



THE **HSE** UPDATE MONTHLY E-NEWSLETTER **MAY 2022**



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

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Working Together for a Safer, Stronger Future



ASSP KUWAIT CHAPTER HIGHLIGHTS FOR THE MONTH

- ❖ PSM Technical Meet-22
- ❖ Toastmaster
- ❖ HSE Quiz
- ❖ HSE Article – Beat the Heat
- ❖ Membership details (New & Renewals)



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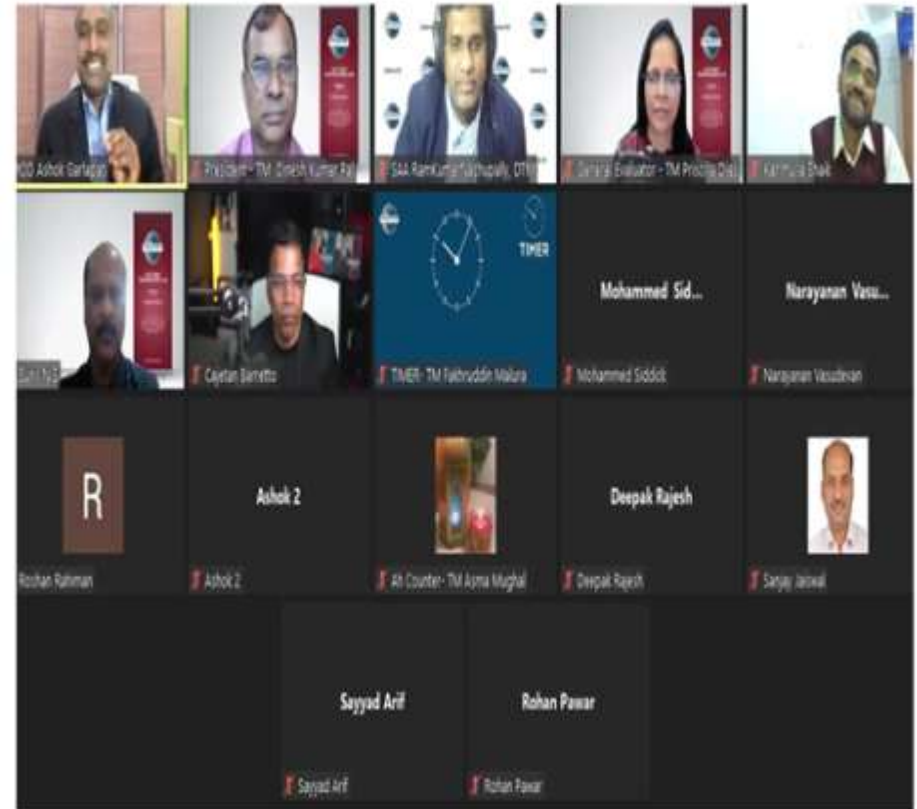


Process Safety Management Technical Meet-22



American Society of Safety Professionals (ASSP) - Kuwait Chapter's Process Safety Management (PSM) Forum's 22nd Technical Meet was organized on 20th April 2022 on the ZOOM platform. **Mr. Mohammed Ranees**, Human Factor Engineer, SAIPEM, Italy, presented a case study on “**Fire accident at Chevron U.S.A. Inc. Refinery in Richmond, California**” and **Mr. Venkata Madhusudana Rao Kapavarapu**, Specialist Process Engineer, Kuwait Oil Company (KOC), presented his experience sharing on “**Fire incident during Pre-commissioning activities after Project execution.**”. Around 75 participants attended the session.

ASSP Toast Master Club Meeting



"At work, I used whatever I learned from Toastmasters to teach my fellow Safety Officers. As the years progressed, I started teaching the techniques to my colleagues. That initiative brought on many opportunities for me to get ahead in my line of work. I was able to explore other areas specially by this Pathway Innovative Planning which made me realize what was my true passion. This path shows me importance of advance and Innovative planning for safe guarding of employees health and standard of employer at higher rank in field of Employees safety. Hereby I encourage to all my fellow toastmaster choose the path which may help in your carrier and employment too."



