



HSE NEWS

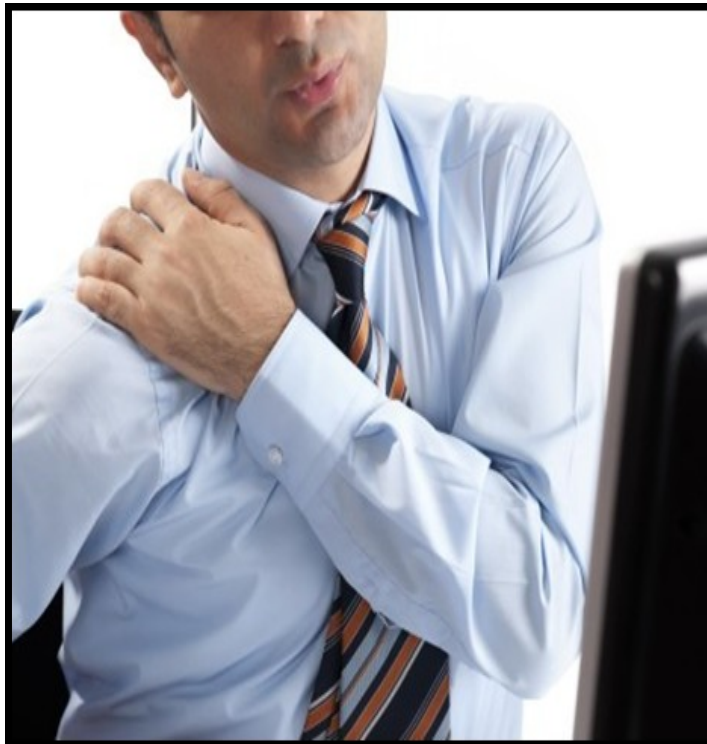
WORKING TOGETHER FOR SAFER WORKPLACE

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

Latest HSE Statistics YTD as of 30 th June 2017		
(Same period)	2016	2017
Lost Time Injury Frequency (LTIF)	0.18	0.22
Workplace fatalities	2	0
Non-work related fatalities	4	4
Non-accidental deaths (NADs)	6	9
Lost Time Injuries (LTIs)	17	23
All injuries (excluding first aid cases)	100	80
Motor Vehicle Incidents (MVIs)	47	51
Roll over - MVIs	17	7
Serious MVIs	19	11
Vehicle Class A/B Defects		
Class A	30	
Class B	939	
Life Saving Rules Violations		
Journey Management	20	
Speeding/GSM	34	
Seatbelts	38	
Overriding Safety Device	0	
Working at Heights	28	
Permit (PtW)	21	
Confined Space	0	
Lock Out Tag Out	3	
Drugs and alcohol	2	
Gas testing	6	
Smoking	12	
Suspended Load	21	
HSE Tip		
Compliance to office exercises prevents developing musculoskeletal disorders arising from workplace.		

Important News

Stretch Exercises At Your Work Place



back pain. This is generally due to sitting in front of computers for lengthy periods and poor posture.

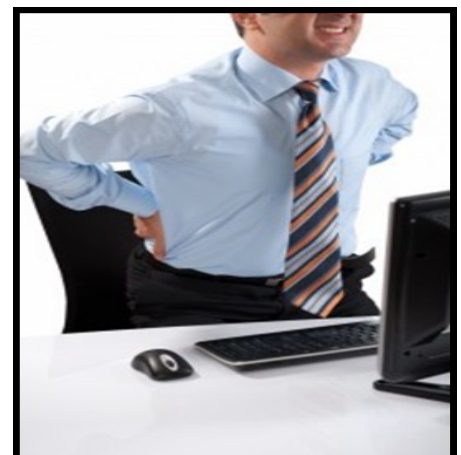
It's common to spend hours sitting in front of your computer and forget to get up and move around, something which can have a negative impact on your health. To prevent or reduce stiffness and pain, try simple office stretches several times throughout the day to help keep your muscles from feeling sore and tight. One good way to remind yourself of the need to stretch is to set an alarm on your phone and

Sitting down all day at a desk can cause musculoskeletal problems. The biggest complaint amongst office workers is neck, shoulder, and upper and lower

get up whenever it goes off. Perhaps walk around, go and grab a drink of water or coffee, speak to a colleague or stand and file some documents. .

WHAT YOU NEED TO KNOW

Static posture can cause muscular tension and pain. But incorporating five-minute stretches into your daily routine will greatly help in reducing and controlling unwanted tension and pain and your whole body can feel better. Pre-shift stretching and warm-up exercises reduce the risk of musculoskeletal injuries and fatigue.





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HSE Advice Note

It is recommended that you should take short, regular breaks at least once per hour. Taking some time out to stretch major muscle groups can help reduce muscular injury, tension and stiffness and will also help to relax you.

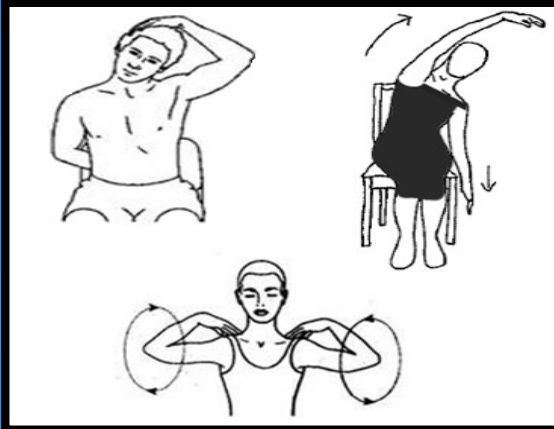
Proactive prevention is always better than reactive treatment – everybody wins in the prevention scenario and nobody wins with painful surgery, medication, lost work days, and additional cost spent on preventable injuries.

Adapting tasks, work stations, tools, and equipment to fit the worker can help reduce physical stress on a worker's body and eliminate many potentially serious disabling work-related musculoskeletal disorders (MSDs). Thus, effective ergonomic con-

siderations and practices can increase productivity as well as reducing absenteeism due to work-related injury or illness.

How to Stretch

Stretching should be done slowly without bouncing. Also stretch to the point of mild ten-



sion and hold this position for 10-20 seconds. The feeling of tension should diminish. If it doesn't, just ease off slightly into a more comfortable stretch.

The key to stretching is to be relaxed while you concentrate on the area being stretched and repeat each stretch twice. Don't worry about how far you can stretch. There are a number of excellent exercises and stretches you can do to keep yourself healthy when working in an office including moving your head gently side-ways from left to right and back to left, and forward and backward movements. Moreover, the picture below provides some illustrations of simple active stretches to perform in the office.

