



ASSE-India Newsletter



The oldest and one of the most prominent professional safety societies in the world.

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ASSE India – Newsletter Committee
Sandip Mukherjee

Message from the President's Desk:

July 17, 2016

Dear Colleagues,
Greetings!



Our surroundings, including workplaces, living spaces as well as transport systems are going through rapid technological changes. It is of paramount importance for us to keep pace and update our understanding on the emerging technologies, review the positive and negative impacts on OSH as well as the possibilities for improvement. For example, nanomaterials are being increasingly used in industrial and domestic application as well as in personal hygiene products. There is a need to be updated with the recent researches and disseminate the same in an appropriate manner.

We also need to explore opportunities to develop our own skills and that of our colleagues, including the new-comers and interns, who are entering the profession. I wonder, whether we could commit ourselves to mentoring at least two budding HSE professional in a year using our personal and professional resources.

We need to facilitate more and more collaboration between industry and academia, leading to appreciation of the OSH matter and promoting research and implementation of global practices.

It gives me great pleasure that ASSE India Chapter has been recognized for Silver level for its professional activities during the year 2015-16. Hearty congratulations and sincere thanks to all concerned for your contribution and support. Let us take it forward and achieving even higher levels of performances.

With best wishes and warm regards,

Krishna Nirmalya Sen

President, ASSE India Chapter

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Editor's Corner:

Dear Reader,

We are presenting the 29th Issue of ASSE India Chapter Newsletter.

Recently Government of India has declared several large scale infrastructure development projects. Developing of 100 odd smart cities is one of the dream projects. It has been told that those new cities shall also be environmentally smart and shall be made safe through cutting edge technologies. So there is curiosity about these smart cities. I have found a good article on this concept of smart city and sharing the same.

Monsoon is already sets in. Almost every corner of the country is experience moderate to heavy rain. Good monsoon is a blessing for farming, however at the same time it sometime creates additional hazards in our day to day's life. Hence we are furnishing few tips for monsoon preparation and health advisory.

Also sharing encouraging information on celebration of environmental week at Paradip Refinery.

Also the brief on forthcoming important days in health and safety calendar for the month of July is furnished for ready reference along with health tips and your favorite quiz.

Find the new information related to NEBOSH International Diploma in Occupational Health and Safety.

Do keep on sending interesting articles on OH&S for publication. Happy reading.

Warm Regards to all our Readers,

Sandip Mukherjee,

Chair – Newsletter (ASSE India Chapter)

What is Smart City?

Source: This article first published in *Safety Journal* of D.L. Shah Trust in 1st March 2015 issue.

Contact: www.dlshahtrust.org

The government has certainly focused India's attention on the urbanization imperative and got the 'smart city' concept buzzing. As things stand, the urbanization agenda is in three parts:

- Urban renewal of 500 cities
- Rejuvenation of heritage cities (like Varanasi); and
- The implementation of 100 smart cities; understood to be both 'green field' and brown field'.

While renewal and rejuvenation are relatively easier to grasp, there appears to be only an evocative imagination in the public mind as to what are the contours of a smart city. Since nobody has defined the attributes of a smart city, everyone has his or her perception of what a smart city ought to be. Here are my attributes of a smart city.

Information Communication and technology (ICT) – enabled governance: The international and domestic big daddies of the information technology (IT) world have, with their aggressive presentations, virtually hijacked the smart city definition to only mean IT-enabled administration and governance. While such a restrictive definition is undesirable, enabling ICT is clearly one of the more important attributes. Often referred to as "smart government", the use of integrated technology platforms that are easily accessible across various devices is certainly key to providing access, transparency, speed, participation and redressal in public services. For example, on December 10, 2014, the President launched the Karnataka Mobile One app in Bengaluru that would provide citizens a range of e-governance services over mobile phones.

Efficient utilities – energy, water, solid waste and effluents: This area is often the most talked about after IT. Smart meters, renewable energy, clean air, energy conservation, water harvesting, effluent recycling, scientific solid waste disposal methods et al are all clearly the hallmark of smart city.

Meaningful PPPs: The creative use of public private partnerships (PPPs) is a key attribute of the smart city concept. PPPs are to be used not only as a source of much needed capital but also for the efficient delivery of utilities with agreed service level standards. PPS could range from health care to street lighting; and be used wherever there is a clear connection between the provision of a service and the ability to charge for the same – directly or even indirectly.

