

onsite insight

HSSE Newsletter



SEPTEMBER 2025



Introduction

Welcome to the latest edition of the Douglas OHI HSSE Newsletter, where we highlight our key initiatives and achievements across our operations in three countries.

We begin this issue with insightful HSE blogs from our country managers, Raja (Oman), Rajesh (UAE), and Ibrahim (KSA), who share their ongoing efforts, campaigns, and training programmes that continue to strengthen our culture of safety in the workplace.

We are proud to celebrate significant milestones this month: our KSA team at the Zuluf Project achieved 5 million safe manhours, while Majan Construction contributed an impressive 4 million safe manhours to this success. Additionally, our UAE team received a prestigious award from ADNOC and Petrofac upon reaching the 10 million safe manhours milestone.

This edition also features valuable insights from Mr Girish, Regional Quality Manager, on the vital role of quality in sustaining excellence within our company.

In our "In Conversation With" section, we hear from two inspiring women, Meera in the UAE and Yusra in KSA, who share their professional journeys and perspectives from different corners of our organisation.

Our Med Talk column, presented by Dr Mohamed Marwan (KSA), focuses on Non-Communicable Diseases (NCDs), exploring their types, risk factors, significance in the construction industry, and ways to prevent and manage them.

Finally, don't miss our HSSE Dougie Corner, featuring a fun and educational cartoon story created by Nagnathan Hariprasath. Follow our HSSE mascot Dougie as he demonstrates how to respond to a fire emergency and use a fire extinguisher safely. Plus, invite your kids to join the fun with our Dougie colouring activity, where they can colour Dougie in action as he fights the fire!



Around the Region: HSE Blogs

Oman

by Rajasekar Ramalingam



As we move into the final quarter of 2025, our commitment to safety, environmental responsibility, and operational excellence remains unwavering. Here's a roundup of key incidents, initiatives, and achievements from September that underscore our collective dedication to a safe and sustainable work environment. Additionally, DNV completed a periodic & scope extension external audit, reaffirming our compliance standards and identifying continuous improvement opportunities.

Incident Reporting

In September, we had one restricted work case, one road traffic accident and three minor first aid cases related to hand injuries.

Safety Initiatives & Training- Awareness & Campaigns

Our "Let's Protect Our Hands" campaign has rolled out across the region, emphasising hand safety through workshops and awareness drives. The focus remains on preventing hand injuries, our most common workplace injury.



Embracing Digital Safety & Environmental Stewardship

Our safety data is now more accessible than ever through Power BI dashboards, enabling real-time monitoring of monthly reports, health performance, and audit records. These digital tools are vital in driving data-driven safety and environmental strategies.



First Aid – CPR training

To strengthen emergency preparedness and enhance lifesaving capabilities at the workplace, First Aid and CPR training sessions were conducted for employees. The training focused on equipping participants with practical skills to respond effectively to medical emergencies such as cardiac arrest, choking, and unconsciousness before professional medical help arrives.

Around the Region: HSE Blogs



Training – Power tools

A specialised Power Tools Safety Training session was conducted in collaboration with DeWalt, focusing on the safe operation, maintenance, and handling of various power tools used on-site. The session aimed to enhance workers' technical knowledge and reinforce safe work practices to prevent injuries and equipment damage.

Environmental Stewardship – Plantation Initiative

As part of our ongoing commitment to environmental stewardship and sustainability, a plantation drive was organised to enhance green cover and promote ecological balance within and around the facility. Employees actively participated in planting trees and native species, reinforcing awareness about the importance of biodiversity and carbon absorption in mitigating climate change.



Housekeeping Campaign

Employees actively participated in cleaning drives, tool and material organisation, and waste segregation activities. Regular inspections were conducted to identify improvement areas and reinforce accountability for workplace upkeep.



Around the Region: HSE Blogs

UAE

by Rajesh M Pillai



Habshan Gas Compressor Plant PKG-2

Importance of the Permit to Work System

A Permit to Work (PTW) system is crucial in construction safety because it provides a formal, documented method for managing high-risk activities by identifying hazards, ensuring safety precautions are implemented, and improving communication between management and workers, ultimately preventing accidents, ensuring legal compliance, and fostering a stronger safety culture. By authorising specific tasks only after they've been assessed and controlled, PTW systems act as a vital safety barrier, reducing incidents and protecting workers.



In our project (HGCP – 2) team conducted a Permit to Work awareness campaign to increase the awareness of the people about the permit to work system requirements, which followed in the site and the steps to be followed. The campaign emphasised more on the importance of the permit-to-work system and the roles and responsibilities of the signatories involved.

