

onsite insight

HSSE Newsletter

SEPT 2026



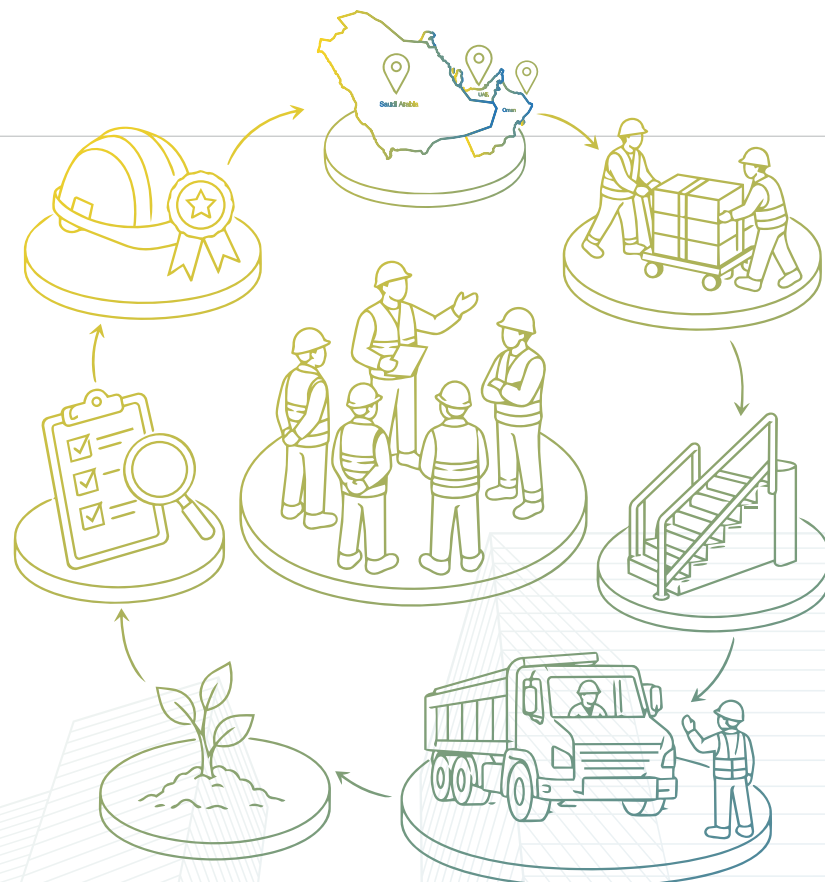
Introduction

Welcome to our next regional HSSE newsletter. This edition brings together the main lessons, achievements and activities reported across the region during September. It begins with a leadership perspective from Greg on the importance of clear briefings, effective coordination and reassessing work when conditions change. These themes are reinforced through practical examples involving stair safety, material handling, moving equipment, cranes and loads that may become unstable.

The regional roundups provide a closer look at HSSE performance and activity in Oman, the UAE and KSA. Many thanks to our HSSE Managers and teams for their inputs. They cover the month's observations, incidents and near misses, together with the actions and learning that followed. They also recognise the positive work taking place across our projects, including practical training, toolbox talks, leadership inspections, emergency exercises, road safety and scaffolding campaigns, environmental initiatives, welfare activities and employee recognition.

Elsewhere in the newsletter, Dougie's HSSE Corner focuses on situational awareness and the need to remain alert to changing site conditions. We also meet Sanjeewa, who shares his experience in plant operations, logistics and leadership, as well as his thoughts on teamwork, learning and the future. The Did You Know? feature explains seasonal influenza, including the regional context, who may be at greater risk and the practical steps we can all take to reduce infection. As you read, consider what applies to your team or workforce, what could be discussed at the next toolbox talk and whether a small change could make a familiar task safer, healthier or more effective.

Thank you and enjoy!



View from the Bridge



Our September reports give us plenty to think and talk about, particularly the incidents involving unsecured materials and people working close to moving equipment. In situations like these, it is important that everyone involved has the same understanding of the task and the controls that need to be in place.

