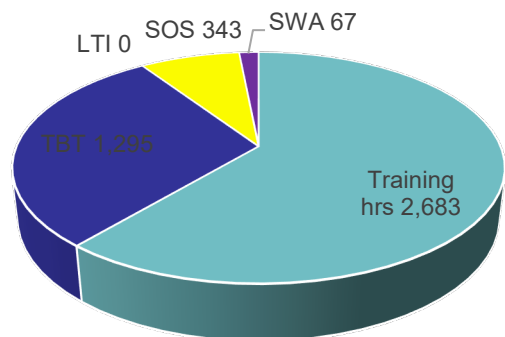


HSE Statistics Report May 2026



■ Training Hrs ■ TBT ■ LTI ■ SOS ■ Stop Work Authority

SPETCO May 2026 HSE Winners

Awards	Name	Remarks
Best Drivers	Munawar Khan-1482	JPF-3
	Deepak Johny-3165	OFS-SLB
	Pradip Kumar-3681	WT
	Himmat Singh-3804	GSF
Best SWA	Haikel Haj Kacem -3292	SRP
	Wasim Akram-3817	DCS&SRU
	Sandeep Kumar -3465	Fab-KGOC
SOS	Anto Sabin Vijayan-3453	JPF-4
Answer of the Month	Kishanalal Muraly-3799	JPF-4(U)

World Environment Day reminds us that protecting our planet is not a one-day responsibility. While planting a tree is a meaningful step, true environmental stewardship requires daily action and commitment. We have only one Earth, and every day is an opportunity to conserve resources, reduce waste, protect biodiversity, and make sustainable choices. Let us work together to care for our environment—not just today, but every day—for a greener, healthier, and more sustainable future.

2026 Theme:

"Inspired by Nature. For Climate. For Our Future."

"There is no Planet B — Every Day is Environment Day."

Heat Stress Awareness

As the summer season reaches its peak in Kuwait (June to August), employees working outdoors face challenging environmental conditions characterized by extreme temperatures, intense solar radiation, and hot desert winds. In recent years, the world has experienced increasingly frequent and severe heat waves due to climate variability and rising global temperatures. These conditions can significantly affect workers' health, safety, alertness, and overall productivity. Although work activities are scheduled during the early morning hours to reduce direct exposure to peak daytime temperatures, the risk of heat-related illnesses remains present and requires continuous attention and preventive measures.

How Heat Affects the Human Body:

The human body normally maintains an internal temperature of about 37°C. When exposed to high temperatures, the body cools itself through sweating and by increasing blood flow to the skin. As sweat evaporates, it helps remove excess heat from the body.

However, prolonged exposure to heat, physical exertion, direct sunlight, dehydration, and insufficient rest can overwhelm these natural cooling mechanisms. As the body loses fluids and essential salts through sweating, workers may experience thirst, fatigue, muscle cramps, headaches, dizziness, irritability, and reduced concentration.

Hazards Associated with Working During Summer:

<p>HEAT STRESS Excessive body heat buildup due to high temperatures.</p>	<p>DEHYDRATION Loss of body fluids and electrolytes through sweating.</p>	<p>HEAT CRAMPS Painful muscle spasms caused by salt and fluid loss.</p>	<p>HEAT EXHAUSTION Fatigue, dizziness, weakness, nausea, and excessive sweating.</p>	<p>HEAT STROKE Life-threatening condition where the body's cooling system fails.</p>	<p>UV EXPOSURE Skin damage and increased risk of skin-related illnesses.</p>
<p>FATIGUE & REDUCED ALERTNESS Decreased concentration and slower reaction times.</p>	<p>HUMAN ERROR Increased likelihood of mistakes due to physical and mental stress.</p>	<p>SLIPS, TRIPS & FALLS Dizziness, blurred vision, and fatigue can affect balance.</p>	<p>DRIVING HAZARDS Driver fatigue, reduced concentration, and vehicle overheating.</p>	<p>EQUIPMENT & MACHINERY HAZARDS Overheating of machinery, tools, generators, and electrical equipment.</p>	
<p>DUST EXPOSURE Summer winds and dust storms can reduce visibility and affect respiratory health.</p>	<p>BIOLOGICAL HAZARDS Increased activity of snakes, scorpions, insects, and other wildlife.</p>	<p>CONFINED SPACE HEAT BUILD-UP Extremely high temperatures inside tanks, vessels, and enclosed areas.</p>	<p>MANUAL HANDLING INJURIES Physical exertion becomes more demanding under hot conditions.</p>	<p>REDUCED PRODUCTIVITY & PERFORMANCE Heat-related discomfort affecting work efficiency and quality.</p>	

Precautions:

<p>STAY HYDRATED Drink water regularly throughout the shift, even if not thirsty.</p>	<p>TAKE REGULAR REST BREAKS Take breaks in shaded or air-conditioned areas. Follow the work/rest schedule.</p>	<p>USE SHADE AND COOL AREAS Take shelter in shade structures whenever possible.</p>
<p>WEAR SUITABLE PPE & CLOTHING Wear lightweight, breathable clothing and required PPE.</p>	<p>WATCH FOR HEAT STRESS SYMPTOMS Monitor yourself and coworkers. Report symptoms early.</p>	<p>AVOID DIRECT SUN EXPOSURE Avoid peak heat hours. Use sunscreen, safety glasses and head protection.</p>
<p>CHECK VEHICLES & EQUIPMENT Inspect regularly for overheating. Ensure proper maintenance.</p>	<p>BE ALERT TO DUST STORMS & WILDLIFE Stay alert to dust storms, reduced visibility and wildlife activity.</p>	<p>REPORT & SEEK MEDICAL ATTENTION Report symptoms immediately and seek medical attention without delay.</p>

Night Driving Safety: Night driving can increase the risk of accidents due to fatigue, reduced visibility, and lack of sleep. Drivers should ensure adequate rest before duty, remain alert, and take regular breaks during long journeys. Early signs of fatigue such as yawning, heavy eyelids, and reduced concentration should never be ignored. **Co-passengers** should actively monitor the driver's condition and immediately advise the driver to stop and rest if signs of drowsiness are observed.

Remember: If you feel tired, stop, rest, and continue your journey safely.

SPETCO HSE Events- May 2026



Man-Machine Interface Awareness Campaign Conducted Across SPETCO Project Operations



SLICKLINE PROJECT



JPF-4(U)



KGOC- Fab shop



JPF-3



SRP



GSF



JPF-4 (O&M)



WELL TESTING



ADNOC-DBO-UCO



Fabrication Workshop



PDO-OMAN



DCS-SRU