



THE **HSE** UPDATE MONTHLY E-NEWSLETTER **DECEMBER 2021**



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

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Working Together for a Safer, Stronger Future



ASSP KUWAIT CHAPTER HIGHLIGHTS FOR THE MONTH

- ❖ Lecture in Kuwait University By Eng. Hani Alkhatib on “Opportunities & Nature of Work in Industry as HSE Professional”.
- ❖ PSM Technical Meet-17 on “Deepwater Horizon Explosion”
- ❖ Webinar on Solar Renewable Energy.
- ❖ Executive Committee Meeting (EC-205)
- ❖ Toast Master
- ❖ HSE Article – Cold Stress.
- ❖ HSE Quiz
- ❖ Membership Details (New & Renewals)



Core Committee



Eng. Fadhel Al Ali
Chairman



Jahid Thakor
President



Mazharuddin Shaikh
Vice President



Safdar Ali Khan
Secretary



Bader Al Hadrami
Treasurer



Lecture in Kuwait University By Eng. Hani Alkhatib on “Opportunities & Nature of Work in Industry as HSE Professional”.



Eng . Hani Alkhatib (Mentor- Student Committee) given lecture in Kuwait University on “Opportunities and nature of work in industry as HSE professional “ on 22nd November 2021.

The lectures attended by around 50 students and followed with questions and answers, for which we distributed gifts.



Process Safety Management Technical Meet-17 “Deepwater Horizon explosion”