Safety and security: This aspect is high in public consciousness, especially with disconcerting news on the safety of women, road rage, robbery attacks on the elderly and juvenile delinquency. Clearly, networks of

video-cameras, brightly lit public areas, intensive patrolling and surveillance, identify verified access, and rapid response to emergency calls are all on the expectations list.

Financial sustainability: The 74th Amendment to the Constitution (1992) enjoins towns and cities to 'take charge to their own destinies'. Nowhere is this more important than financial independence. This is only possible with elaborate and extensive tapping of all sources of revenue – property taxes, advertisements et al; coupled with astute collection of user pay charges across the full range of utilities. It also has to do with the elements of fiscal discipline that would enable the raising of long term debt like municipal bonds.

Citizen participative local government: The enthusiastic participation of citizens in local issues needs careful designing of electoral and participative policies. Current apathy towards civic elections needs comprehensive reversal.

Sufficient social capital: Smart cities cannot be devoid of the appropriate levels of social infrastructure – like schools, hospitals, public spaces, sporting and recreational grounds and retail and entertainment venues. Along with a brain that works, and hands and legs that move, it must also have heart that beats to the joys of daily living.

Transit oriented habitats: 'Walk to work' is the dream solution here. Nevertheless, conveniently, networked public transportation with first and last mile connectivity in place, reduced motivation to use personal vehicles, use of electric cars, and bicycle paths are all in the expectation matrix.

Green features: Minimizing the carbon footprint and eco friendliness are de rigueur, parks and verdant open spaces, absence of pollution, use of renewable, conservation and recycling are mandatory.

Minimum population criteria: Towards the end of November 2014, Panasonic Corporation announced the opening of its new business vector – the sustainable smart town (SST) at Fujisawa in Japan. It has rooftop solar energy, electric cars and electric powered bicycles. However, it comprises only 1,000 homes over 47 acres that will have a population of 3,000 people. This kind of project is at best a smart enclave, and clearly, in the Indian context, cannot be included in the definition of a city. India has 5,545 urban agglomerations. Class 1 towns (called cities) are those with a population of 100,000 and above. This should be the minimum population cut-off for a smart city.

Achieving all the above attributes may well be Utopian. So, may be even if most of the above attributes are achieved, we should have no hesitation in declaring an urban habitation as a smart city.

“A smart city’s environment is a shaped not only by people who have an important influence but by everyone who lives and works there.” Robert Cowan

Preparing for the Monsoon

India has a love-hate relationship with the annual weather phenomenon called the Monsoon. With over 50 percent of the economy depending on agriculture, she can’t do without it. But what the monsoon does with India – is the other part of the story.

Too much rain and large swathes of the land are turned into virtual islands with millions displaced and not enough rain means crippling drought, with all its related downward spiraling economic and development implications. Furthermore, there may be droughts and floods in the same area. Rajasthan is a classic case in point.

80 percent of the total rainfall in India takes between June and September under the influence of south-west monsoon. The remainder 20 percent occurs during the north-east monsoon, cyclones and local weather-related phenomena.

While the monsoon can be called an act of God, floods are not. Floods are not inevitable; they are preventable and often the consequence of poor land planning and water management. The frequency and intensity of floods has increased in India over the years primarily because of the increased encroachment of flood plains on the one hand and discharge of excess water from dams, on the other.

Against the total of 40 million hectares prone to floods, approximately 15 million hectares have been protected by construction of embankments. Dams and barrages have also been constructed, but sometimes these very things cause floods.

In August 2006 in Maharashtra, as many as 10 dams had to release large quantities of water within 24 hours after four days of incessant rains. As a result, over 2,000 villages in 104 talukas spread over 19 districts downstream of the dam were affected and more than 200,000 hectares of agricultural land were damaged. Around 100,000 people were affected. Flash floods in Gujarat, Himachal Pradesh and Bihar were similarly caused by dams upstream discharging excess water.

Floods are a perennial phenomenon in at least 5 states: Assam, West Bengal, Bihar, Uttar Pradesh, and Orissa. Many other states have of late experienced unprecedented flood levels, most recently in 2006 when multiple and massive flood emergencies badly hit several states such as Gujarat and Rajasthan, some parts of which are not normally prone to floods, and some are in fact prone to drought.

Wide-spread human and material losses, collapse of infrastructure and services (including all those for children) may be major consequences of the floods. Hundreds of thousands may be displaced, often in isolated and not easily accessible areas.

