



Health & Safety

Newsletter

SEPTEMBER 2017



[Why do Safety Inspections](#)



[Safety totally leads the way](#)



[Proven Moringa Benefits](#)



[Fall Protection: Are You Fully Prepared?](#)



[HSE Statistics](#)



[HSE Quiz & Slogan](#)



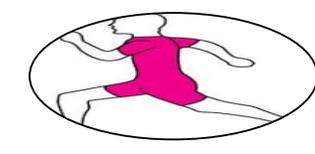
[Safety Awards, Trainings & Campaigns](#)



[Safety Alert](#)

IN THIS ISSUE



	<p><u>Why do Safety Inspections.</u></p>	<p>03</p>		<p><u>CHSE Key Performance Indicators 2017</u> 13</p>
	<p><u>Safety Totally Leads the way</u></p>	<p>05</p>		<p><u>HSE Quiz/ Slogans</u> 14</p>
	<p><u>Proven Moringa Benefits</u></p>	<p>07</p>		<p><u>Safety Awards, Training & Campaign</u> 15</p>
	<p><u>Fall Protection: Are You Fully Prepared?</u></p>	<p>09</p>		<p><u>Safety Alert</u> 20</p>
	<p><u>HSE Statistics till September 2017</u></p>	<p>12</p>		<p><u>स्वस्थ शरीर है सबसे बड़ा खजाना !</u> 21</p>



Health & Safety

Newsletter



Why do Safety Inspections?

Work site safety inspections can be a vital part of your injury prevention efforts if done well.

Most companies conduct periodic work site safety inspections. This process is part of the traditional landscape of a comprehensive health and safety plan. At regular intervals, someone within the organization sets out to critically observe in an effort to identify and rectify hazards. But why are they done? Therein lies the interesting question.

"Because we have to."

Safety is often driven by compliance—either to a regulation or a company policy. Certainly compliance is a factor and one that is often developed with a specific purpose in mind. OSHA has a clear imperative that employers are required to provide their employees with a place of employment that "is free from recognizable hazards that are causing or likely to cause death or serious harm to employees." Work site inspections serve as the vehicle to record hazards and document abatement.

As the saying goes if it's not documented, it didn't happen. With that in mind, can companies meet the regulatory requirement by simply walking about every once in a while and fix what is found? Perhaps. While this satisfies a basic requirement, simply walking around and checking a box does not necessarily offer assurance that the workplace is free of recognizable hazards and meet the spirit and intent of the purpose the regulation is trying to express.

"Because we care."

Conducting workplace safety inspections can serve a greater purpose than simply meeting a compliance requirement. In fact, work site safety inspections can be a vital part of your injury prevention efforts if done well. They can help reassure workers that the workplace is safe and help the company demonstrate that it cares.

In order for this to happen, a more robust process is necessary. The best methodology for this process is also one that is time tested and rooted in continuous improvement—the Deming cycle.

Let's break this down by component:

- **Plan:** Define the purpose and set expectations.
- **Do:** Define an inspection strategy, collect observations, and perform the initial correction.
- **Study:** Periodically review data collected; identify gaps and trends.
- **Act:** Give feedback, develop action plans, and make data-driven decisions.





Health & Safety

Newsletter

Why do Safety Inspections?

Plan

The purpose of conducting work site safety inspections should be more than mere compliance. The purpose should be to prevent injuries. With that in mind, the expectations should be that inspections that detail critical observations of all areas should be conducted at a frequency that allows for sufficient trending of patterns.

With the expanded purpose and expectations, it may become clear that the frequency and breadth of current inspections is insufficient and may need to be expanded in order to meet the new requirements. In addition, a plan must be put in place to actually use the data collected, beyond checking the box and counting the "cards" submitted. Tracking and trending of findings is essential to meet the revised purpose of injury prevention.

Lastly, the planning elements must be communicated to everyone so that the purpose is clear.

Do

The first step in this phase is the development of a comprehensive inspection strategy. This strategy should define who does inspections, when they occur, what is to be observed, and where they are to be done.

Who does inspections? A study was conducted that shows the probability of having an incident declines as the number and diversity of the people performing inspections increases. In fact, the study shows that having a large number of diverse inspectors doing a few inspections each is better than having a few inspectors doing a large number of inspections each, even if those inspectors are highly trained safety professionals. This inclusion helps to shift the ownership of safety away from the "safety" team and onto the entire organization.

When do they occur? An inspection is a snapshot in time. As the saying goes, if a tree falls in the woods and nobody is there to hear it, does it make a sound? The same goes for safety inspections—if work occurs and there is nobody to evaluate it critically for safety, was the work done safely? It is best to schedule inspections to ensure good coverage across many days & shifts, as well as when infrequent work occurs such as entering a confined space or performing lockout on energized equipment.

What is to be observed? This involves the task or category of hazard, such as PPE or fall protection. If the purpose is to prevent injuries, as defined in our Plan phase, then it is important to ensure each risk is observed enough to allow for trending and ultimately evaluation of risk. Typically, observers focus on the easier things to see, such as PPE, while the more difficult categories to evaluate, such as fall protection, receive fewer inspections.

Where is it to be done? Each project or location should be broken up into manageable areas and work groups to ensure each unique entity is observed. Ideally, each observation should be linked to both a location and a work group. In addition, each location and work group should have an expected number of inspections and/or observations within a given time period based on manpower and risk—the more manpower and the higher the risk, the more inspections necessary to ensure a safe working environment.

Study

Collecting data in the previous stage is simply the beginning. Once data has been collected, the next step is to review the data. A data use plan is necessary to ensure that data are reviewed at a frequent and periodic basis and actions are taken to drive improvement. Think of it like this—if I stand on a scale and collect my weight each day and record it, will I lose weight? No! I must take the data, compare it against expectations, and then drive actions that will help improve the risk.

