

#The Journey- SoHELP

Bangi, 16th March, 2017

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Aker Solutions



Content

- Aker Solutions Background
- SoHELP initiatives- before and after
- HSSE activities
- Overall Overview on SoHELP
- Recommendation and way forward



Aker Solutions creates solutions to unlock energy safely and sustainably for future generations

14,000

EMPLOYEES

20

COUNTRIES

50

LOCATIONS

175

YEARS OF EXPERIENCE

Labuan Service Base– Overview

Labuan Service Base has achieved LTI free since its operation was commenced on Oct 2012 with 303,032 man hours or 1701 days.

- Lists of services provided as below;
 - Integrated Service Lifecycle Management and Services
 - Project Support – Base Facilities
 - Offshore Operation Support 24/7
 - Management Services Customer Equipment & Tooling
 - Maintenance & Repair of Customer Equipment, Tools and Spares
 - Pre-Planned Offshore Maintenance Services
 - Commissioning and Start -up
 - Installation Support
 - Well Intervention Support
 - Rental Tools – Subsea Completion
 - Rental Tools - Maintenance & Repair
 - Recertification Services
 - Materials Management
 - Long Term Storage Maintenance Management



SoHELP initiatives Before and After

SoHELP initiatives- before and after

■ Ergonomics Program

BEFORE

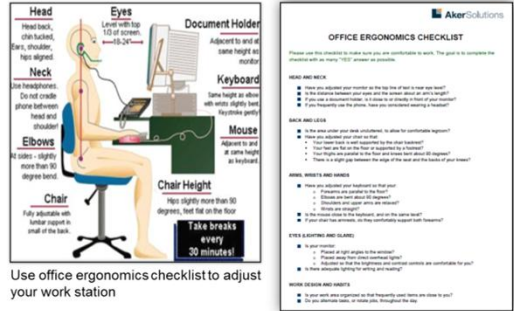
No ergonomics information addressed and shared in the workplace

AFTER

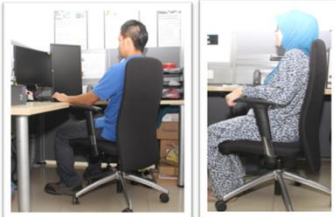
Ergonomic Posters are created and displayed at the workplace to bring up HSSE awareness among employee

ERGONOMICS IN WORKPLACE


Office Ergonomics



Use office ergonomics checklist to adjust your work station



Correct body position while seating and working with computer




Remember HSE is everybody responsibility

August 9, 2016 Slide 2


ERGONOMICS IN WORKPLACE

Workshop Ergonomics

Avoid injury by applying ergonomics in workshop




Identify & Control Ergonomics Risk Factors



Good body posture

Use overhead crane when handling heavy object / equipment

Use hand glove to minimize contact stress



Avoid bending

Use pallet jack to avoid forceful pushing

Remember HSE is your responsibility

August 9, 2016 Slide 1

SoHELP initiatives- before and after

■ Ergonomics Program

BEFORE

The lady feet are hanging in the air and make her feel uncomfortable while working.



AFTER

A stool is provided to make the lady foot on the feet.



SoHELP initiatives- before and after

■ Ergonomics Program

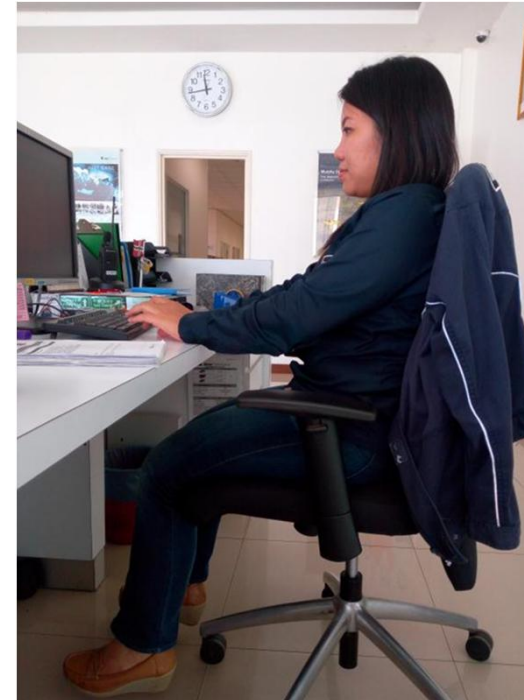
BEFORE

- Poor sitting posture



AFTER

- Sitting posture get corrected after Ergonomic Session provided.



