



# Regional Training on Health and Safety in South Asia

**26–29 August 2024 • Colombo, Sri Lanka**

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**ADB**



# ADB Health, Safety and Security (HSS)

## Awareness Training Course

ADB

# Programme Overview

1

Introduction  
HSS at ADB

2

Safety Culture and  
Risk Management

3

Workplace Health and  
Safety

4

Community Health and  
Safety





**WORK SAFE  
STAY SAFE**

**SAFETY  
CULTURE  
IS LIKE  
AN ICEBERG**

**ADB**



**WORK SAFE  
STAY SAFE**

← **WHAT PEOPLE SEE**



**WORK SAFE  
STAY SAFE**

BEHAVIOUR  
KEY PERFORMANCE INDICATORS

**WHAT LIES BENEATH**

**ADB**

**WORK SAFE  
STAY SAFE**

BEHAVIOUR  
KEY PERFORMANCE INDICATORS

PRACTICES

ATTITUDES

BELIEFS

**SAFETY CULTURE  
STARTS HERE**

**ADB**



BEHAVIOUR  
KEY PERFORMANCE INDICATORS



**SAFE WORK PRACTICES**

**LIFE SAVING RULES**

**SAFETY POLICY**



**SAFETY CULTURE  
STARTS HERE**





# Steps to a strong safety program



**WORK SAFE STAY SAFE**

40% 23% 18% 19%

**Safety Culture - Report Card**  
OVERALL PERFORMANCE SUMMARY

THE SAFETY CULTURE - REPORT CARD consists of 50 interconnected checks against the existing PPE, Quality, Health, Safety and Environment Management System (QHSEMS), Hazardous Waste and Compliance. This report assesses a global organization's QHSEMS against a selected set of best practices, industry standards and requirements applicable to the client business sector.

Checklist items: 36 out of 50 checks (72%), 20 out of 20 checks (100%), 16 out of 20 checks (80%), 17 out of 17 checks (100%).

ITEMS THAT SHOULD BE ADDRESSING IMMEDIATELY:

- Development of a hazard identification, prevention, and mitigation system including a Risk Register
- Review Incident Reporting and Investigation Program
- Development of an Environmental Protection Plan
- Development of a Crisis and Emergency Response Plan
- Establish and monitor key performance indicators (KPIs)

SayleGroup THE TRUSTED NAME

**ASSESS THE RISKS**

**WORK SAFE STAY SAFE**

**WORK SAFE STAY SAFE**

SAFETY CULTURE - IDENTITY MANUAL  
VERSION 1.1

SAFETY CULTURE - CODE OF CONDUCT  
HSE Compliance and Commitment Manual  
VERSION 1.2

SayleGroup THE TRUSTED NAME

**DEFINE THE CULTURE**

**WORK SAFE STAY SAFE**

**WORK SAFE STAY SAFE**

**OUR GOAL TARGET ZERO**

0 LOST TIME INCIDENTS 0 SPILLS TO THE ENVIRONMENT 0 REGULATORY VIOLATIONS

**SAFETY**

- 1 Safety dict...
- 2 Protect h... best of ou...
- 3 Comply v... and indu...
- 4 Identif...
- 5 In terve... or comm...

**LIFE SA...**

- Proper Training
- Permit to Work
- Personal Protection

**50001 - INCIDENT NOTIFICATION FORM**

**REPORTED EQUIPMENT**

**WORK SAFE STAY SAFE**

SayleGroup THE TRUSTED NAME

**MAKE IT STICK**



# Examples of LAGGING KPIs

## Reactive KPIs :

- Fatalities
- Lost Time Incidents (LTI)
- Restricted Work Case (RWC)
- Medical Treatment Case (MTC)
- First Aid Case (FAC)
- Environmental Spill
- High Potential Near Miss
- Non-conformances



# Examples of LEADING KPIs

## Pro-active KPIs :

- Audits & Inspections
- Leadership Site Visits
- Behavioural Based Safety Observations & NM
- Safety Meetings (JOHSC, Management, etc.)
- Job/Task/ Field Level Risk Assessments
- Toolbox Talks
- Training & Certifications
- PTWs







# Activity

# Benefits of a Strong Safety Culture

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# BENEFITS OF A POSITIVE SAFETY CULTURE





**1** Reduction of Incidents

**2** Fewer Injuries

**3** Cost Savings

**4** Lower Insurance Rates

**5** Increased Productivity

**6** Improved Public Relations

**7** Improved Morale

**8** Great Reputation

# Safety Culture is an Investment !

Businesses see an **average return of \$4 to \$6 for every \$1** *invested* into their workplace safety programs.

