HIGHLIGHTS

HABC: TRAIN THE TRAINER

ASSP IN MEDIA: kuwait chapter executive committee meeting

MONTHLY ARTICLE: 5's of good housekeeping

Technical Meet on “Lean Six Sigma for HSE Professional”

For any queries regarding sponsorship, please contact our chapter office

Mail: ASSP Kuwait Chapter, PO Box 4047, Safat-13041
Tel: +965 22445588 Ext 311, Mobile: +965 66846040/ 55141224
Fax: +965 22428148
Email: contact@kuwait.assp.org / info@kuwait.assp.org
Web: kuwait.assp.org
ASSP conducted technical meet “Lean Six Sigma for HSE Professional” on 13/08/18 at KHS auditorium, Souk Sabah, Fahaheel. It was attended by 45 members. Mr. Sunil Sadanandan, Chapter Vice President introduced the speaker of the day Dr. V. Chandrasekhar, Lead Appraiser Executive Director (Consulting & IT) from Lex Nimble Solutions Inc.
American Society of Safety Professional (ASSP) organized training program on HABC (Highfield Awarding Body of Compliance UK) Train the trainer from 9th to 10th August 2018, at ASSP Chapter Office Training Hall, Fahaheel Souk Sabah. The training was conducted by Mr. Tariq Maqbool, Mechanical Engineer certified in NEBOSH, OHSAS 18001, 14001, ISO 9001, HAZOP, QRA, HAZID. He is also serving society as Head of Membership Retention Committee.

The two day session kicked off with a welcome address by Mr. Aamir Rasheed, President, ASSP Kuwait Chapter who briefed the importance of the program, Mr. Jahid Thakor, chapter secretary explained about the basic protocol and guidelines of the training program. Mr. Arshad Ali, Deputy Training Committee introduced the speaker and thanked the members for attending the session. The two day intensive training was concluded with an assessment. The training was attended by 12 ASSP members who got benefited with this important certification program.

For upcoming training programs please visit kuwait.assp.org
American Society of Safety Engineers (ASSE), Kuwait Chapter is the premier voluntary, non-profit making Health, Safety and Environmental organization, which strives to provide professional guidance, training, consultancy and resources to the industrial and social sectors in the region. American Society of Safety Engineers (ASSE) members globally showed a great vision in taking the historic step to approve the name change from 1st June 2018 as American Society of Safety Professionals (ASSP).

American Society of Safety Professionals (ASSP), Kuwait Chapter conduct edits first executive committee meeting on 30th July 2018 at Hilton Resort, Kuwait, to discuss the year long activities as per the chapter by laws. Aamir Itashheed, Chapter President welcomed all members to the first EC meeting and thanked everyone for accepting their roles to support ASSP Kuwait Chapter. Engr Fadhil Al Ali, Chairman ASSP Kuwait Chapter emphasized on the team work and planning well in advance, Jahid Thakor, Secretary presented the report of June & July 2018. The executive committee discussed the annual planner which is inline with chapter’s goal of working together for the safer and stronger future.

The following members attended the first EC meeting. Eng Fadhil Al Ali, Chairman, President Aamir Rasheed, Vice President Sunil Sadanandan Secretary Jahid Thakor, Treasurer, Safdar Ali Khan, Rishi D Jayan Sr Executive, Venkata Ramana Pondu Jr Executive, HSE Events Committee Adnan Yousuf, Head of Professional & Career Development Committee Elhab Said Elsayed, Deputy of Training Ali Arshad, Deputy of Publication Mohammad Younus, Head of Web Development Committee Farhan X Ahmed, Head of Outreach & Govt affairs Balvant Singh, Head of WISE Committee Dr Shikha Alajum, Head of Membership Development Committee Abul Elham, Head of Membership Retention Committee Tariq Maqbool. The meeting concluded with the closing address by Sunil Sadan and, Vice President, ASSP Kuwait Chapter.

**COMPANY NAME:** FLUOR

**SOURCE:** https://www.fluor.com/careers

**POSITION:** Lead HSE Engineer
OFFICE SAFETY / ERGONOMICS TIPS: Work Within Your Comfort Zone.

5’S of GOOD HOUSEKEEPING

Housekeeping is not just cleanliness. It includes keeping work areas neat and orderly, maintaining halls and floors free of slip and trip hazards, and removing of waste materials and other fire hazards from work areas. Prevention. Housekeeping is the place for everything and everything in its place.

What are the 5’s of good housekeeping?

- **5S workplace** organizational and housekeeping methodology refers to five steps. The 5S methodology is a simple and universal approach that works in companies all over the world.
- **5S or good housekeeping** involves the principle of waste elimination through workplace organization. 5S was derived from the Japanese words.