National Plan for disaster management

This year, as on mid-June, at least 130 people have been killed in monsoon fury across India. Torrential rains have caused havoc in Maharashtra, Assam, Andhra Pradesh, Karnataka and Kerala.

On 23 December 2005, the Government of India enacted the Disaster Management Act, which envisaged the creation of the National Disaster Management Authority (NDMA), headed by the Prime Minister, and State Disaster Management Authorities (SDMAs) headed by respective Chief Ministers, to spearhead and implement a holistic and integrated approach to Disaster Management in India.

As part of the measures to prepare for the disasters, there is an overall master plan for every state and contingency plan for each district, involving apart from other things, steps required to be taken before the onset of floods during the floods and post- flood management.

The government has in general developed capacities how to deal with flood disaster effectively. However, UNICEF’s interventions are still required in some situations. UNICEF in line with the Core Commitment to Children provides support of the government’s relief programs during emergencies and natural calamities.

In the flood-prone areas, UNICEF aims at pre-positioning essential emergency items, which will allow for more timely and efficient response. In sudden / unexpected floods, UNICEF will make assessments prior to possible action to complement the government and other humanitarian organizations in relief and rehabilitation efforts.

Mainstreaming preparedness

In recent years, UNICEF India has initiated a strategy of mainstreaming disaster preparedness within the framework of regular program implementation. The goal is to ensure seamless transition and synergy between the disaster and development components of its programs.

Community based disaster preparedness (CBDP) projects have been undertaken in West Bengal for floods, landslides and cyclones/tsunamis; in Bihar preparedness is focused mostly on floods, while in Rajasthan it has been focused on drought.

After the 2005 Mumbai floods, UNICEF Maharashtra office initiated a novel CBDP approach using micro-planning in urban slum areas which are mostly low-lying and prone to flooding.

Each of these initiatives has proven to be very useful in strengthening coping mechanisms of the vulnerable communities in preparing for, responding to and in recovering from the impacts of disasters.

Source: <http://unicef.in>

Monsoon Road Safety Driving Tips

Driving safety tips vary from climate to climate. Driving specially on Indian roads during the monsoons requires special skills and a number of safety precautions to be taken. Drivers should drive responsibly taking into account other commuters and pedestrians on the road and show some concern towards them. Here is few precautions to be kept in mind while driving during monsoons.

Water logging is a common phenomenon on Indian roads and care should be taken while negotiating through these areas. Rising water may pose a threat to your car and safety while getting stuck in deep water may cause failure of the electric system of the car making it difficult to get out of your vehicle.

Always keep a crowbar in the car in case of such situations so that you can at least break open in a window in life threatening situations. Drivers should ensure that their braking system is in pristine condition during the monsoon months. Braking is required earlier on wet roads than in dry conditions. This is because the braking system in the car responds slower in wet weather.

One should always drive slowly during heavy monsoons, and especially around corners. Cars tend to skid as tyres lose traction in the rains. Pre-monsoon checks should be thorough and all parts of the car should be in excellent working condition before the onset of monsoons. Drivers are advised to keep windshield wiper fluid bottles in easy access so as to spray the windshield clean after a heavy downpour.

Monsoon is one of the most pleasant and beautiful seasons of the year. It is much-awaited, as it brings relief from the long spell of the sultry, scorching summer. However, the monsoons also enhance road safety risks, which call for special focus on vehicle maintenance and enhanced driving skills. You may not always be able to control the environment but following the tips given below could ensure a much safer journey:

Pre-monsoon check: Get a thorough pre-monsoon check done for your vehicle – including batteries, tyres, lights – headlights and signal lights, electrical wiring, brake fluid, brakes, engine fluids and wipers

Windshield: Keep the windshield wiper fluid bottle full at all times. Once it stops raining, the windshield can become really dirty, impairing visibility. Use the windshield spray to wipe the windscreen clean

Keep your headlights on whilst driving: Turn your headlights on (at low beam) not just in dark, foggy or overcast conditions. Not only does this help you see the road better, but also help other drivers see you

Follow the vehicle ahead but keep safe distance: Drive in the wake of the vehicle ahead of you and keep an eye out for its brake lights. This will enable you to see even in poor visibility conditions but more importantly, forewarn you about any potholes etc. which may be covered by rainwater.

Keep safe distance: This distance should be twice the usual space maintained in dry weather as vehicles take a longer time to halt during slippery monsoon conditions compared to the normal season.

