



ASSE-India Newsletter

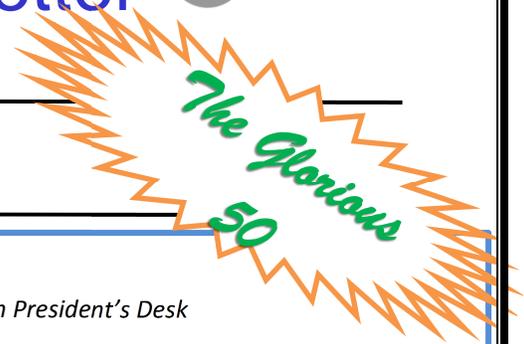


The oldest and one of the most prominent professional safety societies in the world.

Issue: April / 2018

Issue number: ASSE INDIA - 50

ASSE India – Newsletter Committee
Sandip Mukherjee



Message from the President's Desk....

April 25, 2018

Dear colleagues,
Greetings!



The organizing committee of 6th ASSE India Chapter PDC thoughtfully picked up an excellent theme "VISION ZERO – Achieving Excellence through HSE Leadership" aptly combining key focus areas, including the HSE Leadership and the Vision Zero.

Several real-life examples repeatedly demonstrate huge impact of leadership, precisely HSE Leadership, in improving the safety culture not only at workplaces but also at other vulnerable public places areas such as roads and highways. I am sure this conference would be a great success with participation of committed and dedicated safety professionals, providing enormous learning and networking opportunity.

I would like to focus on road safety this month. As you are aware, road accidents are taking a huge toll in India as the number of incidents and victim are the highest in the world. With ever increasing number of vehicles on the road, particularly two wheelers, the problem is only compounding. There is no doubt that the road infrastructure has improved during last few decades which has enhanced the quality of life with mobility, efficiency and higher productivity etc. On the other hand, influence of various other factors such as higher average speed, usage of mobile phones while driving etc. are emerging as major areas of safety concern.

Fortunately realizing the consequences, Govt. of India and various State Governments are making some efforts to tackle this problem through various means including awareness programs and other initiatives. To promote road safety and prevent road accidents, 29th Road Safety Week been inaugurated by the Honorable Union Road Transport Minister on 23rd April 2018.

We safety professionals need to take this forward and support this cause whole heartedly so that fatalities on the roads are reduced and subsequently eliminated over the years.

With best wishes and warm regards,

Krishna Nirmalya Sen. Ph.D, P.E., FIE

President
ASSE India Chapter

VISION ZERO
Theme of 6th ASSE India Chapter PDC

Content:

- Message from President's Desk
- Editor's Corner
- Article on Confined Space Safety
- Message from ASSE Region IX (Global) Vice President
- Important Days in OHS Calendar May 2018
- Health Tips – Heat Stress Prevention
- Glimpse of ASSE India Chapter PDC
- A report on Road Safety Awareness program
- HSE Quiz

Editor's Corner:

Dear Reader,

We are presenting the 50th Issue of ASSE India Chapter Newsletter.

Recently in one of the worst industrial accident, several workmen died during activities in confined space. It is another example of sheer negligence of factory owner. When law enforcement agency and inspectorate of factories investigating the causes, I have thought to refresh our knowledge on confined space. Hence put together an article.

In the eve of forthcoming "world day of safety & health", ASSE Region IX (Global) Vice President has sent a message for all chapter & section members. Publishing the message for your ease.

On 27th and 28th April, ASSE India Chapter has held the annual PDC at Mumbai. Find the glimpse of few memorable moments of the event. Detail report shall come in next issue.

As the summer is setting in; probability of heat related injury is also increasing. Hence we dedicate the health section on this subject.

Find the report on a nice road safety campaign organized by the renowned industrial gas manufacturer (Praxair), in collaboration with ASSE India Chapter.

Do keep on sending interesting articles on OH&S for publication. Also let us know about your celebration of "National road safety week" and "World day of safety and health". Happy reading.

Warm Regards to all our Readers,

Sandip Mukherjee,
Chair – Newsletter (ASSE India Chapter)

Confined Space Safety

Confined Space Can be Deadly

Six workers die after entering sewage-filled well in Bengal

A well inside a paper factory was filled with industry waste; presence of poisonous gas and lack of oxygen suspected for deaths.

KOLKATA Updated: Mar 30, 2018 19:24 IST

Indo Asian News Service, Kolkata

Six labourers died after getting into a sewage-filled well inside a factory in West Bengal's North 24 Parganas district, police said on Friday.

According to police, poisonous gas inside the well might have caused their death.

"Six labourers got inside a well in a paper factory in Naihati's Hazinagar area for cleaning work on Thursday evening. All of them were taken out in an unconscious state and later declared dead in hospital," an officer from Naihati police station said.

According to eye-witnesses, two of the labourers first went into the long disused well filled with sewage and other waste material from the factory. When there was no response from them, the other four went in to rescue them but none returned.

Police were informed and they, along with fire brigade personnel, rushed to the spot and pulled out the six unconscious men from the well.

"All the six were sent to a hospital in Kalyani, where four of them were declared dead. The remaining two also died later at night," the officer said.

Police said lack of oxygen or presence of poisonous gas might have killed the labourers as they did not have any masks or protective gear.

"A case has been registered against the factory owners for making the labourers work without any precaution," the officer added.



Police said a case has been registered against the factory owners for making the labourers work without any precaution. (Picture for representation)

<https://www.hindustantimes.com>

What is a Confined Space?

It can be any space of an enclosed nature where there is a risk of death or serious injury from hazardous substances or dangerous conditions (eg lack of oxygen). Some confined spaces are fairly easy to identify, eg enclosures with limited openings:

- Storage tanks;
- Silos;
- Reaction vessels;
- Enclosed drains;
- Sewers.

Others may be less obvious, but can be equally dangerous, for example:

- Open-topped chambers;
- Vats;
- Combustion chambers in furnaces etc;
- Ductwork;
- Unventilated or poorly ventilated rooms.

