

SF

WORKING FOR YOU TO KEEP YOU SAFE

Latest HSE Statistics YTD Non-work related fatalities Non-accidental deaths (NADs) Lost Time Injuries (LTIs) All injuries (excluding first aid Motor Vehicle Incidents (MVIs) Roll over - MVIs Serious MVIs Lost Time Injury Frequency (LTIF) 0.28 0.35

Life Saving Rules Violations

Journey management	65	
Speeding/GSM	31	
Seatbelts	40	
Overriding safety device	1	
Working at heights	2	
Permit	0	
Confined space	0	
Lock out tag out	0	
Drugs and alcohol	1	
Gas testing	0	

Vehicle Class A/B Defect

YTD

Class A	204
Class B	3056
HSE TIP	

Separate yourself from your machines gives your muscles, and your mind, a rest that they

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Important News



wondered "Who on designed that?" or "How do they expect me to operate that?" Well in PDO those issues could soon be a past thanks to our adoption of the new Human Factors Engineering (HFE) philosophy. It's a science that focuses on the interaction between the human and the work systems in order to design the best possible humanmachine interactions which optimise human and system performance and make it easier for you to work.

In PDO these human factors will be considered and applied during the early design stage of all new facilities bullete ship by the stander to the



The key areas of Human Engineering include:

- · Design, location and accessibility of manual valves
- Control room and workplace design
- Human-machine interface design
- Labelling of facilities, equipment and piping
- Application of HFE in construction
- Safety-critical tasks
- Design of skid package units

Non-compliance with these ultimately lead to human errors or stresses and strains which possibly can affect worker health and safety and can recult in your injury or a major Process

Actors Affecting Human Workplace Ergonomics: Office Ergonomics Tips: Visits nangerent PDO a ets have been conducted by Techn al Stafforgonomics Elygonise reaction along operation refriterer.workplace

- People capabilities and experiences
- Organization: Working hours/shifts/staffing etc.
- Design of the equipment and the way it is laid out
- Surrounding environment: Lighting, noise, temperature etc.

applies about human behaviour. abilities and limitations and other characteristics to the design tools, machines, tasks. iobs and environments for productive, safe, comfortable and

effective human use.

- •Use an easily adjusted chair, display mount and kevboard
- Position the top of your monitor screen at eye level
- Position your monitor no closer than 50 cm from your eyes
- •Use a wrist rest so your hands and wrists remain relaxed
- Stand and stretch your back and arms every hour.



HSE NEWS

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HSE Advice Note

Human Factor Engineering applies human factors knowledge to the design and construction of systems to ensure they optimise the human contribution while minimising the potential for human error.

It is applied to the design of work systems, workplaces and products, with the following objectives:

- 1. To increase the operational performance, safety, health and comfort of the work system
- 2. To reduce the likelihood of or prevent human errors and/or limit the consequences
- 3. To enhance the productivity of human efforts
- 4. To enhance overall system performance by improving the ease and efficiency of use
- 5. To incorporate user knowledge in the design of the system/product to satisfy the needs of the operating population.

A driving philosophy behind the application of human factor engineering is that strong operational performance starts with good design and that an understanding of what constitutes good design requires a detailed knowledge of how humans interact within the work system.

Benefits of a proper integration of HFE in projects include:

- Reduction in CAPEX, by contributing to more efficient design and avoiding the need for expensive changes and/or rework late in design.
- Reducing the need for re-work during or after construction.
- Reduction in the life cycle costs of operating and maintaining facilities (OPEX).
- Improvements in HSE performance, and reduced operational HSE risk.

The key processes

It should be initiated in the SELECT phase of projects. The figure below summarises the activities to be conducted in each of the SELECT, DEFINE and EXECUTE phases of the project lifecycle.

Please refer to DEP 30.00.60.10 (HFE in Projects) for more information.

SELECT	Define	Execute
1. HFE Screening	 HFE Design Analysis HFE Design Verification (Initial) Human reliability ALARP review HFE Implementation plan 	 HFE Design Analysis (Complete) HFE Design Verification HFE Plan for Construction Support to final design HSE case HFE Validation HFE report

For more information or back issues, please access www.pdo.co.om/hseforcontractors or email Nasra Maamery(MSE51)