The idea is to look for gaps and trends in the data. A gap is something that is not being done that should be, such as observations in a particular category (e.g., electrical, confined space) or in a particular area. A trend is something that is seen over and over and will continue to repeat until the causal factors for the system are identified and remedied.

Act

The last step in the continuous improvement loop is action. Without it, this is all simply wishful thinking or worse—a lesson in futility. Action drives accountability. Action can include simple things, such as providing feedback or sharing information on trends that have been seen. It can also involve more complex solutions, such as a revision to the way in which work is performed or a pre-incident investigation based on at-risk trend information. It could even drive utilization of data as evidence in a data-driven decision, such as a request for a large capital expenditure.





Health & Safety

Newsletter



Safety Totally Leads the Way..

This is not just the path toward improved safety and lower safety-related costs; it is also the path to walk if your goal is greater customer retention, higher sales, and maximizing profits.

The trend toward "total engagement" has been emerging for the past five to 10 years: a trend driven at times by the ongoing need to attract and retain talented people and by the need to address a myriad of other business objectives. Employee engagement is the key to success for virtually all corporate initiatives; from wellness to safety, from sales to profitability, practically all successful attempts to improve performance start by improving employee engagement. It would therefore seem logical that employee engagement initiatives would emanate from the very top of an organization with directives handed down from executives to HR and operations managers.

In my experience, what actually happens is that some forward-thinking department manager deploys employee engagement tactics that produce impressive results catching the attention of those in the C-Suite. Very often, that manager is in charge of safety.

While starting to find more companies that seem to understand that virtually all their strengths, weaknesses, opportunities, and threats can and should be looked at through the lens of employee engagement, I'm still not finding many that act accordingly at a high level.

If they identify training as a weakness, they often spend most of their time discussing whether there is better training software that they should deploy. If they see an opportunity to lower safety costs related to incidents such as "struck-bys" or "slips and falls," they discuss purchasing better hard hats and work boots. While these conversations are taking place, what they really need is someone in the room to stand up and say, "Let's look at our employee engagement levels first."

Employee Engagement Foundational to Improving Safety

The reason this does not happen as often as it should is that it requires a more thoughtful approach and will take longer than simply deciding to purchase a new training program or more PPE. And the reason that ideas like this do not flow as easily as they should within an organization is that large companies still have siloed departments that oftentimes prevent them from getting organization-wide efforts going.

In reality, what usually happens is that one department (generally the one with the greatest pain point) creates a program and, if that program succeeds at a significant enough level, it catches the attention of other departments and/or the executives. From there it may or may not expand, depending on how forward thinking the company is and any number of other factors. Regardless of where it ends, the department that is most likely to get the ball rolling with an employee engagement program that changes employee behaviors is safety.

This makes sense if you think about it, especially in larger organizations that have a great deal riding on how safely they work. Safety-related spending (a company's loss-pick) trends upward at 5-10 percent annually for many companies even if they perform at a relatively stable level. Costs related to insurance, claims, health care, regulation, and the like are the driving force behind this general tendency toward increasing safety-related costs. Those types of annual spending increases are going to naturally lead to discussions about how to "solve the problem."



Health & Safety

Safety Totally Leads the Way..

Safety managers noticed long ago that they can't really improve safety unless they can break through the clutter of everyday life and truly engage with employees. When they have exhausted most other tactics, companies come to realize that to improve safety, they need to create employee engagement/recognition/rewards programs that amplify and enable their safety message to get through. They also know that properly built programs do not offer cash as the award, because cash gets confused with compensation, but instead offer a wide variety of tangible merchandise and travel awards to truly capture and hold the attention of workers.

Share and Protect Your Success

But what comes next? Now, you, as a safety manager, have successfully overseen the creation of a great program that is addressing your needs by using engagement tactics and targeting the behaviors that help prevent accidents. The program is working, other executives and managers in the company have noticed, and they come calling because they want a piece of what you have . . . an engaged workforce.

The overtures may come from other department heads interested in improving training, lowering turnover, creating a wellness program, increasing customer retention, or any number of other initiatives. They will all want to know how you are moving your needle, how their department may benefit from your experience, and how they can latch on to the success of your program. The attention may also come from senior executives and "bean counters" who see the positive fiscal impact of what you are doing and who direct other department heads to mirror your efforts and results.

So how should you react to others who want to share in your success? My first word of advice is, of course, "graciously," in that you all play for the same team and shared company success is a rising tide that will truly lift all boats. You should look, however, for mutually beneficial ways to connect your initiatives with others while being very careful not to dilute your "safety brand." Make no mistake about it, by the time you have successfully improved safety by deploying employee engagement tactics, you will have created a "brand" that now has value and that should be shared only in mutually beneficial ways. It will be easiest to accomplish this if you start by connecting with other initiatives that compliment your objectives and goals.

This is the first step in expanding from a one-dimensional program into a "Total Rewards" offering.

Newsletter

Infuse New Energy with Wellness

For safety, there can be no better example of a program that has complimentary objectives than wellness. Safety and wellness are flip sides of the same coin with many objectives that directly overlap. In fact, the next step for many of my customers with long-term successful safety programs that are looking for innovative ways to infuse energy into the program is to add a wellness component (even if HR didn't come and ask for it). A few simple examples of how safety directly connects to wellness:

- ☑ Smokers tend to miss more days of work because they are sick more often, putting pressure on others to cover their shifts (drive their vehicle, run their routes), and the people covering their shifts are more likely to have an accident because they lack familiarity with the position.
- ☑ Overweight and obese drivers and heavy equipment operators are more likely to have sleep apnea and less likely to get a good night's sleep, causing them to work while tired and leading inexorably to more accidents.
- ☑ Workers with high blood pressure or hypertension who are not aware of their afflictions and who do not properly mitigate their medical conditions are more susceptible to mood swings that can invite dangerous situations into the workplace.

