Ever think about a green Dubai...???

EHS re-started the registration scheme for Safety Advisors

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Support our earth,
Save our earth
Our hope is You
Walk around any jobsite on any given day - even the one with well trained & experienced work crews and you are likely to see some kind of unsafe setup or dangerous situation waiting for the trouble.

A serious injury happens in the blink of an eye that instant that you thought you were going to “just” do something dangerous & get away with it. Think again. Develop an eye for the safety on your site- and a team approach to look out for each other. Make safety a team sport, because this is a game you play & need to win everyday. Articles in CS Magazine will help you just do that.

CS magazine will be published quarterly to promote Health & Safety at projects under Dubai World jurisdiction.

I am thankful to the management of EHS-Trakhees, specially our COO Mr. Amin Al Mulla as they extend their full support in the process of developing Construction Safety Magazine. I am sure that it will be a perfect tool in communicating EHS goals to all stakeholders. Further, I want to appreciate the members of core team as without their support and hardwork, the dream of publishing this magazine was not possible. Also thanks to the Quality Department of EHS who supported us with their valuable suggestions to make this magazine as per required standards.

-Majid Saleem

Editor-in-chief : Majid Saleem
Design/Production : Binu Kalarickan
Advertising : Dario Alvero
Editorial Board : Majid Saleem, Abdul Hakim, Binu Kalarickan, Dario Alvero

Write to the Editor
Address your mails to : ehs.construction@trakhees.ae. Please add your name and details while submitting any article or suggestion. Alternatively you can logon to www.trakhees.ae for more details

Contact Details of EHS-Construction Safety Magazine
Phone : +971 4 881 2225 | Fax : +971 4 881 3105 | E-mail : ehs.construction@trakhees.ae | www.trakhees.ae
**Interview with Mohammed Al Shaer (Senior Manager – Construction Safety)**

**What is your Message regarding the Construction Safety Magazine?**

One of the milestones of EHS Construction Safety is to create Construction Safety Magazine that will serve as vehicle to circulate relevant safety news and latest construction activities for our valued Dubai World clients.

EHS Construction Safety in general – EHS Trakhees is in full support to its clients, contractors and consultants to accomplish their project without compromising the Environment, Health and Safety. We want them to know that EHS Trakhees is here to set up their job easy.

**What are the points that construction in general need to know from this Magazine?**

It covers step by step procedures and regulations on all related safety news and information from Dubai World. Everything the client, contractors and consultants need to know from EHS Trakhees.

**What are the benefits that you could give to EHS clients from this CS Magazine?**

A Magazine that have the latest Safety news, issues and information that the public needs to know (i.e. updated regulations and standards related to the Construction Safety activities).

**Is there any major achievement this year by EHS Construction Safety?**

One of the major achievement that EHS CS attained is a positive feedback from its clients; construction companies to be specific i.e. “Contractors are happy to have a good knowledge on safety issues that they do not understand before.”

**Do you have any EHS plan or goals to be achieved for the coming year?**

“To ensure safe work area on all projects, mainly workers who comes to work in the morning and going back home safe and in good health; the most important and ultimate goal is to save human lives, which could only achieve by constant communication, education about environment, health and safety.

**In your point of view, how do you see EHS different from any other authorities?**

EHS Trakhees along with other authorities have the same goal, to ensure the safety of everybody based on applicable international safety standard and regulations. The only difference is the area of jurisdiction in implementing Safety Regulations and Standards. All are driving in a different way however directed to one goal.
EMERGENCY PROCEDURES IN CASE OF SNAKEBITE

At EHS TRAKHEES, we encountered a rare type of emergency in one of our project at Palm Jumeirah. A worker while off loading plants got bitten by a snake. Luckily, the worker reached in time to hospital and got necessary medical treatment.

In the event of snakebite incident, the following safety steps should be followed:

Assess the incident using S-E-T-U-P

Safety – Your Safety First! If unsafe, report emergency immediately & request for help!

Environment – Inspect environment for potential hazards.

Traffic – Consider traffic conditions required to move victim if necessary.

Unknown Hazards – Observe your surroundings for gases, electrical wiring or other hazards.

Protection – Protect yourself and the patient.

The signs and symptoms of a snake bite are as follows:

- Swelling and pain at the bite site
- Headache (do not give aspirin)
- Nausea
- Vomiting
- Joint pain and cramps

To activate emergency procedures, following steps to be taken:

- Call the emergency services, use 999/997
- Keep the victim calm and as still as possible
- Do not elevate the bitten area; this will only hasten the spread of the venom. Try to keep the bite lower than the heart.
- Treat for shock
- Attempt to identify the snake by a method which should not expose others to danger.
- Transport the victim to a medical facility.

TRAKHEES LAUNCHES NEW WEBSITE

Trakhees-Ports, Customs & Free Zone Corporation launched its new website after the re-branding process. You can visit www.trakhees.ae for all the information’s and updates about the functions of Trakhees.
Noise is an unwanted or harmful sound. Everyday, thousands of employees/tenants are exposed to high level of noise at work and risks associated with it.

