

# DIMENSION BID

# CTS TASK SHEET

<b>Title</b>	Active HSSE participation					
<b>Target Population</b>	Field Engineers & Field Specialists					
This requirement is applicable to:	<input checked="" type="checkbox"/>	JFE	<input checked="" type="checkbox"/>	FST	<input type="checkbox"/>	EOT
	<input checked="" type="checkbox"/>	FE1	<input checked="" type="checkbox"/>	FS1	<input type="checkbox"/>	EO1
	<input checked="" type="checkbox"/>	FE2	<input checked="" type="checkbox"/>	FS2	<input type="checkbox"/>	EO2
	<input type="checkbox"/>		<input checked="" type="checkbox"/>	FS3	<input type="checkbox"/>	EO3
	<input type="checkbox"/>				<input checked="" type="checkbox"/>	GEO

### Objective:

The objective of this task is to create awareness on the importance of HSSE in operation activities. It is also to emphasize the importance of employee's active participations in HSSE program / activities for the Division in order to improve overall Company's performance and compliance to HSSE requirements.

### Tasks:

- Identify a HSSE related issue at location or base
- Describe the issue (what, where, why, who, how etc) and identify potential hazard that may occur if the issue is not removed
- Conduct a safety sharing with the team to create awareness

### REQUIRED EVIDENCE:


- 1 Slide presentation
- 2 Attendance list



OVERALL SCORE	STRONG			ADEQUATE		IMPROVEMENT NEEDED			
	10	9	8	7	6	5	4	3	2
				7					


ASSESSOR's Comments & Recommendation (Safety Officer):

*presentation during HSE operation Meeting at PMA. personal was able to brief the topic, and explain to others.*

Signature		Assessment Date	22/10/2024.
Name	Ahmed Ab. Mejad	Position	HSSE Executive.

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# CTS TASK SHEET

FSM / OM Comments & Recommendation:  Task completed			
Signature		Assessment Date	15/10/24
Name	PIDHWAH A2124H	Position	FSM

[Open]

# Operation & HSE Updates

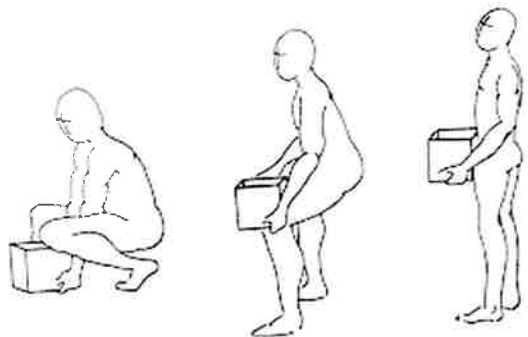
## DIMENSION BID (CTS)



Open

## MANUAL HANDLING TECHNIQUES & TIPS

- Moving & handling also known as “manual handling”.
- Any action involving physical effort to move or support an object or person by: Lifting, Pushing, Pulling, Carrying & Transporting.
- Must be included in Risk Assessment to ensure personnel understand how to lift, push and pull correctly.



Poor lifting technique

[Open]

## DB Safety Sharing

# MANUAL HANDLING TECHNIQUES & TIPS

1. Before lifting an item, think!
2. Adopt a stable position with feet apart and one leg slightly forward to maintain stability.
3. Get a good hold on the load and hug it close to your body where possible.
4. When carrying, keep the load close to your waist for as long as possible.
5. If you need to re-adjust the load, put the load down and adjust your grip before continuing the lift.

