

SAFETY FIRST

Issue No: 10

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SAFELIFTING OPERATION



**OBSERVE
SAFE LIFTING
PRACTICES
AT ALL TIMES**



المهندسة المتقدمة
Advanced Engineering

My Dear Colleagues and Friends,



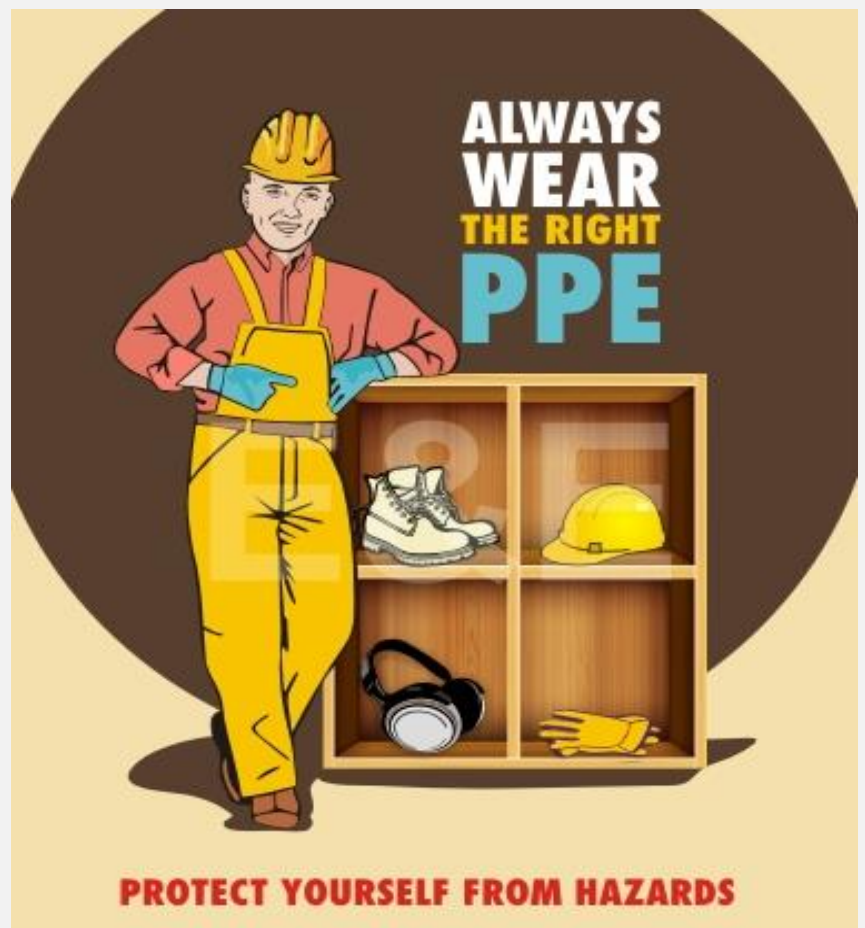
I am really excited for the tenth edition of the safety newsletter. This is the last month of this calendar year and we are proud to be one of the safest work place. I would like to appreciate each and every one of our employees who have taken safety seriously and helped in attaining zero accident year.

I am looking forward for the safest next year, advanced happy new year to everyone and let's be consistent in providing the safest work place for all our employees.

Abdullah Ali D. Husain
Chief Executive Officer



Improving Safety through
Empowering Employees



Know the Safety Terms

Asphyxiant:

A vapor or gas that can either reduce the oxygen content in the air or interfere with the body's ability to use oxygen. Exposure to an asphyxiant can result in unconsciousness or death due to being unable to breathe.

Chronic Effect:

A change that occurs in the body over a relatively long time (weeks, months, years) following repeated exposure or a single over-exposure to a substance.

Ergonomics:

An applied science that studies the interaction between people and the work environment. It focuses on matching the job to the worker.

Safety Theme: Personal Protective Equipment (PPE)

Eye protection:

- Eye hazards include metal slivers, dust, wood chips, cement chips, nails, and staples.
- To protect yourself you should wear safety glasses, goggles, face shields, or full face respirators.
- Make sure that eye protection is adjustable so that it can fit and have good coverage for your eyes.

Hand protection:

Make sure that you are wearing the proper gloves for the task since some gloves are designed for certain activities and may not protect you well enough when used for another task. Types of gloves and their uses:

- Leather, Canvas, or Metal Mesh: Protect against cuts or burns.
- Fabric and Coated Fabric: More general protection from dirt, chafing, and slip resistance with coated fabric. Not recommended for rough, sharp, or heavy materials.
- Chemical and Liquid Resistant: Made from rubber to protect from harmful liquids but thicker and more resistant glove limit hand grip and dexterity.

Ear Protection:

- Use earplugs or earmuffs to protect you from loud noises.
- Long-term exposure to 80-85 decibels or more can cause hearing loss without protection. It is not recommended to be exposed to 100 decibels without any protection for more than 15 minutes. Hearing loss can be permanent.
- Decibel levels of common sounds: Aircraft takeoff: 180, Lawnmower: 90, Chainsaw: 110, Normal conversation: 60, Amplified music: 110.

Body protection includes coveralls, vests, jackets, aprons, and full body suits to protect from cuts, burns, chemical burns, as well as impact from tools or machinery.

Head protection includes wearing a helmet or hard hat to protect from impact, electrical shock or burns.

Monthly Safety Report:

- No major safety related incidents was reported last month. All the operational activities are carried out by utmost degree of safety.
- Toolbox talk is being conducted constantly and all the team members are briefed about the safety precautions which is to be followed while doing their assigned job.
- There was zero loss time and down time because of work related injuries, as nothing was reported by operations team.
- Latest Near Miss/Incident/accident report form and NCR form are to be saved in the common share.
- All the safety related documents and reports shall be stored in the link <\\Server-FS\Quality & HSE>

MAKE EVERY LIFTING OPERATION A SAFE OPERATION

STEP 1: Conduct Risk Assessment

STEP 2: Prepare Lifting Plan with Safe Work Procedure

STEP 3: Ensure lifting equipment and accessories are in good working condition

STEP 4: Ensure that a qualified Lifting Team is appointed

STEP 5: Apply and seek approval for a Permit to Work

STEP 6: Monitor lifting operation at all times



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Provide Your Valuable
suggestions & feedbacks to

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