

HSE TALKS

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Get Healthier in a Natural Way

Super Foods Special



HSE TALKS



Manager Health
Safety, Security &
Environment

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In the beginning, I would like to present to you the "Health and Safety" Bulletin in its second issue, and I am pleased to thank all those who helped support this publication to come out of this distinctive and brilliant image.

At the Corporation, we have focused since its inception in 1980 on health, safety, security and environment; so we worked on the development of plans and programs that aim at providing a valid work environment so as to ensure the safety and health of people in KPC, including employees, contractors, and customers. The Corporation has consistently run sessions, workshops and extended studies at this sector till it has become the most important sector of the KPC. The Corporation incorporated its Strategy 2020 then KPC Strategy 2030 in health, safety, and environment (HSE) programs.

Since the establishment of the Department of Health, Safety and Environment, it has received the full and effective support of the Chief Executive Officer and managing directors based on their belief in the need to provide a healthy and safe work environment for everyone working in the oil sector complex. The direct support provided by the CEO and Managing Directors resulted in the development of health, safety, security and environment (HSSE) programs, in accordance with the applicable standards in the major oil companies around the world.

In the process of development and continuous updating of (HSSE) programs, the Department deemed it necessary to issue a bulletin to deal directly with matters relating to health, safety and the environment, and provide a detailed explanation and general useful information to the staff of the oil sector complex so as to be acquainted with and aware of the beneficial aspects of working life.

God is the provider of success

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Things You Can Do to Conserve Energy



Whenever you save energy, you not only save money, you also reduce the demand for such fossil fuels as coal, oil, and natural gas. Less burning of fossil fuels also means lower emissions of carbon dioxide (CO₂), the primary contributor to global warming, and other pollutants.

By exercising even a few of the following steps, you can cut your annual emissions by thousands of pounds and your energy bills by a significant amount!

Home improvements

- Insulate your walls and ceilings. This can save 20 to 30 percent of home heating bills and reduce CO₂ emissions by 140 to 2100 pounds per year. If you live in a colder climate, consider super insulating. That can save 5.5 tons of CO₂ per year for gas-heated homes, 8.8 tons per year for oil heat, or 23 tons per year for electric heat.
- Modernize your windows. Replacing all your ordinary windows with argon filled, double-glazed windows save 2.4 tons of CO₂ per year for homes with gas heat, 3.9 tons of oil heat, and 9.8 tons for electric heat.
- Plant shade trees and paint your house a light color if you live in a warm climate or a dark color if you live in a cold climate. Reductions in energy use resulting from shade trees and appropriate painting can save up to 2.4 tons of CO₂ emissions per year. (Each tree also directly absorbs about 25 pounds of CO₂ from the air annually.)
- Weatherize your home or apartment, using caulk and weather stripping to plug air leaks around doors and windows. Caulking costs less than \$1 per window, and weather stripping is under \$10 per door. These steps can save up to 1100 pounds of CO₂ per year for a typical home. Ask your utility company for a home energy audit to find out where your home is poorly insulated or energy inefficient. This service may be provided free or at low cost. Make sure it includes a check of your furnace and air conditioning.

Home appliances

- Turn your refrigerator down. Refrigerators account for about 20% of Household electricity use. Use a thermometer to set your refrigerator temperature as close to 37 degrees and your freezer as close to 3 degrees as possible. Make sure that its energy saver switch is turned on. Also, check the gaskets around your refrigerator/freezer doors to make sure they are clean and sealed tightly.
- Set your clothes washer to the warm or cold water setting, not hot. Switching from hot to warm for two loads per week can save nearly 500 pounds of CO₂ per year if you have an electric water heater, or 150 pounds for a gas heater.
- Make sure your dishwasher is full when you run it and use the energy saving setting, to allow the dishes to air dry. You can also turn off the drying cycle manually. Avoiding heat in the drying cycle can save 20 percent of your dishwasher's total electricity use.
- Turn down your water heater thermostat. Thermostats are often set to 140 degrees F when 120 are usually fine. Each 10 degree reduction saves 600 pounds of CO₂ per year for an electric water heater, or 440 pounds for a gas heater. If every household turned its water heater thermostat down 20 degrees, we could prevent more than 45 million tons of annual CO₂ emissions.
- Select the most energy-efficient models when you replace your old appliances. Front loading washing machines will usually cut hot water use by 60 to 70% compared to typical machines. Replacing a typical 1973 refrigerator with a new energy-efficient model saves 1.4 tons of CO₂ per year. Investing in a solar water heater can save 4.9 tons of CO₂ annually.

