

onsite insight

HSSE Newsletter



CAUTION
SAFETY
FIRST!



Introduction

Welcome to the latest edition of our HSSE newsletter, where we share best practices and knowledge from across our business.

Our teams continue to deliver safe and healthy outcomes despite challenging conditions, and we are proud to highlight their efforts in this month's edition.

Our HSSE Managers from across the business share their thoughts, concerns, and guidance on topics relevant to their respective areas and work locations.

Mr. Balamurgan, Projects Director, reflects on the impact of artificial intelligence in the construction industry. His article explores the many ways AI is revolutionising processes — from enhancing productivity and safety to optimising project management.

Mr. Jerrin raises awareness about Social Engineering Red Flags, a tactic where attackers manipulate people into revealing confidential information or performing actions that compromise security. These attacks target human psychology rather than technical vulnerabilities.

This month's Med Talk, contributed by Mr. Rahul, highlights the importance of regular exercise for maintaining health and well-being.

Finally, Dougie's HSSE Corner returns with a focus on road safety, engaging children through a colouring activity and cartoon story created by Nagnathan Hariorashth.



Around the Region: HSE Blogs

Oman

by Rajasekar Ramalingam



A Collaborative Approach to Protecting Our Workforce

This month, we experienced two minor hand injuries, which served as a reminder of the importance of hand safety in our workplace. In response, we dedicated this month to enhancing awareness and prevention measures through a series of engaging activities and initiatives.



We kicked off our efforts with a comprehensive Hand Safety Workshop, where team members identified common factors contributing to hand injuries. The workshop fostered open discussions and helped us understand how to better protect ourselves on the job.



Building on this momentum, we launched the “Calling All Juniors – Help Us Prevent Hand Injuries & Win a Prize!” campaign. Our junior team members actively participated in brainstorming ideas, designing posters, and contributing to safety initiatives. Their enthusiasm and creativity played a vital role in spreading awareness across projects.



One of the key focus areas was ensuring the proper use of gloves. We reviewed our resources, particularly cut-resistant gloves, and worked on collecting data regarding glove sizes from all projects. This effort aims to provide employees with correctly fitting gloves, enhancing safety and comfort during work.



Thanks to the active involvement of juniors and project teams, we have decided to extend Hand Safety Awareness Month until September. This extension allows us to reinforce safety practices and ensure sustained awareness.

In addition to these activities, we emphasised the importance of proactive risk management. During the workshop, we instructed all teams to document any unplanned events in Job Specific Risk

Around the Region: HSE Blogs

Assessments and to communicate effectively through the Take 10 HSE board. This approach encourages continuous safety communication and immediate hazard reporting.

Our Medics are also playing a vital role by circulating daily Medic Talks via social media. These messages keep employees informed about health, well being, and safety tips. Furthermore, regular welfare meetings provide a platform for employees to share feedback and discuss safety concerns.



We extend our sincere appreciation to management and the project teams for their unwavering commitment to maintaining high safety standards. Their efforts are instrumental in creating a safer workplace for everyone.

Together, we are building a culture of safety, where every team member is responsible for protecting themselves and their colleagues. Let's continue to prioritise safety in all our endeavours!



Around the Region: HSE Blogs

UAE

by Rajesh M Pillai



This month, several initiatives were carried out across our projects to reinforce health, safety, and employee well being. From emergency preparedness to health awareness and welfare audits, these activities demonstrate our ongoing commitment to protecting our workforce and ensuring compliance with HSE standards.

• Regional HSE Engagement:

The Regional HSE Manager held a meeting with site HSE personnel to review safety performance and key challenges. The session emphasised aligning safety initiatives, sharing best practices, and reinforcing compliance with HSE standards.



• Emergency Preparedness – Heat Stress Drill:

We successfully conducted a mock drill simulating an employee suffering from heat stress while working outdoors. The emergency team responded promptly, provided first aid, and relocated the individual to a shaded area. A debrief session followed, allowing the team to refine protocols and further strengthen preparedness.



• Medical Health Check-up & Health Awareness Talk at Camp:

Douglas OHI LLC, in collaboration with Al Ahalia Hospital, organised a health check-up and awareness camp for employees. The initiative focused on preventive healthcare, particularly for employees aged 40+ and those with chronic illnesses. More than 150 employees benefited from medical examinations, with guidance provided to promote a healthier lifestyle.