Beware of hydroplaning: Hydroplaning or aquaplaning in a vehicle occurs when a layer of water builds up between the wheels of the car and the road surface, leading to loss of traction which prevents the vehicle from responding to control inputs. Ensure that your tyre pressure is well checked, drive slowly and keep safe distance

Ensure proper wheel alignment: Incorrect wheel alignment may increase braking distance by at least 15%. Please ensure that your alignment is checked and proper

Know your car: Be familiar with the vehicle's heating, ventilation, and air conditioning system. Also be aware of how to defog your windows, and of course, don't be distracted when driving.

Emergencies: Be mentally prepared to deal with emergencies and have contingency plans in place. Keep a hammer or a spanner inside the car (not in the boot of the car) to break the glass in case you are trapped inside

Weather conditions: Keep yourself updated about adverse weather conditions and keep yourself prepared with alternate routes which may be necessary in case your normal route is flooded

Carry protective shields: keep your umbrella and rain coat handy in the car, in-case you have to step out of your vehicle

Drive safely – there's someone waiting at home for you!



Source: www.rushlane.com; Castrol India Ltd,

A Report on Environmental Protection Seminar at Paradip

Reported By: Mr. R L Kalita (GM HSE; IOCL; Paradip Refinery)

Organized by: Paradip Refinery in association with ASSE India chapter

Coinciding with the World Environment Day – 2016, a Seminar on Environment was organized by Paradip Refinery on 07.06.2016 in association with American Society of Safety Engineers (ASSE), India Chapter. Apart from IOCL officers there was participation from neighboring industries, viz. PPL, IFFCO, PPT & PHBPL along with different vendors engaged in Paradip Refinery. Shri K.N.Sen, President ASSE, India Chapter participated and made presentation in the seminar.

In his opening remarks, Shri R.L. Kalita, GM (HSE) welcomed the industries & organizations participated in the seminar and expressed that the knowledge sharing amongst the industries would improve the environmental protection activities in Paradip. The seminar was inaugurated by Shri G.S. Singh, ED (T). In his inaugural speech he emphasized on the need of such seminar to get familiarized with various initiatives taken by different industries with respect to environment.



Various presentations were made in the Seminar viz. "Making Projects Greener & Safer" by Shri K.N. Sen, President, ASSE India Chapter, "Environment Management at Paradip Refinery" by Smt. J. Behera, DM(PS), IOCL,



"New Initiatives by PPL for pollution control" by Shri A.K. Singh, GM(TS), PPL, "IOCL Refinery water supply system" by Shri Sunil Kumar Ganguli, Sr. Manager – O&M, IL& FS Water Ltd. & "Effluent treatment in Paradip Refinery" by Shri B.N. Singh, Commissioning Manager, Va Tech Wabag. At the end of each presentation there was Q&A session where participants showed lot of interests in each subject.

At the end the participants expressed the need to organize more of such type of seminar which will benefit all for protection of the environment.



Important days in Safety, Health and Environmental Calendar of Aug, 2016

International Day of the World's Indigenous People 09 Aug 2016

The United Nations' (UN) International Day of the World's Indigenous People is observed on August 9 each year to promote and protect the rights of the world's indigenous population. This event also recognizes the achievements and contributions that indigenous people make to improve world issues such as environmental protection.

What Do People Do

People from different nations are encouraged to participate in observing the day to spread the UN's message on indigenous peoples. Activities may include educational forums and classroom activities to gain an appreciation and a better understanding of indigenous peoples. Events may include messages from the UN secretary general and other key leaders, performances by indigenous artists, and panel discussions on reconciliation.

Background

The International Day of the World's Indigenous People is celebrated on August 9 each year to recognize the first UN Working Group on Indigenous Populations meeting in Geneva in 1982. On December 23, 1994, the UN General Assembly decided that the International Day of the World's Indigenous People should be observed on August 9 annually during the International Decade of the World's Indigenous People.

In 2004 the assembly proclaimed the Second International Decade of the World's Indigenous People (2005-2014). The assembly also decided to continue observing the International Day of Indigenous People annually during the second decade. The decade's goal was to further strengthen international cooperation for solving problems faced by indigenous peoples in areas such as culture, education, health, human rights, the environment, and social and economic development.