Flu Awareness and Vaccine Information

Habshan site team and Medic conducted a Health awareness session at site level to increase the awareness on flu and the importance of receiving vaccine. As we head into the flu season, we want to prioritise the health and safety of everyone working on our projects. The flu is highly contagious and can cause serious health problems.



The Importance of Flu Awareness

We strongly encourage our team to take precautionary measures to protect themselves from the influenza virus. Key preventive measures include:



Frequent Handwashing: Wash hands often with soap and water for at least 20 seconds.



Respiratory Etiquette: Cover your mouth and nose with a tissue when you cough or sneeze.



Stay Home When Sick: If you or any member of your team experiences flu-like symptoms (fever, cough, body aches, etc.), please stay in your room until you are fever-free.

Around the Region: HSE Blogs

Benefits of Getting the Flu Vaccine

The single best way to protect against the flu and its serious consequences is to get a flu vaccine. We highly recommend that all our staff and employees receive one this season.

Here are the key benefits:

Reduce Illness: The vaccine can significantly reduce your risk of getting the flu.

Protect Others: By getting vaccinated, you also help protect those around you, including your colleagues, and individuals who are more vulnerable to severe flu illness.



Around the Region: HSE Blogs

KSA

by Ibrahim Rashid



In September 2025, our projects maintained a strong focus on health, safety, and environmental excellence through proactive reporting, awareness, training, and preparedness activities, reinforcing our commitment to a safe and sustainable work culture.

A major milestone was achieved at the Zuluf Project, reaching 5 million safe manhours, with Majan DOHI contributing 4 million safe manhours to this accomplishment. Our client, Fisia and the owner company AWS recognised our efforts by presenting us with the Best Contractor Award. Additionally, we proudly received individual honours for Best HSE Manager and Best Supervisor among all contractors.



Incident Reporting

A total of four near-miss cases were reported during the month, zero at Zuluf and four across Riyas (CK002). These reports demonstrate our workforce's growing vigilance and commitment to identifying and addressing potential hazards before they escalate.



Safety Campaigns

Enhanced Plant Equipment Awareness Campaigns were conducted at RNGL, where a forklift wooden model was fabricated and used to demonstrate safe lifting operations and highlight key forklift safety practices.

Toolbox Talks & Trainings

At Zuluf, mass toolbox talks focused on scaffolding safety, LOTO, pre-commissioning awareness, and the correct use of the Venom Extractor Kit in case of a snake bite. At Riyas, sessions centered on fire prevention, OSHA standards, and First Aid & CPR. Training programmes also emphasised STARRT card procedures.



Around the Region: HSE Blogs

Camp Inspection and Audits

Both sites and camps underwent internal audits. An external DNV Audit was conducted at the Zuluf project. While Riyas was inspected by Aramco and TR representatives.

Catering staff at Riyas participated in internal refresher training sessions covering hygiene, PPE compliance, food safety (CCP 3), and store management (FIFO & FEFO).

Emergency Preparedness

Emergency medical drills were carried out at both RNGL project locations, including the Lifting Station and building facilities, ensuring the teams remain ready to respond swiftly to any incident.



In Conversation With



Meera Al Marzooqi

Human Resources Officer

1

Where are you based and what are you currently doing?

I'm from Abu Dhabi and currently work at Douglas OHI's Mussafah branch as a Human Resources Officer. My role involves conducting job interviews for UAE nationals, coordinating with the Government Relations Department for registrations, managing attendance and departure records for Emirati employees, and ensuring smooth communication and support across departments.

2

How do you start your typical working day?

My day begins with reviewing emails and messages to prioritise urgent matters. I then plan my schedule, go through pending approvals or employee requests, and coordinate with various departments to stay updated on government-related processes and requirements.

3

What are your thoughts on health and safety at work?

Health and safety are essential in every workplace. A safe environment builds confidence, focus, and productivity among employees. I believe safety is a shared responsibility. When everyone plays their part, the entire organisation benefits.

4

What makes you happy?

I feel happiest when I accomplish my tasks efficiently and contribute to solving challenges. Seeing teamwork in action and being part of collective success gives me great satisfaction. Outside work, spending quality time with my family and friends always brings me joy.

5

What are your hopes for the future?

Looking ahead, I aim to continue growing in my HR career by taking on greater responsibilities and contributing to Douglas OHI's long-term goals. I aspire to help build a workplace that is positive, inclusive, and high-performing, while continuing to develop my professional skills and adding value to both our people and the organisation.

