

DOUGLAS
OHI

onsite insight

HSSE Newsletter

AUGUST 2026



CIOB

Company Member



An OHI Company

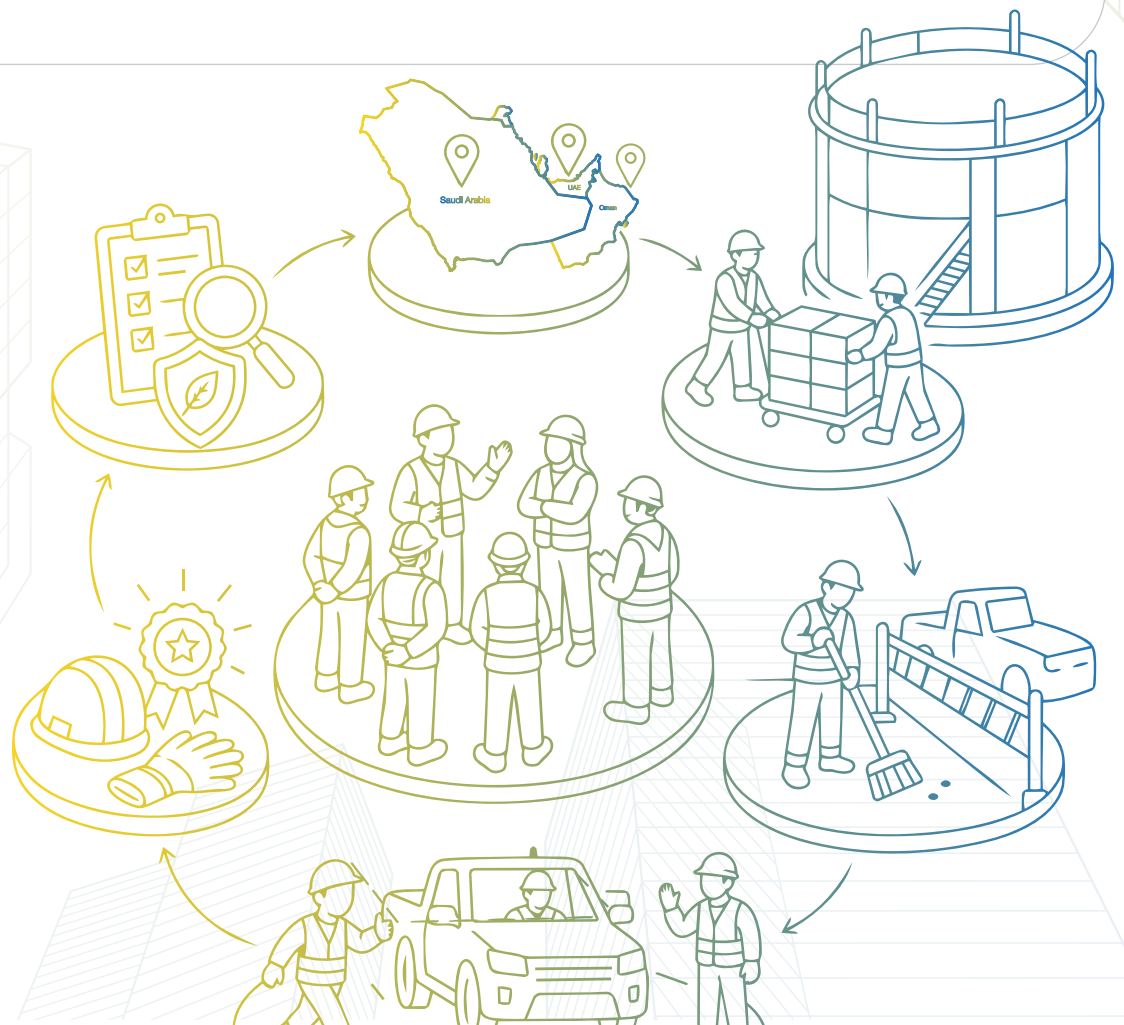
Introduction

Across the region, August gave us plenty to feel encouraged about. Our teams continued to work safely, raise observations and have the everyday conversations that help stop harm before it happens. Those conversations are important because safety is not only shaped by procedures, inspections or statistics; it is also shaped by the choices people make in the moment, the questions they ask and the willingness to speak up when something does not look right.

The month also reminded us that many of our biggest learning opportunities come from routine activities. Moving materials, travelling to and from site, parking vehicles, checking access routes and maintaining housekeeping may seem familiar, but they still require focus and discipline. When the basics are done well, they create the foundation for safer work across every project and every location.