For a safety department, there can be a real potential benefit to partnering up with HR or some other department to extend the benefits of the safety recognition/rewards program it has created to also address and improve wellness. The trick is to do so without distracting or damaging the success enjoyed on the safety side. In other words, to make the additional wellness component synergistic while maintaining the core messaging that made the safety program successful to begin with.



Never heard of moringa before? Although this plant was initially discovered for its beneficial properties thousands of years ago, only recently has moringa (sometimes called the Ben oil tree) become known as one of the most impressive herbal supplements to hit the holistic health market. In fact, in 2008 the National Institute of Health called moringa (*moringa oleifera*) the “plant of the year,” acknowledging that “perhaps like no other single species, this plant has the potential to help reverse multiple major environmental problems and provide for many unmet human needs.”

To date, over 1,300 studies, articles and reports have focused on moringa benefits and this plant’s healing abilities that are important in parts of the world that are especially susceptible to disease outbreak and nutritional deficiencies. Research shows that just about every part of the moringa plant can be utilized in some way, whether it’s to make a potent antioxidant tea or produce an oily substance that lubricates and nourishes the skin. Throughout the world, moringa is used for treating such widespread conditions as: inflammation-related diseases, cancer, diabetes, anemia, arthritis and other joint pain, such as rheumatism, allergies and asthma, constipation, stomach pains and and diarrhea, epilepsy, stomach and intestinal ulcers or spasms, chronic headaches, heart problems, including high blood pressure, kidney stones, fluid retention, thyroid disorders, low sex drive, bacterial, fungal, viral and parasitic infections.

1. Provides Antioxidants and Anti-Inflammatory Compounds

One of the reasons that the many health benefits of herbal plants like *Moringa oleifera* are so impressive is because they contain similar abilities to conventional drugs, only they don’t pose the same level of risk for experiencing side effects. According to a report published in the *Asian Pacific Journal of Cancer Prevention*, moringa contains a mix of essential amino acids (the building blocks of proteins), carotenoid phytonutrients (the same kinds found in plants like carrots and tomatoes), antioxidants such as quercetin, and natural antibacterial compounds that work in the same way as many anti-inflammatory drugs. Moringa leaves are high in several anti-aging compounds that lower the effects of oxidative stress and inflammation, including polyphenols, vitamin C, beta-carotene, quercetin, and chlorogenic acid. These are associated with a reduced risk for chronic diseases, such as stomach, lung or colon cancer; diabetes; hypertension; and age-related eye disorders.

2. Balances Hormones and Slows the Effects of Aging

A 2014 study published in the *Journal of Food Science and Technology* tested the effects of moringa (sometimes also called “drumstick”) along with amaranth leaves (*Amaranthus tricolor*) on levels of inflammation and oxidative stress in menopausal adult women. Knowing that levels of valuable antioxidant enzymes get affected during the postmenopausal period due to deficiency of “youthful” hormones, including estrogen, researchers wanted to investigate if these superfoods could help slow the effects of aging using natural herbal antioxidants that balance hormones naturally.

Ninety postmenopausal women between the ages of 45–60 years were selected and divided into three groups given various levels of the supplements. Levels of antioxidant status, including serum retinol, serum ascorbic acid, glutathione peroxidase, superoxide dismutase and malondialdehyde were analyzed before and after supplementation, along with fasting blood glucose and haemoglobin levels. Results showed that supplementing with moringa and amaranth caused significant increases in antioxidant status along with significant decreases in markers of oxidative stress.

Better fasting blood glucose control and positive increases in haemoglobin were also found, which led the researchers to conclude that these plants have therapeutic potential for helping to prevent complications due to aging and natural hormonal changes. Moringa benefits the libido as well and might work like a natural birth control compound, according to some studies.

3. Helps Improve Digestive Health

Due to its anti-inflammatory properties, moringa has been used in ancient systems of medicine such as Ayurveda to prevent or treat stomach ulcers, liver disease, kidney damage, fungal or yeast infections (such as candida), digestive complaints, and infections. (6)

A common use of moringa oil is helping to boost liver function and therefore detoxifying the body of harmful substances, such as heavy metal toxins. It might also be capable of helping to fight kidney stones, urinary tract infections, constipation, fluid retention/edema and diarrhea.

4. Balances Blood Sugar Levels, Helping Fight Diabetes

Moringa contains a type of acid called chlorogenic acid, which has been shown to help control blood sugar levels and allow cells to take up or release glucose (sugar) as needed. This gives moringa natural antidiabetic and hormone-balancing properties. Aside from chlorogenic acid, compounds called isothiocyanates that are present in moringa have also been tied to natural protection against diabetes.

A study that appeared in the International Journal of Food Science Technology found that moringa had positive effects on blood glucose control and insulin levels in patients with diabetes when eaten as part of a high-carbohydrate meal. The effects of three different plants (moringa, curry and bittergourd) were tested in response to eating meals containing various levels of glucose. The results showed that plasma insulin responses were significantly lower when the three plants were included in the meal compared to when they weren't, with all three plants having similar effects.

Separate studies conducted by the Biotechnology Institute at Sadat City University in Egypt have found that antidiabetic activities of low doses of moringa seed powder (50-100 milligrams per kilogram body weight) help increase antioxidant status and enzyme production within the liver, pancreas and kidneys of rats and prevent damage compared to control groups.