Presentation 1

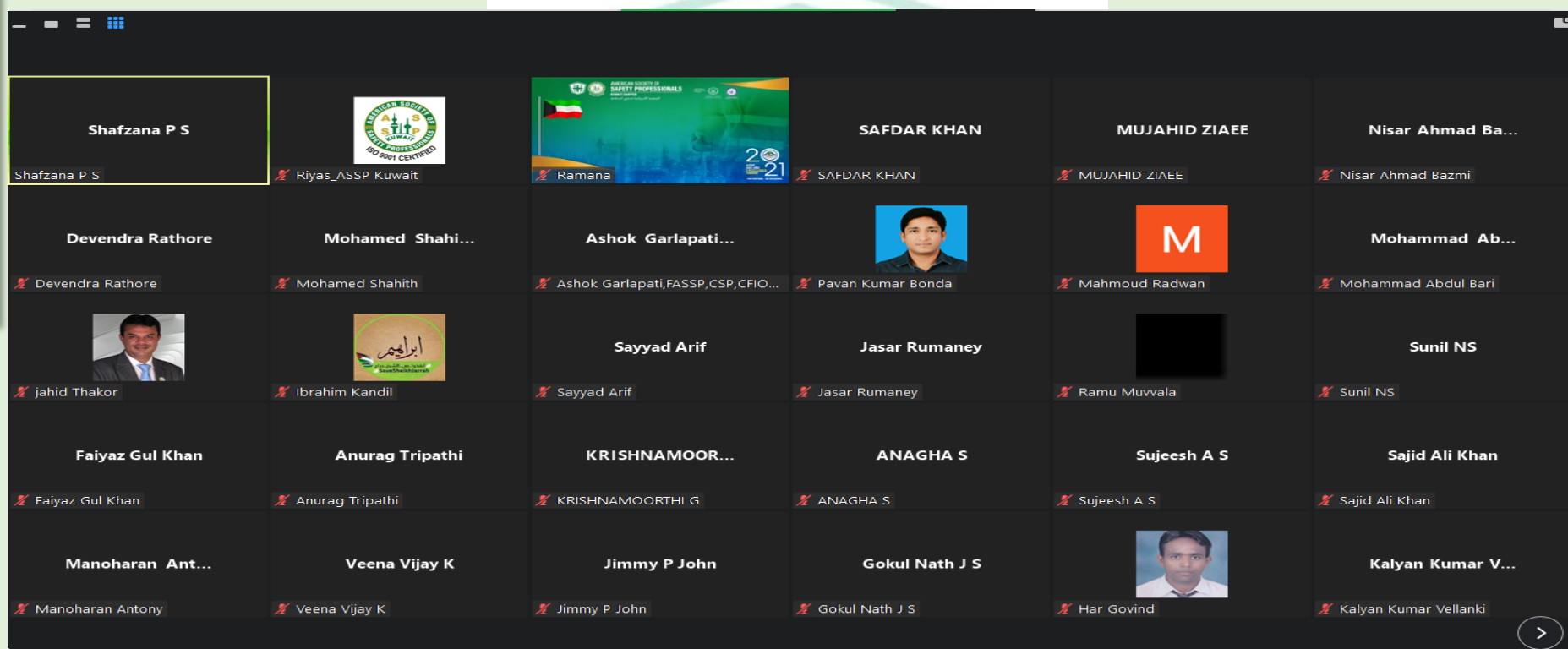
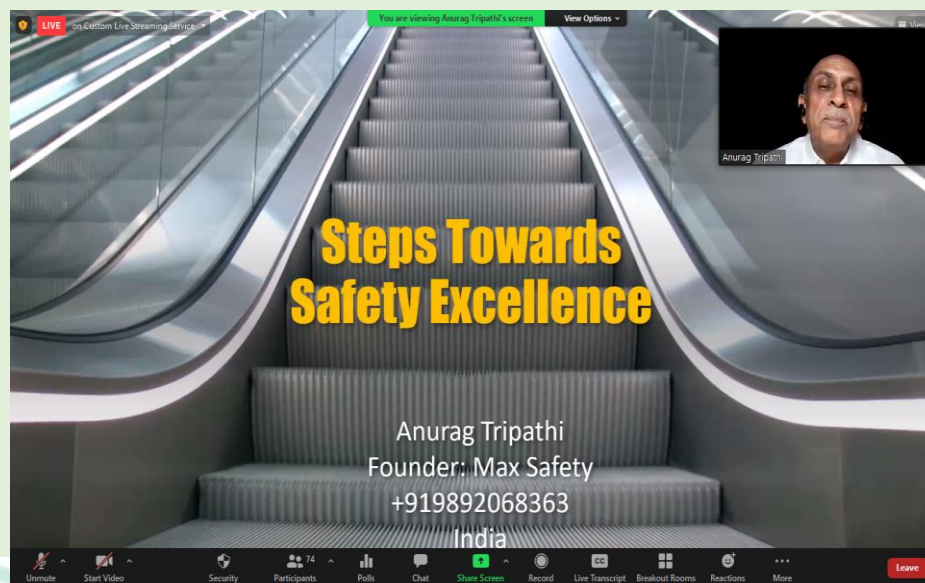
Case Study on “Deepwater Horizon Explosion”



Presenting by
Ms. Shafzana P. Shanavaz
Post Graduate Scholar
Cochin University of Science and Technology (CUSAT)



