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### Message of the Month

Dear Colleagues,

As I write to you my last contribution to the Quarterly HSE newsletter before I leave PDO, I do so with mixed emotions. We have together embarked on the journey to transform HSE from the mind to the heart and have planted seeds of success. The journey has started and will need constant reminders before we could see tangible results. Our safety performance for quarter one was not any better than Q1 last year. We suffered 12 incidents:

- Two Road Traffic incidents due to drivers falling asleep. One of them resulted in the death of a third party.
- Five falling incidents using ladders and stairs or falling from heights
- Five fingers and feet injuries due to lack of attention.

All above incidents were avoidable. All had to do with lack of personal due care and attention. It is a well known fact that no one comes to work with the intention of hurting themselves or others. No one plans to have incidents or mishaps. Yet, the attitude and behaviour suggest otherwise.

People are deceived by their confidence and familiarity of the task at hand and as a result, loose attention and become


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#### Corporate HSE Performance YTD

|   | Target         | Actual         |
|---|----------------|----------------|
| <b>Fatalities</b> (company/contractor)  | <b>0</b>       | <b>0</b>       |
| <b>Lost Time Injury Frequency (LTIF)</b><br>(company/contractor) no. per million hours                | <b>0.5</b>     | <b>0.7</b>     |
| <b>Total Reportable Case Frequency (TRCF)</b> (company / contractor) (no. per million man-hours)      | <b>3.0</b>     | <b>3.43</b>    |
| <b>Total Reportable Occupational Illness Frequency (TROIF)</b> (company only) (no. per million hours) | <b>5.0</b>     | <b>0.4</b>     |
| <b>Total Hydrocarbons to Flare</b> (in tonnes)  | <b>926,735</b> | <b>203,017</b> |
| <b>Oil spills &gt;100 kg includes sabotage</b> (in tonnes)  | <b>342</b>     | <b>102</b>     |
| <b>Energy efficiency</b> (GJ/tonnes hc eq. prod.)   | <b>1.3</b>     | <b>1.57</b>    |
| <b>GWP calculated in CO2 equivalent *1</b> (million tonnes CO2 equiv.)                                | <b>7.8</b>     | <b>1.8</b>     |

[See the Glossary of HSE terms](#)

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#### Health

[Performance](#)

complacent. We are all guilty of that at times. All those who had incidents were not doing the task for the first time or the tenth time. It was so common and routine to an extent it became a habit, which eventually led to incidents.

The challenge is on choosing to change the habit of carrying a task in a particular manner. Habits are therefore very powerful. We first make our habits, and then our habits make us. With time, the chains of habit we develop become too small to be felt but too strong to be broken. Eventually, we become slaves to our constantly repeated acts. What we at first choose, at last control us.

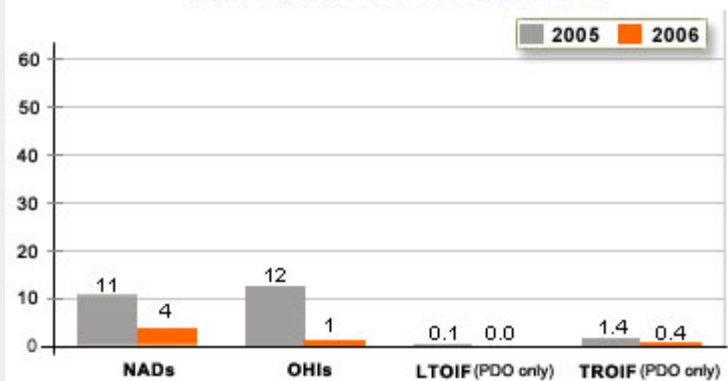
As of today, please review your habits when you carry out routine activities, be it driving as you commute, movements of your hands, fingers and feet, your sitting posture or even your thinking pattern. Discuss with your colleagues and seek their support to observe you in action and give you feedback on your habits of doing tasks. You will be amazed of how much you can change, of course for better. Let us all join efforts to make our days enjoyable and our place pleasant, healthy and safe.

