



HSE NEWS

WORKING FOR YOU TO KEEP YOU SAFE

The target audience for this newsletter is PDO Staff and contractors community.

Latest HSE Statistics YTD as of 28th February 2017

(Same period)	2016	2017
Lost Time Injury Frequency (LTIF)	0.08	0.22
Workplace fatalities	0	0
Non-work related fatalities	2	0
Non-accidental deaths (NADs)	2	1
Lost Time Injuries (LTIs)	2	6
All injuries (excluding first aid cases)	29	18
Motor Vehicle Incidents (MVs)	5	7
Roll over - MVs	2	1
Serious MVs	0	1

Vehicle Class A/B Defects

Class A	8
Class B	293

Life Saving Rules Violations

Journey Management	1
Speeding/GSM	2
Seatbelts	4
Overriding Safety Device	0
Working at Heights	1
Permit (PtW)	3
Confined Space	0
Lock Out Tag Out	0
Drugs and alcohol	0
Gas testing	0
Smoking	1
Suspended Load	0

HSE Tip

When providing *psychological first aid* to people after a crisis event, approach the situation safely, ensure not to cause harm by your actions

Important News

Psychological first aid

Different kinds of distressing events happen in the world, such as war, natural disasters, accidents, fires and interpersonal violence. Individuals, families or entire communities may be affected.

People may lose their homes or loved ones, be separated from family and community, or may witness violence, destruction or death. Although everyone is affected in some way by these events, there are a wide range of reactions and feelings each person can have.

Many people may feel overwhelmed, confused or very uncertain about what is happening. They can feel very fearful or anxious, or numb and detached. Some people may have mild reactions, whereas others may have more severe reactions.

Psychological First Aid (PFA) describes a humane, supportive response to a fellow human being who is suffering and who may need support. Although people may need

access to help and support for a long time after an event, PFA is aimed at helping people who have been very recently affected by a crisis event. You can provide PFA when you first have contact with very distressed people. This is usually during or immediately after an event. However, it may sometimes be days or weeks after, depending on how

long the event lasts and how severe it is. PFA can be provided anywhere that is safe for the helper and affected person, ideally with some privacy as appropriate to the situation.

PFA involves the following themes:

- Providing practical care and support
- Assessing needs and concerns
- Helping people to address basic needs (for example, food and water, information)
- Listening to people, but not pressuring them to talk
- Comforting people and helping them to feel calm
- Helping people connect to information, services and social supports
- Protecting people from further harm



What You Need to Know

Good Communication

The way you communicate with someone in distress is very important. People who have been through a crisis event may be very upset, anxious or confused. Being calm and showing understanding can help people in distress feel more safe and secure.

Before entering a crisis site, learn about the following:

The crisis event, available services and

safety and security concerns

People who are likely to need special attention in a crisis

- People with health conditions or physical and mental disabilities
- Children including adolescents
- People at risk of discrimination or violence.
- People away from home and has no available relatives or family members.



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HSE Advice Note

When you take on the responsibility to help in situations where people have been affected by a distressing event, it is important to act in ways that respect the safety, dignity and rights of the people you are helping.

The following principles apply to any person or agency involved in humanitarian response, including those who provide Psychological First Aid (PFA):

• Safety

- Check for safety: What dangers can you observe, e.g. damaged road or heavy equipment, unstable buildings, fire, flooding, etc?
- If you are not certain that the area is safe, then DO NOT GO!
- Avoid putting people at further risk of harm as a result of your actions.
- Make sure, to the best of your ability, that people you help are safe and protect them from physical or psychological harm.
- Help people address basic needs and access services especially in crisis at

field operations

• Dignity

- Treat people with respect and according to their cultural, religious and social norms.

• Rights

- Make sure people can access help fairly and without discrimination.
- Help people to claim their rights and access available support.
- Act only in the best interest of any person you encounter.

Keep these principles in mind in all of your actions and with all people you encounter, whatever their age, gender or ethnic background.

• Do's

- Be honest and trustworthy.
- Respect people's right to make their own decisions.
- Be aware of and set aside your own biases and prejudices.
- Make it clear to people that even if they refuse help now, they can still

access help in the future.

- Respect privacy and keep the person's story confidential, if this is appropriate.
- Behave appropriately by considering the person's culture, age and gender.
- Help people to contact friends or relatives.

• Don'ts

- Don't exploit your relationship as a helper.
- Don't ask the person for any money or favour for helping them.
- Don't make false promises or give false information.
- Don't exaggerate your skills.
- Don't force help on people, and don't be intrusive or pushy.
- Don't pressure people to tell you their story.
- Don't judge the person for their actions or feelings.

**Some parts of this article are taken from [WHO Website](#).*

ACTION PRINCIPLES OF PFA



LOOK



LISTEN



LINK