Basic protective measures against the new coronavirus (COVID-19)

ASP Preparatory workshop

Interview with Mr. Balvant
Basic protective measures against the new coronavirus

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

What can people do to protect themselves and others from getting the new coronavirus...

If you have fever, cough, and difficulty breathing,
Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why?

Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why?

When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
Avoid touching eyes, nose and mouth

Why?
Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why?
Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19. If you have fever, cough and difficulty breathing, seek medical care early
Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why?
National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why?

National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

• Follow the guidance outlined above.

• Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover. Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.

• If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

HOW TO USE HAND SANITIZER

1. Dispense the hand sanitizer on your palms.
2. Rub well over palms, back of hands and fingernails until dry.
3. Waterless use for refreshingly clean hands.
Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth. Greet people with a wave, a nod or a bow instead.

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves. You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.
Coronavirus disease 2019 (COVID-19) is an infectious disease caused by the virus strain severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Worldwide spread of the disease began for the first time in 2019 and has developed into the 2019-20 coronavirus pandemic.

The symptoms include:
- Cough
- Headache
- Fever

To prevent the spread of the virus:
- Wear a face mask
- Avoid contact
- Wash your hand
- Avoid touching your face
- Cook food thoroughly
- Avoid traveling

Let us fight against coronavirus!!!
ASP Preparatory Workshop

Domain-3
Ergonomics

Sony Thomas CSP CMOSH
Safety Engineer
Drilling and Technical Support
Kuwait Oil Company

AMERICAN SOCIETY OF SAFETY PROFESSIONALS - KUWAIT CHAPTER
Working together for a safer, stronger future
ASP Preparatory Workshop
Executive Meeting #197
EMS ISO 14001-2015 Standard Awareness
ASSP Toastmasters meeting
08/02/2020
ASSP Toastmasters meeting
15/02/2020
How long have you been a member with ASSP and how did you become aware of it?

The very first year I came to Kuwait i.e.in 2007, I became member of ASSP was known as ASSE that time. My association with ASSP is 12 years. ASSP was introduced to me by my boss Mr. Siva prasad penkey, he used to be GM HSSE of ISCO.

How have you benefitted from ASSP over the years?

ASSP has benefited to me in many ways especially in my professional life. I upgraded my knowledge and professional education by ASSP training programs. I get updates about the recent development in the HSE field by attending various technical event, Professional Development Conferences, webinars etc. I had attended many PDC organized by ASSP and other HSE conferences in Kuwait and got chance to interact with highly qualified HSE professionals which enhanced my knowledge and personality.

I’m also able to apply the techniques, knowledge and information on my day to day activity in my professional field.

Honestly! It has helped me to evolve in my professional as well my personal life...

Tell us about your current post in ASSP KC?
Currently I’m Head of Outreach & Government Affairs Committee.

What challenges you face in achieving the committee goal?

Outreach & Government Affairs committee’s goal is to provide services to the any population that might not otherwise have access to those services such as blood donation with Kuwait Blood Bank or Ministry of Health Hospitals, Beach cleanup activity by involving Schools and other society in Kuwait and Defensive Driving , fire fighting training program for general public etc.
We also showcase ASSP activity through booth in the various HSE conferences organized by K Company or other HSE association in Kuwait.

The main challenges we face performing these tasks is to convince and encourage the general public or company to be a part of the HSE event. Our activity involves a third party, such as school, malls or government authority and sometimes we face difficulty in taking permission from the concerned authorities or involvement of these external parties.

From your experience what advice do you have for new or aspiring members to maximize their benefit from ASSP?

For new and aspiring members I will advise to use ASSP as a platform to upgrade their professional skills and this will enhance their overall performance in their career. They can avail many benefits by becoming ASSP member such as

- Acquire International HSE certifications through ASSP certification courses & training which are at a discounted rate for the members,
- Update HSE knowledge from frequently organized Technical Meet & PDC
- Get familiar with recent development in the HSE filed by attending Professional Development Conferences and be connected with a vast professional network in Kuwait.
- Get guidance for various international certification courses from the best Mentor and highly qualified HSE professionals in Kuwait
- Serve society by becoming committee member and experience a leadership by becoming committee head of the ASSP Core Committee, PDC and GCC award program committee.

These opportunities can spur their career growth and ultimately lead to better job opportunities.

Interview Conducted By ASSP Kuwait
Chapter Publication Committee
A pinch point, also called a nip point, "Pinch points are points other than the normal points of operation where there is a likelihood of getting stuck between a machine’s moving and stationary parts. There can be a verity of arrangements where there is a chance of entrapment and getting pinched by the part of the machinery. This could be one moving and one stationary part, two moving parts, or one moving part with some other material. An example of these kinds of points can be illustrated by a paper punching machine where skin or fabric may get caught between the punch part of the machine (the moving part) and the stationary bar against which the punch presses.

Where can pinch points come up?
Pinch point dangers can arise in relation to a wide range of different machines. Examples of machines that commonly have pinch points include:
- Assembling machines & Conveyors
- Power presses & Power transmission equipment
- Powered doors, Powered rollers & robotic devices
Given the large number of machines that can raise pinch point issues, pinch point safety can be a significant issue in all different kinds of industries and workplaces.

