The HSE Updates
ASSE Kuwait Chapter Monthly E-Bulletin

April - 2018

Highlights
- ASSE FUN DAY OUT—2018
- Monthly Article—Heat Stress
- Member’s Achievement

Chapter Partner
Gold Sponsor

For any queries regarding sponsorship feel free to contact our chapter office
Mail Us ASSE Kuwait Chapter, PO Box 4047, Salle-13041
Call Tel: +965 22445588 Ext 311, Mob : +965 66846040
Fax +965 22428148
Email info@assekuwait.org
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ASSE Kuwait Chapter organized a “Fun Day Out” on 16th March 2018 at Wafra Chalet to bring in a fun filled ambience and joy to the members and their families.

Around 250 members along with their family members enthusiastically participated and had great fun on the day. The fun day out was kicked off with a speech by ASSE Kuwait Chapter President Mr. Muhammad Alamgir. The first half of the day was filled with sporting events like Basket Ball, Volley Ball, Fun games for Kids, Ladies, etc. M’s Reliance World Wide Catering Company sponsored the catering service for the entire day with BBQ stations. The post lunch session comprised tug of war, games exclusively for females and Couples and fun quiz. The post lunch started with the briefing by Mr. Sunil Sadanandan, ASSE, Kuwait Chapter Secretary on the fun Day out program’s objective and its necessity and relevance to the members and their family members which was followed by fun quiz conducted by Mr. Muhammad Alamgir.

Lucky draw prizes were Laptop, Smart phones etc.. Other numerous gifts were also given to participants of the fun quiz contest. Members and family members having Birthday and wedding anniversary on the same day were spot gifted.

The members and families were well entertained by melodious songs with music throughout the day by all the times singers Mr. Ibrahim, Mr. Jameel and Ms. Judy Preara. All the members participated received give away gift. During the concluding ceremony Mr. Sunil Sadanandan, Secretary thanked the Chapter Staff, Advisory & Executive Committee Members, M’s. Kuwait Oil Company the Chapter Partner, M’s. EQUATE & M’s Reliance World Wide Catering Company the Gold sponsors. He extended special thanks to Eng. Fadhel Al Ali, Chairman ASSE Kuwait Chapter for his inspiration, encouragement and consistent support for executing outdoor programs for the benefit of chapter members and consequent success of the Kuwait chapter. The event was possible due to the annual plan of the outreach committee and its member’s total commitment.

The day was concluded with vote of thanks delivered by Mr. Jahid Thakur, Treasurer, ASSE Kuwait Chapter.
Glimpses of ASSE Safety Day—2018
HSE Update

Glimpses of ASSE Safety Day—2018
Heat Stress

What is heat stress?
Heat stress takes place when your body’s cooling system is overwhelmed. It can happen when heat combines with other factors such as:
- hard physical work
- fatigue (not enough sleep)
- dehydration (loss of fluids)
- certain medical conditions.

Heat stress can lead to illness or even death.

Heat stress symptoms

- **Heat rash**: itchy red skin.
- **Heat cramps**: painful muscle cramps.
- **Heat exhaustion**: high body temperature; weakness or feeling faint; headache, confusion or irrational behaviour; nausea or vomiting.
- **Heat stroke**: no sweating (hot, dry skin), high body temperature, confusion, or convulsions. Get immediate medical help.

Follow these procedures when working in hot, humid conditions

- Increase the frequency and length of rest breaks.
- Provide cool drinking water near workers and remind them to drink a cup every 1/2 hour.
- Caution workers about working in direct sunlight.
- Train workers to recognize the signs and symptoms of heat stress. Start a “buddy system” because it’s unlikely people will notice their own symptoms.
- Tell workers to wear light summer clothing to allow air to move freely and sweat to evaporate. They should always wear shirts to protect themselves from direct sunlight.
LOW
- Post heat stress alerts
- Drink extra water
- Ensure workers trained to recognize symptoms

MEDIUM
- Provide 15 minutes rest per hour
- Reduce physical activity

MODERATE
- Further reduce physical activity
- Drink a cup of water every 15-20 minutes
- Provide 30 minutes rest per hour

HIGH
- Drink a cup of water every 10-15 minutes
- Provide 45 minutes rest per hour

EXTREME
- Stop work in direct sun

Prevention
- Start drinking water
  (before you start work).
- Drink water
  (as much as you need).
- Check your Urine colour
  (note the urine color).
- Ensure adequate ventilation.
- Rotate work
  (from hot to cool areas).
- Report to your Supervisor or Doctor at first sign of any problem.
- Keep an eye on your work mates

By: Mr. Narendra J. Patel
PCIC
American Society of Safety Engineers (ASSE), Kuwait Chapter, is very pleased to announce that Mr. Narayanan Vasudevan, has elected as Region IX, Area 1 – Area Director for the term 3 years.