In April 2000, the Commission on Human Rights adopted a resolution to establish the UN Permanent Forum on Indigenous Issues that was endorsed by the Economic and Social Council. The forum's mandate is to discuss indigenous issues related to culture, economic and social development, education, the environment, health and human rights.

Source: www.timesanddate.com

International Youth Day 12 Aug 2016

The United Nations' (UN) International Youth Day is celebrated on August 12 each year to recognize efforts of the world's youth in enhancing global society. It also aims to promote ways to engage them in becoming more actively involved in making positive contributions to their communities.

What Do People Do?

Many activities and events that take place around the world on International Youth Day promote the benefits that young people bring into the world. Many countries participate in this global event, which may include youth conferences on issues such as education and employment. Other activities include concerts promoting the world's youth, as well as various sporting events, parades and mobile exhibitions that showcase young people's achievements.

Background

The UN defines the world's youth as the age group between 15 and 24 years old, making up one-sixth of the human population. Many of these young men and women live in developing countries and their numbers are expected to rise steeply. The idea for International Youth Day was proposed in 1991 by young people who were gathered in Vienna, Austria, for the first session of the UN's World Youth Forum. The forum recommended that an International Youth Day be declared, especially for fundraising and promotional purposes, to support the United Nations Youth Fund in partnership with youth organizations.

In 1998 a resolution proclaiming August 12 as International Youth Day was adopted during the World Conference of Ministers Responsible for Youth. That recommendation was later endorsed by the UN General Assembly in 1999. International Youth Day was first observed in 2000. One of the year's highlights was when eight Latin American and Caribbean youth and youth-related organizations received United Nations World Youth Awards in Panama City, Panama.

Source: www.timesanddate.com

World Humanitarian Day 19 Aug 2016

The United Nations' (UN) World Humanitarian Day is held on August 19 each year. The day honors all humanitarians who have worked in the promotion of the humanitarian cause, and those who have lost their lives in the cause of duty. It aims to increase public awareness about humanitarian assistance activities worldwide and the importance of international cooperation.

What Do People Do?

World Humanitarian Day is a day dedicated to humanitarians worldwide, as well as to increase public understanding of humanitarian assistance activities. The day aims to honor humanitarian workers who have lost their lives or injured themselves in the course of their work, and to acknowledge the ongoing work of humanitarian staff around the world.

Many communities and organizations try to increase the importance of humanitarians by distributing publicity and information material. Additionally, some try to speak to the press to help spread these key messages of World

Humanitarian Day, while other groups organize public events worldwide that feature humanitarian work.

For the year 2010 and beyond, it is anticipated that World Humanitarian Day will focus on particular humanitarian themes to help increase public awareness.

Background

Humanitarians provide life-saving assistance to millions of people worldwide. They place their own lives at risk to help others in conflict zones and areas of natural hazards. More than 700 humanitarian workers have died or experienced the most dangerous situations while trying to help those in need. Humanitarians provide support for different world challenges such as hunger, gender-based violence, refugees and displaced people, help for children, as well as clean water and access to sanitation.

World Humanitarian Day was established by the General Assembly of the UN in December 2008 and was first observed in August 2009. The date of August 19 is the anniversary date of the 2003 Canal Hotel bombing in Baghdad where twenty-two people lost their lives including, the UN's High Commissioner for Human Rights and the Special Representative of the Secretary-General to Iraq, Sergio Vieira de Mello.

The total number of people affected by natural disasters has risen over the past decade, and about 211 million people are directly affected each year. Women and children are especially affected because of their ongoing struggles with poverty, insecurity, hunger, poor health and environmental decline. There are new and difficult challenges that arise each year that will require more flexible funding and adaptable humanitarian work. The increasing economic crisis and global challenges such as poverty, global health problems, increase prices and the rising number of people on the move, increases the need for humanitarians each year.

Source: www.timesanddate.com

International Day of the Remembrance of the Slave Trade and Its Abolition 23 Aug 2016

The United Nations' (UN) International Day for the Remembrance of the Slave Trade and its Abolition is annually observed on August 23 to remind people of the tragedy of the transatlantic slave trade. It gives people a chance to think about the historic causes, the methods and the consequences of slave trade.

What Do People Do?

Each year the UN invites people all over the world, including educators, students and artists, to organize events that center on the theme of this day. Theatre companies, cultural organizations, musicians and artists take part on this day by expressing their resistance against slavery through performances that involve music, dance and drama.