**1S** Seiri Sort

- Remove what is not needed and keep what is needed.

**2S** Seiton Set in Order

- Arrange essential items in order for easy access.

**3S** Seiso Clean

- Keep things clean and tidy, no trash or dirt in the workplace.

**4S** Seiketsu Standardize

- Establish standards and guidelines to maintain a clean workplace.

**5S** Shitsuke Sustain

- Make 5S a habit and teach others to adhere.

5S Benefits

- Improves **CREATIVITY** of people.
- Improves **COMMUNICATION** among people.
- Improves **HUMAN RELATIONS** among people.
- Improves **TEAMWORK** among people.
- Enhances **COMRADES**hip among people.
- It gives **VITALITY** to people.
- Improved work place management
- Better work space utilization
- Less time wastages
- Productivity & efficiency improvement.

<table>
<thead>
<tr>
<th>5S</th>
<th>JAPANESE WORD</th>
<th>ENGLISH TERM</th>
<th>ACTION</th>
<th>EFFECTS</th>
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</thead>
<tbody>
<tr>
<td>1S</td>
<td>Seiri</td>
<td>Sort</td>
<td>Identify and eliminate all unnecessary items.</td>
<td>ACTIONS</td>
</tr>
<tr>
<td>2S</td>
<td>Seiton</td>
<td>Systematize/ Stabilize/ Straighten</td>
<td>Arrange necessary items in good order and easy access.</td>
<td>ACTIONS</td>
</tr>
<tr>
<td>3S</td>
<td>Seiso</td>
<td>Sweep/shine</td>
<td>Clean your workplace thoroughly.</td>
<td>CULTURE</td>
</tr>
<tr>
<td>4S</td>
<td>Seiketsu</td>
<td>Sanitize/ Standardize</td>
<td>Maintain high standards of housekeeping and workplace organization at all times.</td>
<td>CULTURE</td>
</tr>
<tr>
<td>5S</td>
<td>Shitsuke</td>
<td>Sustain/ Self-discipline</td>
<td>Create a culture wherein all members practice the above 4S as a way of life.</td>
<td>HABIT</td>
</tr>
</tbody>
</table>

Prepared by: Niranjan Pradhan (Publication Committee)
Question-01: During a fire why is there a lack of oxygen in an enclosed space?
A. A fire can cause the oxygen to be used up.
B. All the oxygen is carried away on thermal currents.
C. Oxygen attaches to the smoke particles.
D. The oxygen is turned to steam by heat.

Question-02: What is the prime function of an electric fuse?
A. To protect equipment from overload.
B. To protect against electric shock.
C. To ensure that the equipment is properly earthed.
D. To reduce electricity costs.

Question-03: What are the Aims of First Aid?
A. Prevent the casualty from worsening condition.
B. Protect casualty from injury / bleeding.
C. Promote recovery.
D. All the above.

Question-04: Job safety analysis used for......
A. Assessing risk.
B. Controlling risk.
C. Identifying risk.
D. All the above.

Question-05: Expand TIR......
A. Total indicator rate.
B. Total incident rate.
C. Total irradiation
D. Thickness rate.

Question-06: Illumination can be measured in the unit of...
A. dB.
B. Joule.
C. Lux.
D. Degree.

OFFICE SAFETY / ERGONOMICS TIPS: Carpel Tunnel Is A Result Of Improper Ergonomics.
Question-07: An emergency responder has arrived at the scene of an overturned tanker truck that is spilling its contents onto the road. What is the best resource for the responder to use to determine which initial actions to take?
A. The safety data sheet (SDS).
B. D. The US Department of Transportation Emergency Response Guidebook.
C. The hazardous waste manifests.
D. The placards on the tanker truck.

Question-08: RULA is an ergonomic assessment instrument that stands for:
A. Rapid Upper Limb Assessment.
B. Repetitive Upper Limb Activity.
C. Repeatable User Lifting Assessment.
D. Repetitive Upper Limb Assessment.

Question-09: The main purpose of a dry-pipe sprinkler system is to:
A. Ensure that sprinkler water does not freeze.
B. Prevent corrosion in sprinklers that could block water flow.
C. To provide dry extinguishing media to the fire such as in a kitchen
D. Protect expensive electronic equipment.

Question-10: Which of the following training objectives would be an example of a “SMART” goal?
A. Employees will be able to conduct behavior-based safety observations.
B. Employees will be able to identify the recommended PPE on a safety data sheet within 10 minutes.
C. Employees will understand the importance of wearing PPE.
D. Employees will know how to neutralize an acid spill from a forklift battery.

