



# HSE NEWS

## WORKING FOR YOU TO KEEP YOU SAFE

The target audience for this newsletter is PDO Staff and contractors community.

Latest HSE Statistics YTD 31 July 2016	2015	2016
Workplace fatalities	1	2
Non-work related fatalities	3	2
Non-accidental deaths (NADs)	8	8
Lost Time Injuries (LTIs)	29	21
All injuries (excluding first aid cases)	103	122
Motor Vehicle Incidents (MVIs)	60	51
Roll over - MVIs	15	19
Serious MVIs	19	21
Lost Time Injury Frequency (LTIF)	<u>0.27</u>	<u>0.19</u>
Vehicle Class A/B Defects YTD 31 July 2016		
Class A	40	
Class B	1356	
Life Saving Rules Violations YTD 31 July 2016		
Journey Management	18	
Speeding/GSM	7	
Seatbelts	19	
Overriding Safety Device	1	
Working at Heights	5	
Permit (PtW)	8	
Confined Space	0	
Lock Out Tag Out	2	
Drugs and alcohol	0	
Gas testing	0	
Smoking	5	
Suspended Load	1	
HSE Tip		
Keeping up to date with HSE and industry guidance will help you meet your duties under the Work at Height Regulations.		

### Important News



When was the last time a competent person checked the scaffolding in your construction or rig site? How do our contractors use and maintain their safety harness equipment? What behaviour do we observe when people work at height? These are some of the questions we can ask our onsite supervisors and create a discussion around compliance and behaviour.

Recently, a team of five workers were on a working platform about 2.5m high, with no edge protection, no gate or chain. One crew member was busy talking to his friend and had forgotten that the area was not fully secured. He lost his balance and was about to fall, but

one team member grabbed his hand and pulled him away from the platform edge which prevented his fall. However, in Q1 2016, three contractors were hurt and injured due to falls while working in PDO. These incidents could easily have been prevented. One incident involved an electrician who was climbing up a ladder to a rig floor when the ladder-securing ties snapped. The ladder slipped backwards causing him to fall 1.5m to the ground and resulted in him fracturing his foot.

#### PDO Life Saving Rule (LSR)

LSR no. 6 covers the "use of specified fall-preventive equipment when working at height".



The LSR dictates the use of fall prevention equipment in the absence of other controls (e.g. scaffold working platform. SP-1257 details the hierarchy of control measures for working at height).

### What You Need to Know

#### What Is Working At Height?

Working at height means any height from which people could fall and injure themselves. The Work at Height legal requirements for industrial safety in Oman are established in Chapter 7 of Sultan's Decree No. 35/2003 "Oman Labour Law.". The legislation places a duty on em-

ployers and contractors to ensure that all work at height is:

- Properly planned and organised - including planning for emergencies and rescue
- Assessed for risks using a hierarchy of control measures
- Appropriately supervised
- Done in a way that is - as

far as is reasonably practical - safe

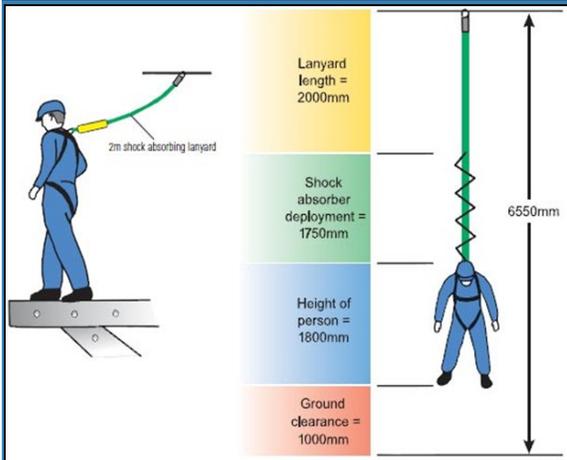
- Always done by competent people, including managers and supervisors, who are appropriately trained and supervised
- Done using appropriate equipment that is regularly inspected and maintained



