

onsite HSSE Newsletter insight



JULY | 2025



Introduction

We are delighted to bring you the latest edition of our HSSE newsletter, a space where we celebrate safety successes, share valuable lessons, and strengthen connections across our projects and regions.

This month, we are proud to announce another milestone as Douglas OHI secures the RoSPA Gold Award for the eighth consecutive year, underscoring our unwavering commitment to health and safety excellence.

Every day, we are inspired by the resilience and dedication of our teams, who continue to make health and safety a priority in every task, even under challenging conditions.

Our focus on preventing hand injuries continues through the “Focus on Finger, Prevent Hand Harm” campaign. This is further reflected in Dougie’s HSSE Corner, where the topic of hand safety in the home is introduced.

In this issue, our HSSE Managers share timely insights tailored to their unique work environments, and our “In Conversation With” section features two dedicated colleagues, Mr. Aashish and Mr. Abdulaziz. Though from different cultural backgrounds, both share the same commitment to building better lives for their families, with stories that are both inspiring and relatable.

We also introduce what will be a regular feature called “Med Talk”. This is a contribution from our medical support team who rightly point out the importance of mental, as well as physical, wellbeing, with some great advice for us all.

“Dougie’s HSSE Corner” also highlights observations reported via QR code scanning, encouraging constructive interventions. A special thanks goes to Nagnathan Hariprasath for this month’s hand injury cartoon contribution.

Thank you for being part of our safety-first culture. Here’s to another safe, healthy, and rewarding month ahead!



Around the Region: HSE Blogs

Oman

by Rajasekar Ramalingham



At Douglas OHI, we remain steadfast in our commitment to creating a safe, healthy, and environmentally responsible workplace. Our recent initiatives and achievements across Oman reflect this dedication, as we continue to reinforce our "Safety-First" culture and drive sustainable practices across all project sites.

Strengthening Hand Safety Awareness

Our safety team recently responded to two minor hand injuries reported at different sites in Oman. While these were minor incidents, they served as an important reminder of the need for vigilance in hand safety.

An HSE alert was promptly issued, emphasising the importance of proper hand protection. All sites conducted comprehensive hand safety audits to ensure the right gloves are used for specific activities and that risk assessments accurately reflect appropriate protection measures.

Alongside these audits, we launched a targeted hand safety campaign and conducted awareness sessions to reinforce safe practices among our workforce.

Leadership and Engagement

Our commitment to safety also extends to leadership involvement. Our Group Managing Director attended the OLANG Business Partner's Site CEO's Workshop for 2025, underlining our continued engagement with industry leaders and stakeholders.



Innovation in Safety Management

In line with our drive for innovation, we introduced a Power App for streamlined monthly HSE reporting and a QR code system for constructive intervention reporting. These tools make safety management more efficient, transparent, and accessible across our sites.



Around the Region: HSE Blogs

Celebrating Safe Hours

We are proud to celebrate a significant milestone of over 0.5 million safe man-hours without a Lost Time Injury (LTI) at the Sultan Haitham City project. This achievement is a testament to our team's dedication and safe working practices.

Environmental Stewardship

As part of our environmental initiatives, the Ghobura project conducted a waste recycling campaign, promoting responsible waste management and sustainability on-site.

Through these efforts, we continue to prioritise safety, health, and environmental stewardship across our operations in Oman, striving for excellence in all aspects of our work.



Around the Region: HSE Blogs

UAE

by Rajesh M Pillai



At our project in the UAE, safety remains a top priority. Recent achievements and initiatives highlight the team's strong commitment to creating a safe workplace, from earning prestigious recognition to conducting impactful awareness campaigns.

Best Contractor Award

The project team was honoured with the Best Contractor Award by the client for outstanding safety implementation. The award, presented during the monthly HSE performance review attended by all subcontractors, included a certificate of appreciation and a trophy.

The selection criteria covered



This recognition reinforces the team's consistent dedication to maintaining the highest safety standards.



"Line of Fire" Awareness Campaign

In workplace safety, the "Line of Fire" refers to the potential path of a moving object, hazardous energy, or any other force that could cause injury to a person. It essentially means being in a position where you could be struck, caught, crushed, or otherwise harmed by a hazard. Understanding and avoiding the "Line of Fire" is crucial for preventing accidents and injuries in various industries, especially construction and manufacturing. Recently, in our project, the team conducted an awareness campaign highlighting the hazards and control measures of "Line of Fire."