In the U.S. nearly \$2 billion is lost each year as a result of worker injury and harm to health.

<https://www.osha.gov>

INTERNAL. This information is accessible to ADB Management and Staff. It may be shared outside ADB with appropriate permission.

ADB

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# Activity

# Life-Saving Rules



ADB





Bypassing Safety Controls



Confined Space



Driving



Energy Isolation



Hot Work



Line of Fire



Safe Mechanical Lifting



Work Authorization



Working at Height



# Life-Saving Rules

All LSRs

<https://www.youtube.com/playlist?list=PLt0-qTVCvEp1Dxe7j7SDbbiLrYIkUqYov>








**LSR online video summary:**

[https://www.youtube.com/watch?v=oK\\_p0Bogi6A](https://www.youtube.com/watch?v=oK_p0Bogi6A)





# Life-Saving Rules

<h3>Bypassing Safety Controls</h3> <p><b>Obtain authorisation before overriding or disabling safety controls</b> </p> <ul style="list-style-type: none"> <li>I understand and use safety-critical equipment and procedures which apply to my task</li> <li>I obtain authorisation before:             <ul style="list-style-type: none"> <li>disabling or overriding safety equipment</li> <li>deviating from procedures</li> <li>crossing a barrier</li> </ul> </li> </ul>	<h3>Confined Space</h3> <p><b>Obtain authorisation before entering a confined space</b> </p> <ul style="list-style-type: none"> <li>I confirm energy sources are isolated</li> <li>I confirm the atmosphere has been tested and is monitored</li> <li>I check and use my breathing apparatus when required</li> <li>I confirm there is an attendant standing by</li> <li>I confirm a rescue plan is in place</li> <li>I obtain authorisation to enter</li> </ul>	<h3>Driving</h3> <p><b>Follow safe driving rules</b> </p> <ul style="list-style-type: none"> <li>I always wear a seatbelt</li> <li>I do not exceed the speed limit, and reduce my speed for road conditions</li> <li>I do not use phones or operate devices while driving</li> <li>I am fit, rested and fully alert while driving</li> <li>I follow journey management requirements</li> </ul>
<h3>Energy Isolation</h3> <p><b>Verify isolation and zero energy before work begins</b> </p> <ul style="list-style-type: none"> <li>I have identified all energy sources</li> <li>I confirm that hazardous energy sources have been isolated, locked, and tagged</li> <li>I have checked there is zero energy and tested for residual or stored energy</li> </ul>	<h3>Hot Work</h3> <p><b>Control flammables and ignition sources</b> </p> <ul style="list-style-type: none"> <li>I identify and control ignition sources</li> <li>Before starting any hot work:             <ul style="list-style-type: none"> <li>I confirm flammable material has been removed or isolated</li> <li>I obtain authorisation</li> </ul> </li> <li>Before starting hot work in a hazardous area I confirm:             <ul style="list-style-type: none"> <li>a gas test has been completed</li> <li>gas will be monitored continually</li> </ul> </li> </ul>	<h3>Line of Fire</h3> <p><b>Keep yourself and others out of the line of fire</b> </p> <ul style="list-style-type: none"> <li>I position myself to avoid:             <ul style="list-style-type: none"> <li>moving objects</li> <li>vehicles</li> <li>pressure releases</li> <li>dropped objects</li> </ul> </li> <li>I establish and obey barriers and exclusion zones</li> <li>I take action to secure loose objects and report potential dropped objects</li> </ul>
<h3>Safe Mechanical Lifting</h3> <p><b>Plan lifting operations and control the area</b> </p> <ul style="list-style-type: none"> <li>I confirm that the equipment and load have been inspected and are fit for purpose</li> <li>I only operate equipment that I am qualified to use</li> <li>I establish and obey barriers and exclusion zones</li> <li>I never walk under a suspended load</li> </ul>	<h3>Work Authorisation</h3> <p><b>Work with a valid permit when required</b> </p> <ul style="list-style-type: none"> <li>I have confirmed if a permit is required</li> <li>I am authorised to perform the work</li> <li>I understand the permit</li> <li>I have confirmed that hazards are controlled and it is safe to start</li> <li>I stop and reassess if conditions change</li> </ul>	<h3>Working at Height</h3> <p><b>Protect yourself against a fall when working at height</b> </p> <ul style="list-style-type: none"> <li>I inspect my fall protection equipment before use</li> <li>I secure tools and work materials to prevent dropped objects</li> <li>I tie off 100% to approved anchor points while outside a protected area</li> </ul>