Mr. Narayanan Vasudevan is working as a Safety Engineer at Kuwait National Petroleum company- MAA refinery. He is a HSE professional with experience of over 27 years working in the field of Safety in oil refinery. He started his career in Hindustan Petroleum Corporation Visakh Refinery Andhra Pradesh state of India as Engineer Trainee in year 1991 and went to become Deputy Manager-Safety & Fire. He later joined Kuwait National Petroleum Corporation as Safety Engineer in the year 2001 and has been working since at MAA refinery in Kuwait in HSE department.

Mr. N.Vasudevan is a Certified Safety Professional (CSP), lead auditor in ISO 14001 and OSHAS18001. He is a professional member of American Society of Safety Engineers since September 2003. He was awarded the ASSE Kuwait Chapter Safety Professional of the year (SPY) award in 2013 and ASSE global region SPY award winner in 2018. He was ASSE Kuwait Chapter president (July 2012-June 2013). Prior to this he served as Vice President of ASSE Kuwait chapter (July 2011-June 2012) and Secretary of ASSE Kuwait chapter (July2010 -June 2011). Prior to he has served as Head of Publication committee, Head of Training committee and Head of Technical event commit- tee for four years.

As a Director of ASSE Kuwait Chapter 8th Professional Development Conference 2015, he led the biggest ever and most successful conference at Kuwait. He has been part of ASSE advisory committee since July 2014. At present he is Strategic Guidance and Technical Advisor. He has mentored many HSE professional as volunteer in preparation for their ASP & CSP examination in Kuwait.

ASSE Kuwait Chapter takes this opportunity in congratulating Mr. Narayanan Vasudevan, for his achievement. ASSE Kuwait chapter wishes him with much more honors in future.
### New ASSE Members March 2018

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<thead>
<tr>
<th>S.No</th>
<th>Name</th>
<th>Company</th>
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<tbody>
<tr>
<td>1</td>
<td>ANSAR ALIKUNJU</td>
<td>ALGHANIM INTERNATIONAL</td>
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<td>2</td>
<td>ARJUN P R</td>
<td>KUWAIT OIL COMPANY</td>
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<td>3</td>
<td>ASHOK KUMAR</td>
<td>KUWAIT OIL COMPANY</td>
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<tr>
<td>4</td>
<td>DHUHA AL KANDARI</td>
<td>KHARAFI NATIONAL</td>
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<tr>
<td>5</td>
<td>FAHAD AL OTAIBI</td>
<td>SAUDI ARABIAN CHEVRON</td>
</tr>
<tr>
<td>6</td>
<td>IMRAN ALAM MASOOD</td>
<td>HEISCO</td>
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<td>7</td>
<td>IMRAN ALI EJAZ</td>
<td>GC E&amp;C</td>
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<tr>
<td>8</td>
<td>KRISHNA PRASAD MALINENI</td>
<td>SPIE OIL &amp; GAS</td>
</tr>
<tr>
<td>9</td>
<td>MOHAMED GHUFRAN ALAM</td>
<td>KCCEC</td>
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<td>10</td>
<td>MOHAMED SAMEER</td>
<td>KEMCO</td>
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<td>11</td>
<td>MOHAMMAD FAROOQUE AHSAN</td>
<td>FLUOR</td>
</tr>
<tr>
<td>12</td>
<td>MOHAMMED BILAL SHAIK</td>
<td>MECHANICAL ENGINEERING AND CONTRACTING CO.</td>
</tr>
<tr>
<td>13</td>
<td>MOHAMMED H EL MELIGY ABDOU</td>
<td>KUWAIT OIL COMPANY</td>
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<tr>
<td>14</td>
<td>NISHAT AFTAB</td>
<td>SAIPEM</td>
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<td>SADIQ ALI</td>
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<td>16</td>
<td>SALAM YASSIEN AL HAMADANI</td>
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<td>17</td>
<td>SHAHANAR N P</td>
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<td>18</td>
<td>SYED FARMANUL HODA</td>
<td>HYUNDAI HEAVY INDUSTRIES</td>
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<td>SYED KAMRAN ALI</td>
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<td>SYED OMER KHADRI</td>
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<tr>
<td>21</td>
<td>ZIA AHMAD</td>
<td>TECNICAS REUIDAS</td>
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By email through info@assekuwait.org
For any queries regarding registration and membership feel free to contact
Mr. Abul Efhah at +965 97424595 or Mr. Venkata Ramana Pondla at Mob : +965 55141224
Renewed ASSE Members March 2018