Around the Region: HSE Blogs

Realistic Live Models

- A miniature crane model simulates a lifting operation, showing the danger zones beneath suspended loads of a key “Line of Fire” hazard.
- People standing at the edge of the excavations to pass the materials.
- Standing/staying underneath while raising the scaffolding materials.

Why is it Important to Understand?

Injury Prevention

Recognising and avoiding the “Line Of Fire” is essential for preventing serious injuries and fatalities from struck-by, caught-in, or released energy incidents.

Hazard Identification

It helps workers identify potential hazards in their work environment and take proactive steps to mitigate risks.

Safety Culture

Promoting awareness and understanding of “Line of Fire” hazards contributes to a stronger safety culture within the workplace.

The central message, **“Keep yourself and others out of the Line of Fire”**, is displayed prominently to reinforce awareness and personal responsibility.



Around the Region: HSE Blogs

KSA

by Ibrahim Rashid



July was marked by active engagement, continuous safety improvement, and strong collaboration across our projects in the Kingdom of Saudi Arabia. From near-miss reporting to safety campaigns, targeted training, and client-led recognition, our teams worked together to uphold the highest HSE standards.

Near-Miss Reporting

One near-miss was reported involving a trailer truck loaded with structural materials manoeuvring in a congested area without flagman guidance, while personnel were present within the vehicle's blind spot. In addition, six minor near-miss incidents were recorded at RNGL across both Package 1 and Package 2. These events reinforced the importance of vigilance, proactive supervision, and adherence to safety protocols.



Toolbox Talks and Safety Campaigns

Weekly mass toolbox talks (TBT) and focused safety campaigns were conducted across projects. Key topics included:

- Heat stress awareness
- Permit to Work (PTW) systems
- Working at height and harness inspections
- "Line of Fire" hazards
- Defensive driving
- SIMOPS coordination

These sessions encouraged active participation and ensured that all personnel were reminded of critical safety practices.

Training and Development

Internal training covered a wide range of subjects, including Daily STARRT cards, confined space entry, fire safety, manual handling, hand and power tool use, and emergency response. Special focus was also placed on flagman/banksman duties to strengthen traffic safety controls.

Externally, newly inducted staff completed the OSHA 30-Hour Certification and Basic Life Support/First Aid training, further reinforcing capability and compliance with international standards.



Around the Region: HSE Blogs

Client Walkthroughs and Inspections

Weekly client walkthroughs were conducted at Zuluf and Riyas by representatives from Fisia, AWS, TRS, and Aramco. These sessions, together with HSE performance audits and leadership inspections, helped reinforce a strong safety culture and ensured compliance across all project activities.



Night Work and Client Recognition

To address the unique challenges of working after dark, night work coordination meetings were held to review risks and implement additional safety controls. The month concluded with a client-led rewards and recognition event, where outstanding safety performers were acknowledged with certificates and appreciation for their commitment to safe working practices.

Douglas OHI Med Talk

Oman by Anish Cheriyan



Building Strong Minds on Site

In civil construction, we prioritise physical safety with helmets and harnesses, but true workplace safety also means protecting mental health. Recognising this is the first step toward creating a safer, healthier, and more supportive work environment.



Staying Mentally Strong

Maintaining mental well-being begins with staying connected. A simple phone call or video chat with family and friends can ease stress and strengthen resilience. Prioritise quality sleep, as it plays a vital role in emotional balance and decision-making. Make time for healthy distractions such as reading, listening to music, or engaging in mindful activities.

It's equally important to avoid unhealthy coping mechanisms. While substances like alcohol or drugs may offer temporary relief, they cause long-term harm.



Mental Health in Focus

Mental health check-ups should be as routine as annual physicals. As part of our recent Barka initiative, mental health assessments were introduced alongside yearly medical examinations. The response was overwhelmingly positive, with many employees opening up for the first time, reinforcing the importance of regular mental health support.



The Power of Speaking Up

If you ever feel overwhelmed, speak to someone, a colleague, friend, or professional. Seeking help is not a weakness; it's a sign of strength and self-awareness.



Role of Site and Camp Medics

Our site and camp medics are on the frontline of promoting mental wellness. Beyond physical care, they also monitor for changes in mood, isolation, or signs of stress. Early identification often leads to better outcomes and faster recovery.

Let's commit to building not only strong structures, but strong minds, supportive teams, and a workplace where everyone can thrive.

In Conversation With



Aashish Anil Kumar

Proposal Engineer

1 What do you do as part of your role in the company?

I work as a Proposal Engineer with Douglas OHI's subsidiary, Systems Integration Management (SIM). My role currently covers tendering, estimation, quality management, and to put it simply, doing whatever it takes to help build and grow SIM!

