

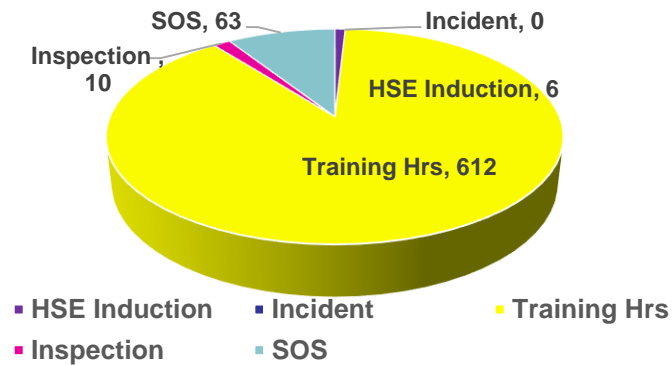
## IN HOUSE NEWS

### SPETCO April-2014 Winners

| Awards                 | Name             | Project    | Remarks |
|------------------------|------------------|------------|---------|
| Best Driving Attitude  | Varghese Abraham | EPF-50     | 99.91%  |
| HSE Quiz (QM-2) Winner | Jaffar (1770)    | GCP - GRIP |         |
| Best SOS Card's        | Albert (1183)    | EPF-50     |         |
|                        | Rolando (1678)   | GSF        |         |
|                        | Ganesh (1213)    | WT-JO      |         |
|                        | Asharaf (1735)   | Fab. Shop  |         |
|                        | Ahmed (1966)     | SRP        |         |
|                        | Amir (1853)      | TV         |         |
|                        | Alex (1564)      | WT KOC     |         |
|                        | John(1760)       | GCP GRIP   |         |



## HSE Statistics Report- April 14



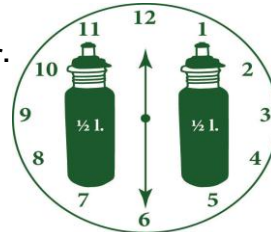
Manager-WK Division: Mr. Tammer rewarded for BDA (March-14) to Duke Effiong



## Heat Stress

### Main Prevention:

- Water Intake 1/2lit for every 1/2hr.
- Scheduling of work
- Provision of Shady area
- Weather forecast
- Salt Replacement
- Clothing
- Check urine color every day



½ liter every ½ hour



If possible, stay out of the sun.



Know the signs and symptoms of Heat Stress.

- Dizziness
- Headache
- Weakness
- Rapid Heartbeat
- Nausea
- Cramps
- Chest Pain
- Labored Breathing

Wear loose, breathable clothing such as cotton. If you must work in the sun, wear hats and use sun screen.



When the weather is hot, avoid caffeine

Maintain proper hydration. Drink small amounts of water frequently. Avoid feeling thirsty.

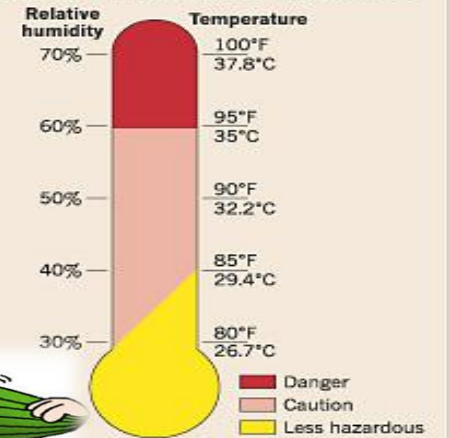
COOL DOWN, whenever possible



## The Heat Equation

High Temperature + High Humidity + Physical Work = Heat Illness

When the body is unable to cool itself through sweating, serious heat illnesses may occur. The most severe heat-induced illnesses are heat exhaustion and heat stroke. If left untreated, heat exhaustion could progress to heat stroke and possible death.



## First Aid



SPETCO receiving ASSE GCC HSE Excellence Award 2014 as GOLD on Oil & Gas category



## Question of the month

QM-03 :What will be the color of urine if you get dehydrated?

QM-02 : What is 2sec rule for safe driving?  
 Ans- The two-second rule is a way for the defensive driver to judge the minimum safe following distance to help avoid collisions under ideal driving conditions. The red car's driver picks a tree to judge a two-second safety buffer & should suppose to count 1001, 1002 (for 2sec)