Occupational deafness caused by exposure to high level of noise at work is one of the most common form of ill health. The effects of the disability are socially far-reaching. It can increase the risk of accidents by affecting communication. The range of jobs and workplaces where noise can be a problem is much broader and included building work, classrooms, drivers, factories, and shipyards etc.

Loss of hearing is certainly the most well known adverse effect of noise, and probably the most serious, but it is not the only one. Other effects include tinnitus, so called ringing in the ear, influence with speech communications, and loss of sensitivity to sounds and disruptions of job performance. Protection against noise effects has been one of the priorities at EHS Trakhees.

EHS regulations provide upper and lower exposure action values of respectively 90dB (A) and 85 dB (A), which determines when preventive measures are necessary to reduce the risks for workers. Preventive measures should be laid upon two pronged strategy.

- Reducing hazard at source: Supply of tools and machinery: Reducing noise at source by encouraging contractors to supply machines and tools with lower noise emissions is the best way to reduce the exposure.
- Encouraging compliance through advice, investigation and enforcement. Where noise cannot be adequately controlled at source, further steps shall be taken to reduce the exposure such as changing the workplace, use of personnel protective equipments (PPE), information and training, etc.

Finally, it is necessary to impose external checks to determine that the measures implemented to control the noise are actually working. The type and frequency of this monitoring depends on workplace and exact nature of risks faced.

-Majid Saleem

SAFETY ADVISOR REGISTRATION SCHEME

First batch for the Safety Advisor Registration Scheme re-started on 22nd of Nov 2009, Please contact 04-881 2225 for enquiries
Few Basic Rules that will reduce the Possibility of Pump rage

Mind Your Manners
- When space allows and there's no one revving their motor behind you, it's fine to hover and wait to see which line moves fastest. But as soon as a new customer pulls onto the lot, you've got to cast your lot with one line—no more hovering. Do not whip into that gap no matter how agile your vehicle. Judging from some of the responses, this kind of agility could be fatal.

Avoiding a Fire
- Don't pull out of the station with the nozzle still attached to your vehicle. Pumps have some form of quick release on the nozzles.
- Everyone knows you need to shut off your engine—completely off, with no juice going to the radio. Mobile phone must be switch off and stub out your cigarette. The obvious danger is fire, but the most common cause is static spark.

Staying Safe
- Using only the refueling latch on the gasoline nozzle—never jam the latch open. The unit will shut off when the fuel level reaches a safe limit. If you've jammed it open, you'll end up standing in a puddle of spilled, flammable fuel.
- If you need to fill a portable container, make sure the container is approved for the fuel you're pumping. If you have more than one fuel container (kerosene, diesel, etc.) in your garage, never mix fuels.
- Put the container on the ground, not on the tailgate of your pick-up, for instance, to avoid static ignition of vapors.
- Manually control the nozzle valve and fill slowly to minimize spills and decrease the chance of static build up. Keep the nozzle in contact with the rim of the container.
- Fuel expands, so the container should not be filled to the top. Make sure the container cap seals properly. Even if it does, secure the container in your vehicle.
- Let any spilled gas on the exterior of the container have a chance to evaporate before you put it in your car. If at all possible, drive yourself and your container straight home. If you can't, don't leave the container in direct sunlight or in the enclosed trunk of your car.

Following these simple guidelines will give you an even better chance of avoiding a gas station disaster—not to mention minimizing the risk of personal embarrassment.
Who need Health and Safety training..??

Responsibility start with you...
Whether you are an employer or self-employed, are you sure that you’re up to date with how to identify the hazards and control the risks from your work place? Do you know how to get help - from Trakhees-EHS? Do you know what you have to do about consulting your employees, or their representatives, on health and safety issues? If not, you would probably benefit from some training.

Requirement for Managers/Supervisors...
If you employ managers or supervisors they will certainly need some training. They need to know what you expect from them in terms of health and safety, and how you expect them to deliver. They need to understand your health and safety policy, where they fit in, and how you want health and safety managed. They may also need training in the specific hazards of your project and how you expect the risks to be controlled.

Requirement for the entire workforce
Everyone who works for you, including sub-contractor, needs to know how to work safely and without risks to health. Like your supervisors, they need to know about your health and safety policy, your arrangements for implementing it, and the part they play. They also need to know how they can raise any health and safety concerns with you.
You should take into account the capabilities, training, knowledge and experience of workers; and ensure that the demands of the job do not exceed their ability to carry out their work without risk to themselves and others.
Your risk assessment should identify any further specific training needs.

- Binu Kalarickan

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FOR URGENT INQUIRIES PLEASE CONTACT OUR CUSTOMER CARE HOTLINE

+971 4 881 4555
EHS.CUSTOMERRELATIONS@TRAKHEES.AE

Working Days: Sunday to Thursday
Working Hours: 7:30 AM to 3:30 PM
What is green building and how was the idea of green building generated?

Green buildings are those buildings that are environmental friendly in terms of design, construction and operation. A building is defined as green if it has environment friendly attributes to it, be it in terms of energy, water, indoor environmental quality, or materials.