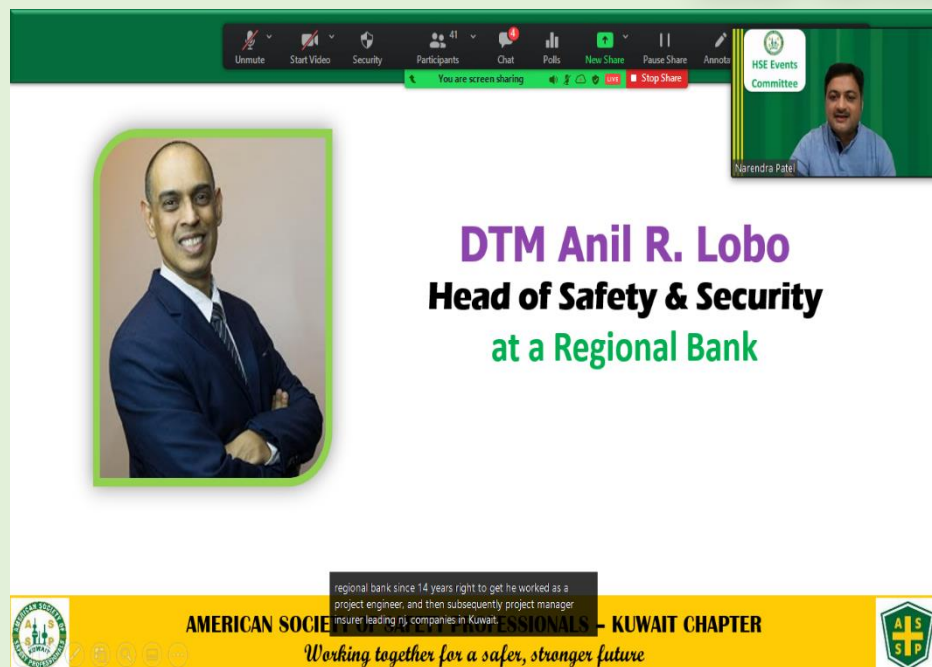
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American Society of Safety Professionals (ASSP) - Kuwait Chapter's Process Safety Management (PSM) Forum's 17th Technical Meet was organized on 17th November 2021 on the ZOOM platform. **Ms. Shafzana P. Shanavaz**, Post Graduate Scholar, CUSAT, presented a case study on “**Deepwater Horizon explosion**” and **Mr. Anurag Tripathi**, (International faculty) Founder, Max Safety, India, presented his experience sharing on “**Steps towards Safety Excellence**”. Around 85 participants attended the session.



Webinar on "Solar Renewable Energy"



DTM Anil R. Lobo
Head of Safety & Security
at a Regional Bank

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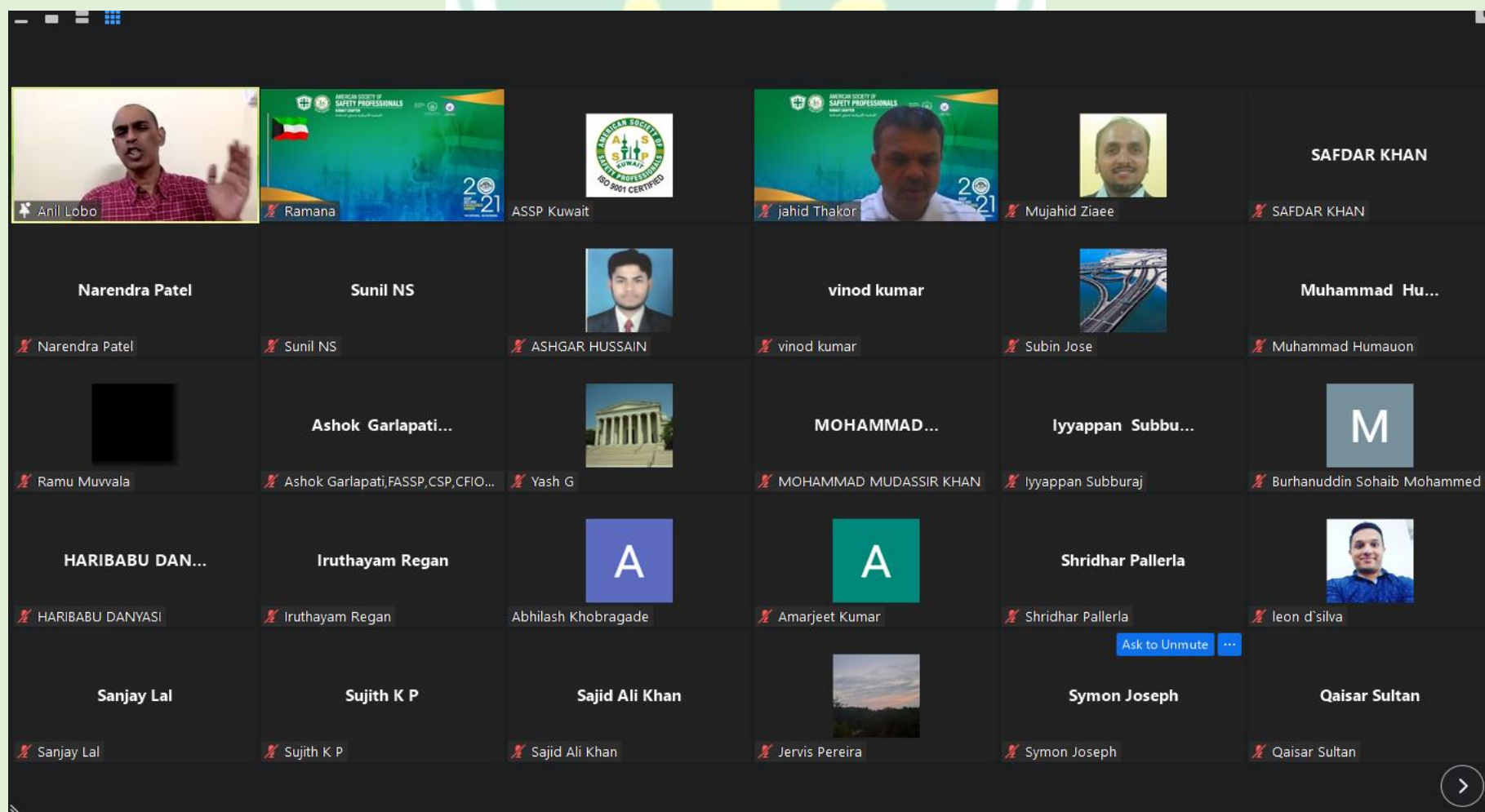
2021
ASSP
GCC HSE
EXCELLENCE
AWARD

