

# SAFETY FIRST

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رمضان كريم

*Have a peaceful and happy Ramadan!*



المهندسة المتقدمة  
Advanced Engineering

My Dear Colleagues and Friends,



As the auspicious month of Ramadan starts, may the crescent-shaped moon brighten your path toward enlightenment and may almighty bless you with peace and grace.

Wishing you a Happy Ramadan!

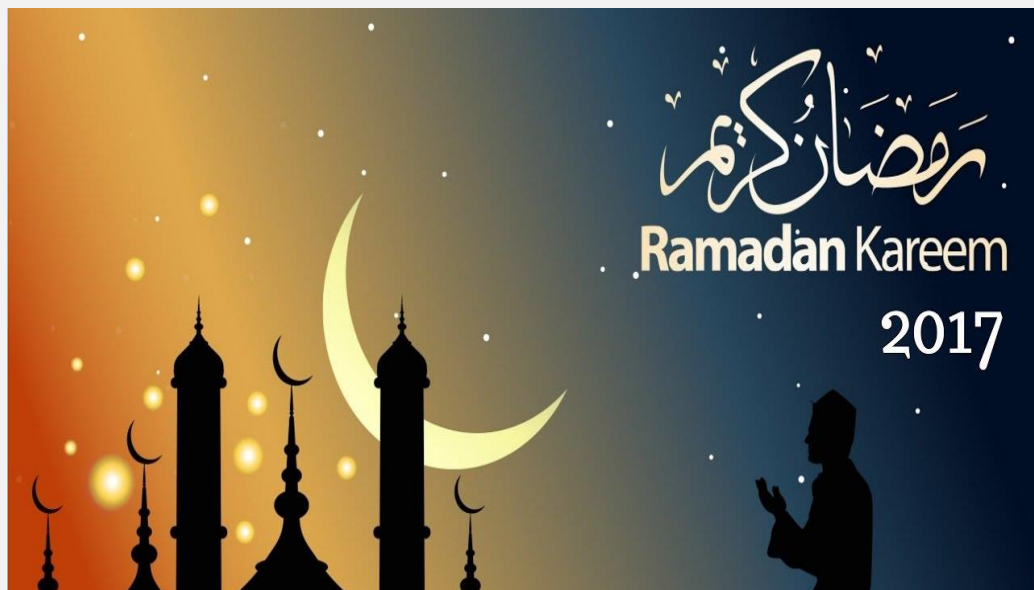
The highest standard of safety is achieved and sustainably maintained if we are all proactive rather reactive to any safety related concerns and issues. I request each and every one of you to cultivate inherent safety within yourself and to all your team members. Let's work together and make our workplace the safest workplace every single day.

**Abdullah Ali D. Husain**

Chief Executive Officer



Improving Safety through  
Empowering Employees



## Material Safety Data Sheet (MSDS)

The MSDS is a form that summarizes the properties of a hazardous chemical product and its possible health and safety hazards. It includes information on how to handle, use, and store the product properly. It also details physical data of the products such as the melting and boiling points, reactivity, health effects, and first aid. In general, suppliers of such products are required to provide MSDS for all hazardous materials. This is important so that workers will be aware of the proper and safe use of the product.

## Safety Theme: Ramadan Health & Safety Guideline

safety and health concerns affecting these workers during their holy month:

Dehydration. Those who are fasting don't eat or drink anything, even water. Effects of dehydration can range from mild (a headache) to severe (heat stroke).

Low blood sugar. Fasting can cause hypoglycemia, which includes symptoms of confusion, slurred speech and fainting.

Fatigue. social activities associated with Ramadan can contribute to fatigue during work shifts.

Motor vehicle incidents. workers are at greater risk for an off-the-job traffic accident during any holiday including Ramadan. So now is a great time to remind everyone to drive the speed limit, buckle up and don't drive when tired or distracted.

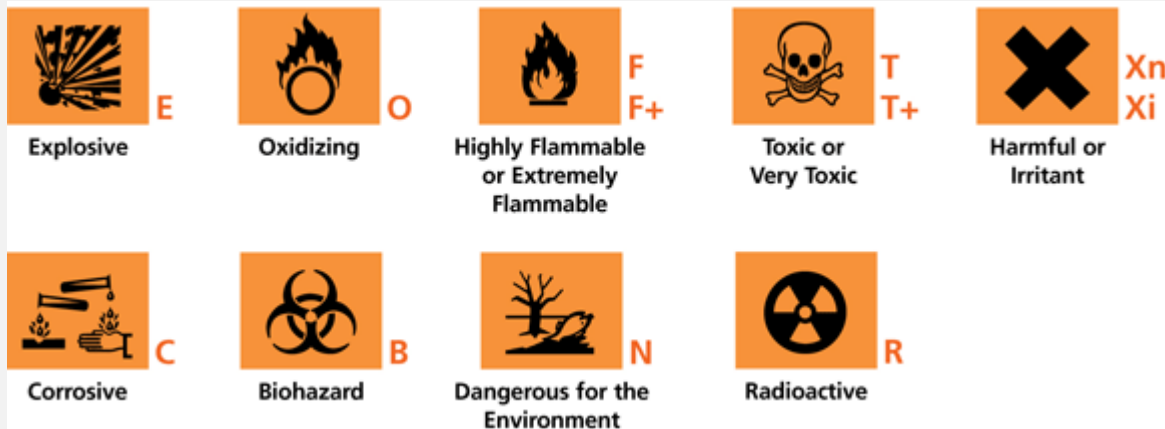
Some Dos and Don'ts for Fasting Employees:

If you are fasting, here are some quick tips that will help you to manage your work efficiently:

- Plan your work a month before. You know you are going to be fasting for the entire month, so make sure that you have a plan for the month well in advance
- Use your breaks efficiently – if you feel exhausted, you might use your breaks for power naps
- If you are involved in some tasks that requires physical strength, reschedule to a month before or after. Keep the lightest work for yourself in this month

# 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>



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