Common causes of injuries from pinch points
- Not paying attention to the location of hands and feet
- Walking or working in areas with mobile equipment and fixed structures
- Loose clothing, hair or jewelry getting caught in rotating parts or equipment
- Poor condition of equipment and guarding
- Dropping or carelessly handling materials or suspended loads
- Not using the proper work procedures or tools
- Reaching into moving equipment and machinery

What can protect workers from pinch points?
To reduce your risk of pinch point injuries at work, consider the following safety recommendations:
- Before beginning your shift or when working with new equipment, identify potential pinch point hazards. Analyze objects that have the potential to move and ask yourself the following questions: “If this part moves, how will it affect me?” “Will my body be in the way of the movement?”
- Identify objects in the workplace that move and come in contact (or close contact) with fixed objects.
- Wear appropriate gloves for the task at hand. They will serve as protection against injuries, but ill-fitting gloves may be an additional hazard as they can get caught in a machine.
- Do not operate machinery without the proper guarding equipment in place. Guards form a barrier between pinch points and the points of operation; therefore, if you need to perform repairs or adjustments to the guards themselves, replace them before using the machinery again.
- Secure materials so they cannot fall or roll by strapping, racking or interlocking them down.
- Follow all lockout/tagout procedures.
- Be cautious when handling drums, rebars, rings and other metal objects.
- Watch out for rolling hazards.
- Refrain from wearing jewelry or loose clothing, and always tie long hair back. These items can potentially get caught in machines.
- Know how to turn off equipment immediately in case of an emergency.
- Be extremely cautious when placing your hands, fingers or feet between two objects. If you are within a pinch point, consider alternative ways to get the task done. If there is no other way to complete the task, make sure that all moveable parts are immobilized before continuing to work.

Keep Your Eyes On Safety. Keep Your Hands Out Of Pinch Points!
## February 2020 New & Renewed members list

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<td>IRFANUL HAQUE</td>
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Become a Member !!!

Founded on October 14, 1911, the American society of safety professionals (ASSP) is the world’s oldest professional safety society.

Key facts:
- 38000+ member in 80 countries
- 153 chapters (143 us., 10 global)
- 39 sections (37 us., 2 global)
- 9 regions

ASSP Kuwait Chapter was founded in 2000 is the Kuwait’s premier voluntary, non-profit making Health, Safety and Environmental organization that strives to provide professional guidance, training, consultancy and resources to the industrial and social sectors in the region. In pursuance to its lofty goals and objectives the society has been organizing international Conferences, Technical meets, Training programs and Outreach activities on way to become one of the most active professional bodies in the Middle East especially at valuable land of Kuwait.

ASSP membership benefits OSH professionals across the full career continuum, whether you’re a student, young professional, seasoned manager or corporate leader.

Two member types apply for most safety professionals and those who work in related fields and occupations: member and professional member. Which category is right for you will be determined based on the information you provide on your application.

Benefits
- Add the Membership card and certificate from the World’s largest and oldest safety organisation to your career profile.
- Free technical meets by experts from HSE field.
- Free webinars by specialist in respective areas.
- Free monthly professional safety magazine
- Subsidized HSE training programs
- CEUs for the training programs
- Networking with other professionals.
- Career and professional development guidance.
- Can join the ASSP toastmasters Club for developing leadership and communication skills.
- Participation in member programs during biannual professional development and conference.
- Opportunity to represent ASSP Kuwait chapter in various international conferences
- Volunteering opportunity and recognition in the society activities.
- Group study learning guidance for the various HSE certifications.
- Access to HSE library online.
- Represent Kuwait chapter in the US and other places Professional Development Conference based on selection criteria.
- Leadership development opportunity and individual recognition.
- Engage with peers in 20 plus Practice Specialty and common interest groups of your own field.
- Career growth and employment opportunities
- Exchange of ideas, sharing best practices and knowledge through decision forms
- Sharpen your skills with trainings, workshops, technical meets and international conference

Member - Get - A - Member

Following are the benefits for referring your friends or colleagues to ASSP. The more of your friends who join, the more you get rewarded:

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<td>FREE On-Demand Webinar</td>
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<td>FREE 1-Year Membership Extension</td>
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<tr>
<td>FREE Polo Shirt &amp; FREE ASSP Course</td>
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For any queries regarding Membership, 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
Mr. Saif Ahmed (membership committee) at +965 66927126
Email: contact@kuwait.assp.org / info@kuwait.assp.org
Web: kuwait.assp.org

About ASSP Kuwait chapter

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Two member types apply for most safety professionals and those who work in related fields and occupations: member and professional member. Which category is right for you will be determined based on the information you provide on your application.

Grand Prize Drawing: For every new paid member you sponsor from January to December, you will receive an entry in our grand prize drawing for a trip to ASSP’s annual professional development conference. This reward includes:
- Full conference registration
- 3 nights hotel accommodations at an ASSP conference hotel
- $250 AMEX card to use for expenses
Published by ASSP Kuwait chapter publication committee 2019-2020

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Alex Sam Issac, MIIRSM (Deputy)
Niranjan Pradhan (Member)
Javed Akhtar (Member)
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