Before work starts, let's take a moment to make sure the briefing reflects the conditions people will actually face. If the route has changed, the load does not look stable or another activity enters the work area, pause and reassess. No one should feel they have to carry on simply because the job is already under way.

It is also good to see our teams recognising colleagues for positive safety performance and continuing to make time for leadership inspections and welfare checks. That focus will continue into October. In the UAE, our plans include further awareness campaigns, welfare inspections, emergency drills, leadership visits and preparations for upcoming work. In KSA, an H₂S awareness campaign began on 1 October, focusing on hazard recognition, safe working practices and emergency preparedness.

As we move into the next month, let's keep our attention on the conditions in front of us. Make time for a useful briefing, listen when someone raises a concern and check that agreed actions have made the workplace safer. Thank you to everyone who speaks up, follows through on actions, looks out for colleagues and shares what they learn. Let's keep those conversations going.

Greg Crook
Deputy Regional Director



Regional Roundup

Sultanate of Oman

Our teams in Oman recorded 212,639 man-hours and 359 observations during September, with no lost-time injuries. They also reported a first aid case and a near miss, both of which gave us useful lessons that we can apply in our everyday work.



In the first aid case, one of our colleagues misjudged a staircase landing while walking down and sustained a minor shin injury. Our team responded by sharing a safety alert and reviewing the risk assessment. It is a simple but important reminder for all of us: give stairs your full attention, use the handrail and check each step rather than assuming you have reached the landing.



Our Oman team also responded to a near miss when two kerbstones fell from a pallet as a telescopic loader travelled over uneven ground. Thankfully, nobody was injured. Our colleagues stopped the job, checked the arrangement and secured the load before starting again. The message for all our teams is straightforward: before anything moves, check the load, the restraints and the route.

Our colleagues made plenty of time for practical learning during the month too. They took part in manual handling and compressed gas cylinder awareness sessions, as well as fire and spill response drills. A suspension trauma demonstration, mobile plant awareness training and suspended working platform training helped our teams stay focused on the controls needed before work begins.



Regional Roundup

United Arab Emirates

Our teams in the UAE have reached almost 10.9 million cumulative man-hours and recorded 795 observations for September. Across our four projects, housekeeping and personal protective equipment were among the main observation themes. These findings give our colleagues a useful starting point for their next workplace conversation and follow-up check.



The month's incidents also reminded our UAE teams how quickly conditions can change. In one case, a temporary pipe plug came free after its supports shifted, releasing test water into an excavation. In another, a tile fell as one of our colleagues removed bundle straps. Both incidents provide useful reminders for all of us to check that materials are stable and keep people away from anything that could move unexpectedly.



Our colleagues also responded to an incident where movement of a crane dislodged a scaffold plank, which fell and struck a worker. For all our teams, this shows why clear coordination between workgroups matters so much, particularly when moving equipment could affect people working nearby.



There was plenty of positive activity across our UAE projects as well. Our teams ran road safety and scaffolding campaigns, alongside emergency exercises covering evacuation and electric shock response. The month also included environmental recognition and employee safety awards, so well done to all our colleagues whose efforts were recognised.



Regional Roundup

Kingdom of Saudi Arabia

Across our three projects in KSA, our teams recorded a combined 174,210 man-hours and 887 observations during September, with no lost-time injuries reported. Every observation shared by our colleagues has value: it may flag a concern that needs attention or highlight a good practice that another team can follow.



Our KSA teams kept the conversation going through toolbox talks and pre-start discussions on process safety, hydrogen sulphide awareness and traffic management. Our colleagues also covered simultaneous operations and electrical safety, while an external audit added another layer to the month's assurance activity.

Environmental and welfare activities remained high on the agenda for our KSA teams too. Our colleagues marked World Environmental Health Day with tree planting and a clean-up campaign. At our camps, teams took part in food hygiene training, safe food handling awareness and a food survey. Evacuation exercises, together with fire and spill response drills, helped our people stay ready for an emergency.



Our KSA colleagues also made time for personal wellbeing. A World Heart Day step-count challenge brought our teams together through friendly competition, encouraging daily movement and healthier habits.



