



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



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

For any queries regarding sponsorship, please contact our chapter
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Working Together for a Safer, Stronger Future



ASSP KUWAIT CHAPTER HIGHLIGHTS FOR THE MONTH

- ❖ PSM Technical Meet-23
- ❖ Global OSHA #501 General Safety Trainer
- ❖ Toastmaster
- ❖ HSE Article – Heat Exhaustion vs Heat Stroke
- ❖ Membership details (New & Renewals)



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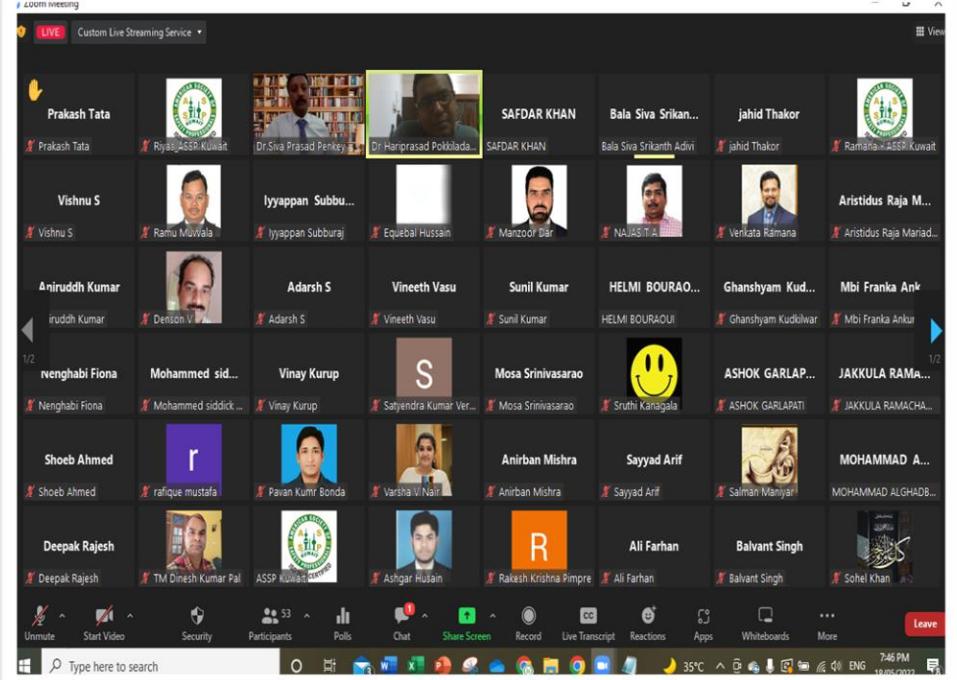
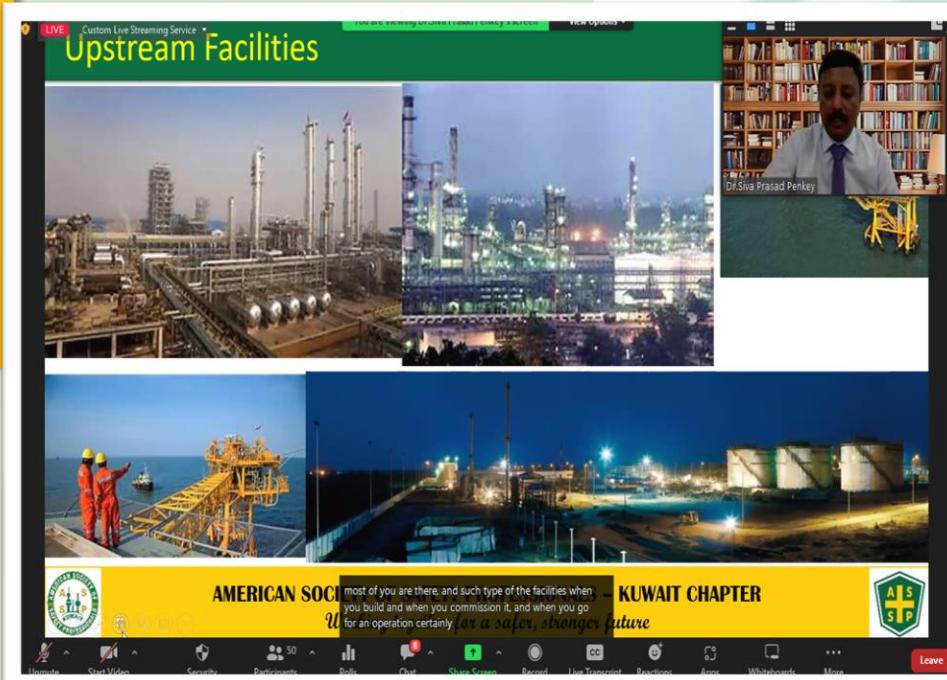
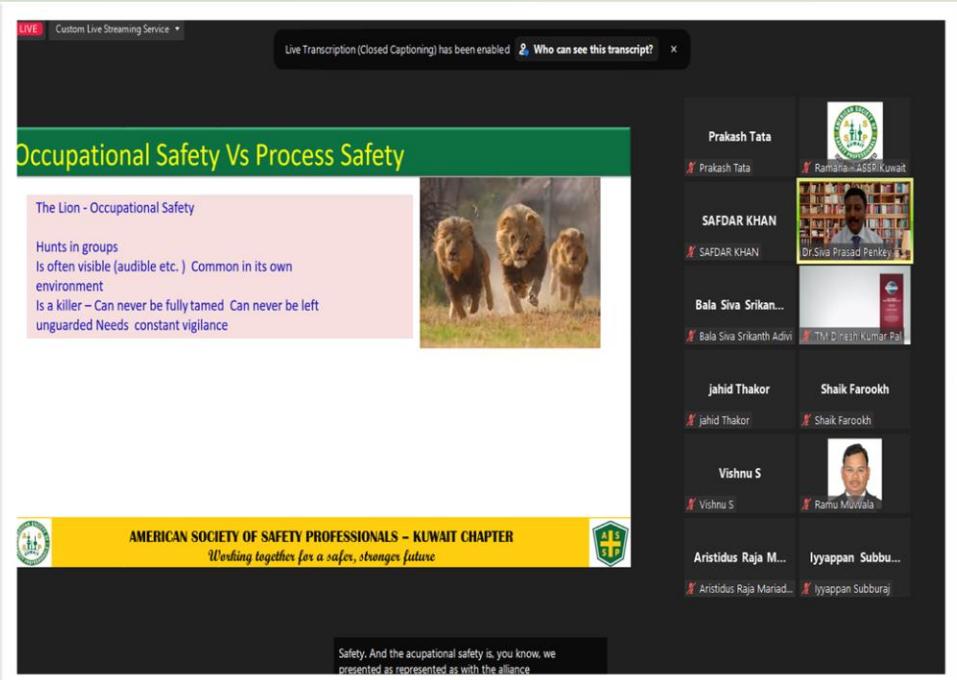
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Process Safety Management Technical Meet-23