High levels of immunoglobulin (IgA, IgG), fasting blood sugar and glycosylated hemoglobin (HbA1c) – three markers seen in diabetics – were also found to decrease as a result of moringa given to rats with diabetes. Results from the study showed that overall, compared to rats not given the herbal treatment, those receiving moringa experienced a return to both kidney and pancreatic health as well as reduced complications of diabetes.

5. Protects and Nourishes the Skin

Moringa contains natural antibacterial, antifungal and antiviral compounds that protect the skin from various forms of infections. Some of the common ways moringa is used on the skin include: reducing athlete's foot, eliminating odors, reducing inflammation associated with acne breakouts, treating pockets of infection or abscesses, getting rid of dandruff, fighting gum disease (gingivitis), and helping heal bites, burns, viral warts and wounds.

Moringa oil is applied directly to the skin as a drying, astringent agent used to kill bacteria, but at the same time when used regularly it's known to act like a lubricant and hydrate the skin by restoring its natural moisture barrier. It's a common ingredient used in food manufacturing and perfumes because it prevents spoilage by killing bacteria, plus it has a pleasant smell and reduces odors.

6. Helps Stabilize Your Mood and Protects Brain Health

As a high protein food and a rich source of the amino acid tryptophan, moringa benefits neurotransmitter functions, including those that produce the "feel good" hormone serotonin. Moringa is also rich in antioxidants and compounds that improve thyroid health, which makes it beneficial for maintaining high energy levels plus fighting fatigue, depression, low libido, moods swings and insomnia.



Moringa Leaves - Nutritional Value Per Gram
As compared to everyday food!



Fall Protection: Are You Fully Prepared?

Thorough fall protection requires a culture of safety as well as OSHA-certified fall prevention measures.

Companies have a constant need to improve the safety of employees and the environment they work in. Supervisors and company leaders understand how quickly accidents can happen in the workplace and how devastating their effects can be. As workplaces advance and evolve, fall protection methods must, as well. The advancements made in the fall protection industry make life easier but, more importantly, they keep employees safer.

As year-end approaches, it's a good idea to be one step ahead of the game, looking forward to 2018 and both the proven and new ways you can protect employees from workplace falls and accidents. Workplace safety is essential for an efficient, healthy company. Safety in the workplace requires an educated workforce, a confident understanding of OSHA regulations, and an interest in the latest industry updates. It's also important that employees feel safe and confident in their workplace.

Why Is Fall Protection a Priority?

Believe it or not, falls are far more common in the workplace than you might realize. In fact, OSHA names falling as one of the most common causes of workplace fatalities. The risks are even greater when the fall is to a lower level, which has been named by the U.S. Bureau of Labor Statistics as the most deadly type of workplace fall. Fall protection and prevention is a vital part of your employees' safety.

Many employees wrongly assume that their reflexes will save them from a damaging fall or that their years of experience insulate them from the danger of falling. Falling, however, is an inescapable part of work life in many industries and can happen to anyone at any time. Even the most experienced or nimble worker can easily slip, lose their grip or balance, or simply miss a beat. When your workplace includes elevated platforms, manholes, scaffolding, roofs, or any number of other fall risks, a simple mistake can become serious in an instant.

In order to protect your labor force from the danger of injurious or fatal falls, a system of fall protection and prevention must be implemented and updated to the newest OSHA standards. For thorough protection, prevention efforts should range from company-wide trainings to the increased use of OSHA-compliant devices such as: Guardrails; Mezzanine fall protection gates; Harnesses; Equipment guarding; Access control gates; Skylight protection.

OSHA Regulations and Your Company

Because falling is such a common cause of injury and fatality in the workplace, it's essential to stay informed of OSHA's regulations surrounding fall prevention and protection. Your workforce has the right to a safe, healthy workplace, and your responsibilities include:

- Providing accessible and thorough training on job hazards
- Maintaining a workplace that is free of known dangers
- Providing fall protection and prevention equipment at no cost to workers
- Keeping workplace floors clean and, if possible, dry
- Allowing for open communication and reporting of health and safety concerns





Health & Safety

Newsletter

Step by Step: How Your Company Can Prevent Falls

Fall protection is likely already a high priority. But with changing regulations and the constant risk of injury, there is no place for complacency when it comes to the measures your company has taken to protect its workforce. Thorough fall protection requires a culture of safety as well as OSHA-certified fall prevention measures. It includes a multi-faceted program implemented company-wide, ideally comprised of these essential steps:

- 1) Learn. Familiarize yourself with fall protection rules from OSHA and make sure you know any additional rules your company has in place.
- 2) Monitor. Thoroughly investigate workplace fall hazards on a regular basis.
- 3) Change. Eliminate these hazards whenever possible.
- 4) Educate. Teach your workforce about the remaining fall hazards and proper workplace safety protocol.
- 5) Prevent. Install and maintain fall prevention and protection devices.

An intimate knowledge of the workplace and the regulations that apply to it is crucial. Floor holes, elevated platforms, open-sided platforms and floors, as well as drops to lower levels must be monitored carefully. Another important consideration is that fall protection can differ based on the location and the type of workplace, so what works in one location may not in another.

Floor holes and skylights require toe-boards and railings, floor hole covers, or skylight protection guards. Elevated platforms and potentially dangerous equipment (including conveyer belts, vats, and heavy machinery) are often better suited to guardrails and other equipment guarding. In work sites where the potential danger of falling is extreme, you'll need to implement even further safety measures, such as safety harnesses and lines, safety nets, mezzanine fall protection gates, and access control gates.

A truly prepared workplace understands that falls are not hypothetical. In other words, instead of asking yourself what you would do if a worker falls, make sure you know how they will be protected when they fall.

Determining the Areas of Your Building That Need Protection

Different parts of your building have different requirements—and it's important that appropriate safety measures have been implemented everywhere necessary. Varying levels, open manholes, pits, vats, roofs, and heavy equipment all call for their own protection.