It is not possible to provide a comprehensive list of confined spaces. Some places may become confined spaces when work is carried out, or during their construction, fabrication or subsequent modification.

What are the Dangers from Confined Spaces?

Dangers can arise in confined spaces because of the following issues.

- A lack of oxygen. This can occur:
 - Where there is a reaction between some soils and the oxygen in the atmosphere;
 - Following the action of groundwater on chalk and limestone which can produce carbon dioxide and displace normal air;
 - In ships' holds, freight containers, lorries etc as a result of the cargo reacting with oxygen inside the space;
 - Inside steel tanks and vessels when rust forms.
- Poisonous gas, fume or vapor. These can:
 - Build-up in sewers and manholes and in pits connected to the system;
 - Enter tanks or vessels from connecting pipes;
 - Leak into trenches and pits in contaminated land, such as old refuse tips and old gas works.
- Liquids and solids which can suddenly fill the space, or release gases into it, when disturbed. Free-flowing solids such as grain can also partially solidify or 'bridge' in silos, causing blockages which can collapse unexpectedly.
- Fire and explosions (eg from flammable vapors, excess oxygen etc).
- Residues left in tanks, vessels etc, or remaining on internal surfaces, which can give off gas, fume or vapor.
- Dust present in high concentrations, eg in flour silos.
- Hot conditions leading to a dangerous increase in body temperature.

Some of the above conditions may already be present in the confined space. However, some may arise from the work being carried out, or because of ineffective isolation of plant

nearby, eg leakage from a pipe connected to the confined space. The enclosure and working space may increase other dangers arising from the work being carried out, for example:

- Machinery being used may require special precautions, such as provision of dust extraction for a portable grinder, or special precautions against electric shock;
- Gas, fume or vapor can arise from welding, or by use of volatile and often flammable solvents, adhesives etc;
- If access to the space is through a restricted entrance, such as a manhole, escape or rescue in an emergency will be more difficult (see Emergency procedures).

Avoid Entering Confined Spaces

You need to check if the work can be done another way to avoid entry or work in confined spaces. Better work-planning or a different approach can reduce the need for confined space working.

Ask yourself if the intended work is really necessary, or could you:

- Modify the confined space itself so that entry is not necessary;
- Have the work done from outside, for example:
 - Blockages can be cleared in silos by use of remotely operated rotating flail devices, vibrators or air purgers;
 - Inspection, sampling and cleaning operations can often be done from outside the space using appropriate equipment and tools;
 - Remote cameras can be used for internal inspection of vessels.

Safe System of Work

If you cannot avoid entry into a confined space, make sure you have a safe system for working inside the space.

Use the results of your risk assessment to help identify the precautions you need to take to reduce the risk of injury. These will depend on the nature of the confined space, the associated risk and the work involved.

Make sure that the safe system of work, including the precautions identified, is developed and put into practice. Everyone involved will need to be properly trained and instructed to make sure they know what to do and how to do it safely.

The following checklist is not intended to be exhaustive, but includes many of the essential elements to help prepare a safe system of work.

Appointment of a supervisor

Supervisors should be given responsibility to make sure that the necessary precautions are taken, to check safety at each stage and may need to remain present while work is underway.

Are people suitable for the work?

Do they have sufficient experience of the type of work to be carried out, and what training have they received? Where risk

assessment highlights exceptional constraints as a result of the physical layout, are individuals of suitable build?

The competent person may need to consider other factors, eg concerning claustrophobia or fitness to wear breathing apparatus, and may need to seek medical advice on an individual's suitability.

Isolation

Mechanical and electrical isolation of equipment is essential if it could otherwise operate, or be operated, inadvertently. If gas, fume or vapor could enter the confined space, you need to isolate the pipework. In all cases, a check should be made to ensure isolation is effective.

Cleaning before entry

This may be necessary to ensure fumes do not develop from residues etc while the work is done.

Check the size of entrance

Is it big enough to allow workers wearing all the necessary equipment to climb in and out easily, and provide ready access and exit in an emergency? For example, the size of the opening may mean choosing air-line breathing apparatus in place of self-contained equipment which is more bulky and therefore likely to restrict ready passage.

Provision of ventilation

You may be able to increase the number of openings and therefore improve ventilation. Mechanical ventilation may be needed to make sure there is an adequate supply of fresh air. This is essential where portable gas cylinders and diesel-fuelled equipment are used inside the space because of the dangers from build-up of engine exhaust. **Warning: carbon monoxide in the exhaust from petrol-fuelled engines is so dangerous that use of such equipment in confined spaces should never be allowed.**

Testing the air

Testing the air may be necessary to check that it is free from both toxic and flammable vapors and that it is fit to breathe. Testing should be carried out by a competent person using a suitable gas detector which is correctly calibrated. Where the risk assessment indicates that conditions may change, or as a further precaution, continuous monitoring of the air may be needed.

Provision of special tools and lighting

Non-sparking tools and specially protected lighting are essential where flammable or potentially explosive atmospheres are likely. In certain confined spaces (eg inside metal tanks) suitable precautions to prevent electric shock include use of extra low voltage equipment (typically less than 25 V) and, where necessary, residual current devices.

Provision of breathing apparatus

Breathing apparatus is essential if the air inside the space cannot be made fit to breathe because of gas, fume or vapor present, or lack of oxygen. Never try to 'sweeten' the air in a confined space with oxygen as this can greatly increase the risk of a fire or explosion.

Preparation of emergency arrangements

Emergency arrangements will need to cover the necessary equipment, training and practice drills.

Provision of rescue harnesses

Lifelines attached to harnesses should run back to a point outside the confined space.

Communications

An adequate communications system is needed to enable communication between people inside and outside the confined space and to summon help in an emergency.

