

# HSE LIFE



HEALTH, SAFETY AND ENVIRONMENT NEWSLETTER  
for the Oil and Gas Industry

# NEWSLETTER

MENTAL &  
OPERATIONAL

# RESILIENCE

HOW CAN MENTAL AND OPERATIONAL RESILIENCE HELP INCREASE SAFETY?

In this edition

1. RESILIENCE
2. EVALUATION CAMPAIGN HOISTING & LIFTING
3. LAUNCH OF MULTIMEDIA COMMUNICATION PLATFORM
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# RESILIENCE

## IN A NUTSHELL:

The HSElife magazine looks at the latest developments in the field of Resilience. Different game types will be explained to deal with this in a fun and creative way.

Resilience is important for everyone. At work or at home. How do you deal with changes or with something that happens unexpectedly?

### HERE ARE 5 TIPS:

1. Be alert on what proceeds differently than expected
2. Take the time to jointly assess what's going on
3. Anticipate on what might happen and what is needed for a customized working method
4. Decide what to do and take action
5. Monitor whether the selected modifications are effective



## CAMPAIGN HIJSEN & HEFFEN

In the final quarter of last year the campaign "Hoisting and lifting safely together" was rolled out in the Dutch Oil and Gas Industry. Several companies participated. Maybe you participated in a "Reflective Learning" session, discussed about it in your toolbox or saw a poster.

The campaign has recently been evaluated and several learning points will be used in next campaigns. One of the learning points is that there is too much material.

Therefore we will also further simplify the HSElife folder material. On the back of all HSElife booklets, a "5 to remember" will be shown of matters that are relevant to you.



## 5 TO REMEMBER

### 1. Follow the lift plan

Develop and follow a lift plan that has been approved by a qualified person of lifting operations. Use the "10 questions card"!

### 2. Only work with qualified and experienced personnel

Make sure that only authorized drivers use fixed or mobile hoisting equipment.

### 3. Make sure that all resources are inspected and provided with a color code

Inspect ALL lifting supplies for each use and ensure that color code or labeling of the inspection is recent and clearly visible.

### 4. Know who's in charge

Determine who supervises the lifting operations. Keep eye contact and use audible or visible alerts when loading and unloading a cargo, and stay outside the pivoting range.

### 5. Make sure the crane is properly set and cordon off the area

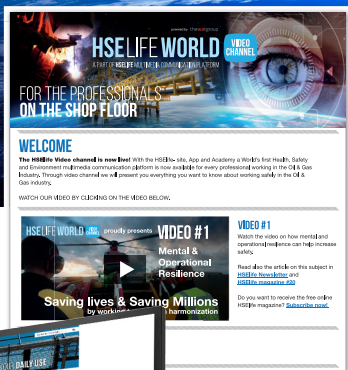
Make sure that the area around the crane is cordoned off, that supporting legs are fully extended and steering lines are used.



# LAUNCH OF THE FIRST WORLDWIDE MULTIMEDIA COMMUNICATION PLATFORM FULLY FOCUSED ON HSE

On 28 April (World Day for Safety and Health at Work), HSElife launches the HSElife Video Channel. Together with the HSElife site, the App and the Academy, there is now the first multimedia platform that focuses exclusively on health, safety and the environment.

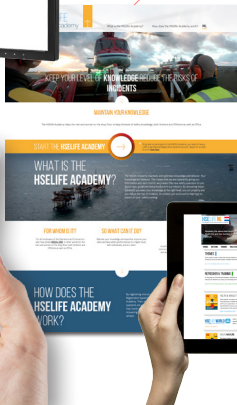
HSElife video channel



HSElife NL website



HSElife Academy



Nieuwsbrief Poster



HSElife magazine (print & online)



App (mobility)



HSElife has been active in the Dutch Oil & Gas Industry for many years. Over that time, it has built up a huge amount of useful and practical information for professionals at work! This concept is now also available for the UK (members only).

But we are continuing to develop, with a slight shift of focus from producing new materials to ensuring that all the information can reach men and women at work directly. Of course, supervisors play an important role and the information is also highly relevant for them.

In HSElife Magazine you can also find out how increasing numbers of companies are turning to the HSElife Academy. A handy tool for keeping your knowledge of safety, health and the environment up to date.

## We are proud and delighted to launch the HSElife World Video channel!

It marks the next step in reaching professionals and their supervisors at work. In addition to developments within HSElife, the channel will also keep you up to date on what's happening in the industry. We will select materials from the IOGP and other leading authorities for you and feature them on the HSElife World Video channel.

Sign up and create a quick link on your phone or tablet. It's free of charge!



*HSElife World; My World – Your World!?*

# TO REMEMBER OM TE ONTHOUDEN

At this moment, we are working hard to update all materials based on the comments we received last year.

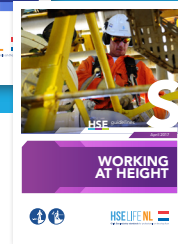
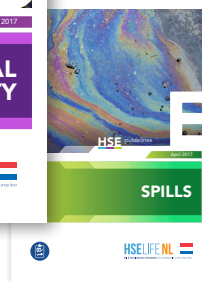
**Thank you for that because only together we can improve the HSElife materials!**

One of the modifications is the addition of 5 points to remember on the back of all HSE booklets. The 5 points are the most important components of the content of a booklet and are those things that everyone should always know.

By putting them on the back of the booklet they are simple and immediately visible, used in a toolbox meeting and to be repeated during the Last Minute Risk Analysis!

## 5 to remember

- 1 Equipment is **locked-out** and **tagged-out**
- 2 Have a qualified person **check** the lock
- 3 Follow **the instructions** of the permit
- 4 **Temporary electrical sources** are known
- 5 Only **authorized persons** may re-enable the electricity



**Do you have suggestions for further improvement?  
Please discuss them with your supervisor or directly  
use the HSElife website!**

## MAXIMUM HARMONIZATION, BUT EXCEPTIONS REMAIN

**"Exceptions confirm the rule" is a well-known Dutch saying.** That also applies to HSElife! Although we work hard to harmonize as much as possible, there will always be some exceptions that just need more time.

For example the Life Saving Rules, the lining at different heights and the fact that a number of companies require a class training for the work permit training. In this context, NAM and Engie have a few different issues that are indicated on their company specific site (for example a separate video about Mercury for NAM and a training locator that helps you to determine which training you still need to be able to work for NAM).

Harmonization is a slow process, but as another Dutch saying goes: **"It's dogged that does it!"**