



From the HSE Desk

Welcome to the first edition of PI HSE Kronikles, a PI in-house news letter intended to disseminate information on health, safety and the environment of relevance to the PI community, and keep individuals posted on latest HSE developments and events that occur within the Institute, the UAE and the GCC. The past few months have been very hectic as would be the case with the start-up of any new department. In the period before August 2008, HSE at PI was managed through a committee chaired by the very capable Dr. Bruce Palmer that worked very closely with the HSE department, who some of you may remember was represented by Ms. Sireen Salman. With the resignation of Sireen and the safety officer (Mr. David Jackson) before her, and with members of the existing committee volunteering their services on a part-time basis, senior management lead by His Excellency and Dr. Ohadi envisioned that PI would require full-time commitment given the numerous HSE challenges (current and future) that exist at the Institute. I came to PI from Embry-Riddle Aeronautical University in Daytona Beach, Florida, where I was a tenured professor and program chair of the BS in Safety degree that I was instrumental in developing. Other members of our team are Mr. Jeyalal Jeyaseelan and Ms Sreeja Unnithan. Jeyalal comes to us with experience in the construction and manufacturing industries while Sreeja's expertise lies in food safety and office administration. You can know more about our professional backgrounds by going to the HSE webpage (http://www.pi.ac.ae/PI_INS/hse/index.php).

Team HSE is committed to working with the PI community to reduce the risk of injuries and illnesses to the lowest levels that are practically feasible and minimize the impact of the community's actions on the environment through energy conservation, recycling, spill prevention, and spill containment.

Working with us to achieve these objectives is the newly formed PI HSE Council that currently has representation from faculty, staff, student affairs (SAD), general services (GSD) and HSE. The committee members are Dr. Nadia Al Hasani, Mr. Aws Khanfar, Mr. Yousef Al Neaimi (replacement in progress after he left the PI), Dr. Bruce Palmer, Dr. Clarence Rodrigues, Dr. Paul Rostron, and Dr. John Williams. More information on the committee's vision, commitment and policy, and information on PI HSE Council members can be found on the HSE webpage.

We are very excited to be working with dedicated and knowledgeable individuals of the PI community. Together we will build an HSE program that is the very best in our peer group.

We have several exciting initiatives that are either in progress or are planned for this year, one of which is the PI HSE and Energy Sustainability Week during which we have chosen to distribute this first issue of HSE Kronikles. Other initiatives planned for the year include:


- ◆ Fire safety and emergency evacuation
 - Fire marshal & Fire extinguisher training
 - Panic bars on evacuation doors project
 - Redoing evacuation route drawings and assembly points
- ◆ Transportation (bus) Safety
- ◆ Campus traffic safety
- ◆ Lab Safety
- ◆ HSE website
- ◆ Injury, illness and spill reporting
- ◆ Permit to work policy
- ◆ Procedures for bringing radioactive materials on campus
- ◆ Student lecture presentations by HSE team members
- ◆ Identifying and correcting miscellaneous HSE issues as they surface
- ◆ Student driving safety
- ◆ Hazardous materials - acquisition, storage, use and disposal
- ◆ HSE courses and degree program developments
- ◆ Wild animal policy
- ◆ Prizes and recognition for the PI community for HSE involvement
- ◆ Rectifying safety engineering issues (ex. laboratory fume hood ventilation in Arzanah)

Please enjoy the rest of the publication and as always we look forward to your comments and suggestions.


Clarence C. Rodrigues

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Do you know!