A visiting doctor from Al Ahalia Hospital delivered an insightful talk on “Healthy Lifestyle for a Healthy Heart and Prevention of Heart Disease.” The session highlighted simple lifestyle choices that can reduce risks and promote long-term well-being.



Around the Region: HSE Blogs

KSA

by Ibrahim Rashid



August 2025 marked another month of strong progress in advancing health, safety, and environmental (HSE) excellence across our projects. Through active hazard reporting, targeted safety campaigns, practical training programmes, and rigorous emergency preparedness exercises, we continued to reinforce a culture where safety and well being remain central to all operations.

A total of 10 near-miss cases were reported that reflect our workforce's growing commitment to identifying hazards before they escalate.

Safety Campaigns

Heat Stress and Fire Prevention campaigns were rolled out across both sites, covering day and night shifts. Daily health monitoring was conducted by Douglas' nurse to detect early signs of heat stress. A Hand Injury Awareness drive also highlighted safe power tool use, glove selection, and the importance of reporting even minor injuries.

Camp & Catering Initiatives

Camp inspections were carried out at both sites, with Zuluf completing internal checks and Riyas being inspected by our client representatives. Catering staff at Riyas received refresher training in hygiene, PPE, food safety (CCP 3), and food store management (FIFO & FEFO).

Toolbox Talks & Trainings

Mass Toolbox Talks at Zuluf emphasised environmental management, waste reduction, and continuous improvement, while Riyas focused on walkthrough findings, fire prevention, and generator safety. Training programmes, included chemical handling, spill response, defensive driving, LOTO, and STARRT card procedures. A bus model classroom made at Riyas for defensive driving awareness, and fire-fighting training were conducted at camps to strengthen emergency readiness.



External & Emergency Preparedness

External training at Riyas covered work permit receiver, basic life support, and first aid for supervisors and new staff. Multiple emergency drills were conducted: evacuation, spill response, and fire simulations at both Zuluf and Riyas camps, ensuring workforce readiness for real scenarios.



• Heat Stress Management & Welfare Audit:

Our client's corporate doctor, together with Douglas OHI, conducted a joint audit on heat stress management and employee welfare. The audit included employee interviews to assess the effectiveness of preventive measures and the implementation of the heat stress flag management system.



The Future of Construction and the Impact of Artificial Intelligence and Digital Tools

Oman By Balamurugan R, Project Director

A Personal Message

I am Balamurugan R, Project Director at Douglas OHI Oman, and I have been part of this industry for more than 32 years. Over these decades, I have seen how construction has evolved from traditional methods to highly sophisticated digital practices. And yet, I can say with confidence: the biggest transformation is happening now, with **Artificial Intelligence (AI)** and digital tools leading the way.

These technologies are not passing trends. They represent the **future of construction**, and I want to encourage all my colleagues at Douglas OHI to embrace them with openness and curiosity. They are not here to replace us, but to empower us helping us work smarter, safer, and more efficiently.



BIM: A Decade of Digital Leadership

At Douglas OHI, I am proud that we have been ahead of the curve. Building Information Modelling (BIM) has been a key part of our digital strategy for more than a decade, and it has already made a big difference in how we deliver projects.

3D Modelling



Precise digital models, early clash detection, and accurate BOQs reducing rework and costs.



4D Scheduling (Synchro 4D Pro): Integration of Primavera P6 with 3D models to simulate construction sequences improving forecasting and coordination.



Augmented Reality (Gamma AR): Real-time design visualisation on-site for faster issue resolution, accuracy, and training.



Power BI Dashboards

Transforming BIM data into interactive visuals and KPIs for smarter decision-making.

Beyond BIM: Embracing New Tools

We have started using **QR codes** for HSE observations and management—a small step with a big impact. Looking ahead, opportunities lie in adopting drones, wearables, and other digital solutions to further improve safety and efficiency on our sites.

Many colleagues already use AI platforms like **Copilot, ChatGPT, DeepSeek, and Gemini**. For those who haven't tried yet—I strongly encourage you to begin. A digital-first approach will define the future, and our success in project delivery will be determined by our capacity to adapt effectively.