2 How long have you worked for the company?

I joined in May 2025, and while it's only been a short time, it's already been a very eventful and rewarding journey.

3 Can you share something about yourself?

I'm a Mechanical Engineer with an MBA in Finance, and my career so far has been a mix of technical and commercial roles. I've worked as an engineer on Oil & Gas EPC projects, as a government advisory consultant on public utility infrastructure (covering financing and delivery), and as a financial consultant with NGOs, measuring the social returns of non-profit projects. I enjoy exploring all areas where engineering, commerce, and problem-solving meet. Working across disciplines has given me a broader perspective on business and how different functions come together to achieve success.

4 What makes you the happiest?

Building. Whether it is plans, projects, or goals, both professional and personal. The process of creating and shaping something from the ground up is what gives me the most satisfaction.

5 What are your hopes for the future?

Professionally, I hope to keep building my expertise and contributing meaningfully to the growth and success of a team. Personally, I aim to keep learning, stay curious (yes...ABC: Always Be Curious, courtesy of Peter), and work every day towards becoming a better version of myself than I was the day before.

6 What advice would you give to your younger self?

Keep learning and never shy away from exploring the unknown. The moments that feel uncomfortable are often the ones that lead to the most growth. So step outside your comfort zone and embrace the challenge.

In Conversation With



Abdulaziz Al Siyabi

Driver's Controller

- 1 **What can you tell us about yourself?**
I'm not perfect, but I work on myself every day. I always try to develop my skills, improve in my work, and keep moving forward toward success.
- 2 **How do you spend your free time?**
I enjoy spending time with family and friends, and I also like watching movies and football matches.
- 3 **What are your tips for a safe road trip?**
First, always have your vehicle inspected before you travel. Obey traffic laws, and most importantly, avoid any distractions like using your phone or eating while driving.
- 4 **What advice would you give your younger self?**
Don't focus on the negatives. Live life with optimism and positivity, and make the most of every moment at every age.
- 5 **Who is your hero?**
I have more than one hero, but my father is at the top of the pyramid. He's my role model in life.
- 6 **What is your aspiration for the future?**
My future inspiration is to be a helper who makes understanding easier, sparks creativity, and supports people in achieving their goals.
I seek to develop myself in my field of work and reach the highest level in my job.



DRIVE
SAFE

Dougie's HSSE Corner



We talk a lot about **hand injuries at work**, but there are many similar accidents at home, too.

Why not have a conversation about it, because did you know that the most common causes of hand injuries at home include:



- ✓ Door or window edge injuries, commonly seen in children who get their fingers caught accidentally.
- ✓ Kitchen appliance injuries, especially involving mixers (such as placing a hand over a running mixer jar) and sharp objects like knives and glass.
- ✓ Accidents involving machinery, such as bike chain injuries during cleaning.
- ✓ Crushing injuries from doors, windows, or other household objects.
- ✓ Falls and accidental trauma causing fractures or sprains.
- ✓ Specific injuries related to food preparation, like the "avocado hand," where a knife slips while removing an avocado pit or even an injury suffered while cutting watermelon or chopping onions.
- ✓ Fingertip injuries from various sources, including doors or homemade tools.

Children are more commonly injured than adults at home, often from doors or sharp objects.

Adults frequently injure their hands in the kitchen or while working with mechanical parts. Injuries range from minor cuts and bruises to serious tendon, nerve, or bone damage that may require specialised medical treatment.

Common types of injuries include lacerations (cuts), crush injuries, fractures, dislocations, tendon injuries, and sprains. Preventive measures include using appliance safety locks, keeping sharp objects out of children's reach, and taking care while handling tools and kitchen utensils to avoid injury.

Overall, hand injuries at home often result from a combination of accidental trauma, lack of safety measures, and handling sharp or moving objects without caution.



Dougie's HSSE Corner

KSA

by Nagnathan Hariprasath



Dougie Makes A Constructive Intervention



Dougie says:

Remember, it is easy and natural to become distracted but it's not safe to work without safety gloves. Remember our It's OK programme: If you don't feel comfortable speaking to someone at work, protect yourself first.



You're not mentally focused right now, and that's just as important as having the right safety gear. Mental awareness keeps you sharp it helps you notice risks before they become accidents. You don't have proper safety gear either. Here, take these gloves.

Dougie's HSSE Corner

Remember, we can all make safety observations using the dedicated QR codes.

Can you bring this safety scene to life with colours?



Please send your colouring to dougie@douglasohi.com

You never know, you may win a prize!



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