BEAT THE HEAT

Heat-related illnesses are cause for concern, and with summer season almost here, it's time for a refresher on the best ways to beat the heat at work. Keep in mind that severe heat-related illnesses like heat exhaustion can occur for several days after dehydration from exposure to high temperatures. Symptoms of heat stress can range from mild heat rash or sunburn to severe heat exhaustion and heat stroke.

Top 10 warning signs of heat stroke

- **Extremely high body temperature**
- **Hot, dry, skin** – an inability to cool the body through perspiration may cause the skin to feel dry
- **Increased heart and respiration rates** as blood pressure drops and the heart attempts to maintain adequate circulation
- **Throbbing headache, nausea or vomiting** due to dehydration
- **Weakness, fainting, or dizziness** – especially if standing position is assumed quickly – due to low blood pressure from dehydration
- **Muscle cramps**
- **Dark-coloured urine** – a sign of dehydration
- **Confused, hostile, or seemingly intoxicated behavior**
- **Pale or bluish skin colour** in advanced cases due to constricted blood vessels
- **Seizures or unconsciousness**



What to do if you suspect heat exhaustion or stroke

- Get medical aid
- Move to air-conditioned environment or at least a cool, shaded area
- Loosen or remove unnecessary clothing
- Drink plenty of cool water
- Fan and spray with cool water

How to protect yourself against heat stress

- Sometimes it's difficult to self-recognize heat stress, so it's important to use a buddy system at work to keep an eye on each other and spot potential heat stress symptoms.
- Stay fit
- When possible, avoid working in hot areas and in direct sun
- Take frequent breaks
- Cover up with long-sleeve shirt, hat
- Increase fluid intake
- Avoid alcohol and excessive caffeine
- Reduce activity when exposed to heat
- Use buddy system to watch for symptoms
- Increase salt intake (if doctor approves)





QUIZ QUESTIONS

Question: 01

Activated carbon is used as a sample collecting or filtering medium. What properties of activated carbon makes it an effective medium?

- A. Small surface area.
- B. Self cleaning over a short period of time.
- C. High absorbency of the carrier gas only.
- D. Extremely porous with a non- polar surface.

Question-02:

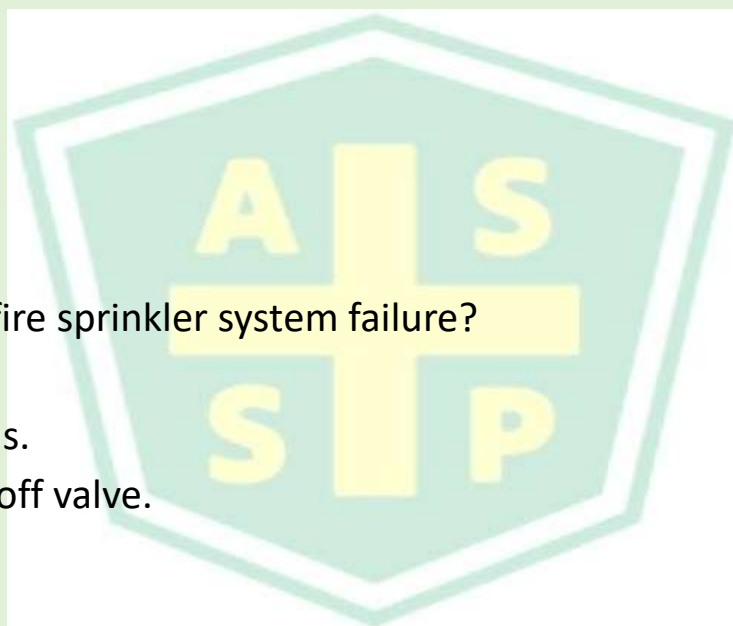
For protecting light hazard occupancy, what is the maximum travel distance allowed for a fire extinguisher?

- A. 75
- B. 55
- C. 35
- D. 25

Question-03:

What is the primary cause of fire sprinkler system failure?