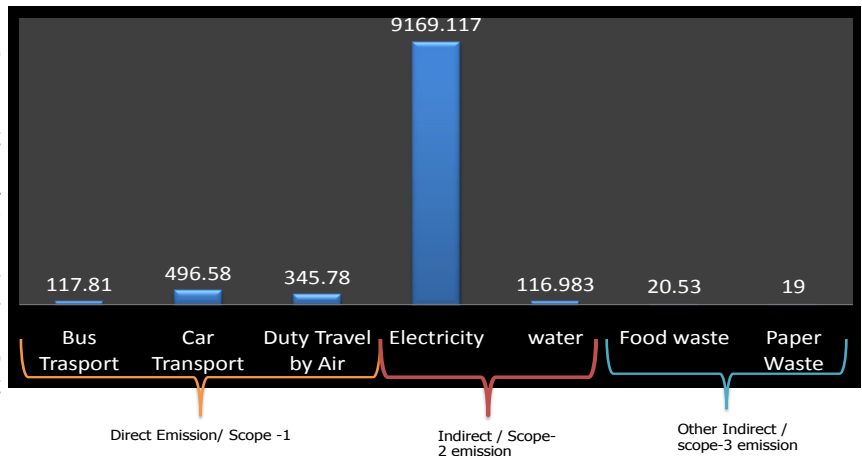
UAE consumes the largest amount of energy per capita in the world
(Courtesy: www.heroesofthuae.ae)

Energy Conservation and Carbon Footprint (emissions) Reduction at PI

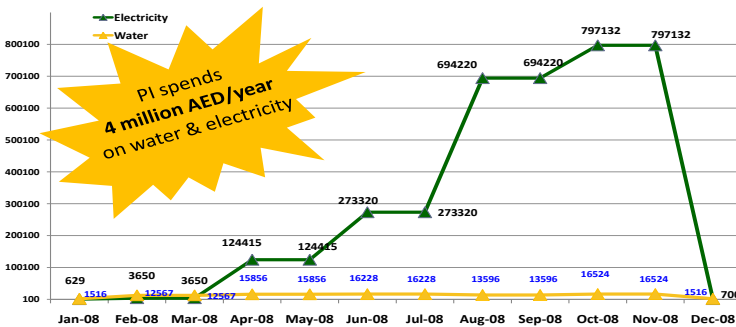
Sustainable development and protecting the environment feature prominently in ADNOC's HSE commitment and policy statement. To demonstrate its seriousness and commitment to these statements, starting in 2008, ADNOC now requires the group companies to report on climate change data to include energy use and carbon footprint.

In addition to being friendly to the environment and helping reduce global warming, reducing carbon emissions has great economical benefits. An organization's carbon footprint is directly linked to its energy consumption. Reducing the footprint will reduce energy consumption and consequently enable cost reduction. PI shares ADNOC's commitment of controlling energy costs through carbon footprint reduction and PI's senior management has challenged us to reduce our energy consumption to lowest levels that are practically feasible.

PI's Carbon Footprint Distribution (tCO₂e)



PI's Water & Electricity Cost in AED



PI's carbon footprint for 2008 was estimated to be 10,286 metric tons of eCO₂ (carbon dioxide equivalent), with an associated cost of about 4 million AED. Electricity use accounted for almost 90% of the Institute's carbon footprint making it the largest single contributor to the PI's eCO₂ production.

Carbon Footprint



Simple Energy Saving Tips for the Office

- ◆ Switch off equipment/lights/AC that are not in use.
- ◆ Switch off photocopier/printers after working hours.
- ◆ Avoid leaving appliances in standby mode.
- ◆ Carry out regular maintenance.
- ◆ Lower window blinds to reduce direct sunlight.
- ◆ Make use of daylight whenever possible.
- ◆ Use "print preview" function to check the layout & style of documents before printing.
- ◆ Avoid using screen savers in your PC as they do not save energy & enable hibernation mode setting.
- ◆ The energy wasted by a photocopier left in "standby" mode overnight is enough for making up to 700 copies of A4 size paper.
- ◆ The power wasted by a desktop printer left in "standby" mode after office hours accounts for 70% of total energy consumed by the printer.

Do you Know?

The UAE has one of the world's highest levels of domestic waste per capita - to know more go to <http://www.uae.gov.ae/Government/environment.htm>

Water Use in UAE

WATER IS A PRECIOUS COMMODITY IN THE UAE

Supplies of fresh water are very scarce in the United Arab Emirates. The run-off water from the Hajar Mountain range is the only real source of fresh water that replenishes the underground water table.

Due to the lack of fresh water in the UAE, UAE has the highest per capita consumption of desalinated water in the world.*

The lack of rain, the rising population, the extraction of increasing volumes of ground water for irrigation purposes and the resultant lowering of the UAE's water table causing increased salinity are major challenges in the area of water supply.