In Conversation With



Yusra Al Siyabi

Project Engineer

- 1 **When did you join the company?**
I joined the company in September 2024
- 2 **Where are you based and what do you do?**
I'm based in Al Khobar, KSA, working as a Project Engineer. My role focuses on qualifying the company to meet Saudi Aramco's requirements and ensuring alignment with Saudi Arabia's Vision 2030. This allows Douglas OHI to actively contribute to the Kingdom's continued growth and development.
- 3 **Is there anything you can share about your life so far?**
I've always been passionate about learning and self-improvement. Every experience has been an opportunity to grow, both personally and professionally, and to make a meaningful contribution through my work.
- 4 **What is your greatest achievement to date?**
One of my proudest achievements has been successfully completing key construction projects while maintaining the highest standards of safety and quality. Seeing the results of collaboration and hard work come to life is incredibly rewarding.
- 5 **What makes you the happiest?**
I find the greatest satisfaction in progress, whether it's achieving goals, helping others succeed, or learning something new. Growth, teamwork, and continuous improvement always keep me motivated.
- 6 **What advice would you give to your younger self?**
Believe in yourself and stay consistent. Every challenge teaches you something valuable, and with patience and hard work, success will always follow.

Building the Foundation of Quality

Oman

by P. G. Girish Kumar



The Importance of Quality in Construction

In the construction industry, quality is a commitment to safety, durability, efficiency and client satisfaction. Upholding high-quality standards on construction sites is essential for the success of individual projects as well as for the long-term reputation and sustainability of a company. Quality is not optional, it's the foundation of everything we build.

1. Safety and Structural Integrity

Quality ensures the structural soundness and safety of buildings and infrastructure. Substandard materials or poor workmanship can lead to failures, accidents, or costly repairs, putting lives at risk and exposing companies to legal and financial consequences. A commitment to quality helps prevent such issues and fosters a culture where safety and responsibility come first.



2. Efficiency and Cost Control

Quality drives project efficiency. While shortcuts may appear to save time or money initially, they often result in rework, delays and waste. High-quality practices minimise these risks, helping projects remain on schedule and within budget.

3. Client Satisfaction and Competitive Advantage

Delivering a finished product that meets or exceeds client expectations is essential. Superior quality reflects professionalism, builds trust and leads to repeat business and referrals, setting your company apart from the competition.

4. Regulatory Compliance

Quality construction supports compliance with building codes, standards and other regulatory requirements. Failure to meet these can result in penalties, shutdowns, or damage to your reputation. Adhering to high standards ensures smoother inspections and fewer legal hurdles.

5. Team Morale and Accountability

A culture of quality boosts team morale and encourages accountability. When workers take pride in their craftsmanship and are trained to value precision, the overall standard of work rises. This shared commitment promotes excellence at every level.

Conclusion

Quality in construction is about doing the right things to ensure safety, efficiency, client satisfaction and long-term success. Companies that prioritise quality build trust, credibility, and a lasting legacy.

Douglas OHI Med Talk

KSA by Mohamed Marwan, Registered Nurse-RPM



Non-Communicable Diseases (NCDs)

Non-communicable diseases (NCDs) are chronic medical conditions that are not spread from person to person. Unlike infectious diseases, NCDs are often caused by a combination of genetic, physiological, environmental, and behavioural factors.

They are currently the leading cause of death globally, responsible for over 70% of deaths worldwide, according to the World Health Organisation (WHO).



Common Types of NCDs

- 1 High blood pressure (Hypertension)
- 2 Heart disease
- 3 Diabetes (high blood sugar)
- 4 Cancer
- 5 Chronic lung problems (like asthma or COPD)

Risk Factors

- 1 Unhealthy diet (high in sugar, salt, and fat)
- 2 Physical inactivity (Lack of exercise)
- 3 Smoking and Chewing tobacco
- 4 Alcohol Consumption
- 5 Obesity
- 6 Too much stress
- 7 Environmental factors (e.g., air pollution)

Prevention and Control

The good news is that NCDs are largely preventable.

- **Eat healthy:** More vegetables and fruits, less fried and salty food.
- **Quit smoking:** Ask the nurse for help if you want to stop.
- **Reduce alcohol:** Limit drinking, especially after work.
- **Check your health:** Get your blood pressure and sugar checked regularly.
- **Exercise:** Even 15-30 minutes of walking helps.
- **Manage stress:** Talk to someone if you're feeling low or stressed.

Why NCDs Matter?

NCDs not only reduce life expectancy but also severely impact quality of life. Many people live with these diseases for years, facing complications and disabilities that affect their ability to work, care for their families, or lead independent lives.

Why Importance of Construction Workers Care?

Long working hours, stress, poor diet, and smoking are common on construction sites.

Many workers ignore signs like tiredness, chest pain, or frequent urination. NCDs can cause serious health problems, hospital stays, or even sudden death if not treated.

Conclusion

Non-communicable diseases are a growing public health concern. As nurses, we are at the frontline of prevention, education, and management. Promoting healthy behaviours and early interventions can significantly reduce the burden of NCDs in our communities.

