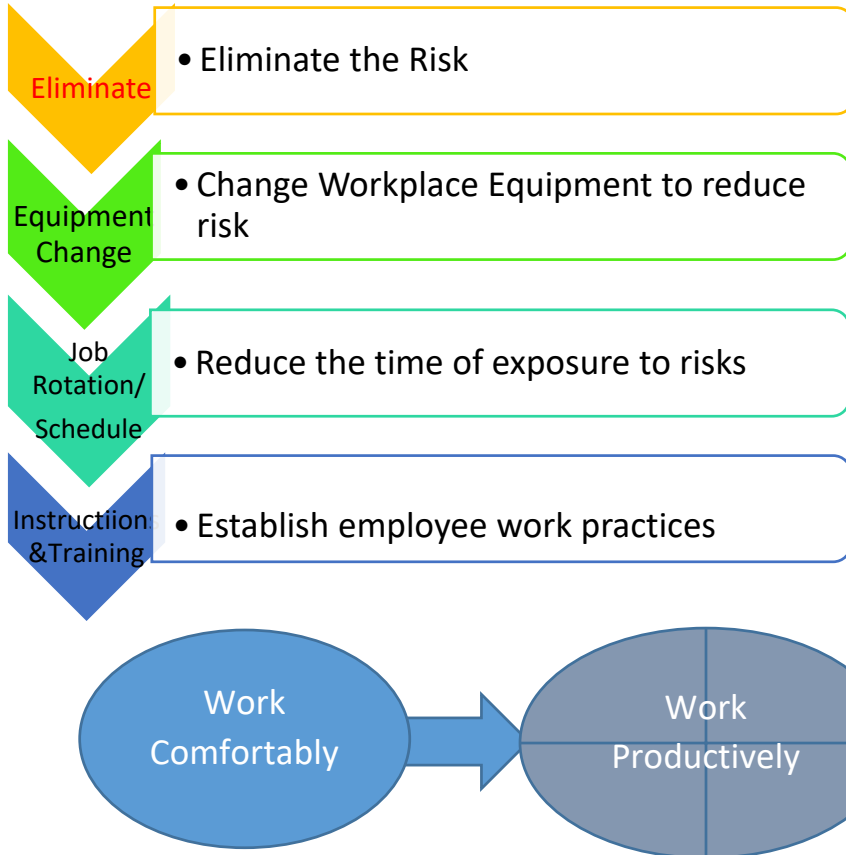




HSE BULLETIN

Issue 22, June 2019

ERGONOMIC (Workstation Safety)



Make sure that the weight of your arms is supported at all times. If your arms are not supported, the muscles of your neck and shoulders will be crying by the end of the day. ✓

Watch your head position, and try to keep the weight of your head directly above its base of support (neck) ✓

Move your chair as close to your work as possible to avoid leaning and reaching, don't be a slouch! Slouching puts more pressure on the discs and vertebrae of your back ✓

The monitor should be placed directly in front of you, with the top no higher than eye level ✓

The keyboard and the mouse should close enough to prevent excessive reaching which strains the shoulders and arms ✓

Please Send your answers by email to:

hse@aimsgt.com

Process Safety incidents can cause?

- a) Multiple injuries and/or fatalities
- b) Massive asset damage
- c) Environmental consequence
- d) Reputation impact
- e) All of the above

Last Month Safety Quiz

Answer: Option A

- ✓ Mohammed PK
- ✓ Bhushan Jadhav
- ✓ Abdul Mateen
- ✓ Babily Raju
- ✓ Jamsheeda

Prepared By: Sadik pm

Congratulations!

