THE HSE UPDATE
Monthly E-Newsletter, May 2020

BASIC PROTECTIVE MEASURES AGAINST THE NEW CORONAVIRUS (COVID-19)

INTRODUCTORY COURSES ON ISO 9001, ISO 14001 & ISO 45001

ONLINE TRAINING SEVEN HABITS OF HIGHLY EFFECTIVE PROFESSIONALS

ONLINE TRAININGS ON PROCESS SAFETY MANAGEMENT (PSM)

ASSP TOASTMASTERS MEETING (ONLINE)

For any queries regarding sponsorship, please contact our chapter
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Basic protective measures against the new coronavirus

Coronavirus Disease 2019 Outbreak

COVID-19

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

What can people do to protect themselves and others from getting the new corona...
Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why?

Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why?

When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Why is it recommended to avoid close contact with anyone who has fever and cou...
Avoid touching eyes, nose and mouth

Why?
Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why?
Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why?
National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.
Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why?

National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

- Follow the guidance outlined above.
- Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slight runny nose, until you recover. Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

HOW TO USE HAND SANITIZER

1. Dispense the hand sanitizer on your palms.
2. Rub well over palms, back of hands and fingernails until dry.
3. Waterless use for refreshingly clean hands.
Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth. Greet people with a wave, a nod or a bow instead.

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves. You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.
Coronavirus Disease 2019 (COVID-19) is an infectious disease caused by the virus strain severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Worldwide spread of the disease began for the first time in 2019 and has developed into the 2019-20 coronavirus pandemic.

**Symptoms:**
- Cough
- Headache
- Fever

**Prevention:**
- Wear a face mask
- Avoid touching face
- Wash your hand
- Cook food thoroughly
- Avoid traveling

**Let us fight against Corona Virus!!!**
Introductory Courses on ISO 9001, ISO 14001 & ISO 45001
online training Seven habits of highly effective professionals
Online Trainings on Process Safety Management (PSM)
ASSP Toastmasters meeting (Online)
HSE Quiz Of the month

Question-01: In what conditions should firefighting extinguishers be reported to immediate Supervisor or firefighter team when:
A. Broken seal
B. Expired inspection date
C. No Pressure
D. All of the above

Question-02: In case of a fire, why is there a lack of oxygen in an enclosed space?
A. A fire can cause the oxygen to be used up.
B. The oxygen is turned to steam by heat.
C. Oxygen attaches to the smoke particles.
D. All the oxygen is carried away on thermal currents.

Question-03: In construction worksite, what is the effective way of reducing contamination to workers:
A. Engineering Control
B. Administration Control
C. PPEs
D. All of Above

Question-04: For Motivation & Satisfaction of employees at organization, which of the following techniques would be increase:
A. Responsibility of employees
B. Job enrichment
C. Job placement
D. Written contract

Question-05: Which one is not classified as a driving hazard:
A. Speed
B. Navigation system
C. Limited visibility
D. Poor concentration

Question-06: For safe use of portable ladders what is the following must be carried out:
A. Paint with a bright color to make them easy to see
B. Tie or fasten ladders together to provide longer sections
C. Prop or pack up ladder stiles for support
D. Maintain, clean and keep free from oil and grease

Question-07: A sample mean:
A. Equals the population mean
B. Will never equal the population mean
C. Is likely to overestimate the population mean
D. None of the above

Question-08: Which of the following gases has a rotten egg odor:
A. Nitrate
B. Hydrogen sulfide
C. Oxygen
D. Carbon dioxide

Question-09: The main reason to used “Dilution Ventilation” to:
A. Control Asbestos
B. Control fumes from lead fusing
C. Control a contamination at it source
D. Control low toxicity vapors

Question-10: For Flammable Chemical handling areas on worksite should be equipped with:
A. Eye Wash Station and Emergency Shower
B. Shade for chemicals to protect from ultra-violate rays.
C. Exhaust fans to stop vapors of chemicals
D. Communication system

Answers:
1. D
2. A
3. A
4. B
5. B
6. D
7. D
8. B
9. D
10. A
Become a Member!!!

Founded on October 14, 1911, the American society of safety professionals (ASSP) is the world’s oldest professional safety society.

Key facts:

- 38000+ member in 80 countries
- 153 chapters (143 US, 10 global)
- 39 sections (37 US, 2 global)
- 9 regions

About ASSP Kuwait chapter

ASSP Kuwait Chapter was founded in 2000 is the Kuwait’s premier voluntary, non-profit making Health, Safety and Environmental organization that strives to provide professional guidance, training, consultancy and resources to the industrial and social sectors in the region. In pursuance to its lofty goals and objectives the society has been organizing International Conferences, Technical meets, Training programs and Outreach activities on way to become one of the most active professional bodies in the Middle East especially at valuable land of Kuwait.

Membership

ASSP membership benefits OSH professionals across the full career continuum, whether you’re a student, young professional, seasoned manager or corporate leader.

Two member types apply for most safety professionals and those who work in related fields and occupations: member and professional member. Which category is right for you will be determined based on the information you provide on your application.

Member - Get - A - Member

Following are the benefits for referring your friends or colleagues to ASSP. The more of your friends who join, the more you get rewarded:

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<tr>
<th>REFER 3</th>
<th>REFER 5</th>
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<tr>
<td>FREE On-Demand Webinar</td>
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<td>FREE 1-Year Membership Extension</td>
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<td>FREE Polo Shirt &amp; FREE ASSP Course</td>
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Grand Prize Drawing: For every new paid member you sponsor from January to December, you will receive an entry in our grand prize drawing for a trip to ASSP’s annual professional development conference. This reward includes:

- Full conference registration
- 3 nights hotel accommodations at an ASSP conference hotel
- $250 AMEX card to use for expenses

Benefits

- Add the Membership card and certificate from the World’s largest and oldest safety organisation to your career profile.
- Free technical meets by experts from HSE field.
- Free webinars by specialist in respective areas.
- Free monthly professional safety magazine
- Subsidized HSE training programs
- CEUs for the training programs
- Networking with other professionals.
- Career and professional development guidance.
- Can join the ASSP toastmasters Club for developing leadership and communication skills.
- Participation in member programs during biannual professional development and conference.
- Opportunity to represent ASSP Kuwait chapter in various international conferences
- Volunteering opportunity and recognition in the society activities.
- Group study learning guidance for the various HSE certifications.
- Access to HSE library online.
- Represent Kuwait chapter in the US and other places Professional Development Conference based on selection criteria.
- Leadership development opportunity and individual recognition.
- Engage with peers in 20 plus Practice Specialty and common interest groups of your own field.
- Career growth and employment opportunities
- Exchange of ideas, sharing best practices and knowledge through decision forms
- Sharpen your skills with trainings, workshops, technical meets and international conference.
Chapter Partners

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- Reliance Worldwide
- EQUATE

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- Arab Times
- KuwaitNris.Com
- THE TIMES KUWAIT
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working to create a safer, stronger future