The idea was generated in the year 2007 and had reached shape by the time His Highness Sheikh Mohammed Bin Rashid Al Maktoum issued a Green resolution and directive for all owners of commercial and residential buildings in the emirate of Dubai.

EHS announced its Green building regulations that had been adapted from the Leadership in Energy & Environmental Design (LEED) 2.2 rating system of United States Green Building Council (USGBC). It required new projects to deliver a minimum of 32 points of the maximum 69 allowed under LEED version 2.2. The credits centered on several key categories such as energy, water, and indoor environmental quality etc. recognizing the relevance of these to this region.

What are the factors hindering the clients from regularly incorporating sustainable strategies into their projects?

There are two types of clients- those that are aware of Green and those that are unaware. While the former will drive the stakeholders towards green, the latter unfortunately considers Green as hindrance or added cost. Hence, awareness is the primary cause.

Sometimes, clients by virtue of the fact that they plan to sell the property, do not show keenness in building them green. This too affects the sustainability of the project.

The above factors lead to delay in implementation of Green virtues. Projects incorporating green right from conceptual stages are highly successful in terms of implementation with minimal or NO added cost whereas those projects that start thinking green latter in the project loose out on benefits and even if they are in a position to spend more may not succeed in getting the value.

What is the difference between a commissioning authority and consultant?

The commissioning authority (CxA) is an independent entity appointed directly by the client. He is appointed to ensure that at the minimum level, the building’s energy systems are installed calibrated and perform in accordance to the owner’s project requirements, basis of design and construction documents.

The role of Green building consultant is to ensure that the project is designed to LEED standards and to coordinate all processes required for LEED certification. This includes the necessary design integrations and coordination required at several stages of the project in order to fulfill the requirements of the credits sought for the project.

What is your message to magazine readers?

Sustainability and green building is on top of the world’s agenda and it is being addressed in different ways in different forums. While in short and direct terms it impacts energy, water, resources, environmental quality, land use etc, in the long run, taken at the global level it has wider implications on green house gas emissions, ozone layer depletions, climate change, melting of polar ice caps, rising ocean levels etc, etc, etc. It is very crucial that we do our every bit possible individually and collectively at home, office, community wherever we can and to whatever extent feasible. Sustainability should be a “way of life” and we cannot afford to compromise it. While we are here enjoying the resources, it is our responsibility to ensure that we leave these for the future generations as well and not deprive them of essentials.

Specific to the construction industry I would urge the developers to take the lead in sustainability and demand maximum value / green credentials for their project irrespective of whether the property is being managed by them or sold outright. If they plan to manage it themselves, they can rest assured that green buildings will perform well and cost less to maintain. If they are selling it outright, they can still rest assured that it would command premium in a market that is really maturing as it is going to benefit the buyers. Either way thinking green benefits them and is worth the attempt. We wish the readers all the best in their sustainability plans.

Paravasthu Jagannathan (Sustainability Manager) speaks about the green building and sustainable energy resources
Previous years, construction in UAE getting the attention of the architecture to design different views of building, towers and skyscrapers, these designs were approved by the government, which required enormous amount of engineers and manpower to construct the beauty of this architecture.

So the priority is given to finish the towers so fast, without noticing importance of safety in construction.

These towers and skyscrapers putting personnel's at high risks of falling from height or falling of materials.

Numbers of accidents were too high ranging from fatality to minor.

Few years ago EHS-Trakhees, regulatory arm of PCFC implemented EHS Regulations at all construction projects within Dubai World jurisdiction. EHS-Trakhees team opens a wide campaign by educating consultant, contractors about the hazards they may face at construction sites.

There are different ways of safety measures that can be taken, for example providing edge protection, flying nets around building parameters, and other methods to minimize the falling of persons or material.

Some contractor used different way of safety precaution for high elevations. Using Self Climbing Screen Formwork which is surrounding the upper two floors all the way around and protects personnel and materials from falling.

The special protection Self Climbing Screen Formwork is the structure elevates itself with the help of mechanical leverage equipment usually hydraulic. This hydraulic system is mounted on trolley with 110 V electric motor; law pressure oil reservoir; valve housing and flow regulator pressure compensated run by single pump. This self screen usually fixed to sacrificial cones or rails emplaced in the previously cast concrete. The same formwork can be reused as you go higher. This formwork also provides working space for construction crew and screens being fully enclosed which yet staying modular around a changing building structure.

- Abdul Hakim Syed
Swine Flu Type A (H1N1)
Advice and guidelines to protect you from Swine Flu Infection

Cover the mouth and nose with tissue when coughing or sneezing
Put used tissue, immediately after use, in the waste basket
Do not cough or sneeze in your hands
If tissue is not available, cough or sneeze into the upper sleeve

Wash your hands with soap and water by rubbing them thoroughly
Wash your hands for 40 - 60 seconds
Dry hands thoroughly with tissue and use it to close the faucet
Use antiseptic hand gel to rub your hands till dry, if water and soap are not available

Do not touch your mouth or nose before washing your hands
Avoid hugging, kissing and shaking hands when greeting
If you have flu-like symptoms visit your school clinic immediately
If you have flu-like symptoms stay home from school and crowded places

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