SoHELP initiatives- before and after

■ Ergonomics Program

BEFORE

Incorrect body position while working



AFTER

After Ergonomics hazard prevention session. All are aware of the root cause and consequences of bad practices.



SoHELP initiatives- before and after

■ Ergonomics Program

BEFORE

Back belt is not worn during manual handling activities.



AFTER

To train and discuss the benefit of back belt and ensure they wear it while performing manual handling activity.



SoHELP initiatives- before and after

■ Ergonomics Program

BEFORE

Ergonomics risks are not properly identified and assessed.

AFTER

To conduct ergonomics job evaluations and ergonomics risk assessment

The image shows a 'Job Evaluation Form' from Aker Solutions. It includes fields for 'Task/Activity' and 'Date of Assessment'. Below these are two main sections: 'Ergonomics Risk Factors Observed' and 'Identify body parts that might be affected'. The 'Risk Factors' section lists various factors like 'Poor Posture', 'Static Posture', 'Contact stress', 'Pressure points', 'Torsion/Restriction', 'Forceful Gripping', 'Heavy lifting/carrying', 'Forceful pushing/pulling', 'Repetition', 'Vibrating tools', 'Whole body vibration', and 'Environment'. The 'Body parts' section features a human silhouette with numbered regions (1-14) and labels: Neck, Shoulders, Upper Back, Upper Arms, Mid Back, Lower Arms, Lower Back, Thighs, and Legs. A 'A Technique for Assessing Postural Discomfort' diagram is also present. At the bottom, there are lines for 'Control / Recommendations' and a signature line for the 'Observer'.

The image shows a 'REBA Employee Assessment Worksheet' from Aker Solutions. It is a detailed form for conducting a job evaluation. It includes sections for 'A. Neck, Trunk and Leg Analysis' and 'B. Arm and Wrist Analysis'. Each section contains diagrams of the body parts and corresponding tables for scoring. The 'Neck, Trunk and Leg' section has three tables (Table A, Table B, Table C) and a 'Look-up Posture Score' section. The 'Arm and Wrist' section has two tables (Table D, Table E) and a 'Look-up Posture Score' section. The form also includes a 'Scoring' section at the bottom with instructions on how to calculate the final score. The worksheet is filled out with handwritten notes and numbers, showing a final score of 4.

SoHELP initiatives- before and after

■ Chemical Program

BEFORE

Poor chemical arrangement in chemical cabinet



AFTER

Purchase one additional unit of chemical cabinet and arrange the chemical according to reactivity



SoHELP initiatives- before and after

■ Chemical Program

BEFORE

Safety data sheet not updated and some of them not meet the CLASS Regulation 2013

Material Safety Data Sheet 

1. Chemical product and company identification

Product name: CASTROL TRANSAQUAT
MSDS #: 402721
Revised MSDS #: 000001-001
Code: 402721-0001US
Product use: Hydraulic fluid
For specific application advice see appropriate Technical Data Sheet or consult our company representative.
Manufacturer: Castrol Offshore
Distributed under: Powers (USA)
Between 01/01/1980 and 01/01/1980
United Kingdom
Supplier: Castrol Offshore
Division of Castrol North America
200 Industrial Blvd.
Houston, Texas 77079
Tel: 800-533-7157
EMERGENCY HEALTH INFORMATION: 1-800-447-4778
Subsidiary: 1-713-627-3887 (CHENMEX)
OTHER PRODUCT INFORMATION: 1-800-4-BP-10000
800-427-6727 (Toll Free - North America)
Email: 800help@bp.com

2. Composition/information on ingredients

Ingredient name	CAS #	% by weight
Tris(hydroxymethyl)aminomethane	102-71-6	1-5
Hydrotreating agent	102-71-6	65-85

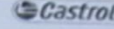
3. Hazards identification

Physical state: Liquid
Color: Yellow
Emergency overview: (DANGER)
HARSH, OR FATAL IF SWALLOWED.
CAUSES SKIN IRRITATION.
CAUSES EYE IRRITATION.
IRRITATION CAUSES HEADACHES, DIZZINESS, DROWSINESS, AND NAUSEA, AND MAY LEAD TO UNCONSCIOUSNESS.
Do not ingest. Avoid contact with skin, hair and clothing. Do not breathe vapor of this. Keep container closed. Use only with adequate ventilation. Wash thoroughly after handling.
Skin contact: Run contact. Irritation, ingestion.
Routes of entry: Inhalation
Potential health effects: Eyes: Causes eye irritation.