Ashok Garlapati, FASSP, CSP, CFIO, QEP

Anil Lobo

Thanks, so.

Dinesh Kumar Pal



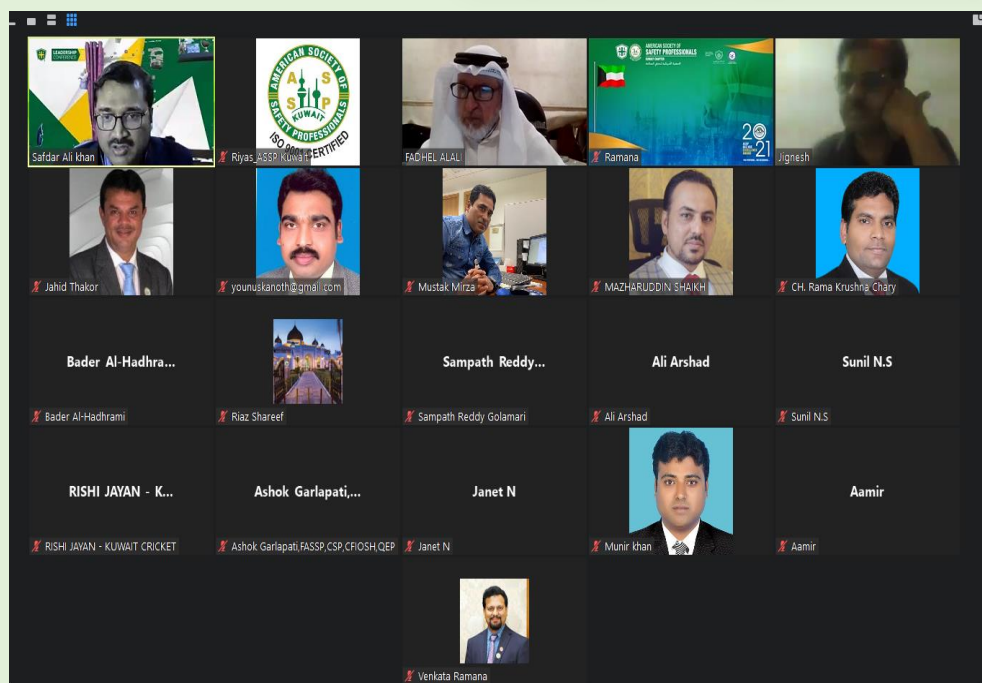
Participants:

- Anil Lobo
- Ramana
- ASSP Kuwait
- jahid Thakor
- Mujahid Ziaee
- SAFDAR KHAN
- Narendra Patel
- Sunil NS
- ASHGAR HUSSAIN
- vinod kumar
- Subin Jose
- Muhammad Hu...
- Ramu Muvwala
- Ashok Garlapati, FASSP, CSP, CFIO...
- Yash G
- MOHAMMAD MUDASSIR KHAN
- Iyyappan Subburaj
- Burhanuddin Sohaib Mohammed
- HARIBABU DANYASI
- Iruthayam Regan
- Abhilash Khobragade
- Amarjeet Kumar
- Shridhar Pallerla
- leon d'silva
- Sanjay Lal
- Sujith K P
- Sajid Ali Khan
- Jervis Pereira
- Symon Joseph
- Qaisar Sultan

ASSP's continuous efforts to bring learning opportunities and latest developments in the field of HSE, ASSP Kuwait Chapter conducted the **10th webinar on "Solar Renewable Energy"** for the term 2021-2022 was organized on **10th November 2021** on the **ZOOM** platform. **Mr. Anil R. Lobo, Head of Safety & Security at a Regional Bank**, shared the presentation. More than 60 participants attended and benefitted the session.



Executive Committee Meeting (EC-205)



The first Executive committee meeting for the term 2021-2022 was held on **18th November 2021** on **ZOOM platform** to discuss the months activities. **Mr. Jahid Thakor, Chapter President** welcomed all members to the first EC meeting and thanked everyone for accepting their roles to support ASSP Kuwait Chapter. During this meeting, July to November 2021 updates were presented by Mr. Safdar Ali Khan, Secretary. The executive committee discussed the yearlong plans to serve the HSE professionals and the community which is the ultimate goal of the organization.

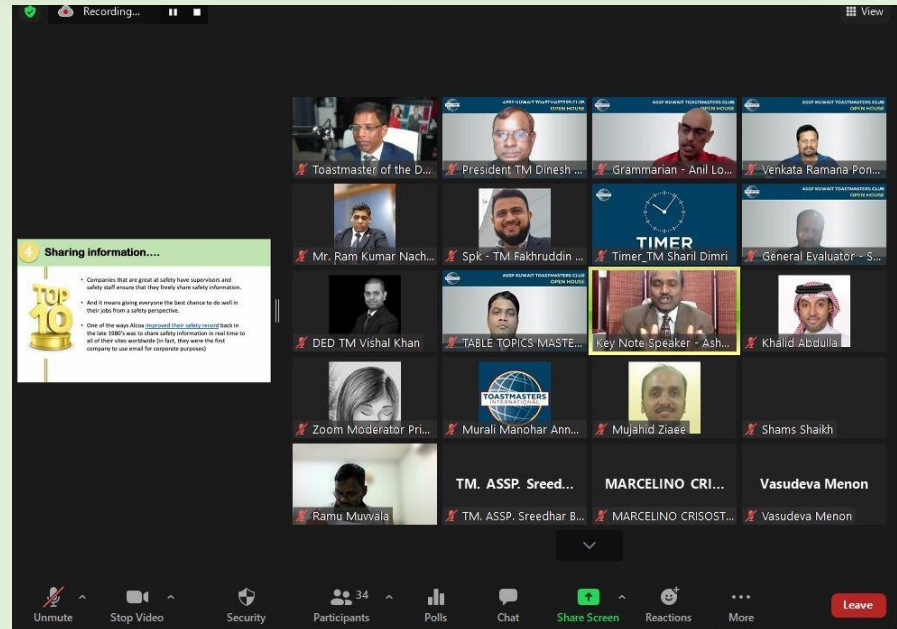
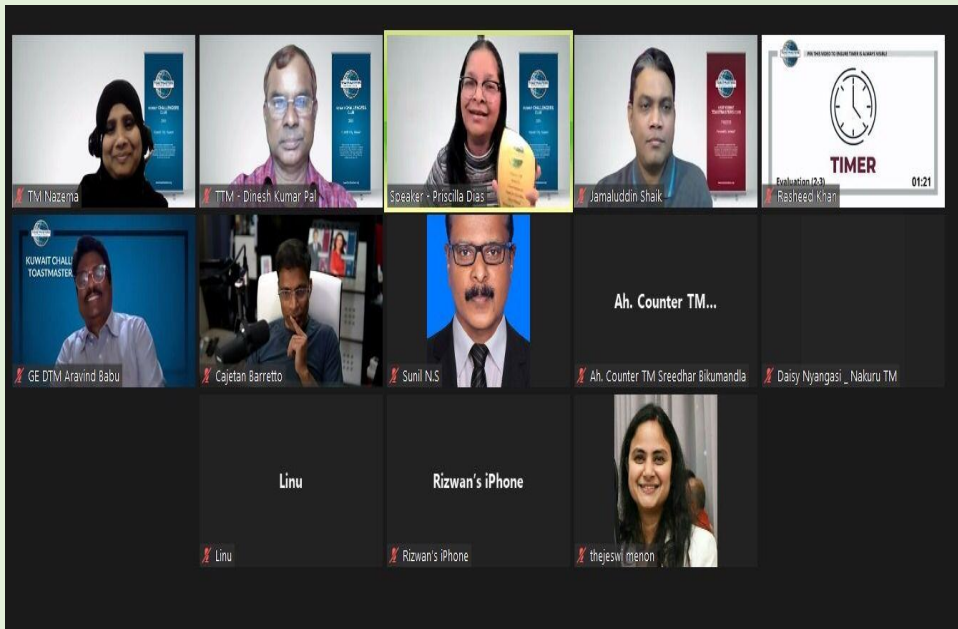
Following members attended the first EC meeting. **Eng. Fadhel Al Ali, Chairman, President Mr. Jahid Thakor, Vice President Mr. Mazharuddin Shaikh, Secretary Mr. Safdar Ali Khan, Treasurer Mr. Bader Al Hadrami, Advisory Committee members, Committee Heads & Chapter Administration executives Mr. Rishi D. Jayan, Mr. Venkata Ramana Pondla & Mr. Riyasul Hakk.**