Building the Future Together



As someone who has seen the industry transform over three decades, I can tell you with certainty: this digital wave is not temporary. It will change not only how we **build**, but also how we **think, collaborate, and innovate**.

One final reminder **cybersecurity and adaptability** are just as important as technical expertise. Protecting our project data and continuously learning new tools are vital for sustaining leadership.

At Douglas OHI, we work on construction projects with a focus on advancing industry practices. And I am proud to say, I am a Douglas man. Together, let's continue to lead with innovation, safety, and excellence.



Social Engineering: Stay Alert, Stay Secure

By Jerrin

Cybercriminals don't always hack systems – sometimes, they hack people. Social engineering is the art of manipulating individuals into revealing confidential information or performing actions that compromise security. These attacks often appear as urgent emails, suspicious phone calls, or even in-person tricks, all designed to exploit human trust rather than technical weaknesses. Recognising the red flags is the first step to protecting yourself and our organisation

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Social Engineering Red Flags



FROM

- I don't recognize the sender's email address as someone I **ordinarily communicate with**.
- This email is from **someone outside my organization** and it's **not related to my job responsibilities**.
- This email was sent from **someone inside the organization** or from a customer, vendor, or partner and is **very unusual or out of character**.
- Is the sender's email address from a **suspicious domain** (like micorsoft-support.com)?
- I **don't know the sender personally** and they were **not vouched for** by someone I trust.
- I **don't have a business relationship** nor any past communications with the sender.
- This is an **unexpected or unusual email** with an **embedded hyperlink or an attachment** from someone I haven't communicated with recently.



TO

- I was cc'd on an email sent to one or more people, but I **don't personally know** the other people it was sent to.
- I received an email that was also sent to an **unusual mix of people**. For instance, it might be sent to a random group of people at my organization whose last names start with the same letter, or a whole list of unrelated addresses.



HYPERLINKS

- I hover my mouse over a hyperlink that's displayed in the email message, but the **link-to address is for a different website**. (This is a **big red flag**.)
- I received an email that only has **long hyperlinks with no further information**, and the rest of the email is completely blank.
- I received an email with a **hyperlink that is a misspelling** of a known web site. For instance, www.bankofamerica.com — the "m" is really two characters — "r" and "n."



DATE

- Did I receive an email that I normally would get during regular business hours, but it was **sent at an unusual time** like 3 a.m.?



SUBJECT

- Did I get an email with a subject line that is **irrelevant or does not match** the message content?
- Is the email message a reply to something I **never sent or requested**?



ATTACHMENTS

- The sender included an email attachment that I **was not expecting** or that **makes no sense** in relation to the email message. (This sender doesn't ordinarily send me this type of attachment.)
- I see an attachment with a possibly **dangerous file type**. The only file type that is **always safe to click on** is a **.txt file**.



CONTENT

- Is the sender asking me to click on a link or open an attachment to **avoid a negative consequence** or to **gain something of value**?
- Is the email **out of the ordinary**, or does it have **bad grammar or spelling errors**?
- Is the sender asking me to click a link or open up an attachment that **seems odd or illogical**?
- Do I have an **uncomfortable gut feeling** about the sender's request to open an attachment or click a link?
- Is the email asking me to look at a **compromising or embarrassing picture** of myself or someone I know?

■ SOCIAL ENGINEERING RED FLAGS ■

What is Social Engineering?

■ Social engineering is the art of manipulating people into giving away confidential information or performing actions that compromise security. Attackers exploit human psychology rather than technical vulnerabilities.

■ Top Red Flags to Watch For

■ Suspicious Emails & Messages	<ul style="list-style-type: none"> • Urgent requests for passwords or personal info • Unexpected attachments or links • Generic greetings like 'Dear Customer' • Misspellings and poor grammar • Suspicious sender addresses • Requests to 'verify' or 'update' account information
■ Suspicious Phone Calls	<ul style="list-style-type: none"> • Unsolicited calls asking for passwords or access • Pressure to act immediately • Refusing to give callback number • Claiming to be from IT support • Asking for information they should already have
■ In-Person Tactics	<ul style="list-style-type: none"> • Tailgating through secure doors • Fake employee badges or visitor credentials • USB drives left in common areas • Impersonating delivery personnel or contractors • Name dropping executives or colleagues

