुटनों, कोहनी, उंगलियों और तलवों में ज्यादा होता है। कई बार दर्द के साथ-साथ जोड़ों में सूजन भी होती है। इस दर्द के कारण व्यक्ति को उठने-बैठने और चलने में भी परेशानी होने लगती है। इस तरह के दर्द में बार-बार दवाओं के प्रयोग से बेहतर है कि आप आयुर्वेद में बताए गए आसान घरेलू उपायों का प्रयोग करें।

दर्द से तुरंत राहत के लिए दालचीनी पेस्ट

दालचीनी पाऊंडर में कुछ बूंदें पानी की मिला लें। इसका एक गाढ़ा पेस्ट तैयार कर लें। इस पेस्ट को जोड़ों पर लगाएं और फिर मुलायम कपड़े से ढंक दें, ताकि वो लंबे समय तक लगा रहे। दालचीनी में दर्दनिवारक और सूजनरोधी गुण होते हैं। इसलिए इसके प्रयोग से अर्थराइटिस के कारण होने वाली सूजन और दर्द दोनों में फायदा मिलता है।

दालचीनी और शहद

डेढ़ चम्मच दालचीनी पाऊंडर और एक चम्मच शहद मिला लें। रोज़ सुबह खाली पेट एक कप गर्म पानी के साथ इसका सेवन करें। इससे गठिया के दर्द में राहत मिलती है और जोड़ों में जमा यूरिक एसिड कम होता है, जिससे अर्थराइटिस धीरे-धीरे कम होने लगता है। एक सप्ताह में इसका असर दिखना शुरू हो जाएगा।

सप्ताह में 2 बार पिएं ये स्पेशल चाय

गठिया की समस्या को धीरे-धीरे जड़ से मिटाना है, तो आपको सप्ताह में दो बार स्पेशल चाय पीनी चाहिए। इस चाय को बनाने के लिए 250 ग्राम दूध व उतने ही पानी में दो लहसुन की कलियां, एक-एक चम्मच सोंठ या हरड़ तथा एक-एक दालचीनी और हरी इलायची डालकर उसे अच्छी तरह से धीमी आंच पर पकाएं। जब पानी जल जाए, तो उस दूध को पियें, गठिया रोगियों को जल्द फायदा होगा।

गठिया को कम करने के लिए जरूरी बातें

अर्थराइटिस व्यक्ति के जोड़ों, आंतरिक अंग और त्वचा को नुकसान पहुंचा सकता है। घरेलू नुस्खे के अलावा अर्थराइटिस से राहत पाने के लिए इन बातों का भी ध्यान रखना जरूरी है। अपना वजन कम रखें क्योंकि ज्यादा वज़न से आपके घुटने तथा कूल्हों पर दबाव पड़ता है। सुबह गरम पानी से नहाएं।

कसरत तथा जोड़ों को हिलाने से भी धीरे-धीरे ये समस्या दूर होती है। जोड़ों को हिलाने में डाक्टर या नर्स भी आपकी मदद कर सकते हैं। अगर डॉक्टर ने कोई दवा दी है, तो समय-समय पर अपनी दवा लेते रहें। इनसे दर्द और अकड़न में राहत मिलेगी।



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