Check how the alarm is raised

Do you need to position someone outside to keep watch and to communicate with anyone inside, raise the alarm quickly in an emergency, and take charge of the rescue procedures?

Is a permit-to-work necessary?

A permit-to-work ensures a formal check is undertaken to make sure all the elements of a safe system of work are in place before people are allowed to enter or work in the confined space. It is also a means of communication between site management, supervisors, and those carrying out the hazardous work. Essential features of a permit-to-work are:

- clear identification of who may authorize particular jobs (and any limits to their authority) and who is responsible for specifying the necessary precautions (eg isolation, air testing, emergency arrangements etc);
- Making sure that contractors engaged to carry out work are included;
- Training and instruction in the issue of permits;
- Monitoring and auditing to make sure that the system works as intended.

Emergency procedures

When things go wrong, people may be exposed to serious and immediate danger. Effective arrangements for raising the alarm and carrying out rescue operations in an emergency are essential.

Contingency plans will depend on the nature of the confined space, the risks identified and consequently the likely nature of an emergency rescue.

Emergency arrangements will depend on the risks. You should consider communications and rescue and resuscitation equipment.

Communications

How can an emergency be communicated from inside the confined space to people outside so that rescue procedures can start? Don't forget night and shift work, weekends and times when the premises are closed, eg holidays. Also, consider what might happen and how the alarm can be raised.

Rescue and resuscitation equipment

Providing suitable rescue and resuscitation equipment will depend on the likely emergencies identified. Where such equipment is provided for rescuers to use, training in correct operation is essential.

Capabilities of rescuers

Rescuers need to be properly trained people, sufficiently fit to carry out their task, ready at hand, and capable of using any equipment provided for rescue, eg breathing apparatus, lifelines and fire-fighting equipment. Rescuers also need to be protected against the cause of the emergency.

Shut down

It may be necessary to shut down adjacent plant before attempting emergency rescue.

First-aid procedures

Trained first aiders need to be available to make proper use of any necessary first-aid equipment provided.

Local emergency services

How are the local emergency services (eg, Fire and Rescue Service) made aware of an incident? What information about the particular dangers in the confined space is given to them on their arrival?

Source: www.hse.gov.uk



**AMERICAN SOCIETY OF
SAFETY ENGINEERS
REGION IX (GLOBAL)**

Message from ASSE Region IX (Global) Vice President

Congratulations on World Day for Safety and Health at Work



Dear Global Region Chapters / Section members,

At the outset, I would like to congratulate on the occasion of World Day for Safety and Health being observed all over the World on 28th April 2018. The International Labor Organization (ILO) since its establishment in the year 1919 on April 28, observes this days as World Day for Safety and Health with a special focus on each year. This year theme is on "[OSH vulnerability of young workers](#)" considering the magnitude of its problem all around the World.

It gives me an immense pleasure to provide you with the following recent updates as well as upcoming activities in our Region IX (Global) with you all:

- ASSE Egypt Chapter (<https://egypt.asse.org/pdc/>), ASSE India Chapter (<https://india.asse.org/>) and ASSE Nigeria Chapters (<https://nigeria.asse.org/events/2017-safety-summit-2/>) are hosting their Professional Development Conference & Expositions, which are being held to commemorate ILOs World Day for Safety and Health on 26th April 2018, 27th April 2018 and 4th May 2018 respectively. I encourage all HSE professionals in these

Countries to participate in these conferences and make best use to upgrade their professional development skills, networking opportunities, learning about advanced state of art technologies etc.

- As part of professional development for Region members, three webinars have been conducted by our Professional Development Chair and the recorded webinars can be accessed at our Region website at <https://global.asse.org/webinars/>
- ASSE Kuwait Chapter is hosting GCC HSE Excellence Award 2018 with a unique objective of recognizing private sector companies in the Gulf Cooperation Council (GCC) countries. ASSE – GCC HSE Excellence Award is introduced in 2009 to recognize leadership, excellence and encourage exceptional HSE performance in private sector companies based HSE key performance questions/ data. More information on the award program can be obtained at http://www.asse-hseawards.com/award_scheme. The live telecast of award ceremony can be viewed at this website on 25th April 2018 at 18.30 hrs Kuwait Standard Time.
- ASSE transition plan is being implanted as planned on changing our organization name from ASSE to ASSP. More information on this process can found at <http://www.assp.org/our-story/>
- ASSE Safety 2018 will be held during June 03-06, 2018 at San Antonio, USA . Over 4,000 OSH professionals will come together to learn about best practices, case studies, the latest technology and how to advance their safety efforts. The conference has been providing introductory, intermediate and advanced level training for professionals over the past 50 years and is known for providing first-class education and training - it is truly the industry's "must-attend" event. An invitation will be provided to Global ASSE members to obtain the visa, if required for attending the conference. More information can be obtained at <https://safety.asse.org/>.
- In order to recognize ASSE volunteers, our Region has announced Safety Professional of the year Award (SPY) 2018 and many chapters participated in this program. I take this opportunity to congratulate Mr. Narayanan Vasudevan of Kuwait Chapter for being the successful candidate among all candidates in line with the SPY criteria <http://www.asse.org/awards/>. He will be honored with the SPY Award 2018 during Safety 2018 at San Antonio, USA.
- As per ASSE Election process, new Area Directors have been chosen for three areas of our Region and I welcome Mr. Narayanan Vasudevan, Dr. Yassin Al-Darwish and Mr. Palagummi Subbarao for getting elected as Area Directors for three Areas of our Region respectively. More information can be obtained at <http://www.asse.org/elections/results2018/>
- Many of Region IX Chapters have already started the election process of leadership positions for the chapter year 2018-19 and contact your respective Chapter Presidents to take the voluntary roles in your chapter

activities as well as in Region Operating Committee, which enhances your professional and leadership capabilities. Please provide your ideas/ inputs / requirements, which can enhance the ASSE member programs to your Chapter President with a copy to me by e-mail rvp@global.asse.org

- Please do visit ASSE Global Region (Region 9) Website (<http://global.asse.org/>) / Global Region Facebook Account and of course on Global Region Whatsapp Group.