American Society of Safety Professionals (ASSP) - Kuwait Chapter's Process Safety Management (PSM) Forum's 23rd Technical Meet was organized on 18th May 2022 on the ZOOM platform. **Dr. Hari Prasad**, Assistant Manager-QA&H, Water Quality Division, Suguna Foods. Pvt. Ltd. presented a case study on **"The dark side of plastic containers"** and **Dr. Siva Prasad Penkey**, Senior Specialist HSE, Kuwait Oil Company (KOC), presented his experience sharing on **"Safety Reviews - A Proactive Approach for Process Safety"**. Around 60 participants attended the session.



Global OSHA #501 General Safety Trainer



ASSP Kuwait Chapter organized **Global OSHA #501 General Safety Trainer** in collaboration with Global OSHA USA on 23rd May -27th May 2022 through the ZOOM platform. Global OSHA Authorized Trainer & ASSP KC voluntary Trainer **Mr. Ashok Garlapati, FASSP,CSP,CFIOOSH,QEP** facilitated the collaboration of ASSP Kuwait Chapter and Global OSHA, USA along with **Mr. James Barnes, CEO** of Global OSHA, USA. The course was attended by 7 ASSP KC members, one member from Trinidad & Tobago and three members from Saudi Arabia .



ASSP Toast Master Club Meeting



Why to Join Toastmasters ?? 1) You want to make progress in your career but are not able to do so due to poor communication skills 2) You know your things but are not able to articulate them confidently. 3) you avoid presenting in front of the team, customer, or Management. 4) You lack the skills to impress your audience. Can you afford to continue like this? Absolutely No - So what are you waiting ?? Join Toastmasters to keep away your glossophobia.