Mr. Jignesh Shah, Dy. Director, 11th Intl' HSSE PDC 2022 briefed about the ASSP Kuwait Chapter PDC 2022.

Meeting was concluded by **Mr. Mazharuddin Shaikh, Vice President** with his closing remarks.



ASSSP Toastmaster Club Meeting on 6th & 20th November 2021



"Toastmasters is more of an emotional affair to me. I laugh with them, I cry with them, I learn with them. I could see the reflection of toastmaster in my identity. It has become the main ingredient of my life recipe now."

**Club President;
Dinesh Kumar Pal**



COLD STRESS

Cold Stress in Middle East countries are inclement and poses a variety of hazards.

Cold stress occurs when the body is unable to warm itself resulting to serious cold-related illnesses, permanent tissue damage and death may result.

Factors which contribute to cold stress include:

- Naturally or artificially cooled environments.
- Wind, which pulls heat away from the body in any environment.
- Wet clothing, from sweat or water
- Cold water immersion, which cools the body 25 times faster than cold air.
- Fatigue, which makes it harder for the body to create heat

Some individual factors contribute to higher risk for cold stress as well:

- Not being physically fit
- Having an underlying condition or illness.
- Being under the influence of drugs or alcohol.
- Working in wet or damp conditions
- Exposure to vibration from tools
- Working without proper personal protective equipment (PPE)
- Not acclimated to the cold

Types of cold stress:

Frostbite: Frostbite occurs when layers of skin tissue freeze. It is caused by exposure to extreme cold and typically affects the extremities, particularly the face, ears, fingers and toes. Symptoms include – Cold, tingling, stinging or aching feeling in the frostbitten area, numbness, change in skin colour (Could be red, purple or pale), Hard or blistering skin in severe cases.

Immersion/Trench Foot: Trench foot or immersion foot is caused by having feet immersed in cold water for long periods of time. It is similar to frostbite, but considered less severe. Symptoms include – Tingling, itching or burning sensation, Blisters, etc.