I request all chapter Presidents to provide all your Chapter updates for Global Region e-bulletin, Global Region Website (<http://global.asse.org/>), Global Region Facebook Account and of course on Global Region Whatsapp Group.

Happy Networking.....



(Ashok Garlapati, CSP,QEP,CFIOSH)
ASSE Region IX (Global) Vice President

Important days in Safety, Health and Environmental Calendar of May, 2018

International Labor Day 01st May 2018

International Labor Day is also known as the International Worker's Day and May Day which is celebrated on international level to promote and encourage the international labor associations.

History and Origin of International Labor Day

International Workers' Day is the big celebration on the world level and it is celebrated to commemorate the 4th of May of 1886, the Haymarket affair (Haymarket Massacre) in the Chicago. It is the big event of that year when workers were on the general strike for their eight-hour workday and police were doing their job of dispersing the general public from the crowd. Suddenly, a bomb was thrown over the crowd by an unidentified person and then police started firing over the workers and four demonstrators were killed.

Here is a real statement about the event: "Reliable witnesses testified that all the pistol flashes came from the center of the street, where the police were standing, and none from the crowd. Moreover, initial newspaper reports made no mention of firing by civilians. A telegraph pole at the scene was filled with bullet holes, all coming from the direction of the police."

It was decided to be celebrated on annual basis as an May Day in the meeting (in 1889) of Paris through a proposal by the Raymond Lavigne that international demonstrations is required to celebrate the anniversary of Chicago protests. In the year 1891, May Day was officially recognized by the International's second congress to be celebrated as an annual event.

However, May Day Riots was occurred in the year 1894 and then in the year 1904, the following statement was given in

the International Socialist Conference at Amsterdam “all Social Democratic Party organizations and trade unions of all countries to demonstrate energetically on May First for the legal establishment of the 8-hour day, for the class demands of the proletariat, and for universal peace.” and declared it “mandatory upon the proletarian organizations of all countries to stop work on May 1, wherever it is possible without injury to the workers.”

Why is May Day Celebrated?

International Labor Day or May Day is celebrated to finish the struggle as well as to promote the requirement of eight-hour work day. Earlier the working condition of the laborer was very severe and working hours was 10 to 16 hour a day even in the unsafe conditions. Deaths, injuries and other dreadful conditions of the workers were very common at the workplace during the 1860's and working people were very agitated throughout the workday until the 8-hour workday was declared.

The rising death of the working class people (men, women and children) in many working industries, required to raise the voice for the safety of the working group people by decreasing their working hours in the industries. After the lots of efforts made by the workers and socialists, eight-hours was declared as the legal time for the workers in the national convention at Chicago in 1884 by the American Federation of Labor.

Many people have sacrificed their lives during the Haymarket Massacre which was held in the Chicago during the strike of workers. May Day is celebrated to commemorate the event of Haymarket Massacre as well as to promote the social and economic achievements of the working group people.

How International Labor Day is Celebrated

International Labor Day is celebrated yearly as an official holiday all over the world to celebrate the accomplishments of workers. People enjoy celebrating the May Day or Labor Day by arranging the big party and lots of programs. They decorate the banners and flags using colors just like an Independence Day celebration.

Variety of news and messages are distributed by the TV channels and radio channels saying Happy Labor Day among people to increase social awareness about the Labor Day. Variety of other events is also organized by the International Labor Organization to celebrate the day. The theme of the Labor Day party celebration becomes any cartoon characters, western culture shows, sports, TV shows, movies, holiday activities, crazy fun activities and many more. Other Labor Day activities includes crossword puzzle, anagram puzzle, word search puzzle, code cracker puzzle, word scramble puzzle, phrase matching game puzzle and etc.

This celebration has become a historic significance all over the world and celebrated by the Labor unions worldwide. Variety of demonstrations, speeches, protests processions, rallies and parades are organized by the working group people under the security arrangements to protect violence.

Source: <http://www.indiacelebrating.com>;

International Midwives Day 05 May 2018

International Midwives Day 2018 will be celebrated by the midwives all over the world on 5th of May, at Saturday.

INTERNATIONAL MIDWIVES DAY HISTORY

International Midwives Day is celebrated every year on international level to commemorate and increase the awareness about the contribution of the midwives towards the patients all over the world. 5th of May was established to be celebrated as a day to honor the midwives for their big contribution towards the health of their nations. It is celebrated with great enthusiasm and joy in more than 50 countries around the world.

First International Day of the Midwife (IDM) was launched and celebrated on 5th of May in the year 1991 using the theme “Towards safe birth for all by the year 2000”. The day was established to be celebrated on annual basis to fulfill the demand of following theme “The World Needs Midwives Now More Than Ever”.

International Midwives Day was decided celebrating annually in the conference of International Confederation of Midwives (ICM), Netherlands in 1987. ICM affiliates midwives from all the organizations to its ICM express in order to develop harmony and improve the knowledge and skills of all the midwives. Varieties of events are organized during the celebration in order to support the “Safe Motherhood” as well as promote the midwifery profession throughout the world by increasing the awareness about their contributions.

International Confederation of Midwives

The International Confederation of Midwives (ICM) is an organization, having around 100 members in the 100 countries, supporting and working for strengthening the midwives professional associations all around the world. It works with the midwives and midwifery associations to enhance and secure the women and child rights through the easy access to the midwifery care before, during and after the childbirth. It also works with the UN agencies and other partners as a global initiative for reducing the maternal and fetal mortality rates by expanding the midwifery care.

ICM aims to provide healthy environment for each and every childbearing woman by offering easy access of the midwife's care for both the mother and her newborn baby. It helps in strengthening the midwifery all over the world by offering fully qualified and skilled midwives in order to offer high quality and evidence-based health services to the mother and baby.