A standard rule of thumb can be found in the "trigger height." For workers who are working above ground level or above a lower level, there is a widely recognized trigger height of 4 feet. Once you have workers 4 feet removed from the ground or lower level, you are required to protect them from falls. The trigger height, however, is not the last word on the subject.

Rooftop work sites are especially in need of up-to-date fall protection and prevention. Not only does the average rooftop work site present more risk of falling than other work sites, but there is also a higher propensity for environmental risks. Slipping hazards caused by inclement weather, such as snow, wind, and rain, are often joined by debris from the work site as well as the surrounding environment. As such, rooftop work sites must be outfitted with OSHA-compliant safety measures, often mixing active safety measures such as harnesses and lines with passive safety measures such as guardrails and safety gates.

Educating Your Labor Force

A workplace fall can happen to anyone, and when someone does fall, it affects everyone. As such, every member of your team must be an informed, active participant in increasing the safety of your organization. You can educate your team using:

- OSHA training programs
- Up-to-date safety handbooks
- Robust safety orientation for new hires



But perhaps the most important part of education is culture. By fostering a culture of safety in your company, you'll inspire your employees to commit to their own safety as well as that of others. This means a worker should feel comfortable reminding their manager or CEO of slip and fall hazards, or insisting that they make use of fall protection devices. Safety in the workplace is not about hierarchy, it's about community.

For employers, the social structure of safety is equally as important as the physical structure. Fall safety prevention devices such as guardrails, safety gates, and harnesses aren't the only necessities; safety training is just as essential. This includes training on the safe use of and navigation around dangerous equipment and hazardous heights, as well as fall protection and prevention.

Employees, for their part, must participate in these trainings, actively recognize unsafe practices as soon as they witness them, and feel comfortable reporting their concerns. They should also know which areas of their workplace present fall risks and be vigilant about limiting their exposure to this risk.

Keeping Your Staff Safe in the Year Ahead

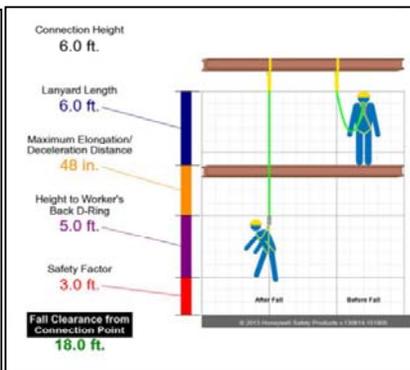
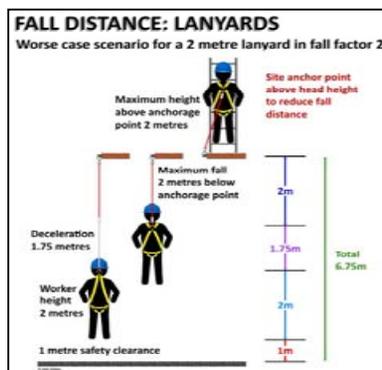
A company is only as good as its employees, and employees can only be as safe as their work environment allows them to be. Therefore, it's essential that you remain committed to and invested in fall prevention. By prioritizing fall and accident prevention education, creating a culture of safety, analyzing fall prevention methods already in place, and updating them to reflect new guidelines and innovations, you can keep your workplace as safe as possible. 2018 is the year to take your company's safety culture to the next level. With the proper safeguards at your disposal, you can make sure everyone is safe under your watch.

Personal Fall Arrest Systems – 29 CFR 1926.502(d)

A personal fall arrest system is a system used to safely stop (arrest) a worker who is falling from a working level. It consists of an anchorage, connectors, and a body harness. It also may include a lanyard, deceleration device, lifeline, or suitable combinations of these. Under Subpart M, body belts (safety belts) are prohibited for use as part of a personal fall arrest system.

When employers choose to use a personal fall arrest system as a means of worker fall protection they must:

- ☑ Limit the maximum arresting force on a worker to 1,800 pounds when used with a body harness. 29 CFR 1926.502(d) (16)(ii).
- ☑ Be rigged so that a worker can neither free fall more than 6 feet nor contact any lower level. 29 CFR 1926.502(d)(16)(iii).
- ☑ Bring a worker to a complete stop and limit the maximum deceleration distance a worker travels to 3.5 feet. 29 CFR 1926.502(d)(16)(iv).
- ☑ Have sufficient strength to withstand twice the potential impact energy of a worker free falling a distance of 6 feet or the free fall distance permitted by the system, whichever is less. 29 CFR 1926.502(d)(16)(v).
- ☑ Be inspected prior to each use for wear, damage, and other deterioration. Defective components must be removed from service. 29 CFR 1926.502(d)(21).





Health & Safety

Newsletter

HSE STATISTICS September 2017

Project: Construction of Flow lines & Wellhead Installation of Typical Works in ADCO's Fields. (Package "C" - BuHasa/ Huwaila/ Bida Al Qemzan Fields)

No.	Performance Indicators	PROJECT 7067		
		Month	YTD-2017	PTD
1	Total number of employees	307		
2	Man-hours worked	79,860	704,103	2,257,574
3	Fatalities (Death)	00	00	00
4	Fatal Accident Rate (FAR)	00	00	00
5	Permanent Total Disabilities	00	00	00
6	Lost Workday Cases (LWDC)	00	00	00
7	Total Employees Trained	298	2565	11151
8	Total Training Hours	472	4152	15580
9	First Aid Cases	00	00	00
10	Near Misses	00	02	06
11	Hazards (Unsafe Act)	09	93	226
12	HSE Meetings	01	09	45
13	HSE Inspections	03	27	127
14	Emergency Exercises	01	07	25
15	Number of Vehicles	47		
16	Vehicle Kilometer Driven	111,484	1,022,022	4,718,714

