

# Strive for L·I·F·E NEWS



Strive for L·I·F·E safety leadership training

**Opening of Strive for L·I·F·E  
Knowledge and Skills Training Centre**

Fatigue management

**Outstanding safety achievements**



**Strive for L·I·F·E**

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# Strive for L-I-F-E quiz

**Injuries to hands are one of the most common injuries that occur on project sites. However, by paying attention to what you are doing and avoiding distraction when performing tasks, we can reduce hand injuries. Circle the correct answers to the simple quiz below to win a prize and improve your understanding of the Strive for L-I-F-E programme! There may be more than one answer to each question.**

1. Hand injuries often occur when you:
  - a. Use gloves to protect you for most activities
  - b. Get distracted and look away
  - c. Keep your eyes on hands
2. Never place your hand:
  - a. Near any hand tools
  - b. Between a load and a fixed object
  - c. Near lifting points
3. To avoid hand injuries, you should carry:
  - a. A cup of coffee all day
  - b. Gloves with you all day
  - c. Mobile phone all day

Tips: refer to the poster on the back cover.

Please submit your quiz with the following details to the local site or office Safety Department by 31 January 2010.

Name \_\_\_\_\_

Contact number \_\_\_\_\_

Site number \_\_\_\_\_

Date \_\_\_\_\_

## Message from the MD

*I am very pleased to announce the first year anniversary of our Strive for L-I-F-E programme. We launched Strive for L-I-F-E in November 2009 and during the past 12 months I have been very pleased with the programme's success. Today we can see the positive impact that Strive for L-I-F-E is having on the business through increased risk awareness, more robust control measures and better reporting and investigation of potential Class 1 incidents.*

*In particular, I would like to use my column in this issue to comment on the importance of the Strive for L-I-F-E safety leadership training programme. In order to take Strive for L-I-F-E to the next level and truly imbed safety in our culture and everyday behaviour we will be taking more than 1,000 people through our safety leadership training programme.*

*This course is designed to provide a refresher on the Strive for L-I-F-E programme of risk assessment and control, outline the aspects of a safety culture, define safe working behaviour and provide safety Leaders with the tools that they require to reduce the risk of Class 1 incidents.*

*Your business unit is arranging the schedule of dates for the safety leadership training and you will be advised shortly about which session to attend. I expect everyone to participate in the training and then play their part in delivering a Leighton Incident Free Environment. I myself have been through the training and found it to be extremely valuable.*

*This leadership training will compliment the other safety training courses that we conduct as part of Strive for L-I-F-E. To date we have conducted sessions in Mongolia, Hong Kong, Indonesia and the Philippines. The programme from Balikpapan, Indonesia is featured in this issue of Strive for L-I-F-E News.*