Source: www.indiacelebrating.com

World Thalassaemia Day 08 May 2018

World Thalassaemia Day is celebrated every year on 8th of May to increase the awareness about this disease among common public all through the world. Celebrating World Thalassaemia Day on 8th of May was established by the World Health Organization in order to raise the public awareness about this disease, prevention measures and measures to avoid its transmission.

According to the statistics, around 19% of the total population is the carrier of Thalassemia gene in the Saudi Arabia Kingdom. Thus world thalassemia day is celebrated there as a big event by organizing variety of preventive programs to increase awareness and reduce spread of this genetic disease. This event celebration promotes and encourages the common public for the pre-marriage test to reduce the genetic problems among families.

8th of May has become a very special day for the people suffering from the thalassemia as it brings a chance for them to get diagnosed earlier. The day is dedicated to commemorate the thalassemia patients and give them a special chance to live like a normal person as well as prevent this disease to spread in the community, society, state, country and finally world.

WHAT IS THALASSEMIA

Thalassemia is an autosomal recessive blood disorders which gets inherited from parents to the children through genes. It is a blood disorder causes weakening and destruction of the red blood cells, affects the formation of hemoglobin in the body and causes mild or severe anemia. It causes complications like bone deformities, iron overload, cardiovascular illnesses, heart palpitations, enlarged liver, jaundice, enlarged spleen, enlarged bones of cheeks or forehead, delayed puberty and etc.

Around 3.4% of the people are carrier of the thalassemia and around 7000 to 10,000 children are born with thalassemia per year in India. It can be of any type such as alpha thalassemia, beta thalassemia, delta thalassemia and combination of other hemoglobinopathies (hemoglobin C, D, E and S).

It is seen among children of one or two years of life. Mild thalassemia sometimes does not show any symptoms thus can be undiagnosed until blood test (complete blood count, CBC test). It can be treated through the blood transfusion, B group vitamins supplements, iron chelation therapy and blood and bone marrow stem cell transplantation to maintain the normal level of hemoglobin and healthy RBCs.

Since, it is an inheritable disease so cannot be prevented completely however, it can be lessen through the prenatal tests which helps in the early detection and cure before the child birth. It is requested to all the carriers of thalassemia gene to meet a genetic counselor as soon as possible to get proper treatment before being a parent of child or prevent the gene to get inherited to their child.

WHY WORLD THALASSEMIA DAY IS CELEBRATED

World Thalassemia Day is celebrated all across the world to help people suffering from the thalassemia and its complications in their daily life. Thalassemia is a genetically inheritable blood disorder which can affect people of any age group. It is a disease which having ability to destroy the whole nation and world by affecting a child. Children are the most important asset of the country and world who have capability to lead their nation and world thus it has become the big responsibility of the government of each country to prevent children, country and world from this fatal inheritable disease.

Some of the objectives of world thalassemia day are mentioned below:

- It is celebrate to increase the awareness about the disease among common public.
- To develop a most effective prevention measure to have control on the disease.
- To motivate and encourage the common public especially youths for the blood donation in order to prevent the people suffering from thalassemia.
- To motivate doctors and other health professionals to take care of the patients especially what they need.
- To promote the people suffering from it to come to the hospital for the early detection, prevention and cure.
- To motivate the youths for the pre-marriage test to get diagnosed about this problem and prevent this disease to get inherited among new generations.
- To make the community, society, nation and world free of thalassemia and other inheritable diseases.
- To give them (people having thalassemia) equal chance of living like a normal and wellbeing person.
- To encourage government organizations to develop more health care facilities in the vulnerable area.
- To reduce the death rate of people all over the world on international level because of the thalassemia.
- To increase the number of healthy people without thalassemia or other fatal diseases in the country and world.

Source: www.indiacelebrating.com

World Red Cross Day 08 May 2018

World Red Cross day means 8th of May is celebrated every year as the birthday anniversary of founder of the Red Cross. Henry Dunant was the founder of the Red Cross as well as the founder of International Committee of the Red Cross (ICRC), born in the Geneva in the year 1828. He was the most famous person and became the recipient of 1st Nobel Peace Prize.

World Red Cross Day is an annual event celebration, celebrating the principles of "International Red Cross and Red Crescent Movement". It is celebrated every year to pay tribute to the volunteers participated in the event as well as welcome their precious contribution for helping people in need.

World Red Cross Day History

Red Cross was introduced as a major contribution to the peace after the World War I by an international commission at 14th International Conference of the Red Cross. The principles of the Red Cross Truce was presented and approved on 15th International Conference at Tokyo in the year 1934 to get applicable all across the world in different regions. The possibility of its annual celebration was asked to the "League of the Red Cross Societies (LORCS)" by the International Federation of the Red Cross Societies (IFRC) General Assembly. And just 2 years later the proposal of celebrating this day annually was adopted and was first celebrated as the Red Cross Day on 8th of May in 1948. Later, it was officially named as the "World Red Cross and Red Crescent Day" in the year 1984.

World Red Cross Day is celebrated by the people on international level to alleviate people's suffering, enhancing their dignity, protecting their life from emergencies and lots of natural disasters including epidemic diseases, flood and earthquakes. It is celebrated by all the sections of the Red Cross organizations to help people by keeping in front it's all fundamental principles which are humanity, independence, impartiality, neutrality, universality, voluntary and unity.

International Committee of the Red Cross and its members (National Societies) organize lots of programs and events in order to encourage volunteers as well as facilitate and promote their humanitarian activities. International Red Cross movement members assists the suffered people of any problems. People are motivated to protect their own lives and take care of the dignity of other victims.

It is celebrated annually to honor the founder of an International Red Cross Crescent Movement, Henry Dunant. It is celebrated by the National Societies (affiliated to ICRC) in their countries to aware people about the need of life protection in some drastic conditions. It highlights the international services to motivate people to hugely participate in the life saving activities.