Project: Construction of Flow lines & Wellhead Installation of Typical Works in ADCO's Field (Package "A" - SE Abu Dhabi (ASAB, Sahil, Shah, Qusahwira & Mender Fields))

No.	Performance Indicators	PROJECT 7071		
		Month	YTD-2017	PTD
1	Total number of employees	241		
2	Man-hours worked	58,460	518,120	2,111,211
3	Fatalities (Death)	00	00	00
4	Fatal Accident Rate (FAR)	00	00	00
5	Permanent Total Disabilities	00	00	00
6	Lost Workday Cases (LWDC)	00	00	00
7	Total Employees Trained	238	2564	6967
8	Total Training Hours(Average)	186	1334	5989
9	First Aid Cases	00	00	00
10	Near Misses	00	06	113
11	Hazards (Unsafe Act)	40	190	190
12	HSE Meetings	02	18	74
13	HSE Inspections	12	79	204
14	Emergency Exercises	00	04	16
15	Number of Vehicles	35		
16	Vehicle Kilometer Driven	93,940	838,882	3,556,317

CORPORATE HSE KPI'S FOR 2017

SI. No.	OVERALL HSE KEY PERFORMANCE INDICATORS	ANNUAL TARGET	ACTUAL for 2017			
			Q1	Q2	Q3	Q4
1	Frequency Rate of Lost Time Injuries - F.R.I	0.6	0	0	0	
2	Severity rate of injuries	0	0	0	0	
3	Fatal Injuries	0	0	0	0	
4	Fatal Accidents	0	0	0	0	
5	Frequency Rate of Vehicle Accidents (FRVA)	0	0	0	0	
6	HSE Mandatory Trainings for Staff/Workers	100%	100%	100%	100%	
7	Property Damage Accidents	0	0	0	0	
8	Client's / Public's Property Damage Accidents	0	0	0	0	
9	Near Miss Reporting	1000	250	250	250	
10	Corporate HSE Audits per Project	4	1	1	1	
11	HSE Campaigns	4	1	1	1	
12	HSE Inspections per Camp	4	1	1	1	
13	Emergency Drills per Camp	2	0	1	0	
14	HSE Inspection on working Sites per Project	12	3	3	3	
15	Corporate HSE Review Meetings	2	0	1	0	
16	Project HSE Committee Meetings per Project	8	2	2	2	
17	CHSE Audits on Head Office.(OHSAS 18001/ISO 14001 Standards	2	0	1	0	



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.



KEY PERFORMANCE INDICATORS

SAFETY QUIZ FOR ISSUE 34

PICTURE SLOGAN FOR ISSUE 34



Do you know the basics of warehouse safety? Test your knowledge and see how your perceptions stack up against the experts. Use this as a learning tool to improve your safety performance on the job!

- T F 1. You should drive forklifts backwards down a decline if possible to reduce the chances of a load slipping and falling.
- T F 2. As long as you are careful, it is okay to stand between a dock and a trailer.
- T F 3. Cuts, bruises, pinch-point injuries, scalds and burns are all injuries you could receive from a conveyor belt.
- T F 4. Warehousing is a dangerous industry because the large amount of bulk material being stored could easily ignite.
- T F 5. The best ergonomic practice for warehouses is to lift items only when necessary.
- T F 6. If the personal protective equipment (PPE) your employer provides for you is uncomfortable, it is OK not to wear it.
- T F 7. Smoking and horseplay are allowed in the warehouse if they are done in an open area away from materials, debris and clutter.
- T F 8. When handling materials, you should always place heavier loads on lower or middle shelves.
- 9. Which of the following is NOT a hazard in the warehouse?
 - a) Hazardous materials
 - b) Powered industrial trucks
 - c) Conveyor belts
 - d) Sloppy housekeeping
 - e) ALL OF THE ABOVE are warehouse workplace hazards
- 10. When working at the loading bay it is a good idea to:



PARTICIPATE AND WIN EXCITING PRIZES

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.



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.

ratheeshrl@galfaremirates.com

SAFE MAN OF THE MONTH (JULY 2017 TO SEP 2017)

SI No	NAME	GEC NO	DESIGNATION	AWARD	MONTH	AMOUNT
1	Mr. NURSINH BEHERA	275846	HELPER-CIVIL	Safe Man	Jul-17	250/-
2	Mr. BABU RAO PALLE	273778	HELPER-CIVIL	Safe Man	Jul-17	250/-
3	Mr. AFSAL MOHAMED	274756	BLASTER	Safe Man	Jul-17	250/-
4	Mr. THUMBAYA .K	276258	RIGGER	Safe Man	Jul-17	250/-
1	Mr. RAMPRIT KUSHAWAHA	273226	RIGGER	Safe Man	Aug-17	250/-
2	Mr. PAHALLAD BEHERA	275915	HELPER-CIVIL	Safe Man	Aug-17	250/-
3	Mr. S MOHAN SAPA	274756	RIGGER	Safe Man	Aug-17	250/-
4	Mr. P.CHINNAYAN	271633	HELPER-CIVIL	Safe Man	Aug-17	250/-
1	Mr. MAQUSOOD ALAM	275335	HELPER-MECH.	Safe Man	Sep-17	250/-
2	Mr. HRIDAYA GOD	275408	HELPER-MECH.	Safe Man	Sep-17	250/-
3	Mr. CHAKRADHAR SETHY	275841	HELPER-CIVIL	Safe Man	Sep-17	250/-
4	Mr. ABHIMANYU KASHYAP	276015	CHAIN MAN	Safe Man	Sep-17	250/-

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)



