

HSE AWARD DISTRIBUTION (MONTH OF APRIL 2016) & HEAT STRESS AWARENESS CAMPAIGN

Conducted on 25th Jun 2016

Project- EPC of Buhasa Shuaiba South Artificial (Gas) Lift Project-Phase-1 (P-12435)

Rajeev Vasudevan
Sr. Safety Engineer

Biju Kurup
Construction Manager

Heat Stress



Know the signs and symptoms of Heat Stress.

Dizziness
Headache
Weakness
Rapid Heartbeat
Nausea
Cramps
Chest Pain
Labored Breathing

Wear loose, breathable clothing such as cotton. If you must work in the sun, wear hats and use sun screen.



When the weather is hot, avoid caffeine

Maintain proper hydration. Drink small amounts of water frequently. Avoid feeling thirsty.



If possible, stay out of the sun.

COOL DOWN, whenever possible



(Attendance sheet attached)

Mr. Rajeev Vasudevan, Sr. Safety Engineer commenced the function by welcoming all members of the project. He congratulated all for working safely and requested to continue the spirit till the end of the project to complete it without any incidents.

Mr. Kamal Kishore (Safety Officer) An awareness session on Heat Stress has been given to the members & emphasizing ADCO's Slogan 2014 "Water, Rest & Shade for All". Explained about different types of heat related illness and its symptoms, first-aid measures, care to each others, report any heat illness symptoms , people are at risk, PPE requirements etc.

Reminded to JPs/Safety Officers/Supervisors on their responsibility to ensure adequate welfare amenities such as cold drinking water and sanitation facilities are always available at site; also usage of Thermal Work Limit (TWL) and compliance of its recommended rest breaks and job rotation for all employees working in the hot environment.



Mr. Biju Kurup, Project Construction Manager of Galfar-7072 briefed the safe work practice in accordance with ADCO & Galfar standard. He explained about the importance of using PPE to avoid accidents/injury, importance of identifying the hazards & near miss reporting. He emphasized on continuing the safe work practice in all the activities during project execution. He congratulated to the award winners and

reminded that this award function will be on monthly basis and selection criteria depend on the safety performance of the individual.

At finally distributed the HSE award to the below listed personnel:-

- (a) **Safe Man of the month (April 2016)** award to Mr.Devendra Nath Yadav (Mech Helper)
- (b) **Safe Man of the month (April 2016)** award to Mr. Murugeshan (Mason)
- (c) **Safe Driver of the month (April 2016)**award to Mr. Praveen Sukumaran (L/D Driver)
- (d) **Safe Driver of the month (April 2016)** award to Mr. Gopinath Pushkaran (H/D Driver)





'Safe Man of the Month' Mr. Devendra Nath Yadav (Mech Helper) receiving award from Project C M



'Safe Man of the Month' Mr. Murugeshan (Mason) receiving award from Project C M



'Safe Driver of the Month' Mr. Praveen Sukumaran (Light Duty Driver) receiving award from project C M



'Safe Driver of the Month' Mr. Gopinath Pushkaran (Heavy Duty Driver) receiving award from project C M



2016
Water, Rest & Shade
For All



شركة أبوظبي للعمليات التنزولية البرية المحدودة (أدكو)
Abu Dhabi Company for Onshore Petroleum Operations Ltd. (ADCO)

قانون استراحة منتصف النهار
MID DAY BREAK RULE



استراحة العمال
MEN AT REST
(15 يونيو - 15 سبتمبر)
(15 June - 15 September)



12:30 → **15:00**