■ Simple Protection Steps

■ STOP, LOOK & THINK

1. STOP - Take a moment to evaluate
2. LOOK - Check for red flags
3. THINK - Does this make sense?

■ VERIFY INDEPENDENTLY

- Call back using known phone numbers
- Check with your manager for unusual requests
- Use a separate method to verify

■ TRUST YOUR INSTINCTS

- If something feels wrong, it probably is
- It's better to be cautious than sorry
- Don't be afraid to say NO

■ What to Do If You Suspect an Attack

■ **DON'T:** Click suspicious links, download unexpected attachments, provide passwords or personal info, plug in unknown USB devices, or let strangers tailgate.

■ **DO:** Report to IT/security, forward suspicious emails, document what happened, alert colleagues, change passwords if needed.

■ **REMEMBER: You are the first line of defense!**

When in doubt, ask — it's always better to verify than to become a victim.

Douglas OHI Med Talk

Oman

By Rahul, Medic



Benefits of Exercise

We have all heard many times before that regular exercise is good for you, and it can help you manage your weight. But if you are busy, and you haven't yet changed your exercise habits. The good news is that it's never too late to start. You can start slowly and find ways to fit more physical activity into your life.

What are the health benefits of exercise?

- **Help you get to and stay at a healthy weight.** Along with diet, exercise plays an important role in maintaining a healthy weight and preventing obesity.
- **Reduce your risk of heart disease.** Exercise strengthens your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart disease.
- **Help your body manage blood sugar and insulin levels.** Exercise can lower your blood glucose levels and help your insulin work better.
- **Help you quit smoking.** Exercise may make it easier to quit smoking by reducing your cravings and withdrawal symptoms.
- **Strengthen your bones and muscles.** Regular exercise can help build strong bones. Doing muscle-strengthening activities can help you increase or maintain your muscle mass and strength.
- **Improve your sleep.** Exercise can help you to fall asleep faster and stay asleep longer.
- **Increase your chances of living longer.** Studies show that physical activity can reduce your risk of dying early from the leading causes of death, like heart disease and certain cancers.



Remember that some physical activity is better than none!

Dougie's HSSE Corner



We often talk about staying safe on site, but did you know that driving is one of the most common places where accidents can happen — especially when we get distracted?

Using a mobile phone while driving is one of the leading causes of road accidents. Even a quick glance away from the road can put you, your passengers, and others at serious risk. Some common dangers of distracted driving include:



- ✓ Delayed reaction times make it harder to stop or avoid hazards
- ✓ Increased risk of collisions due to eyes leaving the road
- ✓ Loss of focus when handling calls or messages
- ✓ Greater chance of causing injury to yourself and others
- ✓ Stress and fatigue from divided attention, leading to poor decision-making

The good news is, these risks can be prevented:

- ✓ Always keep both hands on the wheel and your eyes on the road.
- ✓ Pull over safely if you must take an urgent call.
- ✓ Encourage passengers to help with navigation or communication.
- ✓ Remember: lives cannot be replaced, but calls and messages can always wait.

Dougie's HSSE Corner

KSA by Nagnathan Hariprasath



Dougie's Road Safety Reminder

“It's a wonderful day, and as we head to work, our OHI family takes pride in knowing that our teamwork has helped prevent most site accidents. Together, we are building a safer and happier workplace every day.”



“Suddenly, the cheerful mood shifted as the phone rang. The passenger quickly said, 'Brother, don't you know? Talking on the phone while driving is one of the leading causes of accidents!’”



“One call can change lives don't risk it. Talking on the phone while driving puts you and innocent people in danger. Safety starts with you.”

“Drive focused. Lives depend on it. Using a phone while driving is deadly for others and for you. Think before you act.”

“Hands on the wheel, eyes on the road. Phone calls can wait, lives cannot. Protect yourself and others safety begins with you.”



“Whether at the workplace or outside, always think before you act. Your family loves you, so be responsible every life matters. Take the first step, and others will follow. Remember, many drops of rain fill a lake, be the first drop that creates a safer, accident-free world.”

Dougie's HSSE Corner

Can you bring this road safety story to life with colours?



Download the colouring page, add your creative touch,
and send your artwork to dougie@douglasohi.com.

You never know — your entry may win a prize!