Why World Red Cross Day is Celebrated

World Red Cross Day has become an important day in the history of world which is being celebrated annually to play big role in the life saving events as well as assisting the vulnerable social people all around the world. It is celebrated to commemorate the birthday of Henri Dunant who had founded the International Committee of the Red Cross (ICRC) in the year 1863 in the Geneva, Switzerland.

It aimed to provide relief to the human beings in distress and desolation due to war, food shortage, epidemic diseases or natural calamities. Its celebration is highlighted through a special theme of the year to fulfill the aim of celebration as well as make people aware of its importance. It also aims to attract more private or governmental organizations to be active members and participate regionally to help needed people suffering from any kind of disaster.

Around 97 million members and volunteers of the Red Cross and Red Crescent Societies are also honored at this day of being the largest humanitarian network of relief worldwide serving over 170 countries. Around 240 million people all over the world have become benefited of the free assistance of Red Cross workers. In 1922, peace and relief was given by the Red Cross members to the people affected by the World War I.

National Societies acts as auxiliaries of the Red Cross in the humanitarian field and assists with the range of services such as natural disaster relief, medical services and other health and social programs. A meeting held every two years between the National Societies and their Federation in the General Assembly whereas every four years, a meeting held where whole Movement meets at the Geneva Conventions which is called as the "International Conference of the Red Cross and Red Crescent". Following are the objectives of the World Red Cross Day celebration:

- It is celebrated to provide relief and peace to the injured people to prevent death rate due to the disasters of any kind.
- It helps in initiating active efforts all over the world to reduce casual death rate because of epidemic illnesses.
- It helps people living in the vulnerable areas to manage the public health emergencies.
- It empowers its members, civil societies and other involved local communities to provide immediate response to the health disasters in the vulnerable situations.
- It helps in reinstating the human dignity.
- Geneva conventions help in monitoring the compliance of warring parties.
- It helps the wounded people on the battlefield by organizing the nursing care.
- It avails the treatment for prisoners of war and help in searching the missing persons during conflict.
- It avails protection and nursing care to the people in civil populations.

How World Red Cross Day is Celebrated

World Red Cross Day is celebrated by organizing variety of events and programs at many places to help people free of cost. 50 volunteers are enrolled by the District Red Cross Branches and 25 volunteers by the taluka Red Cross Branches to offer the humanitarian services every year. The particular branch with their enrolled new volunteers welcomes the Red Cross Rath by the Zone wise Rath Yatra Movement where it has organized local programs to highlight the Red Cross activities.

New enrolled volunteers are guided by the state branch representatives and branch office bearer for the further activities throughout the year. All the new enrolled volunteers work throughout the year for at least 60 hours called volunteer hours on the subjects they had assigned for. They motivate the group of youth people to help people in emergencies such as earthquakes, flood, cyclone, thalassemia and etc.

Some of the National societies celebrate the World Red Cross Day by organizing the anemia and blood donation awareness programs. New volunteers also organize some awareness campaigns related to the subjects in their local community according to the requirement and need of people.

A seminar is held between the experienced members of the Indian Red Cross Society and enrolled volunteers at the National Headquarter. It is celebrated in many states of the India (Orissa, Jammu & Kashmir, Jharkhand, Kolkata, Chandigarh, Bihar, Himachal Pradesh,) by welcoming and honoring the Red Cross Volunteers. The programs are also attended by the state governors and state ministers throughout the country. The event celebration news is covered by the new channels, TV channels and radio talks.

Youths from the local communities are inspired to get actively participated in the activities in order to protect the human beings and animals from disaster. Blood donation camps and

other health checkup camps are organized in local places for the easy reach of the poor people.

About World Red Cross Society

World Red Cross societies and Red Crescent Societies are the largest humanitarian network of the world offering relief to the disaster. It celebrates the World Red Cross Day by organizing activities in more than 170 countries of the world. It has become the strongest force of the world having unpaid assistants (including 97 million members and enrolled volunteers) all around the world for helping 233 million people every year.

It aims to accomplish its meeting in other regions of the world as well to alleviate all the deadly and painful diseases including measles and other crises. Its primary objective is to completely eradicate epidemic diseases, save children from the sufferings, lessen the maternal and child mortality rate and etc. A cross of red color on the white background is the symbol of Red Cross Day which was originated in the year 1864 in the Geneva Convention.

About International Committee of the Red Cross (ICRC)

The International Committee of the Red Cross (ICRC) was founded in the year 1863 in the Geneva, Switzerland as a private institution for managing the people's disaster sufferings worldwide. It consists of 25 members and Red Cross committee who are empowered for the life-saving events and protecting victim's dignity on national and international level under the human rights law.

Red Crescent Societies are affiliated and works in collaboration with the World Red Cross to assist in the activities of the movement. National Red Crescent societies and Red Cross Societies are exists on national level in almost each country worldwide. Recently, around 186 National Societies (use Red Cross as their official symbol) are available which are recognized by the ICRC.

Source: www.indiacelebrating.com

World No Tobacco Day 31 May 2018

Every year, on 31 May, WHO and partners mark World No Tobacco Day (WNTD), highlighting the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption.

The focus of World No Tobacco Day 2018 is "Tobacco and heart disease." The campaign will increase awareness on the:

- Link between tobacco and heart and other cardiovascular diseases (CVD), including stroke, which combined are the world's leading causes of death; feasible actions and measures that key audiences, including governments and the public, can take to reduce the risks to heart health posed by tobacco.

World No Tobacco Day 2018 coincides with a range of global initiatives and opportunities aimed at addressing the tobacco epidemic and its impact of public health, particularly in causing the death and suffering of millions of people globally. These actions include the WHO-

supported Global Hearts and RESOLVE initiatives, which aim to reduce cardiovascular disease deaths and improve care, and the third United Nations General Assembly High-level Meeting on the Prevention and Control of NCDs, being held in 2018.

