



HSE NEWS

WORKING FOR YOU TO KEEP YOU SAFE

Latest HSE Statistics YTD 15 August

	2013	2014
Workplace fatalities	1	4
Non-work related fatalities	7	2
Non-accidental deaths (NADs)	3	10
Lost Time Injuries (LTIs)	29	38
All injuries (excluding first aid cases)	112	109
Motor Vehicle Incidents (MVIs)	71	61
Roll over - MVIs	21	18
Serious MVIs	0	23
Lost Time Injury Frequency (LTIF)	0	0

Life Saving Rules Violations

YTD 15 August

Journey management	61
Speeding/GSM	30
Seatbelts	37
Overriding safety device	1
Working at heights	2
Permit	0
Confined space	0
Lock out tag out	0
Drugs and alcohol	0
Gas testing	0

Vehicle Class A/B Defect

YTD 15 August

Class A	167
Class B	2844

HSE TIP

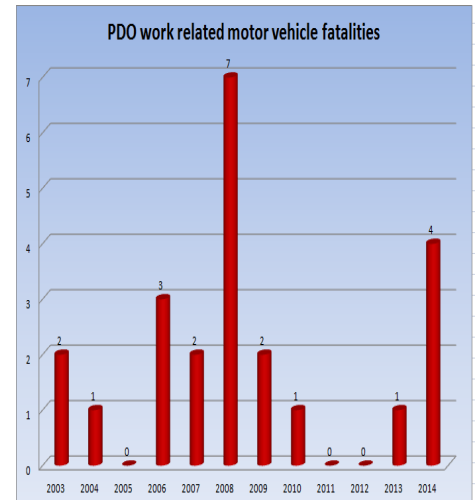
The degree of severity of a car accident leads directly from the speed you choose to drive at. Drive safe and stay alive for

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Important News



This year has seen six people die on Oman roads during PDO operations, twice as many as died in 2013 and this when Oman nationally has seen a 33% fall in national road deaths. PDO and contractors clearly need to do more. The Corporate Road Safety team supports road safety through driving forums, safety initiatives and enforcing the Life Saving Rules but it is ultimately down to each driver to comply with the rules. Not surprisingly the increase in fatalities has been mirrored in a surge in our life saving rule violations,



with people using mobile phones, not wearing seat belts and speeding while driving. These rules exist to save lives, but only if they are followed. Please ensure you and your work colleagues understand the need to drive safely. Life is precious for us all. FINAL WARNING letters have been issued to employees violating the rules as per the PDO consequence matrix. PDO is serious about road safety, how serious are you? To see the matrix please click [here](#).

What You Need to Know

Dust is a killer:

To drive safely in dust

- Slow down
- Keep a safe distance
- Use your hazard lights
- Never overtake in dust
- Pull over if necessary
- Re-join the road when clear

Road safety counselling:

This is a pioneering PDO project analysing driver behaviour and providing assistance where needed. Counselling sessions are provided to drivers who excessively speed and such sessions often show a lack of awareness of the Life Saving Rules and the consequences.

Upcoming events:

- Qarn Alam Driving Forum (9-Sep)
- Lekhwair Driving Forum (15-Sep)
- Life Saving Rules Re-Engerising Campaign (17-Sep)
- Qatar conference participation (22- 24 Sep)

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HSE Advice Note

The driver is key to safe driving

The graph below shows PDOs motor vehicle incident rates over 25 years and shows just how far we have come. This is your achievement and happened after you drove safer and slower and adopted road safety initiatives throughout the years. Sadly from 2010 the frequency has been climbing which shows we have to do more. From our investigations, the main contributing factor is simply 'human behaviour' and that's why you are the key to making our operation safe again. The Company does its bit by:

- Introducing defensive driving training material focusing on mind skills.
- Company management commitment and involvement

- Clear standards on driver and vehicle requirements as well as load restraining specifications.
- Supporting driving forums conducted in all areas.

No amount of forums or IT equipment can replace a safe driver. Each driver must choose how to react to any given situation and hopefully to choose to drive safely.

Driving whilst fatigued

This is forcing yourself to drive when tired or sleepy. Statistics shows that it is one of the main causes of road incidents. Fatigue impairs your ability to safely perform even basic driving tasks, it decreases reaction time, affects your judgment and can result in erratic driving.

To avoid fatigued driving kindly consider the following advice:

- Get adequate sleep each night (they say 8 hours as a minimum).
- Avoid driving between 12am to 6 a.m. and 2pm to 4 p.m where possible
- If you feel drowsy while driving, choose a safe place to pull over and rest for a minimum of half an hour.

Fatigue is the silent killer and we often think we can beat it by playing music or winding down a window.... you can not though. Be safe and if feeling tired, play it safe and take a rest, it might be the best decision you ever make without ever realising it saved your life.