Home heating and cooling

- Be careful not to overheat or overcool rooms. In the winter, set your thermostat at 68 degrees in daytime, and 55 degrees at night. In the summer, keep it at 78. Lowering your thermostat just two degrees during winter saves 6 percent of heating-related CO₂ emissions. That's a reduction of 420 pounds of CO₂ per year for a typical home.
- Clean or replace air filters as recommended. Energy is lost when air conditioners and hot-air furnaces have to work harder to draw air through dirty filters. Cleaning a dirty air conditioner filter can save 5 percent of the energy used. That could save 175 pounds of CO₂ per year.

Small investments that pay off

- Buy energy-efficient compact fluorescent bulbs for your most-used lights they provide an equivalent amount of bright, attractive light. Only 10% of the energy consumed by a normal light bulb generates light. The rest just makes the bulb hot. If every household replaced one of its standard light bulbs with an energy efficient compact fluorescent bulb, we would save the same amount of energy as a large nuclear power plant produces in one year. In a typical home, one compact fluorescent bulb can save 260 pounds of CO₂ per year.
- Wrap your water heater in an insulating jacket. It can save 1100 lbs. of CO₂ per year for an electric water heater, or 220 pounds for a gas heater.
- Use less hot water by installing low-flow shower heads. They cost just \$10 to \$20 each, deliver an invigorating shower, and save 300 pounds of CO₂ per year for electrically heated water, or 80 pounds for gas-heated water.

Getting around

- Whenever possible, walk, bike, car pool, or use mass transit. Every gallon of gasoline you save avoids 22 pounds of CO₂ emissions. If your car gets 25 miles per gallon, for example, and you reduce your annual driving from 12,000 to 10,000 miles, you'll save 1800 pounds of CO₂.
- When you next buy a car, choose one that gets good mileage. If your new car gets 40 miles per gallon instead of 25, and you drive 10,000 miles per year, you'll reduce your annual CO₂ emissions by 3,300 pounds.

Noise Pollution Threatens Fish

Fish are being threatened by rising levels of man-made noise pollution. So said scientists who have reviewed the impact on fish species around the world of noises made by oil and gas rigs, ships, boats and sonar. Rather than live in a silent world, most fish hear well and sound plays an active part in their lives, they say.



Increasing noise levels may therefore severely affect the distribution of fish, and their ability to reproduce, communicate and avoid predators. People always just assumed that the fish world was a silent one, says biologist Dr. Hans Slabbekoorn of Leiden University, the Netherlands.

But in the journal *Trends in Ecology and Evolution*, Dr. Slabbekoorn and colleagues in The Netherlands, Germany and US report how the underwater environment is anything but quiet.

So far, all fish studied to date are able to hear sounds, either by an inner ear or a lateral line that runs along a fish's side. Different fish vary in the sensitivity of their hearing. For example, Atlantic cod have average hearing abilities, say the authors, while freshwater goldfish can hear at higher frequencies. Generally fish hear best within 30-1000-Hz, though species with special adaptations can detect sounds up to 3000-5000-Hz. Some exceptional species are sensitive to ultrasound, while others such as the European eel, a freshwater species that spawns at sea, are sensitive to infrasound. That means human-generated underwater noise has the potential to affect fish just as traffic noise affects terrestrial animals such as birds, say the researchers.

The level and distribution of underwater noise is growing at a global scale but receives very little attention, says Dr. Slabbekoorn. To date, most research has focused on the impact sound might have on marine mammals, such as whales and dolphins. But noise pollution might severely affect the distribution of fish, and their ability to reproduce, communicate and avoid predators. Noise pollution could significantly impact communication between fish: so far over 800 species of fish from 109 families are known to produce sounds; generally broadband signals at less than 500Hz. Fish make sounds when fighting over territories, competing for food, within spawning aggregations and when under attack from predators. Earlier this year, Dr. Slabbekoorn published a report in the journal *Behavioral Ecology* that suggested that cichlid fish in Lake Victoria, East Africa produce species specific sounds that also correlate with the size of the fish.