ANSWERS

Reply with correct answer by email at info@kuwait.assp.org and win attractive prizes

Prepared by: Farhan Ahmed (MIIRSM)
Professional Development Committee

OFFICE SAFETY / ERGONOMICS TIPS: Avoid eye strain by making sure that your monitor is not too close, it should be at least an arm’s length away.
ASSP Kuwait chapter congratulates Mr. Saneesh Xavior on successfully completion of CSP examination.

Xavior Saneesh CSP, is a Mechanical Engineering Diploma holder from Government Polytechnic having 15 years experience in HSE field. Currently working as HSE SUPERVISOR in KIPIC Al Zour NRP Project with Alghanim International. Holding Certifications such as ASP, NEBOSH IGC and IOSH MS.

We wish him all the best for the success in his career.
### August 2018 New and Renewed Members List

**New Members**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Members Name</th>
<th>REMARKS</th>
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<tbody>
<tr>
<td>1</td>
<td>Jameer Shaik</td>
<td>New</td>
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<tr>
<td>2</td>
<td>Kim Hyun Goo</td>
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<td>3</td>
<td>Sachin Bhaskar Sadgune</td>
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<td>4</td>
<td>Farid Bellahdid</td>
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<td>5</td>
<td>Shaik Niyaz</td>
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<td>6</td>
<td>Mohammad Zia Khan</td>
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<td>7</td>
<td>Andrew Joosa</td>
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<td>8</td>
<td>Venkata Surya Rama Varma Datla</td>
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<td>9</td>
<td>Savio Thomas</td>
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<td>10</td>
<td>Veera Venkata Giri Varma</td>
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<td>11</td>
<td>Anirban Mishra</td>
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<td>12</td>
<td>Abdul Rafique</td>
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<td>13</td>
<td>Syed Masharoor Nadim Ahmad</td>
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<td>14</td>
<td>Bilal Hasan Parkar</td>
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<td>15</td>
<td>Paul Verghese</td>
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<tr>
<td>16</td>
<td>Sam Al-Ahmad</td>
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**Renewal Members**

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<tr>
<td>1</td>
<td>Ajitkumar Pillai</td>
<td>Renewal</td>
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<tr>
<td>2</td>
<td>Yong Taekoh</td>
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<td>3</td>
<td>Mohammed Nasir</td>
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<tr>
<td>4</td>
<td>Mohammad Shahid Ansari</td>
<td>Renewal</td>
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<tr>
<td>5</td>
<td>Rizwan Ahmed Khan</td>
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<tr>
<td>6</td>
<td>Mohamad Illiyas Khan</td>
<td>Renewal</td>
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<tr>
<td>7</td>
<td>Mohammad Abdullah</td>
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<tr>
<td>8</td>
<td>Mohmmad Zeeshan Basheer</td>
<td>Renewal</td>
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<td>9</td>
<td>Murad Basha</td>
<td>Renewal</td>
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<tr>
<td>10</td>
<td>Shahanawaj Ikbal Sheikh</td>
<td>Renewal</td>
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<tr>
<td>11</td>
<td>Mubarak Ahmad</td>
<td>Renewal</td>
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Dear Members,

As part of our continuous efforts to enhance HSE information sharing and to provide an opportunity for ASSP KC members to publish their HSE achievements in ASSP KC e-Bulletin, you are kindly requested to share the following information with us at below given details:

• HSE Awards received
• Technical papers which are presented in National and International conferences
• Best Available HSE Technology details
• HSE significant achievements
• Obtaining HSE Certifications like CSP, QEP, CIH, CRSP, IDipNEBOSH, CMIOSH, etc.
• Other details

All the above mentioned details will be published in ASSP Kuwait Chapter Newsletters.

Please submit your articles in accordance to the following conditions.

• The article shall be of a write up of Size A4 paper including pictures & photos if any.
• The article shall be purely related to Health, Safety & Environment and shall not be of in nature of defaming any individual or organization.
• The article shall be self-drafted and presented.
• Thought and views presented shall be backed with the references.
• A small self-introduction shall be given at the bottom of maximum 4 lines.
• ASSP Kuwait Chapter reserves full rights to accept or reject for publishing the article in the magazines.
• ASSP Kuwait Chapter shall not take the responsibility of the contents of the articles. Your article should reach to the following email ids, if your article accepted then it will be published in immediate next e-Bulletin.

(Note: The author of the best article will be recognized at GBM)

All are requested to make use of this opportunity and share HSE knowledge to our colleagues.

Regards,

Publication Committee
OFFICE SAFETY / ERGONOMICS TIPS: Watch your head position, and try to keep the weight of your head directly above its base of support (neck). Don’t “crane” your head and neck forward.