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### HSE Advice Note



#### What Is The Hierarchy Of Controls For Work At Height?

1. Eliminate the work at height
2. Work from a permanent work platform with guardrails and toe boards
3. Work from a temporary work platform (scaffold) or mobile work platform with guardrails
4. Use fall restraint systems and personal fall protection equipment

#### 1. Eliminate The Work At Height:

The first consideration when choosing a fall protection system should be hazard elimination. Where practical, fall hazards should be eliminated through design so that equipment and work areas are not at height and are readily accessible from the ground surface. Design can also eliminate work at height by providing a means of bringing the work down to the worker i.e. lights that can be lowered, poles and masts that can be telescoped or laid down, test points for equipment that is mounted at the surface level, etc. Considerations for engineering-out work at height include the frequency of need to perform the work and capital cost vs. long-term maintenance costs.

#### 2. Work From A Permanent Work Platform With Guardrails And Toe Boards:

Common scaffolding structures including handrails and guardrails are considered to be traditional fall protection for open or exposed edges. The benefit to these systems is that little to no training is required to use them. Permanent and temporary work platforms

should be equipped with guardrails and ideally accessed by stairways equipped with handrails in preference to ladder access. Scaffolding, guardrails and handrails are designed, constructed and maintained to meet standards and regulatory requirements for height and strength. Each component - top rail, mid-rail and toe-board - has specific design criteria.

#### 3. Work From A Temporary Work Platform (Scaffold) Or Mobile Work Platform With Guardrails:

Where a permanent platform or structure protected by guardrails is not available, a temporary work platform with guards should be used where practical and may include one of several designs erected or installed by a trained and certified CITB scaffolder. Such temporary work platforms should be equipped with handrails, mid-rails, toe boards and a gate closure (or equivalent) installed at each landing.

#### 4. Use Fall Restraint Systems And Personal Fall Protection Equipment:

##### 1) Fall Restraint Systems:

If hazard elimination or work platforms (permanent or temporary) are not practical, then a fall restraint system should be considered. A fall restraint system provides a travel restriction that stops the worker before he or she approaches an unprotected edge. This type of system includes the use of lanyards anchored and adjusted to prevent workers from reaching an exposed edge, or positioning devices that secure an individual in place. If constructed properly and adjusted correctly from the anchor point, the worker will not be in danger of a fall if they trip or become unconscious.

##### 2) Personal Fall Protection Equipment:

The purpose of personal fall protection equipment is to prevent the worker from contacting the lower surface should a fall occur. A complete fall protection system includes an anchor point, connecting devices, lanyards or arresting devices, and a full body harness. Fall protection systems limit the limit the free fall distance and so limit the maximum arresting forces applied to the body. When using fall protection systems, the following need to be considered:

When using fall protection systems, the following need to be considered:

- The need for a rescue plan to avoid suspension trauma
- Anchor point selection and connector requirements
- Shock absorption, the potential fall distance and lanyard length
- The possibility of that the person may swing while falling and hit something.

#### Work At Height Training And Competence

PDO has adopted working at height, and specifically scaffolding training, according to the Construction Industry Training Board (CITB). The standards have been written into the company standard SP1257 and the associated guidance document GU363. PDO recognises training providers who can offer the CITB-accredited training. The CITB training also supports the National Objectives goals by providing qualified scaffolders for the Oil & Gas sector and construction aspects of the industry. A number of training providers in Oman are currently eligible to deliver the different training. Approved scaffolders in PDO are required to pass the Part A and Part B training. The scaffolders are required to carry their training card with them at all times.

Current and eligible Training providers as of 18 July 2016 (shown in green color below). Further information contact PDO MSE12 team.

Training Provider	Part A	Part B	Scaffold Complex	Safe Inspection	Inspection of complex	Scaffold Supervisor
Knowledge Grid						
OTI						
NTI						
STS						
TATI						
TUV SUD OMAN						