- ◆ Reduce, re-use & recycle water whenever possible
- ◆ Check for leaking taps & pipes. One leaking tap can waste up to 2,000 liters of water a month
- ◆ Reduce the time spent in the shower
- ◆ When ever possible, have your lavatory & washing machine fitted with an economy option cycle.

* Ref: http://www.arabchamber.com/arab-countries/uae/G/economic_trends.htm

HSE Training/Presentation

Emergency First Response Training

Emergency First Response training was conducted by our very own Chemistry Professor Dr. Paul Rostron in January 2009. Ten individuals enrolled and successfully completed the course. The objectives of this course were to learn how to assess incidents, assist people in difficulties, provide cardiopulmonary resuscitation (CPR), and automated external defibrillator (AED) training, and apply secondary aid (bandaging & splinting)

All the participants received the course completion card from Emergency First Response Ltd, UK.

Fire Safety and Emergency Evacuation Level I

Sixteen (16) sessions of Fire Safety and Emergency Evacuation Level I presentation have been conducted to-date by the PI HSE team across PI campus. Sixty four (64) individuals had completed the course so far. Please note that you are welcome to attend this training even if you are not a fire marshal. You will receive basic life & fire safety information that would be useful in your daily lives. Schedules of additional sessions will be posted on the HSE webpage.

Fire Safety & Emergency Evacuation Level II Training

In this training, individuals got to use fire extinguishers to put out real fires. The course participation was limited to those who completed Level I training & enrollment was on a first come first serve basis. The 11 individuals that participated had a blast! Please note that we need you to complete Level I training before you get to fight fires in Level II training.



HSE NEWS

PI is celebrating the third week of April as **HSE and Energy sustainability Week** ! Lot of events are planned including seminars/presentations from professionals in industry, showcasing earth friendly initiatives, blood donation campaign, seat belt convincer, CPR, recycling initiatives & a lot more!

HSE Website: check it out! http://www.pi.ac.ae/PI_INS/hse/index.php

Customized Evacuation Route for each Room! Team HSE started the initiative of providing each room and the common areas like lobby lounges with an evacuation route sketch with two nearest exits. Please take a moment to review an evacuation route whenever you are in a new space, not only at PI but at other places too like shopping malls, restaurants and similar places of large gatherings.

HSE Award The intent is to reward those members of the PI community (faculty, staff & students) to encourage involvement, increase awareness and, reward their contributions towards the betterment of Health, Safety & Environment at PI. More information on rules & prizes will be circulated shortly.



See you next fall!



Think and practice safety.

Basics to Health Living*



1. Move More

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends, mow the lawn. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class.

2. Cut Fat

Try to avoid fried foods, burgers and reduce intake of red meats like beef. Dairy products such as cheese, cottage cheese, milk and cream should be eaten in low fat versions. Nuts and sandwich meats, mayonnaise, margarine, butter and sauces should be eaten in limited amounts. Most are available in lower fat versions such as substitute butter, fat free cheeses and mayonnaise.

3. Quit Smoking .

Each year smoking kills more people than AIDS, alcohol & drug abuse, suicides & fires combined. Smoking doubles the risk of heart disease. It is also associated with cancer of the lung, mouth, throat, liver, kidney and bladder and many other diseases.

4. Reduce Stress

Easier said than done, stress busters come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like.

5. Protect Yourself from Pollution

If you can't live in a smog-free environment, at least avoid smoke-filled rooms, high traffic areas, breathing in highway fumes and exercising near busy thoroughfares. Exercise outside when the

smog rating is low. Exercise indoors in air conditioning when air quality is good. Plant lots of shrubbery in your yard.

6. Wear Your Seat Belt

Statistics show that seat belts save lives and help alleviate potential injuries in car crashes.

*Ref:ScienceDaily,Jan.26, 2007



For more information on lung cancer... keep smoking

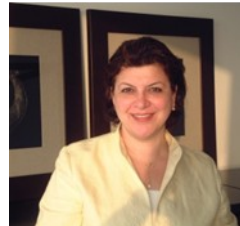
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Safety isn't just a slogan... it's a way of life!

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