References:

- World Health Organisation. *Noncommunicable diseases. 2023.*
- International Labour Organisation. *Occupational safety and health in the construction industry.*

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Douglas OHI Med Talk

HEALTHY HABITS FOR A BETTER LIFE

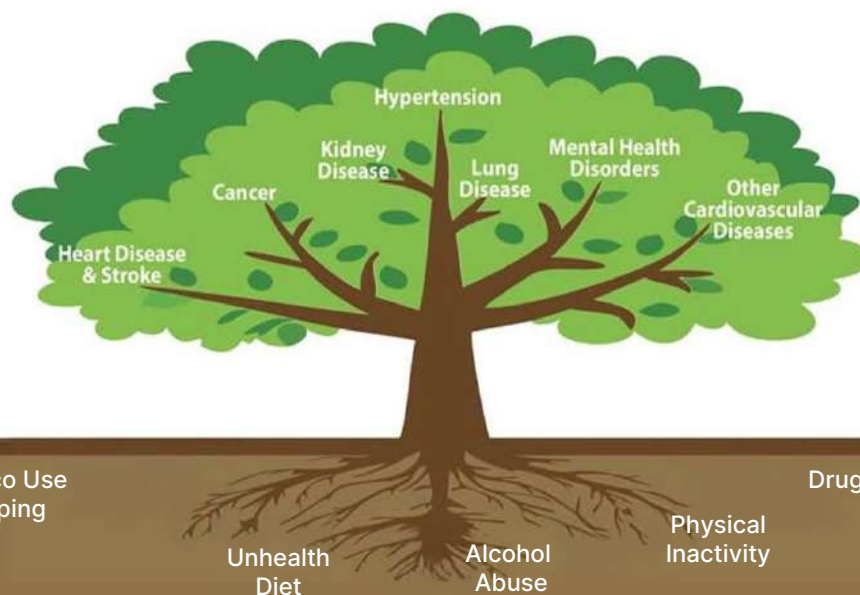
Eat Balanced Meals  Fruits, vegetables, whole grains, and lean proteins keep your body strong and energized.	Drink Plenty of Water  Stay hydrated to improve focus, digestion, and overall health.
Get Enough Sleep  Aim for 7-9 hours of sleep each night to recharge your body and mind.	Exercise Regularly  At least 30 minutes a day of physical activity helps boost energy and mood.
Practice Good Hygiene  Wash your hands, brush your teeth, and take regular showers.	Limit Screen Time  Take breaks from phones, computers, and TV to rest your eyes and stay active.
Stay Positive and Manage Stress  Practice mindfulness, talk to someone, and focus on what.	Avoid Smoking and Excessive Sugar or Junk Food  Make healthy choices for long-term wellness.

Staying healthy is as easy as ABCDE

Avoid alcohol 	Be physically active 
Cut down on salt and sugar 	Don't use tobacco products 
Eat plenty of vegetables and fruits 	

World Health Organization Regional Office for South America

Early life Prevention of Non-Communicable Diseases Risk Factors & Strengthening Primary Healthcare & Health Systems



Dougie's HSSE Corner

KSA by Nagnathan Hariprasath



Dougie's Quick Guide to Fighting Fire Safely



Dougie says:

“If you discover a fire stay calm, raise the alarm, and assess if it's safe to extinguish.

Never attempt to fight a large or spreading fire. Evacuate and call emergency services.”



“Locate the nearest fire extinguisher quickly and check the label for the correct type.

Always make sure you have a clear escape route before approaching the fire.”



“Remember: P-A-S-S - Pull, Aim, Squeeze, Sweep.

Aim at the base of the fire, not the flames. Keep a safe distance and move side to side.”



“Ensure the fire is fully out and report the incident immediately.

Do not turn your back on the fire until it is completely extinguished. Replace or service used extinguishers.”

Dougie's HSSE Corner



Why Fire Safety Matters

Fires can happen unexpectedly. A small spark, faulty wiring, or even overheated equipment can quickly become dangerous. That's why every team member must know how to act fast, stay calm, and use the right extinguisher safely.

How I Stay Safe Around Fire

- **Stay calm:** Don't panic. Assess if the fire is small and can be extinguished safely.
- **Raise the alarm:** Always alert others and call for help before taking action.
- **Use the right extinguisher:** Check the label for the correct type (CO₂ for electrical fires).
- **Remember P.A.S.S.:** Pull, Aim, Squeeze, Sweep. Aim at the base of the fire, not the flames.
- **Report and replace:** Once the fire is out, inform your supervisor and service the used extinguisher.



Dougie's HSSE Corner

Can you colour Dougie as he puts out the fire?



Please send your colouring to dougie@douglasohi.com

You never know, you may win a prize!