Heat Exhaustion Vs Heat Stroke

Heat stress is a result of normal physical exertion. However in places where temperatures can exceed 50°C or 120°F which may lead to heat-related illness such as heat exhaustion or heat stroke , Quick action in the early stages can usually reverse heat-related illnesses. Both heat exhaustion and heat stroke are serious conditions.

Warning signs of heatstroke and heat exhaustion

Sweating is your body’s way of cooling itself down. But on hot, humid days, sweating might not be enough. That’s especially true if you’re working out or doing physical work in hot weather.

Heat exhaustion and heatstroke both cause your body temperature to rise. That temperature spike goes hand in hand with several other symptoms.

Heat exhaustion symptoms	What to do	Heat stroke symptoms	What to do
general weakness	take a cool shower or use a cold compress to decrease body temperature	elevated body temperature above 104°F (40°C)	call 112 for emergency treatment
increased heavy sweating	hydrate with water or sports drinks	rapid and strong pulse or heart rate	move to a shaded or cool area
a weak but faster pulse or heart rate	move to a shaded or cool area	loss or change of consciousness	circulate air to speed up cooling
nausea or vomiting	seek medical treatment if vomiting continues	hot, red, dry, or moist skin	use a cold compress or cold, wet cloth to help lower body temperature
possible fainting, lightheadedness, dizziness	lie down		
pale, cold, clammy skin	remove any extra layers or unnecessary clothing, like shoes or socks		

Risk factors

Certain factors can increase your risk for heat exhaustion and heat stroke,

Age. Infants and children under the age of 4 and adults aged 65 and older are at increased risk for heat-related illnesses. That’s because your ability to regulate temperature is more difficult at these ages.

Prescription medications. Some medications used to treat high blood pressure or heart conditions may reduce your ability to stay hydrated. Dehydration can cause heat exhaustion and heat stroke.

Obesity. Your body retains more heat when you weigh more. It can also be more difficult to cool your body down if you have overweight or obesity.

Sudden temperature changes. When you rapidly move from a colder to a warmer climate, like going on vacation in a hotter location, your body may not be able to adjust to the warmer weather. You may have more difficulty regulating your body temperature as a result.

A high heat index. Heat index is a measurement that factors in humidity along with the outside temperature to determine how hot it feels to you and your body. If the humidity is high, your sweat evaporates more easily and you may have a harder time cooling yourself down. If the heat index is greater than 91°F (32.8°C), you should focus on prevention methods.

When is it an emergency?

If you’re able to cool down within 30 minutes, heat exhaustion isn’t typically considered an emergency.

But if you’re unable to lower your body temperature or if you experience any of the following symptoms, you should call ambulance and seek immediate medical attention:

having a body temperature above 104°F (40°C), Confusion , loss of consciousness , not sweating, even though you feel hot , shortness of breath , fast breathing, excessive nausea or vomiting, seizure.



LIST OF ASSP NEW & RENEWED MEMBERS – April 2022

Sr. #	Name of ASSP Members	New / Renewal	Sponsor / Reference
1	Rafiq Ahmed Khan	New	Abdul Gani Sha
2	Shoeb Ahmed	New	Mohammed Nasir
3	Gafira Begum Shaik	Renewal	Shaik Shareef
4	Mahmoud Salah Ismail	Renewal	Riyasul Hakk
5	Mohammad Muzammil	Renewal	Riyasul Hakk
6	Mohammed Muneeb Uddin	Renewal	Riyasul Hakk
7	Mohammed Nasir	Renewal	Riyasul Hakk
8	Mohammed Soubhan	Renewal	Younus Kanoth
9	Mohammed Suhail Qurashi	Renewal	Riyasul Hakk
10	Mohd Mahtabuzzaman	Renewal	Riyasul Hakk
11	Muhammad Ibrahim	Renewal	Syed Kashif Vali
12	Naiju Ravindran	Renewal	Riyasul Hakk
13	Palanivel Murugan T	Renewal	Ramana
14	Santhosh Joseph	Renewal	Riyasul Hakk
15	Satyanarayana Yedla	Renewal	Riyasul Hakk
16	Shaik Jamaluddin	Renewal	Riyasul Hakk
17	Shaik Shareef	Renewal	Riyasul Hakk
18	Shyam Krishna	Renewal	Riyasul Hakk
19	Tariq Maqbool	Renewal	Riyasul Hakk
20	Zahid Iqbal	Renewal	Riyasul Hakk





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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