Product name: Transaquat HT	Product code: 402721	MSDS version: 000001-001	Page: 08
Version: 1.01	Date of issue: 06/06/2008	Format: MS	Language: ENGLISH
Risk: 2.2-2.3			
[DANGER]			

AFTER

- Warehouse to reject any chemical that not comply to CLASS Regulation 2013
- SDS list updated and comply with CLASS Regulations 2013

HELAHAN DATA KESELAMATAN 
SAFETY DATA SHEET

Seksyen 1. Pengenalan bahan kimia berbahaya dan pembekal

Pengenal pasti produk GHS: Transaquat HT2
Kod Produk: 402602-FR01
Helahan data keselamatan #: 402602

Kepentingan arahan yang diberikan pada setiap set atau campuran kimia yang diberikan yang tidak diwajibkan
Penggunaan bahan/ perolehan: Berhati-hati terhadap bahan api.
Untuk maklumat mengenai risiko dan Rujukan Data Teknikal yang sesuai atau ngr kepada wakil syarikat kami.

Pembekal: BP Singapore Pte Ltd
#02-01 Koppel Bay Tower
1 Harbour Front Avenue
Singapore, 099532
Tel: + 65 6371 8888
Carechem: +60 3 6207 4347 (24 hours)
Contact Point: Duty Officer CareChem

NOMBOR TELEFON KECEMASAN: Carechem: +60 3 6207 4347 (24 hours)
Contact Point: Duty Officer CareChem

Section 1. Identification of the hazardous chemical and of the supplier

GHS product identifier: Transaquat HT2
Product code: 402602-FR01
SDS no.: 402602

Relevant identified uses of the substance or mixture and uses advised against
Use of the substance/ mixture: Fire-resistant hydraulic fluid.
For specific application advice see appropriate Technical Data Sheet or consult our company representative.

Supplier: BP Singapore Pte Ltd
#02-01 Koppel Bay Tower
1 Harbour Front Avenue
Singapore, 099532
Tel: + 65 6371 8888
Carechem: +60 3 6207 4347 (24 hours)
Contact Point: Duty Officer CareChem

EMERGENCY TELEPHONE NUMBER: Carechem: +60 3 6207 4347 (24 hours)
Contact Point: Duty Officer CareChem

Seksyen 2. Pengenalan bahaya

Klasifikasi bahan atau campuran: KETOKSIKAN AKUT (oral) - Kategori 4
KETOKSIKAN ORGAN SASARAN KHUSUS - PENDEKATAN BERULANG - Kategori 2

Atas label GHS

SoHELP initiatives- before and after

■ Chemical Program

BEFORE

Chemical label not comply with CLASS regulation 2013



AFTER

- Warehouse to reject any chemical that not comply to CLASS Regulation 2013
- Provide labelling as per CLASS Regulation 2013



SoHELP initiatives- before and after

■ Chemical Program

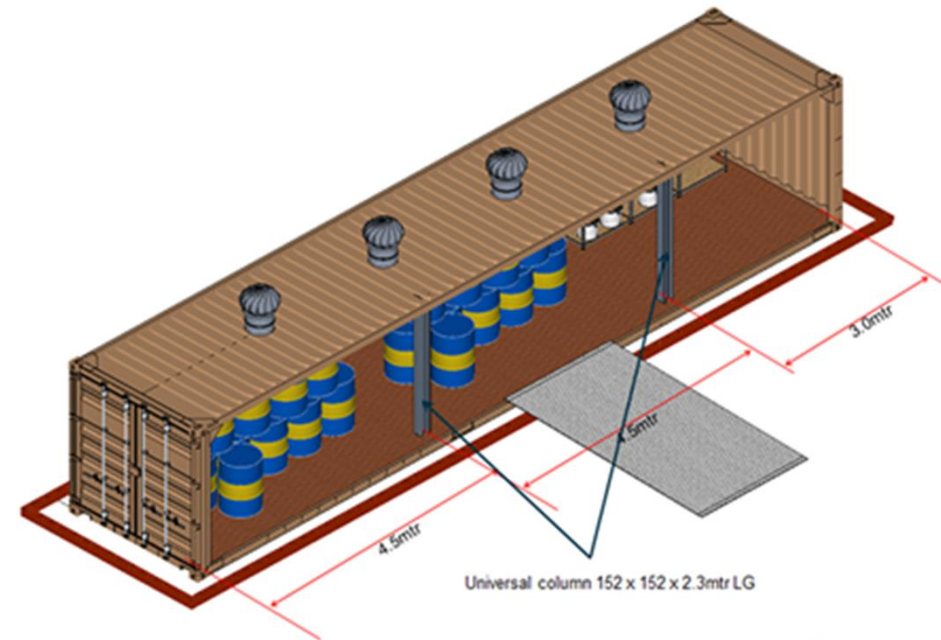
BEFORE

No proper chemical storage area



AFTER

Management has approved to construct new chemical storage and to be completed in 2017



SoHELP initiatives- before and after

■ Noise Program

BEFORE

Disposable ear plug provided next to noisy area, however there is no record to track the stock of ear plug.



