



# HSE NEWS

## WORKING FOR YOU TO KEEP YOU SAFE

Latest HSE Stats YTD 31 Mar	2015	2016
Workplace fatalities	1	0
Non-work related fatalities	0	1
Non-accidental deaths (NADs)	2	2
Lost Time Injuries (LTIs)	11	6
All injuries (excluding first aid cases)	47	54
Motor Vehicle Incidents (MVs)	26	13
Roll over - MVIs	6	7
Serious MVIs	7	7
Lost Time Injury Frequency (LTIF)	0.25	0.13

### Life Saving Rules Violations YTD 31 Mar

Journey Management	6
Speeding/GSM	2
Seatbelts	4
Overriding Safety Device	0
Working at Heights	1
Permit (PtW)	1
Confined Space	0
Lock Out Tag Out	0
Drugs and alcohol	0
Gas testing	0
Smoking	1
Suspended Load	0

### Vehicle Class A/B Defects YTD 31 Mar 2016

Class A	6
Class B	523

### HSE Tip

If you need to report a fire, call 9999 if in Oman, call 5555 if within PDO network (i.e. from PDO office phone) or call 24675555 if outside PDO network (i.e. from GSM, home phone etc).

## Important News

Have you ever experienced a fire in a house, an office or a public building such as hotel? It's a frightening thought and we should be constantly aware of our surroundings. Ask yourself how would I react if faced with such an event? A recent incident in a Middle East premier hotel highlighted the ferocity of a public building fire. It was a reminder that public buildings, hotels and offices need to have quality passive fire protection, fire detection systems and beyond that adequate safety plans, instructions and drills. Specialist training must include advanced fire knowledge for building caretakers, maintenance staff and nominated fire wardens. This training must include information about fire safety and what may be required in an emergency i.e. shutting down electrical supply, movement of people etc.

We are aware that a number of fires occur every year in public buildings, Some of the most common causes of these fires are related to poor quality of electrical appliances or fittings, overloading of electrical equipment, poor house-keeping, carelessly discarded smoking material, and unattended cooking areas.



## What You Need to Know

Fire exit



### Emergency Exit

When you are traveling, on business or family trips staying in hotel accommodation, make sure you always check your nearest emergency exit. In many cases you might find out that the exit door or the route is blocked. This practice of checking your escape

routes although may take you only few minutes it could essentially save your life. So make it a habit.

### Do Not Panic

People's behavior in an emergency situation can vary and be erratic. Panic may affect the way you and others respond in an emergency situation; this

could lead to an injury or even worse.

### Assembly points

Always conduct a site safety induction for visitors to your office, ensure colleagues, friends and family are always aware of the emergency aspects of public buildings, for example exit routes, assembly points, etc.



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## General Precautions:

- Know your exit routes, Check and Keep the means of escape (doors, stairways) clear at all times.
- Keep electrical cables/equipment in good condition.
- Always maintain good housekeeping/Ensure suitable firefighting equipment. and trained staff are available.
- If you are a fire warden, make sure you know what equipment is provided, where it is located and make sure you know how to use it safely.
- The importance of staff training cannot be over emphasized. Staff

should receive instructions on how to raise the alarm if they should discover a fire. On the action they should take on being alerted to fire and in the practical use of the portable fire fighting equipment provided.

- Storage areas should be regularly checked, and if accumulations of paper or other combustible waste materials are found they should be removed to reduce unnecessary risk.
- If refurbishment of the premises takes place, care must be taken to

ensure that escape routes are unaffected.

- If a task involves the use of flame producing equipment by a contractor or occupiers, ensure that adequate fire precautions are adopted and included as part of the work process. The availability of fire extinguishers and a person should be nominated for this purpose are essential.
- Who will call the fire brigade in the event of a fire? Where is the emergency number posted in your area?

If you are planning a Fire Risk assessment for your workplace considers some simple items:

- Look for items that could cause a fire and Look for things that could burn.
- Has the fire alarm been tested in the last 6 months what does it sound like?
- Who will call the fire brigade in the event of a fire? Where is the emergency number posted in your area?