What could that look like for your team? Perhaps a short walk during a suitable break or a friendly activity that colleagues can join at their own pace. Keep it appropriate to individual ability and local conditions, and make participation welcoming.



Did you know?

Seasonal Influenza: What We Need to Know

Seasonal Influenza: What We Need to Know

HEALTHY PEOPLE. SAFER WORKPLACES. STRONGER TOGETHER.

PREVENT
PROTECT
STAY WELL
AT WORK

- 

What is it?
Flu is a contagious viral infection of the nose, throat and lungs.
- 

Who is most at risk?
Older adults, young children, pregnant women, people with chronic conditions, and those with weakened immune systems.
- 

Protect yourself

 - Consider seasonal vaccination.
 - Wash or sanitise hands.
 - Cover coughs and sneezes.
 - Reduce close contact with people who are unwell.
- 

Know the symptoms
Fever, chills, dry cough, sore throat, headache, tiredness and muscle aches.
- 

If you are unwell

 - Stay away from work.
 - Inform your line manager.
 - Follow the sickness-reporting process.
 - Seek medical advice if symptoms are severe, worsening or prolonged.



Don't worry — influenza changes naturally over time.
Stay informed and take sensible precautions.

Seasonal influenza, commonly called the flu, is a contagious viral infection of the nose, throat and lungs. Influenza activity usually increases during the cooler months, alongside other respiratory infections such as respiratory syncytial virus (RSV). Health authorities in Oman, Saudi Arabia and the UAE continue to promote vaccination, good hygiene and early medical advice for people at higher risk of complications.

What does this mean for our region?

Flu viruses circulate in all three countries and can spread quickly in offices, project sites, accommodation, schools and shared transport. Activity can vary by country and over time, so we should follow the latest advice from our local health authority.

Most people recover within one to two weeks. However, flu can cause complications such as pneumonia, particularly in older adults, young children, pregnant women, people with chronic medical conditions and those with weakened immune systems.

What is Influenza A (H3N2) subclade K?

Subclade K is not a completely new type of flu. It is an evolved branch of the familiar Influenza A (H3N2) virus. Flu viruses change naturally over time through a process called antigenic drift.

Why it matters: Genetic changes in subclade K can make the virus less similar to strains encountered previously. This may reduce existing immunity and allow infection to spread more easily through close-contact environments.

How severe is it? Current WHO information does not show that subclade K causes more severe illness than other seasonal influenza viruses. However, H3N2 seasons can place greater pressure on health services and may have a stronger effect on older adults and other vulnerable groups.

What should we do?

First and foremost, don't worry. This is a naturally occurring cycle.

The seasonal flu vaccine is updated regularly to reflect changes in circulating viruses. Vaccination may not prevent every infection, but it remains an important measure for reducing the risk of severe illness, hospitalisation and complications.

Did you know?



Consider vaccination

Oman: Contact a Ministry of Health centre or an approved private clinic to confirm current availability and eligibility.

Saudi Arabia: Check the Ministry of Health or Sehhaty services for current vaccination arrangements.

UAE: Contact the relevant local health authority or primary healthcare centre for current campaign details and booking arrangements.

Vaccination is especially important for people at greater risk of complications, including older adults, pregnant women, young children, people with chronic health conditions and those with weakened immune systems. Anyone unsure about suitability should speak to a qualified healthcare professional.



Break the chain of infection

Clean your hands: Wash regularly with soap and water. If these are not available, use an alcohol-based hand sanitiser.

Cover coughs and sneezes: Use a tissue or the inside of your elbow. Dispose of used tissues immediately and clean your hands afterwards.

Reduce exposure: Avoid close contact with people who are unwell. Those at higher risk may consider a well-fitting mask in crowded indoor areas or shared transport, in line with local guidance.



Do not attend work when unwell

Recognise the symptoms: Common signs include fever, chills, dry cough, sore throat, headache, tiredness and muscle aches. Not everyone with flu will have a fever.

Report and recover: If you are unwell, stay away from the workplace, inform your line manager promptly and follow the company's sickness-reporting process. Seek medical advice if symptoms are severe, worsening or prolonged, or if you belong to a higher-risk group. Attending work while infectious can expose colleagues and disrupt operations.