Hypothermia: This is low temperature State. It occurs when the rate of heat lost is higher than the rate of heat gain. Symptoms include shivering, slurred speech, lack of coordination, memory loss, pale & cold skin, severe muscle stiffness, extremely cold skin, irregular or difficult to find pulse.

Chilblains: It is described as the repeated exposure of skin to temperatures just above freezing to as high as 60 degrees Fahrenheit. The cold exposure causes damage to the capillary beds (groups of small blood vessels) in the skin. Symptoms include – Redness, Itching, Possible blistering, Inflammation, ulceration in severe cases, etc.

Cold Urticaria: Young adults are most likely to have this condition. It happens when skin reacts to cold and breaks out in welts. The areas are reddish and itchy, like hives. Hands may get puffy while holding a cold drink, throat and lips might swell when eating or drinking something frosty

Preventive Measures:

- Workers should avoid exposure to extremely cold temperatures when possible. When cold environments or temperatures cannot be avoided, workers should follow these recommendations to protect themselves from cold stress:
- Wear appropriate clothing.
 - Wear several layers of loose clothing. Layering provides better insulation.
 - Tight clothing reduces blood circulation. Warm blood needs to be circulated to the extremities.
 - When choosing clothing, be aware that some clothing may restrict movement resulting in a hazardous situation.
- Make sure to protect the ears, face, hands and feet in extremely cold weather.
 - Boots should be waterproof and insulated.
 - Wear a hat; it will keep your whole body warmer. (Hats reduce the amount of body heat that escapes from your head.)
- Move into warm locations during work breaks; limit the amount of time outside on extremely cold days.
- Carry cold weather gear, such as extra socks, gloves, hats, jacket, blankets, a change of clothes and a thermos of hot liquid.
- Include a thermometer and chemical hot packs in your first aid kit.
- Avoid touching cold metal surfaces with bare skin.
- Monitor your physical condition and that of your coworkers





QUIZ QUESTIONS

Question: 01

Which is the best FFR (filtering facepiece respirator) for use while working in an area where a potential oil mist exists?

- A. R-95
- B. P-100
- C. N-100
- D. HE

Question: 02

Anil is a trained and certified forklift driver. His job requires him to dismount from the forklift multiple times per hour. Safety manager Jose observed Anil snapping his seatbelt behind the seat rather than using it properly. However, she does not confront him about it. Jose's action or lack of action can be defined as?

- A. A waiver of rules for the sake of convenience
- B. A reasonable decision by Anil.
- C. A willful violation by the company
- D. Necessary for the forklift to crank.

Question: 03

What is the concept of learning through repetition called?

- A. Rote learning
- B. Meaningful learning
- C. Associative learning
- D. Active learning

Question: 04

When people use pitch and speed of speaking, hesitation noises, gestures, and facial expression, they are engaging in a form of nonverbal communication called:

- A. Susurrations
- B. Enhancement
- C. Paralanguage
- D. Haptics

Question-05

What is the difference between insurance and a bond?

- A. There is no real difference.
- B. Insurance protects a specific person and project while bonds protect a person, business, or company.
- C. Bonds cost more.
- D. A bond protects a contractor who hires someone for a specific project while insurance protects people or businesses from a covered loss



Question-06

Which airborne particle size (diameter) is most likely to cause employee long term health problems?
Select one:

- A. 4 micrometers
- B. 40 micrometers
- C. 400 micrometers
- D. 4 millimeters

Question-07

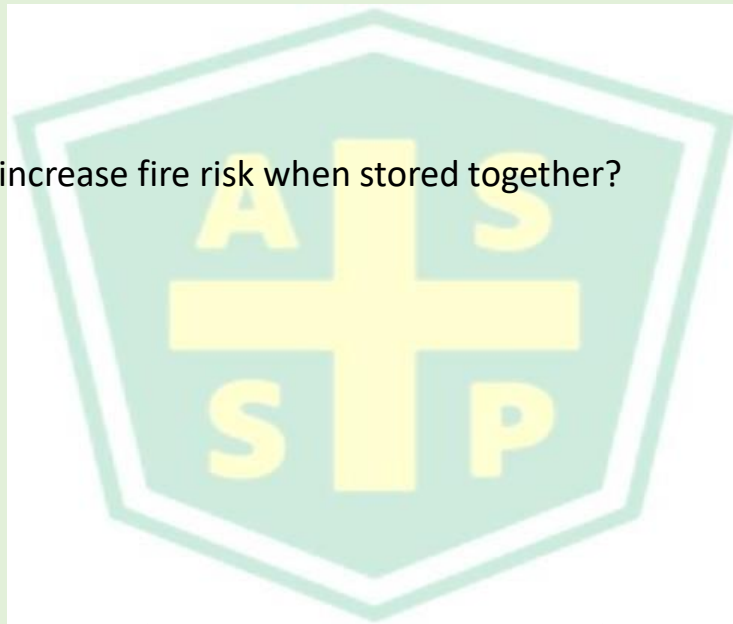
Lightning strikes and areas of high motor vehicle traffic create which of the following criteria pollutants?
Select one:

- A. Sulfur oxides
- B. Lead
- C. Nitrogen oxides
- D. Carbon monoxide

Question-08

Which types of materials do not increase fire risk when stored together?
Select one:

- A. Acids and alkali salts
- B. Oxidizers and oils
- C. Paper and wood
- D. Oxidizers and explosives



Question-09

An accepted method for determining any hazards associated with a task is:

- A. General safety rules
- B. PPE hazard assessment
- C. Training on a work procedure
- D. A JSA created from a work procedure

Question-10

What is one of the benefits of using a quiz at the end of a safety training lesson?
Select one:

- A. A quiz can be written to ensure everyone answers all questions correctly and documents that the lesson objectives are met.
- B. A quiz can provide another learning opportunity.
- C. A quiz can inspire participants to learn more about the subject
- D. A quiz can document improved attitudes of participants.

Previous Month Quiz Answers:

1) C 2) D 3) B 4) A 5) C 6) D 7) B 8) C 9) D 10) D



LIST OF ASSP NEW & RENEWED MEMBERS - November 2021

Sr. #	Name of ASSP Members	New / Renewal	Sponsor / Reference
1	Sorin Marius Ghergu	New	Ashok Garlapati
2	Rizwan Ahmad Shaikh	New	Mazharuddin Shaikh
3	Dhuha Al Kandari	Renewal	Diana Benedict Lobo
4	Dawood Husain Dawre	Renewal	Diana Benedict Lobo
5	Dileep Kumar Koroath	Renewal	Ramana
6	S. Thejas Kumar	Renewal	Muruganantham Boosapathi
7	Jakkula Ramachandra Murthy	Renewal	Ramana
8	Tamil Selvan Mohan	Renewal	Ramana
9	Vikram Mohan	Renewal	Ramana
10	Abdulrazaq Alnassar	Renewal	Riyasul Hakk
11	Keyur Pandya	Renewal	Ramana





AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

K U W A I T C H A P T E R

working to create a safer, stronger future



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 United States, 10 global)
- 39 sections (37 United States, 2 global)
- 9 regions

About ASSP Kuwait chapter

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.

Membership

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

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:

	REFER 3	REFER 5	REFER 10
FREE On-Demand Webinar	X	X	X
FREE 1-Year Membership Extension		X	X
FREE Polo Shirt & FREE ASSP Course			X

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

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

For any queries regarding Membership, please contact our chapter office

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Fax: +965 22428148
Mr. Saif Ahmed (membership committee) at
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Web: kuwait.assp.org

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Publication Committee



Mr. Muhammad Yusuff
**Head – Publication
Committee**



DEPUTY
Haseeb Khadas



MEMBER
Iftaqar Ahmed



MEMBER
Mohammed Suhail
Qurashi



MEMBER
Muhammed Yassar

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Rishi D Jayan
**Sr. Executive –
Chapter Operations**



Ramana Venkata
**Executive
(Chapter Operations)**



Riyasul Hakk
**Jr. Executive
(Chapter Operations)**