SAFE DRIVER OF THE MONTH (JULY 2017 TO SEP 2017)

SI No	NAME	GEC NO	DESIGNATION	AWARD	MONTH	AMOUNT
1	Mr. MUKESH KUMAR	273880	JCB OPERATOR	Safe Driver	Jul-17	250/-
2	Mr. SHENTHIL KUMAR	274742	CRANE OPERATOR	Safe Driver	Jul-17	250/-
3	Mr. NOUFAL	275338	L/D DRIVER	Safe Operator	Jul-17	250/-
4	Mr. PRAVEEN KUMAR	275830	L/D DRIVER	Safe Operator	Jul-17	250/-
1	Mr. PIRA KHAN	271705	HD DRIVER-HIAB	Safe Driver	Aug-17	250/-
2	Mr. KULVIR SINGH	276484	H/D OPERATOR	Safe Driver	Aug-17	250/-
3	Mr. ABDUL LATEEF	275456	L/D DRIVER	Safe Operator	Aug-17	250/-
4	Mr. ABDUSALAM V.	275951	L/D DRIVER	Safe Operator	Aug-17	250/-
1	Mr. BARA KHAN	276025	HD DRIVER-HIAB	Safe Driver	Sep-17	250/-
2	Mr. ZARGUL KHAN	275782	HD DRIVER-HIAB	Safe Driver	Sep-17	250/-
3	Mr. KUNJ ABDULLAH	274895	L/D DRIVER	Safe Operator	Sep-17	250/-
4	Mr. KULDIP CHAND	275659	L/D DRIVER	Safe Operator	Sep-17	250/-

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)





Health & Safety

Newsletter

MASS TOOL BOX TALK AT GALFAR HABSHAN CAMP



Project Manager, Construction Manager, Sr. Safety Engineer, Camp Boss commenced the Mass Tool BOX Talk function by welcoming all members of the Camp. He congratulated all for working safely and requested all to maintain the same spirit and continue adopting safe work practices to avoid accidents.

Awareness session was given for Camp Safety Rules and reporting near miss including a theme based awareness session on hazards reported during first three quarter of 2017.

Persons Attended: 396 Nos.





Health & Safety

Newsletter

FREE MEDICAL (HEALTH AWARENESS & SCREENING) CAMP AT GALFAR HEADOFFICE



Galfar organized a one day Free Medical camp (Health Awareness and Screening) in association with LLH Hospital Mussafah on 12th September 2017 at Galfar Head Office. The medical camp was organized as a part of our welfare program, with the objective of providing free medical examination/check up for Galfar employees and also to raise health awareness among them. A medical team of five members including Doctors, Lab Technicians, Pharmacists and Administrators from LLH Hospital arrived Galfar HO camp at 0900 hrs to start the event with a Health Seminar. Galfar's Corporate HSE Manager opened the function and welcomed all.

Medical Camp included Preventive screening, Cholesterol check, blood sugar check, condition of kidney, followed by ECG.

88 employees from Galfar attended the medical camp, screened for general health checkup and various other ill-health conditions. Needful employees were provided with treatment and medicines, advised further investigation and referral if required as free of cost from the hospital.

The medical camp was successfully completed at 1400 hrs with the help of hard work and team spirit by the volunteers who were coordinating and controlling the event.





Health & Safety

Newsletter

NEW FLEET IN GALFAR PLANT AND EQUIPMENT



Hydraulically operated Deep well Rig



TOYOTA HILUX 4 x 4 Pickup : 10 Nos.



Safety Alert



ANY ACCIDENT FORESEEN IN THIS FRAME?



An operator worker is ready to start digging a U-shaped gutter at the construction site of a park, using a small size hydraulic excavator. It is in the morning, and there comes another worker this way with a polyethylene fuel container. He is supposed to fill the machine with fuel before the day's work. Unable to start the engine, the operator is waiting for him impatiently in the operator's seat. By the way an overhead acryl plate for protection is missing at the operator's side of the machine, since it had been broken and removed for replacement.

This is the accident resulted!

While he was watching him filling fuel, he inadvertently touched the bucket control lever, which let down the bucket. He was caught in between the falling boom and one of the cab guard pillars and killed.

TIPS FOR PREVENTING SIMILAR ACCIDENTS

- ☑ Protective devices removed from construction vehicle, reinstall it immediately and never use them until after it is in place.
- ☑ Make out working procedures for machine inspection, maintenance, refueling, etc. for safety assurance, and see that they are observed without fail.
- ☑ If it cannot be avoided to carry out works under a raised bucket, secure it with support pillars or blocks to ensure safety.
- ☑ Implement education and training for safety in machine inspection, maintenance, refueling, etc.
- ☑ Create an organization responsible for inspection and maintenance that includes voluntary inspection of the machines.

स्वस्थ शरीर है सबसे बड़ा खजाना !

आधुनिक जीवन शैली की तेज रफ्तार एवं भागदौड़ भरी जिंदगी में सेहत का विषय बहुत पीछे रह गया है और नतीजा यह निकला की आज हम युवावस्था में ही ब्लड प्रेशर, डायबिटीज, हृदय रोग, कोलेस्ट्रॉल, मोटापा, गठिया, थायरॉइड जैसे रोगों से पीड़ित होने लगे हैं जो कि पहले प्रोढ़ावस्था एवं व्रद्धावस्था में होते थे और इसकी सबसे बड़ी वजह है खान पान और रहन सहन की गलत आदतें, आओ हम सेहत के इन नियमों का पालन करके खुद भी स्वस्थ रहे तथा परिवार को भी स्वस्थ रखते हुए अन्य लोगों को भी अच्छे स्वास्थ्य के लिए जागरूक करें ताकि एक स्वस्थ एवं मजबूत समाज और देश का निर्माण हो, क्योंकि कहा भी गया है-पहला सुख निरोगी काया।