# Life-Saving Rules



## Bypassing Safety Controls

Obtain authorisation before overriding or disabling safety controls



- I understand and use safety-critical equipment and procedures which apply to my task
- I obtain authorisation before:
  - disabling or overriding safety equipment
  - deviating from procedures
  - crossing a barrier

## Confined Space

Obtain authorisation before entering a confined space



- I confirm energy sources are isolated
- I confirm the atmosphere has been tested and is monitored
- I check and use my breathing apparatus when required
- I confirm there is an attendant standing by
- I confirm a rescue plan is in place
- I obtain authorisation to enter

## Driving

Follow safe driving rules



- I always wear a seatbelt
- I do not exceed the speed limit, and reduce my speed for road conditions
- I do not use phones or operate devices while driving
- I am fit, rested and fully alert while driving
- I follow journey management requirements



# HSS WORKSHOP

## FOCUS:

- ADB - HSS
- Safety Culture
- Life Saving Rules
- Hazard Identification
- Risk Management
- HSS Good Practice Guide
- Safe Work Practices
- Incident Reporting & Investigation
- Emergency Preparedness





# HAZID Discussion...





**Confined Space**



**Confined Space**



**Confined Space**



**Confined Space**





# Controls Discussion...



- Vimeo: Show CSE

- <https://vimeo.com/showcase/5939420>



# HAZID Discussion...



# Life-Saving Rules



## Energy Isolation

Verify isolation and zero energy before work begins



- I have identified all energy sources
- I confirm that hazardous energy sources have been isolated, locked, and tagged
- I have checked there is zero energy and tested for residual or stored energy

## Hot Work

Control flammables and ignition sources



- I identify and control ignition sources
- Before starting any hot work:
  - I confirm flammable material has been removed or isolated
  - I obtain authorisation
- Before starting hot work in a hazardous area I confirm:
  - a gas test has been completed
  - gas will be monitored continually

## Line of Fire

Keep yourself and others out of the line of fire



- I position myself to avoid:
  - moving objects
  - vehicles
  - pressure releases
  - dropped objects
- I establish and obey barriers and exclusion zones
- I take action to secure loose objects and report potential dropped objects

# Controls Discussion...





# Controls Discussion...





# HAZID Discussion...



# Life-Saving Rules



## Safe Mechanical Lifting

Plan lifting operations and control the area



- I confirm that the equipment and load have been inspected and are fit for purpose
- I only operate equipment that I am qualified to use
- I establish and obey barriers and exclusion zones
- I never walk under a suspended load

## Work Authorisation

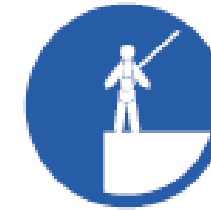
Work with a valid permit when required



- I have confirmed if a permit is required
- I am authorised to perform the work
- I understand the permit
- I have confirmed that hazards are controlled and it is safe to start
- I stop and reassess if conditions change

## Working at Height

Protect yourself against a fall when working at height



- I inspect my fall protection equipment before use
- I secure tools and work materials to prevent dropped objects
- I tie off 100% to approved anchor points while outside a protected area