<table>
<thead>
<tr>
<th>S.No</th>
<th>Name</th>
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<tbody>
<tr>
<td>1</td>
<td>ABHILASH T C</td>
<td>SAR KUWAIT</td>
</tr>
<tr>
<td>2</td>
<td>ANJOMAS JAYASEELAN</td>
<td>— —</td>
</tr>
<tr>
<td>3</td>
<td>ANUSH MOHAMMED</td>
<td>GULF DREDGING</td>
</tr>
<tr>
<td>4</td>
<td>FEBU RAJU GEORGE</td>
<td>SSH</td>
</tr>
<tr>
<td>5</td>
<td>GIRIJA ETHIRAJAN</td>
<td>INDUSTRIAL CONSTRUCTION &amp; TRADING CO</td>
</tr>
<tr>
<td>6</td>
<td>JIMESH T MANI</td>
<td>KHARFI NATIONAL</td>
</tr>
<tr>
<td>7</td>
<td>LOLITA MOISES</td>
<td>SADEER TRADING &amp; CONTRACTING COMPANY</td>
</tr>
<tr>
<td>8</td>
<td>MOHAMMED MUNEEUDDIN</td>
<td>— —</td>
</tr>
<tr>
<td>9</td>
<td>MOSA S RAO</td>
<td>KHARAFI NATIONAL</td>
</tr>
<tr>
<td>10</td>
<td>MUBARAK AL AL ROUGHANI</td>
<td>SADEER TRADING &amp; CONTRACTING COMPANY</td>
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<tr>
<td>11</td>
<td>MURUGANANTHAM BOOSAPATHI</td>
<td>KUWAIT OIL COMPANY</td>
</tr>
<tr>
<td>12</td>
<td>P.V. PAVAN KUMAR</td>
<td>GULF ENERGY COMPANY</td>
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Renew Your Membership Today

By email through info@assekuwait.org
For any queries regarding registration and membership feel free to contact
Mr. Abul Efham at +965 97424595 or Mr. Venkata Ramana Pondla at Mob : +965 55141224
<table>
<thead>
<tr>
<th>Job Title / Designation</th>
<th>Safety supervisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eligibility Criteria/requirement</td>
<td>3-5 years experience in Oil and gas, 3 years full time diploma in Engineering Or Science graduate</td>
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<tr>
<td>Salary</td>
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<tr>
<td>Company</td>
<td>Alghanim International General Contracting Co</td>
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<tr>
<td>Advertisement Date</td>
<td>April 28, 2018</td>
</tr>
<tr>
<td>Submission Deadline</td>
<td>3 weeks</td>
</tr>
<tr>
<td>Contact Info</td>
<td><a href="mailto:junyoung@shinbonet.com">junyoung@shinbonet.com</a>, Mr Junyoung, Admn Manager, 98897657</td>
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<table>
<thead>
<tr>
<th>Job Title / Designation</th>
<th>Safety Engineer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eligibility Criteria/requirement</td>
<td>For KNPC project, Safety 6+ years experience in Oil and gas, petrochemical, 4 years full time degree in engineering. Other additional qualification: Certified auditors ISO 9001/OHSAS 18001 preferred,</td>
</tr>
<tr>
<td>Salary</td>
<td>Undisclosed</td>
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<tr>
<td>Company</td>
<td>For LNGI KIPIC contract (Hyundai Company)</td>
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<td>Advertisement Date</td>
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<td>Submission Deadline</td>
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<td>Contact Info</td>
<td><a href="mailto:172773g@hec.co.kr">172773g@hec.co.kr</a></td>
</tr>
</tbody>
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Disclaimer: ASSE Kuwait chapter role is to inform about the HSE related job opportunities, any potential applicant shall personally verify about the authenticity of these advertisements. ASSE Kuwait chapter shall not be held responsible for any discrepancies in the information shared above.
HSE Quiz for the Month March 2018

Q01: The removal of fuel from a fire is called?
A. Starvation
B. Remove Fuel
C. Cooling
D. Cut of the heat

Q02: What is the I.S. code of CO2 gas?
A. 307
B. 4947
C. 2878
D. 526

Q03: You are in an office, and notice the smell of smoke, you open the door and see heavy smoke in the corridor, but no flames. You quickly close the door, and remember that there is a fire exit about 50 feet away. What is your best way of getting to the exit?
A. Walk slowly on tip-toes, since the air is usually clearer near the ceiling
B. Walk at your normal pace, but keep your eyes closed to prevent them from becoming irritated by the smoke
C. Crawl along the floor, since the air is usually clearer near the floor
D. Hold your breath and run along the wall so as to minimize your time in the smoke