भोजन हो संतुलित- घी, तैल से बनी चीजें जैसे पूड़ी, पराँठे, छोले भठूरे, समोसे कचौड़ी, जंक फूड, चाय, कॉफी, कोल्ड ड्रिंक का ज्यादा सेवन सेहत के लिए घातक है इनका अधिक मात्रा में नियमित सेवन ब्लड प्रेशर, कोलेस्ट्रॉल, मधुमेह, मोटापा एवं हार्ट डिजीज का कारण बनता है तथा पेट में गैस, अल्सर, ऐसीडिटी, बार बार दस्त लगना, लीवर खराब होना जैसी तकलीफें होने लगती हैं इनकी बजाय खाने में हरी सब्जियां, मौसमी फल, दूध, दही, छाछ, अंकुरित अनाज और सलाद को शामिल करना चाहिए जो की विटामिन, खनिज लवण, फाइबर, एवं जीवनीय तत्वों से भरपूर होते हैं और शरीर के लिए बहुत फायदेमंद होते हैं।

चीनी एवं नमक का अधिक मात्रा में सेवन ना करें, ये डायबिटीज, ब्लड प्रेशर, हृदय रोगों का कारण हैं।

बादाम, किशमिश, अंजीर, अखरोट आदि मेवा सेहत के लिए बहुत लाभकारी होते हैं इनका सेवन अवश्य करें

पानी एवं अन्य लिक्विड जैसे फलों का ताजा जूस, दूध, दही, छाछ, नींबू पानी, नारियल पानी का खूब सेवन करें, इनसे शरीर में पानी की कमी नहीं हो पाती, शरीर की त्वचा एवं चेहरे पर चमक आती है, तथा शरीर की गंदगी पसीने और पेशाब के द्वारा बाहर निकल जाती है।

व्यायाम का करें नियमित अभ्यास- सूर्योदय से पहले उठकर पार्क जाएं, हरी घास पर नंगे पैर घूमें, दौड़ लगाएं, वाक करें, योगा, प्राणायाम करें, इन उपायों से शरीर से पसीना निकलता है, माँस पेशियों को ताकत मिलती है, शरीर में रक्त का संचार बढ़ता है, अनेक शारीरिक एवं मानसिक रोगों से बचाव होता है, पूरे दिन भर बदन में चुस्ती फुर्ती रहती है, भूख अच्छी लगती है इसलिए नियमित रूप से व्यायाम अवश्य करें।

गहरी नींद भी है जरूरी - शरीर एवं मन को स्वस्थ रखने के लिए प्रतिदिन लगभग 7 घंटे की गहरी नींद एक वयस्क के लिए जरूरी है, लगातार नींद पूरी ना होना तथा बार बार नींद खुलना, अनेक बीमारियों का कारण बनता है।

अच्छी नींद के लिए ये उपाय करें- सोने का कमरा साफ सुथरा, शांत एवं एकांत में होना चाहिए, रात को अधिकतम 10-11 बजे तक सो जाना और सुबह 5-6 बजे तक उठ जाना स्वास्थ्य के लिए अच्छा माना जाता है, सोने से पहले शवासन करने से अच्छी नींद आती है, खाना सोने से 2-3 घंटे पहले कर लेना चाहिए एवं शाम को खाना खाने के बाद 20-25 मिनट अवश्य घूमें।

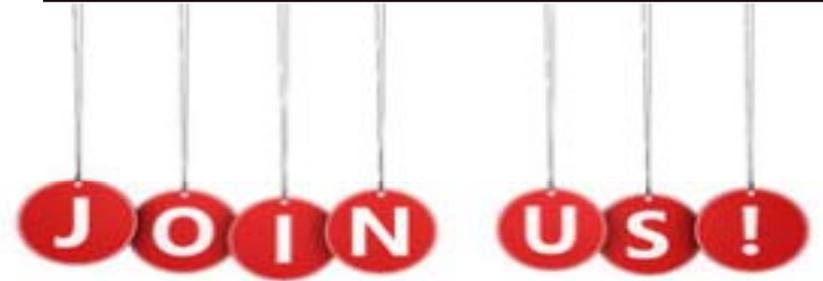
टेंशन को कहे बाय बाय - रोज मर्रा की जिंदगी में आने वाली समस्याओं के लिए चिंतन करना सही है चिंता करना नहीं, चिंता तो फिर भी मरने के बाद शरीर को जलाती है किन्तु लगातार अनावश्यक चिंता जीते जी शरीर को जला देती है इसलिए तनाव होने पर भाई, बंधू एवं विश्वास पात्र मित्रों से सलाह मशवरा करें यदि समस्या फिर भी ना सुलझे तो विशेषज्ञ से राय लें।

नशे से रहें बच के- यूवा पीढ़ी के लिए कोई सबसे खतरनाक बीमारी है तो वो है नशे के जाल में फँसना, शराब, धूमपान, तम्बाकू ये सब सेहत के दुश्मन हैं, किसी भी स्थिति में नशे की लत से बचें, यदि नशे से बचे हुए हैं तो बहुत अच्छा किन्तु, यदि कोई नशा करते हैं तो जितनी जल्दी नशे से दुरी बना लें उतना ही अच्छा है, ये ऐसी बीमारी है जो कैंसर और एड्स से भी ज्यादा खतरनाक है और एकसाथ कई परिवारों को बर्बाद करती है तथा शारीरिक, मानसिक, आर्थिक एवं सामाजिक प्रतिष्ठा के नाश का कारण बनती है, इसलिए नशे से बचना ही बेहतर उपाय है।



Health & Safety

Newsletter



2017 UPCOMING CAMPAIGNS

