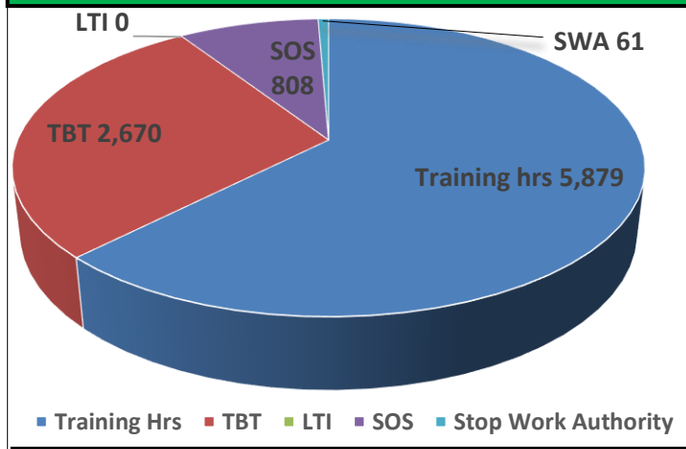
November HSE Bulletin 2026

HSE Statistics Report Oct 2026



SPETCO Oct 2026 HSE Winners

Awards	Name	Remarks
Best Drivers	Abbas Aziz – 3236	Well Testing
	Moustafe M - 3891	Slickline
	Magdy Sobhy - 2820	SRP
	Noor Khan - 1979	JPF-3
	Syed Ismail - 3586	JPF-4
Best SOS	Govind Raj - 3994	JPF-4 U
Best SWA	Sarvanan Raju - 3802	DCS&SRU
	Hasta Bahadur - 3324	KGOC
Answer of the Month	Rakesh Kumar-3093	Well Testing

World Diabetes Day

The aim is to reduce the risk of diabetes and move towards a world where all people who are diagnosed with diabetes have access to equitable, comprehensive, affordable and quality treatment and care.

1. Knowing the symptom, 2. Recognizing type 1 diabetes. 3. Advancing equitable access. 4. Creating healthier environments. 5. Prioritizing quality care. 6. Supporting, not Stigmatizing.

SPETCO Substance Abuse Policy Awareness

What is Substance Abuse

Substance abuse is the misuse of alcohol, drugs, or other controlled substances that can negatively affect a person's health, behavior, work performance, and safety.

SPETCO Management is committed to providing a drug-free working environment. The company policy recognizes that the use or abuse of tobacco, drugs and alcohol can jeopardize the health, safety and well-being of the individual and co-workers.

Why is substance Abuse Dangerous?

- Reduces alertness and makes it difficult to recognize workplace hazards.
- Impairs judgment, which can lead to unsafe decisions.
- Slows reaction time, particularly when driving or operating equipment.
- Affects coordination and balance, increasing the risk of slips, trips, and falls.
- Increases the risk of workplace accidents and injuries.
- Endangers co-workers, especially during safety-critical operations.
- Can negatively affect health and well-being.
- Can reduce work performance and productivity.
- Can result in absenteeism and negatively affect workplace reliability.
- Can lead to disciplinary and legal consequences when company rules or applicable laws are violated.



ALCOHOL + DRUGS + WORK = DANGER
Stay Sober. Stay Alert. Stay Safe.
Always Report to Work Fit for Duty.



COMMONLY ABUSED SUBSTANCES

- Alcohol , Opioids,
- Tobacco, Cocaine, Heroin
- Prescription Drug (Tramadol)
- Illicit Drugs, Inhalants
- Methamphetamine

SIGNS OF SUBSTANCES ABUSE

- Sudden mood swings or irritability
- Changes in Sleep patterns or appetite
- Neglecting responsibilities
- Increased tolerance or need for higher doses

HEALTH RISKS OF SUBSTANCE ABUSE

- Physical: Liver Damage, Heart disease, Lung Problem and Overdose.
- Mental: Anxiety, Depression, Paranoia, and Cognitive Decline.
- Social: Damaged Relationships, Legal issues, and Financial

PREVENTION AND RECOVERY

- Education: Raise awareness about the dangers of substance misuse.
- Support: Encourage strong family and community involvement to aid recovery.
- Treatment: Counseling, rehabilitation programs, and support groups are critical for long-term success

No Drugs / Drug-Free Workplace | No Alcohol
Substance Abuse Hazard | Stop Substance Abuse

For more information, please click this link: https://youtu.be/J8hc8rCNQJs

*SOS- Safety Observation System *SWA- Stop Work Authority *TBT- Tool Box Talk * LTI- Lost Time Injury

SPETCO HSE Events October 2026




Chemical Handling Awareness (CHA) Campaign conducted at OFS projects



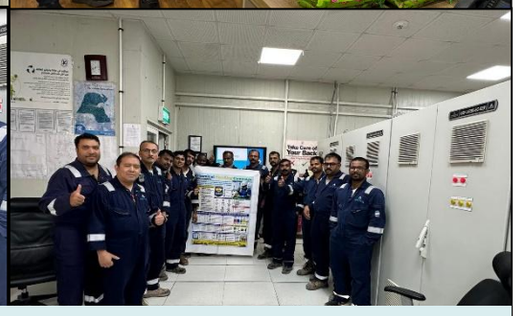

Plants presented to office staff as part of Environment Preservation Initiative








Chemical Handling Awareness (CHA) Campaign conducted at DCS & SRU (EPF-50 & JPF-3)

Chemical Handling Awareness (CHA) Campaign conducted at GSF




Chemical Handling Awareness (CHA) Campaign conducted at JPF-3



CHA Campaign conducted at KGOC Project



CHA Campaign conducted at JPF-4




Chemical Handling Awareness conducted at BTGP, OMAN




UCO Abu Dhabi conducted Hazard Hunt Campaign