How tobacco endangers the heart health of people worldwide

World No Tobacco Day 2018 will focus on the impact tobacco has on the cardiovascular health of people worldwide.

Tobacco use is an important risk factor for the development of coronary heart disease, stroke, and peripheral vascular disease.

Despite the known harms of tobacco to heart health, and the availability of solutions to reduce related death and disease, knowledge among large sections of the public that tobacco is one of the leading causes of CVD is low.

Facts about tobacco, heart and other cardiovascular diseases

Cardiovascular diseases (CVD) kill more people than any other cause of death worldwide, and tobacco use and second-hand smoke exposure contribute to approximately 12% of all heart disease deaths. Tobacco use is the second leading cause of CVD, after high blood pressure.

The global tobacco epidemic kills more than 7 million people each year, of which close to 900 000 are non-smokers dying from breathing second-hand smoke. Nearly 80% of the more than 1 billion smokers worldwide live in low- and middle-income countries, where the burden of tobacco-related illness and death is heaviest.

The WHO MPOWER measures are in line with the WHO Framework Convention on Tobacco Control (WHO FCTC) and can be used by governments to reduce tobacco use and protect people from NCDs. These measures include:

- **Monitor** tobacco use and prevention policies;
- **Protect** people from exposure to tobacco smoke by creating completely smoke-free indoor public places, workplaces and public transport;
- **Offer** help to quit tobacco (cost-covered, population-wide support, including brief advice by health care providers and national toll-free quit lines);
- **Warn** about the dangers of tobacco by implementing plain/standardized packaging, and/or large graphic health warnings on all tobacco packages, and implementing effective anti-tobacco mass media campaigns that inform the public about the harms tobacco use and second-hand smoke exposure.
- **Enforce** comprehensive bans on tobacco advertising, promotion and sponsorship; and
- **Raise** taxes on tobacco products and make them less affordable.

Goals of the World No Tobacco Day 2018 campaign

World No Tobacco Day 2018 aims to:

- Highlight the links between the use of tobacco products and heart and other cardiovascular diseases.
- Increase awareness within the broader public of the impact tobacco use and exposure to second-hand smoke have on cardiovascular health.
- Provide opportunities for the public, governments and others to make commitments to promote heart health by protecting people from use of tobacco products.
- Encourage countries to strengthen implementation of the proven MPOWER tobacco control measures contained in the WHO FCTC.

Source: www.who.int

Health Tips



Heat Stress Prevention

Every summer, we hear news on deaths due to heat waves. What we do not hear is that there are many not reported incidents of heat related illnesses:

- Heat Exhaustion: Loss of salt and water from the body through excessive sweating. It is more common in persons who are unaccustomed to working in a hot, humid environment.
- Cramp: Occurs suddenly after working. Serves as a warning signal for other more severe heat-related illnesses.
- Stroke: This can cause unconsciousness in MINUTES. Heatstroke is caused by failure of the brain to control the body temperature.

These illnesses are often work related. Prevention of these illnesses is possible and does not cost much.

How to prevent heat-related illness:

- Getting used to the heat by increasing work gradually for a period of two weeks. Do not ignore warning signs from your body. Do not force yourself to do more work than you think you can.
- Rest and cool off several times during the day.
- Drink plenty of cool water throughout the day and do not eat heavy meals or alcohol before working in the heat. Salt supplement is not recommended for people with normal health.
- Wear light breathable clothing.

Heat related illness – Check your symptom:

Summon emergency assistance if:

- Body temperature reaches 102°F and keeps rising.
- A person has signs of heatstroke, such as:
 - Confusion, fainting, or seizure.
 - Skin that may be red, hot, and dry, even in the armpits.
 - Sweating that may be heavy.
 - Trouble breathing.
 - Severe vomiting and nausea.
 - Fast heart rate.

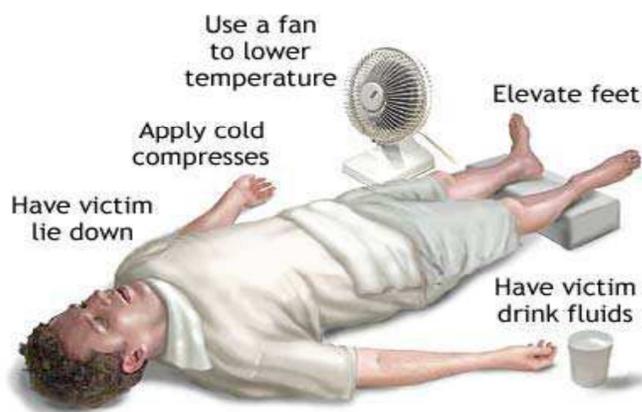
Call a doctor if you still have symptoms of a heat-related illness (such as headache, fatigue, weakness, dizziness, or nausea) even though you have cooled off.

Heat related illness – Home treatment

Emergency first aid

Emergency first aid for heatstroke is needed immediately because this condition is life-threatening. After calling or other emergency medical services, follow these first aid steps:

- Move the person into a cool place, out of direct sunlight.
- Remove the person's unnecessary clothing and place the person on his or her side to expose as much skin surface to the air as possible.
- Cool the person's entire body by sponging or spraying cold water, and fan the person to help lower the person's body temperature. Watch for signs of rapidly progressing heatstroke, such as seizure, unconsciousness for longer than a few seconds, and moderate to severe difficulty breathing.
- Apply ice packs over as much of the body as you can.
- Check the person's rectal temperature, and try to cool it to 102°F (39°C) or lower as soon as possible. The longer the body is at a high temperature, the more serious the illness and the more likely it is that complications will develop. Temperatures taken by mouth or in the ear **are not** accurate in this emergency situation.
- If a person has stopped breathing, begin CPR.
- **Do not give any medicine** to reduce a high body temperature that can occur with heatstroke. Medicines may cause problems because of the body's response to heatstroke.
- If the person is awake and alert enough to swallow, give the person fluids [32 fl oz (1 L) to 64 fl oz (2 L) over 1 to 2 hours] for hydration. Most people with heatstroke have an altered level of consciousness and cannot safely be given fluids to drink. You may have to help. Make sure the person is sitting up enough so that he or she does not choke.



