



# ***SEED***

## ***SAFE***

### ***Weekly***

# ***Magazine***

**EDITOR**

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**Designed By  
SEED**

**SEED / SAFE / 2015 /**



## **SAFETY DAY MESSAGE**

*National Safety Day is celebrated in India on 4<sup>th</sup> March every year to mark the foundation day of National Safety Council. On the eve of 44<sup>th</sup> National Safety Day (04.03.2015), SEED take this opportunity to wish you and your family a Safe and Healthy year 2015.*

*On this significant day, we shall reaffirm our commitment towards achieving an accident free environment.*

### **“Build a Safety Culture for Sustainable Supply Chain”**

*We once again express our best wishes and seek your cooperation towards Accident Prevention Program for business prosperity.*

*Safety is a continuous process and it does not end with National Safety Day and Week. We will continue to maintain the interest of workers on Safety throughout the year and achieve our Safety goal of “Zero Accidents – Zero Incidents”.*

**Regards,**

**A.Kannan**

# **Construction general Safety**

## **Why Safety?**

Some one is Waiting for you back at Home...!!!

We should work safely for them..!



Follow Safety Instruction, Rules and Regulations.



Don't guess! if you are in any doubt about the safe and how to carry out a job or use equipment always seek advice from your supervisor or foreman.



If you don't understand instructions given, don't take chances, ask.....



Report all unsafe conditions to your supervisor or foreman.



Do not tamper with any electrical wirings.



# **Construction Safety Tips**

Perform a thorough walk through of the site.



Train all personnel in work-site safety and operating procedure either on-site or at a training facility.



Identify and mark any hazardous materials.



Inspect equipment to be sure it is working properly.



Provide personal protective equipment to all employees, including hard hats, safety goggles and boots, work gloves, ear plugs (or another form of protection) and face masks.



## **Construction Safety Tips**

Use harnesses and other safety equipment when performing roof work or working on scaffolds.



Be sure OSHA (Occupational Safety and Health Administration) standards are met .



Prepare for emergencies.



Protect the public by barricading the construction site during work hours.



# ***Safety Multi Skill Practical Training with A Special Focus on First Aid & Fire***



|                 |                                                                              |
|-----------------|------------------------------------------------------------------------------|
| <b>Title</b>    | Safety Multi Skill Practical Training With Special Focus On First Aid & Fire |
| <b>Category</b> | Safety Professional Training.                                                |
| <b>Duration</b> | 14 <sup>th</sup> March 2015. Time: 9.30 am to 3.30 pm.                       |
| <b>Location</b> | SEED Training Hall – Camp road, Chennai.                                     |
| <b>Fees</b>     | 900 + Tax                                                                    |

**Mode of Language** : English & Tamil

**Course objectives** : This course will cover all Safety Multi Skill Practical Training With A Special Focus On First Aid & Fire.

**Who should attend?** : All Professional

| <b>WHAT WILL YOU LEARN?</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>WHO WILL TEACH?</b>               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| <p><b>First Aid</b></p> <ul style="list-style-type: none"> <li>▪ Need and Importance of First Aid</li> <li>▪ Basics of first Aid</li> <li>▪ Procedure for diagnosis and treatment</li> <li>▪ CPR</li> <li>▪ First Aid Box Usage</li> <li>▪ Mannequin Usage</li> <li>▪ Fracture Slings &amp; Bandages</li> <li>▪ Recovery Position</li> <li>▪ Transportation</li> </ul> <p><b>Fire</b></p> <ul style="list-style-type: none"> <li>▪ Understanding and identification of fire hazards</li> <li>▪ Evacuation Procedures</li> <li>▪ Types of fire and extinguishers types</li> <li>▪ Hydrant Valve, Branch Pipe &amp; Hose Usage</li> <li>▪ Fire Refilling Method</li> </ul> <p><b>Rescue<br/>Emergency Handling Equipment's<br/>Environment</b></p> | <p><b>Expert From Industries</b></p> |

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# **Accident Case Study**

## **Bayer Crop Science Pesticide Waste Tank Explosion**

### **Incident:**

- Place : Institute, WV
- Date : 08/28/2008
- Two workers were fatally injured, and injured eight others



### **Causes:**

- Human factors played a big part in this accident
- Restarted the unit before the equipment was properly tested and calibrated.
- The vessel ultimately over pressurized and exploded
- The company failed to perform a thorough Process Hazard Analysis, or PHA, as required by regulation
- Critical operating equipment and instruments were not installed before the restart, and were discovered to be missing after the startup began
- The intentional overriding of an interlock system that was designed to prevent adding methomyl process residue into the residue treater vessel before filling the vessel with clean solvent and heating it to the minimum safe operating temperature

### **Consequences:**

- Two workers were fatally injured, and injured eight others.
- Hypothetical trajectory of the careening residue treater vessel that would result in its hitting the heavy steel mesh ballistic shield surrounding the above-ground MIC tank.
- The analysis – using blast pressure and impact energy calculations.