- A. Improper maintenance.
- B. Clogging of sprinkler heads.
- C. Closed water supply shut off valve.
- D. Lack of water pressure.



Question-04:

When should sound level meter calibrated?

- A. Quaternary
- B. Monthly
- C. Before each survey
- D. Before and after each survey.

Question-05:

SDS should contain all of the following except?

- A. Manufacturer part number.
- B. Fire and explosion data.
- C. Health hazard data.
- D. PPE requirements.



Question-06:

Dilution ventilation is primarily used to control.

- A. A contaminant at its source.
- B. Low toxicity vapours.
- C. Asbestos fibers during demolitions.
- D. Welding fumes.

Question-07:

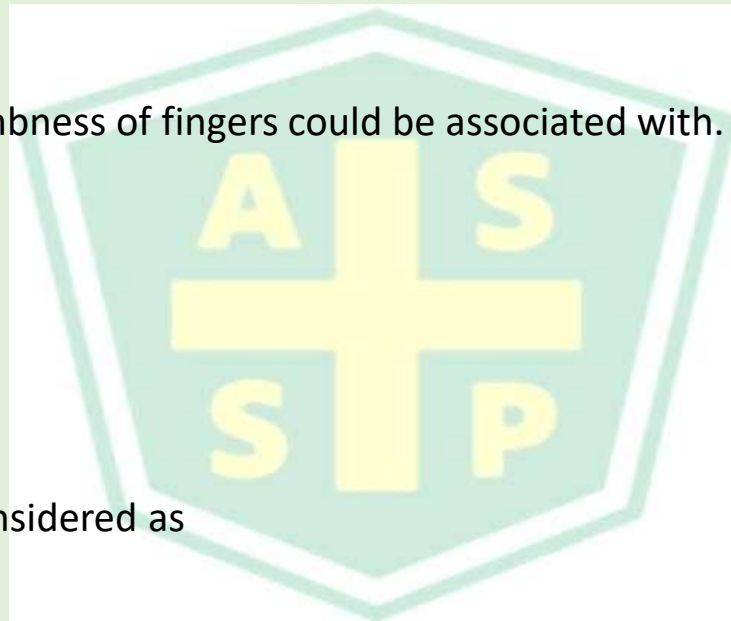
The disease that can cause numbness of fingers could be associated with.

- A. Dermatitis.
- B. Asperger syndrome.
- C. Raynaud's syndrome.
- D. Silicosis.

Question-08 :

The disease that can cause numbness of fingers could be associated with.

- A. Dermatitis.
- B. Asperger syndrome.
- C. Raynaud's syndrome.
- D. Silicosis.



Question-09 :

Pressure testing is generally considered as

- A. Constructive test.
- B. Destructive test.
- C. Active test
- D. Proactive test

Question-10 :

Which organization publishes a fire protection handbook?

- A. OSHA
- B. NIOSH
- C. NIH
- D. NFPA

Previous Month Quiz Answers:

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



LIST OF ASSP NEW & RENEWED MEMBERS – April 2022

Sr. #	Name of ASSP Members	New / Renewal	Sponsor / Reference
1	Ahmad Al Shatti	New	Ashok Garlapati
2	Ashok Kumar	Renewal	Ghafar Anwar
3	Jagadeeswara Rao Pinnamraju	Renewal	Ramana
4	Mirza Muzammil Baig	Renewal	Muvvala Ramu
5	Mohamed Magdy Mohamed Abgad Omer Khattab	Renewal	Riyasul Hakk
6	Osman Mohammed Nowar	Renewal	Riyasul Hakk
7	Rahim Mohammed Yunus Sheikh	Renewal	Riyasul Hakk
8	Ravi Kumar Dommeti	Renewal	Ramana
9	Roopan Rajendran	Renewal	Riyasul Hakk
10	Syed Zia Ul Haque	Renewal	Jahid Thakor
11	Tadichetlu Vinod Kumar	Renewal	Ramana





AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

KUWAIT CHAPTER

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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