Educators promote the day by informing people about the historical events associated with slave trade, the consequences of slave trade, and to promote tolerance and human rights. Many organizations, including youth associations, government agencies, and non-governmental organizations, actively take part in the event to educate society about the negative consequences of slave trade.

Background

In late August, 1791, an uprising began in Santo Domingo (today Haiti and the Dominican Republic) that would have a major effect on abolishing the transatlantic slave trade. The slave rebellion in the area weakened the Caribbean colonial system, sparking an uprising that led to abolishing slavery and giving the island its independence. It marked the beginning of the destruction of the slavery system, the slave trade and colonialism.

International Day for the Remembrance of the Slave Trade and its Abolition was first celebrated in many countries, in particular in Haiti, on August 23, 1998, and in Senegal on August 23, 1999. Each year the United Nations Educational, Scientific and Cultural Organization (UNESCO) reminds the international community about the importance of commemorating this day. This date also pays tribute to those who worked hard to abolish slave trade and slavery throughout the world. This commitment and the actions used to fight against the system of slavery had an impact on the human rights movement.

Source: www.timesanddate.com

International Day Against Nuclear Tests 29 Aug 2016

The United Nations' (UN) International Day against Nuclear Tests brings public awareness and education about the effects of global nuclear weapon tests. The day aims to end nuclear testing and to promote peace and security.

What Do People Do?

The International Day against Nuclear Tests aims to raise people's awareness on the need to prevent nuclear catastrophes to avert devastating effects on humankind, the environment and the planet. Many people use the day as an opportunity to share their perspective on the issue of nuclear weapons and testing. Different organizations may host educational and public activities to bring awareness of the use of nuclear weapons and the dangers involved with nuclear weapons testing and usage.

Background

The history of nuclear testing began on July 16, 1945, when an atomic bomb was used at a desert test site in Alamogordo, New Mexico, in the United States. More

than 2000 nuclear tests were carried out worldwide between 1945 and 1996. Nuclear weapons tests are generally broken into different categories reflecting the test's medium or location:

- Atmospheric tests.
- Underwater tests.
- Underground tests.

Over the years, there have been calls to ban nuclear test to ensure the protection of people's lives and the environment around them. The UN approved a draft resolution in late 2009 for an international day against nuclear tests to raise public awareness about the threats and dangers of nuclear weapons. It was also hoped that UN's member states would move towards the idea of nuclear disarmament.

The International Day against Nuclear Tests was declared to be annually held on August 29, which marks the closing of one of the world's largest nuclear test sites (in Kazakhstan) in 1991. The day is devoted to enhancing public awareness and education about the effects of nuclear weapon test explosions or any other nuclear explosions. It also promotes the need for a nuclear weapon-free world. The day's first official observance was marked for August 29, 2010.

Source: www.timeanddate.com

International Day of the Victims of Enforced Disappearances 30 Aug 2016

The United Nations (UN) observes the International Day of the Victims of Enforced Disappearances on August 30 each year.

What Do People Do?

On August 30 each year, organizations such as the UN and Amnesty International play an active role in raising awareness that enforced disappearance is a crime and should not be used as a tool to deal with situations of conflict. Many activists openly share personal stories, via the media or public event, about victims of enforced disappearances and the impact that these disappearances have on their families and communities.

Background

Enforced disappearance is used as a strategy to spread terror within the society. It occurs when people are arrested, detained or abducted against their will and when governments refuse to disclose the whereabouts of these people. Enforced disappearance is a global problem and is not restricted to a specific region of the world.

In December 2010, the UN officially declared that it would annually observe the International Day of the Victims of Enforced Disappearances on August 30 each year, starting from 2011.

Source: www.timeanddate.com

Health Tips



Monsoon Season Health Tips

The monsoon season in India is a refreshing time, as rain brings welcome respite from the grueling heat. However, staying healthy requires particular care to be taken.

The rain and water lying around makes it easy for mosquitoes to breed and increases the risk of mosquito transmitted infections, such as malaria and dengue fever. Viral infections are also common. In addition, the high humidity can contribute to numerous skin diseases and fungal infections.

Chronic skin conditions such as eczema, acne and psoriasis tend to worsen during the monsoon season. The climate is also ideal for fungus to thrive.