This edition focuses on practical lessons we can all use, wherever we work. It brings together regional updates, positive examples of engagement and timely reminders about the behaviours that protect our people, projects and business. It also recognises the contribution made by our teams across the UAE, KSA and Oman, whose continued commitment helps keep HSSE visible, relevant and part of daily work.

In Dougie's HSSE Corner, Dougie considers the safe parking of light vehicles. It is an everyday issue for many of us, but one that can still result in preventable damage if we rush, assume the area is clear or fail to ask for help when visibility is limited. As always, the message is simple: take a moment, check properly and do the small things well.



View from the Bridge



August was a strong month across the region. In the UAE, KSA and Oman, overall performance remained positive, supported by continued engagement from our project teams and more than 16,600 observations recorded year-to-date. That level of reporting tells us that people are still looking closely at their work areas, speaking up when something does not look right and helping to prevent harm before it happens.

The month also gave us useful reminders. A restricted work case, a non-work-related medical case and two vehicle property damage events all pointed to the same issue: routine work still carries real risk. Manual handling, travelling, parking and reversing may be familiar activities, but they still need planning, awareness and the confidence to pause when conditions are not right.

This newsletter is about turning those reminders into action: what we should keep doing, what we need to stop accepting and what we should start doing even better. It is also about recognising the good work already taking place across our projects, where supervisors, operatives, drivers, engineers and HSE teams are all playing their part in keeping safety visible and practical.

We should keep encouraging observations and near-miss reporting, keep making toolbox talks and pre-start briefings meaningful, and keep applying heat stress controls consistently. We should also keep recognising people who do the right thing.

If we keep building on the positive engagement already being shown across the region, we will continue to strengthen our culture, learn from each other and make our workplaces safer, one conversation and one good decision at a time.

Greg Crook
Deputy Regional Director

Regional Roundup

Sultanate of Oman

Oman also delivered a strong August. The team worked 278,884 man-hours, taking the total to 1,788,734, and closed the month without lost-time injuries, restricted work cases, road traffic accidents, first aid cases, property damage or near misses. A total of 458 observations were raised, bringing the year-to-date total to 2,327.



A standout achievement was the appreciation certificate for best HSE performance. It was positive recognition of the team's standards and a real highlight for the region.

Training and preparedness stayed visible through fire evacuation and mast climber platform drills, plus refresher sessions on fall protection, work at height, scaffolding, A-frame ladder use, stretcher handling, spill response, Life Saving Rules and night work.



Heat stress prevention stayed a priority, supported by hourly Thermal Work Limit (TWL) monitoring, the flag system and random health checks. Good practices were also visible, including clean work areas, verified underground services, barricaded plant areas and consistent toolbox talks.



Leadership engagement continued through site visits, leadership walks and project safety walks. The Best I-CARE Observation Award was also presented, reinforcing the value of quality reporting and active participation.



Regional Roundup

United Arab Emirates

The UAE had a strong August, passing 10.4 million man-hours with 1,554 people across several major projects. The month closed with no lost-time injuries, and 544 observations were raised. That tells us teams are still spotting hazards, speaking up and helping keep each other safe.



A highlight was reaching 1 million safe man-hours on one UAE project, with six Douglas OHI employees recognised during a wider safety celebration.

Assurance also remained positive. An HSE assurance audit was completed across the UAE portfolio, a pre-mobilisation audit for a new project achieved a good result, and internal audits, internal HSSE inspections, accommodation checks and catering inspections continued.



The main reminders came from routine work. A restricted work case during manual handling carried a simple message:

Ensure that you make sure access routes are clear before work starts.



A transport-related injury reminded us that passengers must stay seated until vehicles fully stop. Two vehicle property damage events also showed why checks before parking or reversing matter.



Looking ahead, the focus stays on safe access, controlled vehicle movement, effective briefings, training, emergency drills and closing audit and inspection actions on time.

Regional Roundup

KSA

KSA also had a positive month, with no lost-time injuries across three major projects. Together, the projects reached almost 12 million man-hours, supported by more than 35,000 observations to date. That is encouraging because it shows teams are noticing conditions, raising concerns and acting before harm occurs.



Three near misses were reported and investigated. No one was injured, but each event gives us a chance to learn. A rising near-miss count is not always negative; it can also show that people trust the system enough to report what could have gone wrong.



One key learning point was the detection of Hydrogen Sulphide (H₂S) gas at a work location. The issue was escalated and controlled quickly, employees completed H₂S awareness training, and continuous gas monitoring was introduced. It was a good example of early recognition and proper control.



