



## Message of the Month

Colleagues,

It is with deep sorrow and regret we announce a fatal incident on a drilling floor. At 0705 hours on the 31st May 2005, On NDSC Rig-09 A Derrick-man, Ahmed Juma Mohammed Al Balushi fell a distance of approximately 90 feet from the Mast to the Rig Floor, suffering fatal injuries. Ahmed was declared dead at 09:45 hours. Our thoughts are with his family. Details leading to an incident are being investigated and will be communicated soon.

Last year, we were caught by surprise in the summer months starting from the month of June. This year's hot season has started, unfortunately with a wrong footing. We all know how hot summer gets especially for those who have to work out side. It is our obligation to protect them from extreme conditions and to limit exposure to the heat to a level that is bearable. It is also our obligation to ensure that they get enough rest, drink a lot of water and minimise direct exposure to the sun. The word Supervision is a combination of two powerful words. 'Super' and 'vision'. That is what every leader should have. Super vision to foresee changes in weather, working condition, equipment utilization, workers movements and their needs, hazards, ability to assess risk and of course ability to take right decisions.....etc.

Let us all ensure that we embrace the change ahead and we can safely complete this critical period. As Supervisors, we encourage you to take time to discuss with your teams on how best to plan for the hot season. Engage them in discussions and seek their input. We also encourage you to share safety material with them as reminders, including viewing the video entitled 'Who is the loser?' [click here](#) to access the video in Arabic and English.

We are all empowered to take right decisions. The best decision starts by making a personal commitment to look after yourself and those who work with you. It is a simple commitment but powerful enough to protect you and those with you from harm. Our bodies are too fragile and worse of all, there a no spare parts.

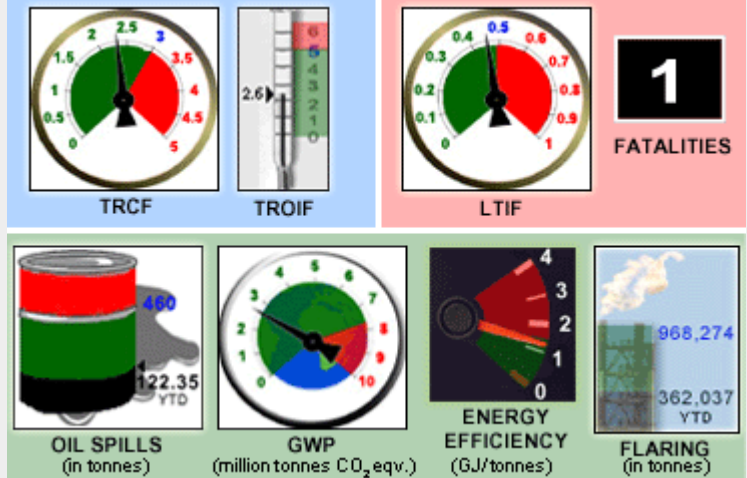
As a respect to Ahmed Al-Balushi, let us all make a personal commitment to work safely and to look after our colleagues and employees.

Please look after yourselves and your colleagues. We need you, your family needs you, the society needs and surely you want to live and in one peace till well beyond your retirement date!!

Kind Regards,

**Khalfan bin Mohammed Al-Esry**  
Corporate HSE & SD Manager (MSEM)

## Corporate HSE Performance YTD



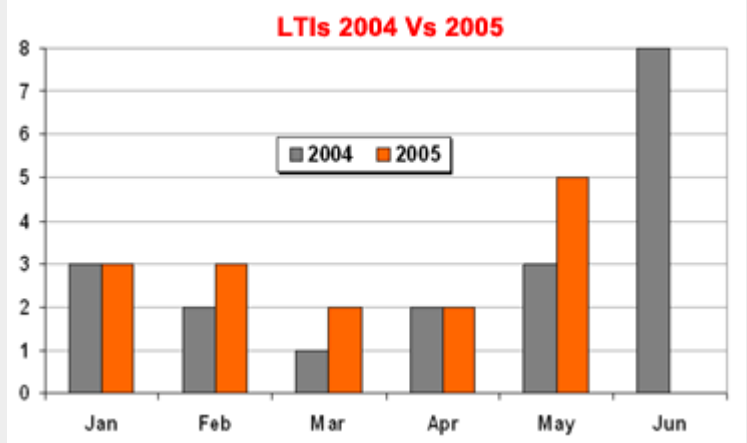
## Health

### Recommended level of Cholesterol

	High Risk	Border line	Desirable
<b>Total</b>	>6.2	5.2-6.2	<5.2
<b>LDL</b>	>4.1	3.4-4.1	<3.4
<b>HDL</b>	<0.9	0.9-1.55	>1.56

There are TWO types of cholesterol. The GOOD (HDL) and the BAD (LDL). [Read more...](#)

## Safety



1 million man-hours without LTIs achieved on 19 May 2005.



### Take Heat seriously

The effects of heat to our body range from simple discomfort to life-threatening illnesses such as heat stress/stroke. More information [[English](#) | [Arabic](#)]

[Latest in HSE & SD Web](#)

### [Section Activities](#)



**Flaring** is used to consume waste gases in a safe and reliable manner through combustion in an open flame.

[Read More...](#)

**Global Warming** is the gradual increase in global temperatures caused by the emission of gases that trap the sun's heat in the Earth's atmosphere. [Read More...](#)

### Sustainable Development

Reed bed is a novel technology that is used to de-oil the process water. The affluent water is used for saline irrigation. [Read More...](#)



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