Q04: At what oxygen level will humans die?
A. 19.5%
B. 23.5%
C. 6%
D. 7%

Q05: Why is the large pin of a 3-pin plug longer in size than the other two?
A. As it ensures more current flow before phases are connected for increased power factor
B. As it ensures the earthing connection first before phase connections, for safety.
C. All the above
D. None of the above

Q06: What does the acronym RACE stand for?
A. Rescue, Alarm, Carry, Escape
B. Run, Alarm, Contain, Extinguish
C. Rescue, Alarm, Confine, Extinguish
D. Rescue, Alarm, Carry, Exit

Q07: What type of valve is typically used in a sprinkler system?
A. Gate valve
B. Non return valve
C. Butterfly valve
D. One way valve
HSE Quiz for the Month March 2018

Q08: When a sprinkler head is said to “have fused” it means what?
   A. Melted into a lump of metal
   B. Is in normal condition
   C. Was exposed to freezing temperatures and must be replaced
   D. Was exposed to the temperature at which it was designed to activate

Q09: Flameproof & Explosion proof equipment are the same.
   A. True.
   B. False.

Q10: The respiratory tract constricts while inhaling and if this constriction is called a spasm, can a spasm lead to death?
   A. True
   B. False

Answers of the Quiz should be sent to info@assekuwait.org before 15th May 2018

Note: Maximum three winners shall be issued a certificate by ASSE Kuwait Chapter. Names of the winners and Quiz answers will be published in next Monthly e-Bulletin.

HSE Quiz Answer of February 2018:


Prepared by: Farhan Ahmed (MIIRSM)
Professional Development Committee
Dear Members,

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

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

All the above mentioned details will be published in ASSE Kuwait Chapter Newsletters. Please submit your articles in accordance to the following conditions.

1. The article shall be of a write up of Size A4 paper including pictures & photos if any.
2. The article shall be purely related to Health, Safety & Environment and shall not be of in nature of defaming any individual or organization.
3. The article shall be self-drafted and presented.
4. Thought and views presented shall be backed with the references.
5. A small self-introduction shall be given at the bottom of maximum 4 lines.
6. ASSE Kuwait Chapter reserves full rights to accept or reject for publishing the article in the magazines.
7. ASSE 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.

info@assekuwait.org
rnp200826@yahoo.com

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

Regards,

Publication Committee
ASSE—KC Event in Local Media

"Persevere in your efforts, work to achieve your goals"
Reliance Worldwide Catering Company W.L.L.
Onshore & Offshore Catering & Remote Hospitality Services

FACT SHEET

Who We Are

• Leading regional Industrial Hospitality Service Company (Branded Trade-Mark Registered)
• Established by diverse business organizations, one of the very first trading & industrial houses
• A well-recognized and highlighted entity with (CSR) dedication and service geared proactively
• Skillful team, intact management & supervision which is key of excellence
• Reliance adds to its strong structure multinational branded Food & Beverage own materials
• Power to supply from “FARM TO FORK”, which surpass competitive added values
• Well merited Service Company, recognized by official & international clients
• Manufacturing of industrial equipment, strategic alliance for turnkey projects competency

What Do We Do:

• Specialized Remote Catering, Life-Support, Laundry & Housekeeping Service provider
• Core provider to Upstream – Midstream and Downstream Fields Hospitality Service needs
• Modern Facilities & Equipment “STAND-ALONE” at the heart of UPSTREAM/INDUSTRIAL zones
• Operation Support combined with exclusive Live Tracking Innovative System
• Logistics & Fleet service capabilities from camp to camp in the region

Our Full-Fledged Services from Reliable Sources, all from Under One Umbrella:

• Producing thousands of multiple meals on daily basis
• Multinational recipes, for healthy bodies at work environment in “HOME AWAY FROM HOME” style
• Executive outdoor and indoor dining with specialized menus with creative themes for all occasions
• Staff dining (balanced and nutritional) Brain – Body – Soul
• All remote camps (onshore & offshore)
• Mass catering and temperature controlled packed meals (Biodegradable – FDA Compliance & Calibration)
• Guest houses and live cooking stations
• Catering service menus and rotational daily planners (Breakfast -Lunch – Dinner – Midnight)
• Health, nutrition, hygiene and high safety control management

Head Quarters – Kuwait: Tel: +965 24735596 – 24726096 – Fax: +965 24729439 24/7 HOTLINE +965 66302424
INFO@RELIANCESVCS.COM – WWW.RELIANCESVCS.COM

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American Society of Safety Engineers
Kuwait Chapter

ASSE GCC HSE EXCELLENCE AWARD 2017

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