Tips for Staying Healthy During the Monsoon in India

- If you're fond of street food, the rainy season isn't the time to indulge. Pollution of water and raw vegetables is very common during the monsoon. You can easily fall ill from contaminants.
- Apply a strong insect repellent to keep mosquitoes away and prevent getting bitten. It's also a good idea to take anti-malarial drugs during this time of year, as malaria is at its most prevalent.
- Where possible, try to avoid walking through dirty water. Besides leptospirosis, it can lead to numerous fungal infections of the feet and nails.
- Also avoid walking where water is lying on the road, as traffic will drive by and spray it all over you.
- Dry your feet whenever they get wet. Don't continue to wear wet socks or wet shoes!
- If you get drenched in the rain, add three caps of disinfectant Betadine to a bath to avoid skin problems.
- Keep your skin clean by bathing twice a day. The humidity can cause a buildup of sweat and dirt, along with other toxins, on the surface of the skin.
- Avoid colds and coughs by keeping your body warm and dry.
- Don't enter air conditioned rooms with wet hair and damp clothes.
- Avoid wearing tight clothing or clothing made out of synthetic fabric. Stick to pure cotton or linen.
- Use anti-fungal talc to prevent accumulation of sweat and moisture in skin folds. If prone to fungal infections, use a medicated powder such as Mycoderm.
- If you suffer from asthma or diabetes, avoid staying anywhere with damp walls. It promotes the growth of fungus and can be especially harmful.

- Drink lots of warming herbal teas, especially those with antibacterial properties.
- Take Vitamin C to boost your immune system and help fight off infections.
- Children's skin is particularly vulnerable during the monsoon season. Impetigo is a contagious skin infection that causes red sores that can break open, ooze fluid, and develop a crust. The sores usually appear around the mouth and nose. Scabies, from mites, is also common during the monsoon and produces itchy skin. It's important to visit a dermatologist to get these conditions treated before they spread.

Source: <http://goindia.about.com>

INFORMATION on FURTHER EDUCATION

Following information has been shared by one of our member of ASSE India Chapter. The information came from National Examination Board in Occupational Safety and Health (NEBOSH) upon specific enquiry regarding undertaking of NEBOSH Health and Safety Diplomas.

A MoU which NEBOSH signed with BCSP allows CSP holders to undertake the assessments for the NEBOSH Health and Safety Diplomas without undertaking a full course of study. To aid students in deciding whether they still wish to proceed, NEBOSH has produced an information document which shows the comparison between the NEBOSH Health and Safety Diplomas and the CSP 'Examination Blueprint'; this can be found by click on this [link](#). The document also contains other useful information and should be read in conjunction with the full Guide to the qualification; the full Guides can be accessed through either of the following links.

[Guide to the NEBOSH National Diploma in Occupational Health and Safety](#)

[Guide to the International Diploma in Occupational Health and Safety](#)

<https://www.nebosh.org.uk/students/default.asp?cref=1575>

After reading the Guides, professional wish to proceed with enrolment, may contact NEBOSH's Customer Services Department (info@nebosh.org.uk) who will then email a list of accredited course providers who are taking part in the scheme.



Mr. Aristidus Raja (ASSE India Chapter, Membership# 010065312) recently has joined the elite club of CSP from India. He has passed the prestigious certification examination. His CSP License # is 31253.

HSE Quiz

1. What type of risk management contract has sections such as declarations, conditions and exclusions?

- | | |
|---------------------|----------------|
| A Insurance | B Privity |
| C Res ipsa loquitor | D Quid pro que |

2. Which is an INAPPROPRIATE managerial planning activity?

- | | |
|---------------|---------------|
| A Budgeting | B Controlling |
| C Forecasting | D Scheduling |

3. Which is a method of reducing losses?

- | | |
|--|--|
| A Equipping and training a fire brigade | B Replacing physical guards on saws |
| C Installing Earth Leakage Circuit Breaker | D Performing hazard communication training |

4. Which is a type of workplace violence?

- | | |
|----------------------|-----------------|
| A Horse play | B Armed robbery |
| C Death of colleague | D Theft |

5. Which is an agent that is known to be carcinogenic to humans?

- | | |
|----------------------|-----------------|
| A Polyvinyl Chloride | B Sodium vapors |
| C Mercury vapors | D Asbestos |

Watch out the next issue for correct answer

Answers from last issue's (June / 2016) Quiz: 1 (B); 2 (C); 3 (B); 4 (D); 5 (C)

**You are welcome to send your inputs to: Sandip Mukherjee; e-mail:
newsletter@india.asse.org; Phone: +91 9829600067**

Selected articles shall be published in next publication

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