

# HSELIFE

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

# NEWSLETTER

# EXPOSURE LIMIT BENZENE

## IS UPDATED!

Exposure limit reduced to **0.2 ppm**.

In this edition

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4. RECEIVE FREE HSELIFE MAGAZINE, NEWSLETTER AND VIDEO CHANNEL?
5. TO REMEMBER - POSTER

# BENZENE IS UPDATED!



**As of 1 October the exposure limit of Benzene is reduced to 0.2 ppm. This requires companies to take various measures. The HSElife Benzene material is updated accordingly.**

The changes are especially important for the companies and they will need to take even more measures to prevent exposure. Proper cleaning of the installation and extraction of contaminated vapors in the workplace itself are very important. The maximum exposure limit for working with independent respiratory protection is only 400 ppm.

The use of a mask with a filter canister is not very effective because of the reduction (can only be used to a very limited extent which is actually not practical).

The "Power Operated Air Respirator" is extensively tested as a replacement. Be well informed locally about when and how this device is used. Important focuses are that the mask fits well with the face ("face-fit" test is mandatory and the test must be recorded in the PSL).

For the man / woman on the shop floor, the following TOP 5 is important, in particular, the order is important (addressing the problem at source - eliminating the hazard!)

- 1. Have the operator demonstrate that the workplace is well ventilated** (to measure = to know) and work upwind
- 2. Position a vacuum unit as far away as possible** and also have measurements performed there
- 3. Take the control measures as specified in the work permit** and check status regularly (use LMRA)
- 4. Use the correct PPE** and have it cleaned properly if it is contaminated
- 5. Care for personal hygiene** to prevent contamination

N.B. An example of what contractors do about it can be found in the HSElife Magazine #21 in which **Ludy Engwegen** explains what Reym has done.

# 5

## TO REMEMBER

As you have already seen on the site, the back of each item is modified and changed from a general Last Minute Risk Analysis into an item specific "5 to remember".

**These "5 to remember" are important for every man and woman working on a location!**

Use the item material while discussing the work permits. Check if everyone involved knows the 5 main concerns. Discuss them during the toolbox and during the Last Minute Risk Analysis. On the back of this newsletter there's an overview of all health related items.

### Spills

- 1 Never touch a spill
- 2 Always report spills to the site manager or supervisor
- 3 Prevent spills spreading, especially into the wider environment
- 4 Always store chemicals in the facilities provided
- 5 Remember also to prevent spills from equipment, tools and materials you or other people are working with

*IMPORTANT! For more information, read the folder or ask. **Never improvise!***

We have also worked out a "5 to remember" for our only "Environment" item **Spills**. **Don't forget them!**

**Hang up the last page of this newsletter as a Poster!**

In the next Newsletter we will offer all Safety related items as a poster.

## 'Last call' FOR A6 FOLDER PRODUCTION!

A repeated request to submit the order list which is included in the previous newsletter. Send the list to [janine@thewatgroup.com](mailto:janine@thewatgroup.com), so that we can print larger quantities at lower costs.

Scan the QR code to download  
the order list



RECEIVE  
**FREE**  
HSELIFE MAGAZINE, NEWSLETTER  
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Keep up to date with all activities within the Oil and Gas Industry.  
You can sign up at [www.hselifenl.com](http://www.hselifenl.com) (Tools & Resources/Magazine).

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# FOR YOUR OWN HEALTH

## Asbestos / Ceramic wool

- 1 **Work with the wind behind you** and make sure the workplace is properly ventilated
- 2 **Cordon off the workplace**
- 3 **Avoid breakages and dispersion**
- 4 **Clean up the workplace**
- 5 **Use the correct PPE** (see folder)

*IMPORTANT!* Asbestos and ceramic wool must be removed by qualified personnel.

## Benzene

- 1 **Have the operator demonstrate that the workplace is well ventilated** (to measure = to know) and work upwind
- 2 **Position a vacuum unit as far away as possible** and also have measurements performed there
- 3 **Take the control measures as specified in the work permit** and check status regularly (use LMRA)
- 4 **Use the correct PPE** and have it cleaned properly if it is contaminated
- 5 **Care for personal hygiene** to prevent contamination

*IMPORTANT!* By unprotected contact with concentrations that exceed the permitted level, always inform Health & Safety as registration of such incidents is required by law.

## Caustic Soda

- 1 **Cordon off the workplace**
- 2 **Work with the wind behind you** and make sure the workplace is properly ventilated
- 3 **Do not attempt to clear up spills yourself**, but instead warn the site manager or supervisor
- 4 **Know what to do in the event of an emergency** (see the folder with instructions)
- 5 **Use the correct PPE** (see folder)

*IMPORTANT!* For more information, read the folder. If you do not have this, ask for it. Never improvise.

## Mercury

- 1 **Use the leak trays** and decontamination unit
- 2 **Repeat mercury measurements** throughout the day
- 3 **Wash your hands** frequently with plenty of soap and water
- 4 **Dispose of contaminated clothing** and filter units with other mercury waste
- 5 **Use the correct PPE** (see folder)

*IMPORTANT!* If you suspect mercury contamination or see a mercury leak, report it immediately to the site manager or supervisor and leave the workplace.

## Nitrogen gas

- 1 **Work with the wind behind you** and make sure the workplace is properly ventilated
- 2 **Cordon off the workplace** and respect barriers and cordons
- 3 **Have oxygen levels measured** by an authorised gas tester
- 4 **Take measurements** regularly
- 5 **Use the required additional PPE** in workplaces with a risk of exposure to nitrogen

*IMPORTANT!* **Nitrogen is heavier than air!** This can result in hazardous situations, for example after nitrogen has been used in an area with insufficient ventilation.

## Taking medicines offshore?

- 1 **Before starting work**, notify the medic or HMI of any medicines you are taking
- 2 **Submit a doctor's note**, if you have one
- 3 **Make sure that emergency and rescue workers also know what medicines you are taking**
- 4 For your own safety and that of others, **take medicines responsibly and only as prescribed or instructed!**
- 5 **For more information, read the folder**

*IMPORTANT!* When travelling offshore, all medicines you are taking with you must be registered before departure. This includes homeopathic and herbal remedies. However, over-the-counter medicines are exempt.

### Want to see more '5 to remember'?

Go to [www.hselifenl.com/en/hse-items](http://www.hselifenl.com/en/hse-items) and download the folder or onscreen presentation.

N.B. To use this page as a poster, print it on an A3 format.