AFTER

- A Ear Plug Record initiated to keep ear plug availability.



SoHELP initiatives- before and after

■ Noise Program

BEFORE

Noise program is not included in HSSE Plan 2016.

AFTER

HSSE plan 2016 is reviewed and Noise Awareness Program is carried out as planned.

Monthly HSE Campaign for 2016		
Month	HSE Campaign Agenda	Status
January	Hand and finger injury prevention	
February	Sustainable Environment - waste minimization	
March	Eye Injury prevention	
April	Safe handling and use of chemical	
May	Lock Out Tag Out (LOTO)	
June	working at height	
July	Housekeeping - Slip, trip and fall	
August	Ergonomics at workplace	
September	Safety in high pressure testing	
October	Stress at workplace	
November	Noise at workplace	
December	Safe Lifting operations	

AkerSolutions				
TRAINING: NOISE & HEARING CONSERVATION				
DATE / TIME: 22/9/2016				
VENUE: TRAINING ROOM				
FACILITATED BY: DANIEL KURR				
NO	NAME	SAP ID	DESIGNATION	SIGNATURE
1	ROSE	192629	TECH	
2	Imelda Jaimis	255020	ADMIN	
3	Ray Wong	227237	WAREHOUSE	
4	Sofini Binti AG Fadz	229600	LOGISTICS	
5	Hartman Razon	245611	HSE	
6	S. S. S. S. S.	151463	QC Inspector	
7	Amir Fikri	209527	TECH	
8	Sphera	261166	OPS Planner	
9	Michelle Sun	239561	Buyer	
10	Peggy Ann	265550	HSE	
11	Norwanto Rahmawati	228601	SLS Tech	
12				

HSSE Program

HSSE Activity/ Program



Everybody goes home safely



Morning Exercise



Health Life Style: In-house Fitness Dance



■ Objective

- To raise awareness and improve physical activity during and after working hours.
- Increase awareness benefit of healthy life style– to reduce related diseases, absenteeism and personal factors associated with overweight and obesity
- To develop healthy workforce in Aker Labuan.

External Training #1– Back Spain Care



■ Objective

- To gain skill, knowledge and experience by the other company / personnel within his filed of expertise.
- To meet the clients requirements and Malaysia legal requirements.
- To create healthy learning environment for the employee

External Training #2- Fire Fighting Training by BOMBA



Internal Training



■ Objective

- To improve employee awareness, knowledge and skill to manage HSE related issues in workplace.
- To create HSE culture by changing the employee perceptions and behavior.
- To meet the HSE plan program and HSE Training matrix requirements.

Ergonomics Program

Causes of Back Injury

Incorrect lifting method



Bending



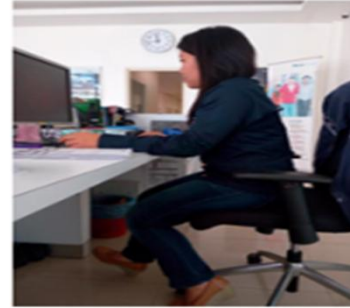
Incorrect lifting method



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Causes of Back Injury

Incorrect body posture



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Causes of Back Injury

Twisting motions



Forceful exertion



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Back Injury Prevention - Self care Management

- Practice good posture
- Use proper body mechanism during work
- Stand smart
- Sit smart
- Enough rest, sleep on firm mattress
- Maintain good health.
- Balanced nutrition - balance diet
- Regular exercise
- Cut the fat
- Identify trigger points and relief trigger points



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■ Objective

- To improve employee awareness, knowledge and skill to Ergonomics related issues in workplace.
- To meet the DOSH Labuan requirements and Labuan HSE training matrix plan.

SoHELP output

- Fully support by Aker management
- Good cooperation and support with DOSH
- Sharing and transfer knowledge among oil and gas industry
- Friendly engagement
- Learn new things
- Increase HSSE awareness
- A platform established to discuss HSSE issue with relevant parties.
- Level achievement is monitored by DOSH and Aker Solutions/

Recommendation and way forward

- To continue SoHELP program.
- To encourage industry to participate this programme.
- To develop DOSH specialist team in every state to deal with Ergonomics, Chemical and Noise hazards.

Thank You

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