### **Prevent control:**

- Design the value
- To LOTO procedure
- Hazard evaluations
- Safety plans
- Emergency response plans
- Records of audits and incident investigations conducted by the program



# **Frequently Asked Questions In Safety**

## **1. What are hazards and injuries in manual handling?**

1. Cutting fingers due to sharp edges
2. Burns due to handling of hot articles
3. Foot injuries due to dropped articles
4. Slipped disc due to improper posture in lifting on object
5. Strains to wrist or fingers
6. Sprains, wounds hernias, fractures

## **2. Cause of accidents in manual handling?**

1. Improper lifting
2. Carrying too heavy loads
3. Improper gripping
4. Failure to use PPE
5. Lifting greasy, oily and irregular objects
6. Poor physique.

## **3. Tips for manuals handling?**

1. Plan
2. Clear the path
3. Move in close to the load
4. Secure your grip
5. Hold your head upright
6. Maintain normal curves of the spine
7. Power the lift with legs and body weight
8. Don't twist.



## *Health Safety*

### *IS YOUR BRAIN GETTING ENOUGH VITAMIN D?*

The older you are, the better the chance that you're running low on vitamin D. We've long known that "D" is essential for strong bones, and recent studies have linked low levels to Alzheimer's disease, high blood pressure, psoriasis, several autoimmune diseases (including multiple sclerosis and rheumatoid arthritis), and as many as 18 different cancers.



And now a new study from the University of Kentucky has found that a deficiency of vitamin D can damage the brain, at least in rats.

The Kentucky research team found that middle-aged rats fed a diet deficient in vitamin D for several months developed damage from the formation of free radicals in the brain, altering many different brain proteins and leading to a significant decrease in cognitive performance on tests of learning and memory.



Lead researcher Allan Butterfield noted that vitamin D deficiency is widespread worldwide, particularly among seniors.

He advised having your vitamin D levels checked, and if the test reveals low levels, eating foods rich in "D" (fortified foods, eggs, salmon, tuna, mackerel and sardines), taking vitamin D supplements and getting at least 10 to 15 minutes of sun exposure daily (without sunscreen and exposing as much of your body as weather permits)

## **Quiz of the Week**

Q1. Identify and mark any hazardous materials. True / False.

Q2. Follow Safety Instruction, Rules and Regulations. True / False.

Send your answers at [support@seedforsafety.com](mailto:support@seedforsafety.com)

Winner will be awarded with a cash prize of Rs.500.If more than one person answers the quiz correctly, then winner will be selected based on random pick up by the selection committee.

**Winner of the last week .....**

## **Safety Vacancy**

**Position** : HSE Advisor in Qatar  
**Experience** : 3-4 Years  
**Salary** : 3000 - 4000 QR + Accommodation  
**Mail at** : [sajielco@gmail.com](mailto:sajielco@gmail.com)

## **Feed Back**

Dear SEED Team,

The magazine is nice, informative, educative and be of use for all.

Regards,  
M. Sankar Kesavan  
**Tvsnovotema**

## *SEED Activities*



## **SEED SERVICES**

- ❖ *Safety Training*
- ❖ *Competency Certificate*
- ❖ *Safety Audits*
- ❖ *HSE Consultation*
- ❖ *HSE Posters*
- ❖ *Safety Multi Skill (SMS) Practical Training*
- ❖ *Customized Accident Prevention Audit (CAPA)*
- ❖ *Safety Officer / Supervisor / Steward Deputation*
- ❖ *Environmental Services*
- ❖ *Safety Management Systems (SMS)*
- ❖ *Fire Detection & Protection*
- ❖ *Personal Protective Equipment*
- ❖ *Accident Investigation*
- ❖ *Safety Videos & Safety E Learning Package*
- ❖ *CSR Activities on and Behalf of the Corporate.*

***Be Grateful...***



***Get in touch with....***

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