Home treatment for mild heat-related illness

When recognized in the early stages, most heat-related illnesses, such as mild heat exhaustion, can be treated at home.

- Stop your activity, and rest.
- Get out of direct sunlight and lie down in a cooler environment, such as shade or an air-conditioned area. Elevate your feet. Remove all unnecessary clothing.

- Cool down by applying cool compresses or having a fan blow on you. Place ice bags under your arms and in your groin area, where large blood vessels lie close to the skin surface, to cool down quickly.
- Drink rehydration drinks, juices, or water to replace fluids. Drink 2 qt (2 L) of cool fluids over 2 to 4 hours. You are drinking enough fluids if your urine is normal in color and amount and you are urinating every 2 to 4 hours. Total rehydration with oral fluids usually takes about 36 hours, but most people will begin to feel better within a few hours.
- Rest for 24 hours, and continue fluid replacement with a rehydration drink. Rest from any strenuous physical activity for 1 to 3 days.

If your child is dehydrated, see the topic Dehydration for information about home treatment.

Heat syncope (fainting) usually does not last long and improves when you lie down to a flat position. It is helpful to lie in a cooler environment.

Heat edema (swelling) is treated with rest and by elevating your legs. If you are standing for a long time in a hot environment, flex your leg muscles often so that blood does not pool in your lower legs, which can lead to heat edema and fainting.

Heat cramps are treated by getting out of the heat and replacing fluids and salt. If you are not on a salt- (sodium-) restricted diet, eat a little more salt, such as a few nuts or pretzels. **Do not use salt tablets**, because they are absorbed slowly and can cause irritation of the stomach. Try massaging and stretching your cramped muscles.

Heat rash (prickly heat) usually gets better and goes away without treatment. Antihistamines may help if you are having problems with itching. Keep areas clean and dry to help prevent a skin infection. Do not use baby powder while a rash is present. The powder can build up in the skin creases and hold moisture, allowing the growth of bacteria that may cause infection. Dress in as few clothes as possible during hot weather. Keep your home, especially sleeping areas, cool.

Symptoms to watch for during home treatment

Call your doctor if any of the following occur during home treatment:

- A seizure occurs.
- Decreased mental alertness develops.
- Shortness of breath develops.
- Symptoms become more severe or frequent.

Source: www.webmd.com

Glimpse of ASSE India Chapter 6th Professional Development Conference (PDC) on 27 and 28 April 2018

Photo of the dignitaries on the podium during inauguration. SPY WISE and President's award has been declared and handed over to awardees.



Inauguration: Dignitaries on the podium



Spy Award: Mr. Bhaskar Chakraborty



WISE Award: Miss Shivangi Tripathi



President's Award: Mr. R Shankar

Follow the next month's issue of ASSE India Chapter's Newsletter for full report.

Awareness on Road Safety – An initiative by Praxair Corporate S&HE team and ASSE-India Chapter

On Mar 09, 2018, on the occasion of National Safety Week, Corporate S&HE team and ASSE-India Chapter together drove an awareness on Road Safety in Prestige Tech Park campus where Praxair India, Bangalore office is located. This campaign

was done for the public to enhance their awareness on usage of Seat Belt, wearing of Crash Helmet & also provided tips on safe riding/driving.



Spreading awareness on road safety in today's world is necessary and has become an integral part of every human being. Every two seconds, a road accident takes place, and every four seconds a person dies due to a road accident, somewhere in the world. The present transport system has minimized the distances but increased the risks and threats for human life.



Our team of employees identified people who are not wearing/ wearing poor quality of helmets, not using seat belts and educated them on the importance using those safety tools. Almost 100 people were identified and greeted them with chocolates for correcting their mistakes and start using these safety tools.



Thanks to all the members who have participated in this event and of course, team did a wonderful job!!!



Reported by: Mr. H. R. Rangaswamy (Vice President – ASSE India Chapter)

Rangaswamy_HR@Praxair.com;

HSE Quiz

1. A worker in a workshop on a hot summer day suffers from heat stroke. His body temperature is -

- A Lowered
B Elevated
C Normal
D Irregular

2. In an emergency, which is the most effective leadership style?

- A Autocratic
B Situational
C Democratic
D Free rein

3. If the air temperature is above the skin temperature, one should ____ the air velocity to reduce the convective load?

- A Increase
B Decrease
C Stop
D Do nothing to

4. What type of guarding should be installed at approach zone to a fixed robotized work area?

- A Razor wire fencing
B Kill Switch
C Fixed Barrier with Interlock Gate
D Pressure sensitive mats

5. Which of the following does not need to be checked prior to enter a permit-required confined space?

- A Presence of flammable vapor
B Oxygen content adequacy
C Pressure of flammable vapor
D Lighting adequacy

Watch out the next issue for correct answer

Answers from last issue's (March / 2018) Quiz: 1 (B); 2 (C); 3 (D); 4 (C); 5 (A)

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

Become an ASSE member today & avail a world of professional opportunities....

ASSE offers its members many opportunities for networking, professional development, global media outreach, government affairs programs, standards development, publications and other resources. **For further details, please contact:**

Mr. K. N Sen, President; email: krishnanirmalya@gmail.com; Phone - +91 9444399208

Mr. V Janardhanam, Secretary; email: vjana05@gmail.com ; Phone: +91 9500079757

For more information please visit our website - <http://india.asse.org>

Disclaimer: Every effort has been made to ensure the accuracy of the information contained in this newsletter. Still in case of any errors, ASSE- India Chapter or any members of the Chapter accepts no responsibility. The details given here are just for information and the reader should check it correctness from his/her resources and should not act on the basis of the information provided herein.