# Controls Discussion...







**Vehicle Traffic**

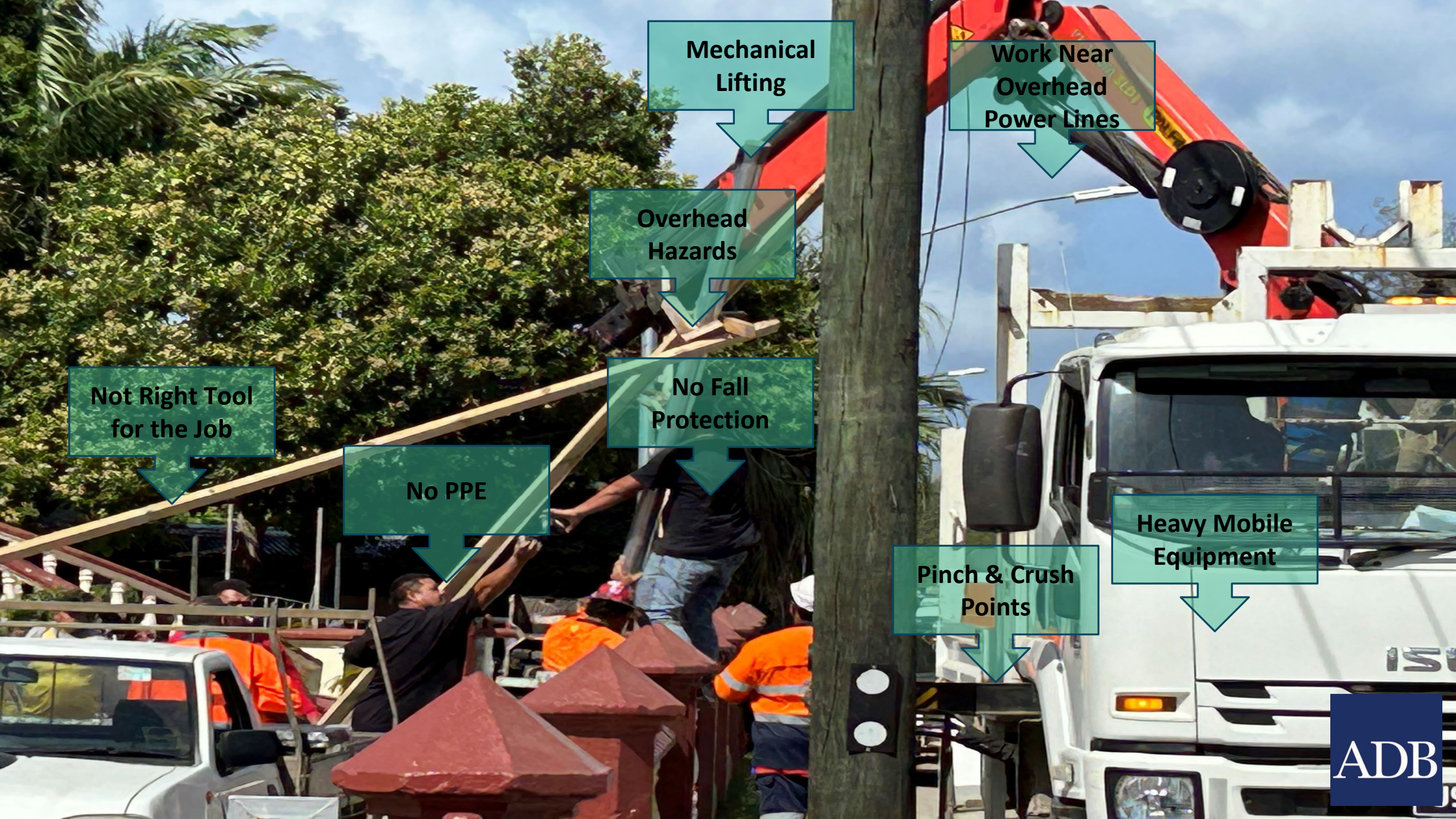
**Blind Spots**

**Crush Points**

**Heavy Mobile Equipment**

**Crane Overhead Hazards**





**Mechanical Lifting**

**Work Near Overhead Power Lines**

**Overhead Hazards**

**Not Right Tool for the Job**

**No Fall Protection**

**No PPE**

**Pinch & Crush Points**

**Heavy Mobile Equipment**



# Typical Life-Saving Rules



Other LSR online video summaries from IOGP

Links to all LSR videos (1-2 minutes each)

- Youtube:
  - <https://www.youtube.com/playlist?list=PLt0-qTVCvEp1Dxe7j7SDbbiLrYIkUqYov>
- Vimeo: (show Energy Isolation & Work at Heights)
  - <https://vimeo.com/showcase/5939420>

# Mental Health and Well-being



MENTAL  
HEALTH  
MATTERS

“A state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.” -WHO



# Fatigue Management, Fitness for Work & Mental Health

Fatigue, drug and alcohol abuse, harassment, stress, psychosocial impacts...

Many workers will experience these types of impacts !

Worker support mechanisms should be in place...



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“A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” -WHO



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Fatigue, drug and alcohol abuse, harassment, stress, psychosocial impacts...

Many workers will experience these types of impacts !

Worker support mechanisms should be in place...



# Summary

- *‘provide workers with a safe and healthy working environment’... ADB*
- safety culture consists of shared values and beliefs
- life-saving rules are intended to prevent incidents from common hazards





# HSS WORKSHOP

## FOCUS:

- ADB - HSS
- Safety Culture
- Hazard Identification
- Life Saving Rules
- Risk Management
- HSS Good Practice Guide
- Safe Work Practices
- Incident Reporting & Investigation
- Emergency Preparedness