Please remember that this article does not constitute formal medical advice. Consult a qualified professional for specific healthcare guidance.

Finally, remember, there is no need to worry. This is a naturally occurring cycle.

References:

<https://www.who.int/emergencies/disease-outbreak-news/item/2025-DON586>

<https://www.moh.gov.sa/en/awarenessplatform/various/topics/pages/influenza.aspx>

<https://moh.gov.om/en/health-promotion/health-awareness/seasonal-influenza/>

In Conversation With



Sanjeewa Silva

Logistics & Plant Controller

1 What is your name and what is your role in the company?

My name is L.I. Sanjeewa Silva, and I am the Logistics & Plant Controller in charge of KSA operations.

2 How long have you worked for the company?

I have been working for the company for 2 years and 10 months.

3 Can you share something about yourself?

I am a Plant Operations and Heavy Equipment professional with over 16 years of experience in Oil & Gas, EPC, and Construction across the UAE and Saudi Arabia. My expertise includes plant and fleet management, equipment maintenance, logistics, material control, equipment documentation, HSE compliance, and operational coordination. I focus on maximising equipment availability, minimising downtime and costs, and ensuring safe, efficient, and reliable plant operations to support project objectives.

4 What makes you happiest?

I am happiest when I see the team working effectively together, achieving targets, and continuously improving operations. I take pride in developing people, building accountability, and creating a safe, productive, and positive work environment that delivers results.

5 What are your hopes for the future?

My goal is to build a strong, capable organisation that delivers sustainable results. I want the plant to be recognised for safety, operational excellence, quality, and people development, while continuously improving performance. Personally, I aim to keep learning, develop future leaders, and contribute to the company's long-term growth and success.

6 What advice would you give to your younger self?

I would tell my younger self to be patient, stay curious, and focus on continuous learning. Build strong relationships, listen to others, take responsibility for mistakes, and never compromise on safety or integrity. Most importantly, leadership is not about authority; it is about earning trust, setting the right example, and bringing out the best in people.



Dougie's HSSE Corner

Situational Awareness

As your HSSE mascot, Dougie, I want to remind you that situational awareness is one of our strongest safety tools on a construction site. In fact, I call it my personal Control Measure or PCM. Stay alert, look out for changing conditions, identify hazards before they become incidents, and never assume that yesterday's safe situation will be the same today. Keep your eyes, ears, and mind focused, because noticing a risk early can help protect you, your team and everyone around you.

1 A busy worksite

I wonder what my family are doing now?

2 A hidden danger

I wonder what my family are doing now?

3 Stop! Look around!

STOP!
Look around you!
You were both distracted.

Wow... I didn't even notice the truck.

And I didn't see you!

4 What is situational awareness?

Situational awareness is one of the most important skills we can develop on site.

Conditions can change quickly, and recognising what is happening around us can be the difference between a routine task and an incident.

- Moving equipment
- People nearby
- Vehicles
- Suspended loads
- Changing hazards

5 Toolbox Talk / HSE Alert

HSE ALERT
Situational Awareness & Line of Fire

Remember our recent Toolbox Talk on the HSE Alert covering situational awareness and the line of fire?

It reminded us to understand where hazards are, how they can change, and where people are positioned in relation to them.

6 Pause – Assess – Control

Before starting – or continuing – a task, pause and ask yourself:

What has changed?
What could hurt me or someone else?
Where is my line of fire?

- Moving equipment
- Stored energy
- Suspended loads
- Vehicle movements

PAUSE → **ASSESS** → **CONTROL**

7 Make the right choice

REMOVE YOURSELF FROM THE RISK

CONTROL THE HAZARD

STOP & REASSESS

Check your surroundings...

...before you continue.

8 A safer tomorrow

SEE THE RISK BEFORE IT BECOMES AN INCIDENT

Stay alert. Speak up. Look out for one another.

Because being aware today can prevent an incident tomorrow!

Dougie's HSSE Corner

A quick reminder

Show us your creativity by colouring Dougie's safe working 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?