Kind Regards,

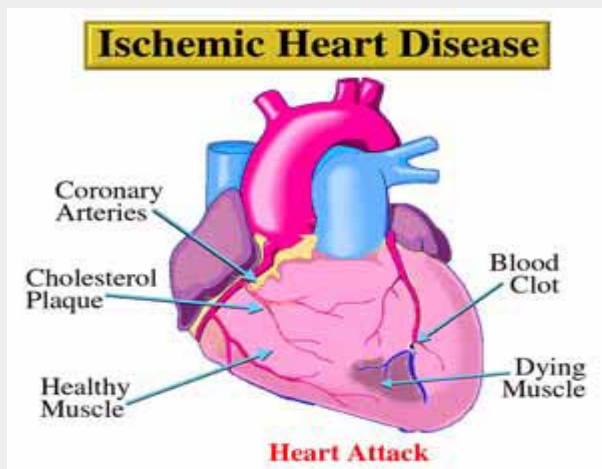


**Khalfan bin Mohammed Al-Esry**  
Corporate HSE & SD Manager  
(MSEM)

## OHI STATISTICS 2005 vs 2006



## Ischemic Heart Disease



Ischaemia is a condition where there is a decreased blood flow in the blood vessels supplying blood to the heart muscle. This results in inability to provide adequate Oxygen to heart muscle (ischaemia) and this can cause damage to the heart muscle. [Read More...](#)



Performance

## 2006 HSE Business Plan



### HSE Communication

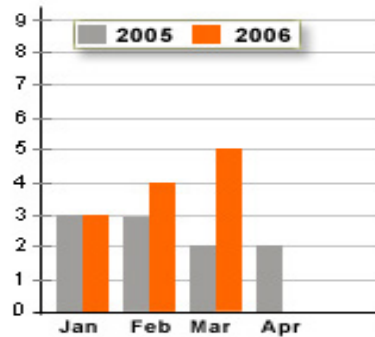
#### PDO participation in ASSE-MC Conference



Mohamed Al Mashani being awarded on behalf of PDO from ASSE-MC president

PDO participated in the American Society of Safety Engineers-Middle East Chapter (ASSE-MEC) 7th Professional Development, Conference and Exhibition which was held on March 18 - 22, 2006, in Bahrain. [Read More...](#)

#### LTIs 2005 vs 2006



#### PDO Drive Road Safety To Omani Schools



Khalid Al-jaradi handover officially the DVDs to the undersecretary of MOE

The company, in its continuous efforts to communicate the importance of road safety to all has recently given away educational DVDs to Ministry Of Education. [Read More...](#)

### We are at your service/Corporate HSE Department

**MSE1:** Safety Systems team consisting of Technical Safety (QRA, HSE Cases, PTW, etc.), Corporate Road Safety, H&M and STOP. [More...](#)

**MSE2:** Environment group for the corporate environmental affairs and issues. Also carry out projects that help improve the environment. [More...](#)

**MSE3:** Occupational Health group for the occupational health issues in PDO. Also carry out health risk assessments throughout PDO Operations. [More...](#)

### Environment

#### Performance

#### Wastewater Treatment



**MSE4:** HSE-MS Support team incorporating: Audit, HSE Planning. [More...](#)

**MSE5:** HSE Systems sections. [More...](#)

**MSE6:** Sustainable Development section. [More...](#)

**Line HSE Advisors:** HSE Advisors in PDO Asset teams. [More...](#)

Sewage is the wastewater released by residences, businesses and industries in a community. It is 99.94 percent water, with only 0.06 percent of the wastewater dissolved and suspended solid material. [Read More...](#)

## Sustainable Development

### A Step Closer to Solar Energy



The sun has been providing the earth with its solar energy for billions of years. The process of generating energy is all about converting 650 million tons of hydrogen to helium every second. In this process the heat is created. All the other electromagnetic radiation reflects back into the space again, only a very small portion of the radiation reaches the earth. [Read More...](#)

Your feedback is important to us. Please send your comments to [Mahira.MS.Mashaikhi@pdo.co.om](mailto:Mahira.MS.Mashaikhi@pdo.co.om)

#### Glossary:

**TRCF:** Total Reportable Case Frequency is the number of Total Reportable Cases per million Exposure Hours worked during the period.

**TROIF:** Total Reportable Occupational Illness Frequency is the sum of all occupational illnesses whether or not they have resulted in deaths, permanent total disabilities, permanent partial disabilities, lost workday cases, or restricted workday cases per million working hours during the reporting period.

**LTIF:** Lost Time Injury Frequency is the number of Lost Time Injuries per million man-hours worked during the period.

**GWP:** Global Warming Potential.

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