Training and engagement stayed visible through toolbox talks, pre-start briefings, observation reporting, inspections, welfare discussions, wellbeing activity, equipment checks and housekeeping awareness. Recognition also helped reinforce positive behaviours.



Did you know?

Every minute, the equivalent of a garbage truck of plastic enters our oceans. If we do not change course, plastic in the sea could outweigh fish by 2050.

Single-use plastic is a big part of the problem. It can take hundreds of years to break down, and instead of disappearing, it becomes microplastics that can enter soil, water, food chains and eventually our bodies.

If we ignore it, plastic production and pollution will keep rising, putting ecosystems and human health at greater risk.

We can all help by using reusable bottles, segregating waste properly and choosing more sustainable packaging. Small daily habits can help build a cleaner, healthier workplace.



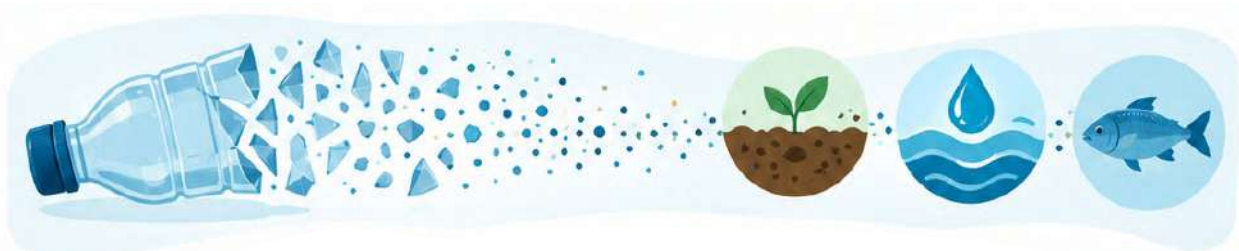
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Plastic does not simply disappear

It can take hundreds of years to break down, becoming microplastics that enter soil, water and food chains.



**Segregate
waste
properly**



**Use
reusable
bottles**



**Choose
sustainable
packaging**

In Conversation With



Pradeep Acharya

HSE Manager

1 Can you tell us about your current role and main responsibilities at Douglas OHI?

I am an HSE Manager supporting the MERAM/DOHI projects, responsible for inspections, SIMOPS, audits, road safety, risk assessments, investigations, training, emergency preparedness, environment, and welfare.

2 What inspired you to pursue a career in your field?

At 13, I witnessed my mother suffer severe burns in a kitchen fire, which showed me how quickly accidents can change lives and inspired me to help protect others through HSE.

3 What has been your most memorable project or achievement with Douglas OHI so far?

Oman LNG was a career highlight, where the team received the Best Contractor Award, and I am proud to have supported safe man-hour milestones at MERAM, including 50 Million and 1 Million safe man-hours.

4 What challenges have you faced in your role, and how did you overcome them?

Fast-moving projects bring changing site conditions, multiple contractors, and diverse workforces, which I manage through communication, teamwork, field engagement, training, inspections, drills, and early issue resolution.

5 Can you share an example of teamwork or collaboration that made a difference on your project?

Teamwork is vital during incident response, drills, audits, closeouts, training, TBTs, and other activities where clear roles and communication help protect people.

6 What advice would you give to new employees joining Douglas OHI?

Never compromise safety to save time. Understand the job, identify hazards, follow procedures, ask questions, learn from others, and speak up or stop work if something is unsafe.

7 What are your hopes or goals for the future, both professionally and personally?

Professionally, I want to keep developing as an HSE leader, improve Douglas OHI's HSE performance, and support younger HSE professionals.

Personally, I want to keep learning, maintain balance, and spend quality time with my family and those important to me.

8 How do you balance work and personal life, especially when working away from home?

I stay connected with my family through regular calls and video calls, while keeping a healthy routine, getting enough rest, and staying positive.

9 What makes you happiest in your life?

Happiness is seeing my family safe, healthy, and happy, supporting others, and helping teams complete challenging work safely so everyone goes home safe.

Dougie's HSSE Corner

There is no such thing as a cost-free accident. Even during everyday activities, things can go wrong resulting in damage. Take your time to check the area when reversing even light vehicles and ask for help if need be.



Dougie's HSSE Corner

A quick reminder

Show us your creativity by colouring Dougie's reversing safety scene and sharing your masterpiece!



Why not discuss this with your parents, colour the picture below and send it to Dougie@douglasohi.com for a chance to win a prize?