Fisheries for example are likely to be much more devastating, says Dr. Slabbekoorn. However, none of the threats can be considered on their own: any negative consequence of anthropogenic noise will come on top of the fisheries impact, and together they may lead to more critical situations for some species.

The phenomenon is concealed by the fact that underwater sounds are difficult to hear by people living in air.

15 Super foods For Weight Loss

Super foods have the best nutrients for maintenance and betterment of our health. They boost our energy level and also aids weight loss.

Let us look at 15 such super foods that we can easily incorporate into our daily diet:

1. Apples

JA low calorie diet food packed with phytonutrients, dietary fiber and antioxidants, it prevents diseases and promotes good health.



2. Oats

Oats has carbohydrates contained in them that help in the release of a hormone known as serotonin, which helps in relaxation and fat burning.



3. Yogurt

It is more easily digestible than milk, rich in calcium and B-Vitamins, boosts immunity, keeps hunger pangs away by regulating our blood sugar level and lowers the risk of colon cancer.



4. Pomegranates

Packed with antioxidants and folic acids, they are a rich source of fiber and low in calories. Thus, you can satisfy your sugar cravings with this fruit (either in raw form, juice or in salads) while not having to put on those extra kilos. Pomegranates good health.



5. Blueberries

Blueberries are loaded with antioxidants, high on fiber content and they keep you full for longer hours.



6. Lentils

Rich in fiber and proteins, lentils also contain Resistant Starch a carbohydrate that boosts the metabolic process and aids in the burning of fat.



7. Salmon

Salmon is one of the leanest sources of proteins. It keeps you full but does not increase your inches. It is rich in Omega-3 fatty acids that aids improvement of insulin sensitivity and keeps the heart healthy.



8. Green Tea

Drinking 2-3 cups of green tea daily will help you shed those extra kilos faster. The antioxidants in it aid the fat and calorie-burning process.



9. Watermelons

Comprising of nearly 92% water, rich in vitamins A and C, and Lycopene a powerful antioxidant, they fuel your body to lose weight naturally.



10. Flaxseeds

Consuming 1 tablespoon of ground flaxseeds everyday can do the trick for you. It has Omega-3 fats and high amount of fiber that satisfies the appetite and promotes mental and physical well-being. Mix it with a glass of warm water or sprinkle on to your salads, soups, chutneys, scrambled eggs etc.



11. Mushrooms

If you are vegetarian looking for a something to replace the meat with in all your favorite and yummy looking food items, then this is the perfect choice. In a study at the Center at Johns Hopkins Bloomberg School of Public Health, it was found that replacing red meat with white button mushrooms helps you not just reduce your calorie intake but also shed some weight. Each cup contains only 44 calories when compared to lean red meat which had 6 times the amount. They have also been said to be just as satisfying as red meat.



12. Hot Chile Peppers

It has been proven that consuming hot chili peppers with tomato juice 30 minutes before a meal ensures that you eat 10% less than your normal quantities! It is no wonder than we count this as a super food for weight loss.



13. Almond

The American journal for clinical research conducted a study almonds. This study required for the participants to chew on 2 ounces almonds 10, 25 to 40 times. The participants reported that they felt more full and that their fat consumption had fallen on the whole. The doctors suspected that the repeated chewing released more fats from the almonds which satisfied their hunger pangs along with their high fiber content.



14. Olive Oil

We always associate oils with fat. But rest assured the fats in this can most definitely help you lose some fat! The polyunsaturated fatty acids found in it can help keep the hunger pangs away and also the oleic acid in it can help break down excess fats.



15. Cranberry Juice

Besides being high in anti-oxidants, cranberry juice is also an excellent diuretic which removes all the excess fluids from your body. This cuts down on weight gain due to fluid retention.

Each of these super foods is a nutritional powerhouse that helps you lose weight and remain fit.



Super Honey cures all wounds & Infections



The bio-engineered product Surgihoney was tested on babies, new mothers, cancer patients and the elderly for over a year in Hampshire hospitals.

Wounds and ulcers, including those infected with the superbug MRSA, healed within days, while the number of women who suffered infections after giving birth by caesarean section has halved. It has also healed the wounds of soldiers, and been used to treat acne and to protect the skin of cancer patients fitted with a catheter for chemotherapy.

Dr Matthew Dryden, consultant microbiologist at the Hampshire Hospitals NHS Foundation Trust, said: 'It will revolutionise wound care around the world.'

Honey has been used for its healing powers for thousands of years, although doctors favour penicillin and antibiotics. However, Surgihoney, which is stored in 10g sachets, can kill bacteria, parasites and fungal infections while also encouraging wounds to heal.

Dr Dryden said: 'I have conducted numerous laboratory tests and compared it with honeys from around the world. 'I found Surgihoney better for treating every type of bug. So for the past year I have been using it on patients and the results have been amazing.

'There are plenty of products that can kill bacteria but they often don't help heal tissue. 'Honey is a fantastic natural medicine. The important extra is that it kills the bugs but doesn't damage the tissue.'

Surgihoney is being developed by Ian Staples, a businessman who once owned the Halfords motor accessories chain. He bought an organic farm in southern Chile, set up beehives then funded scientific researchers in Ireland to identify the unique health elements.

The honey has been licensed by the Medicines and Healthcare products Regulatory Authority in the UK but is not yet commercially available.



Drink Lemon Juice for Weight Loss

Lemon Juice for Weight Loss does it Help? **Yes! Right! Drink your way to weight loss with Lemon!**

Just add lemon juice to lukewarm water and get going. Professional nutritionists claim that drinking lemon water induces weight loss. It also helps regulate metabolism and sugar absorption in the body, thereby helping you lose extra weight.

Additionally, lemon water also flushes out some of the toxins in your body, promotes quick rush of energy and even eliminates some of your body's internal waste.

Lemon Juice for Weight Loss

Consuming lemon water has proven results in terms of weight loss because the mixture of lemon and water is made up of natural ingredients. There are no additives or preservatives or any kind of processed elements; thus making this combination the healthiest for your body.

Drinking lemon water in the morning helps your body in natural cleansing and detoxifying process, therefore the more lemon water you consume the more you speed up with the weight loss.

Advantages of Drinking Lemon Water How Lemon Juice for Weight Loss Helps?

Does not add to your calories:

Since lemon water is natural, it does not add to your calories each time you drink it. How about replacing whatever you like drinking on a daily basis with lemon water? Wouldn't that be great? Any other drink would definitely add to your calories but not the lemon water.

Cleanser

Our colon is vulnerable to lingering waste which can build up and give rise to the risk of colon cancer over time. When residue of waste lingers in the colon, it adds weight to our body. Here lemon water comes to our rescue in colon cleansing.

Additionally, drinking lemon water regularly helps to clean our bowels. This results in losing weight. Consumption of lemon water promotes fluid bowel function, thus helping our digestive system by decreasing the probability of diarrhea and constipation.

Decreases Hunger

Lemon contains pectin fiber which has the effect of reducing hunger pangs. If in the past, you have tried to battle hunger cravings by consuming drinks like coffee or tea, try lemon water hereafter. And the best thing as I said before, you don't have to worry about the calories because lemon water has zero calories unlike other drinks.

Other benefits apart from uses of lemon juice for weight loss

- The high content of vitamin C in lemon helps fight cold, chest infections and relieves pesky coughs.
- The vitamin C in lemon also reduces blemishes and wrinkles. Mix it with fuller's earth, commonly known as multani mitti and apply to face. Scars can be reduced when lemon is directly applied to them. The Vitamin C in lemon also adds glow to skin, so consume it daily.
- Potassium in lemon promotes brain and nerve function, and helps control blood pressure.

Note:

- Do not add sugar to your lemon water; this will defeat the whole purpose of losing weight. You may add a teaspoon of honey if you wish. Honey has many health benefits too.