**Hamish Tyrwhitt**  
Managing Director  
Leighton Asia Limited

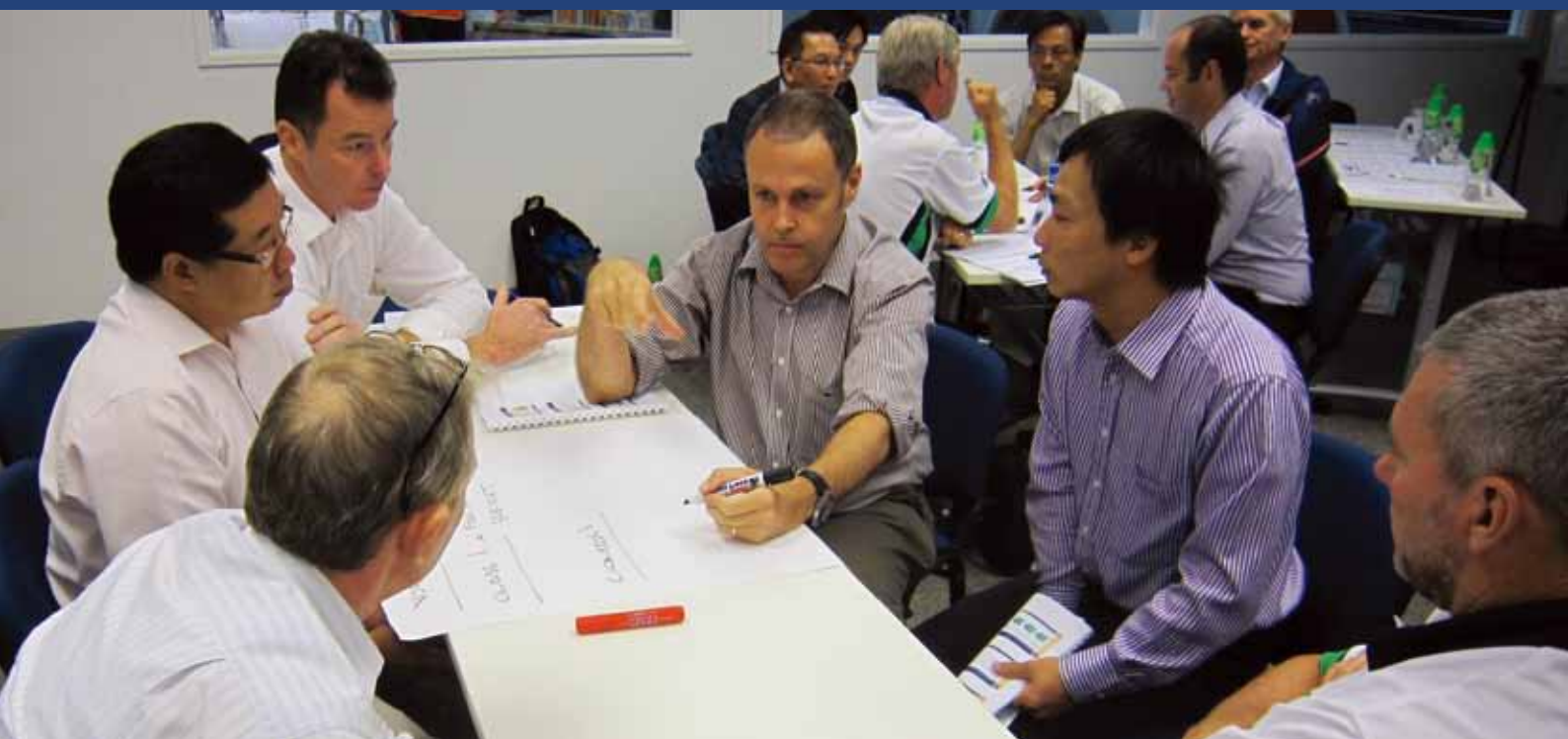


## Strive for L-I-F-E NEWS

**Issue 4 of Strive for L-I-F-E News features the opening of the Strive for L-I-F-E Knowledge & Skills Training Centre in Hong Kong, where spacious classrooms and a site mock up environment are used to deliver HSE and other training programmes. In addition, Strive for L-I-F-E safety leadership training is now underway and getting everyone engaged in becoming a safety leader. In this issue we discuss the risk of fatigue and how we can manage fatigue in the business. In particular we will share some of the great initiatives already underway to help our workers remain alert and aware. Lastly, make sure you don't miss our Mr. L-I-F-E on the back cover reminding us how to avoid hand injuries by developing good working practices.**



# Strive for L·I·F·E safety leadership training



As part of our ongoing commitment to support Leighton Asia's **Strive for L·I·F·E** programme, and to develop our safety leadership, we have developed the **Strive for L·I·F·E** safety leadership training course. The course is aimed at providing all participants with a better understanding of the **Strive for L·I·F·E** framework, how to create a safety culture and what it means to be a safety leader. The course has been developed with the assistance of the Safety Managers in each business unit so that it is relevant to everybody in every country and for each discipline of work we undertake. Your business unit Safety Managers will also be involved in delivering the programme to more than 1,000 Leighton staff.

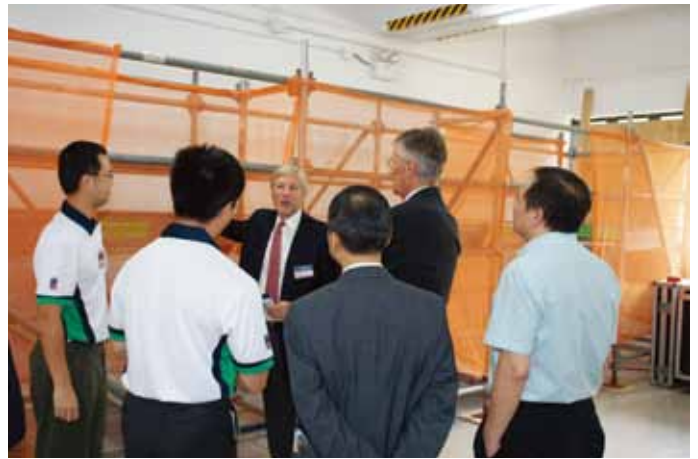
We have held two pilot courses which have been attended by the senior managers in Hong Kong for Business Unit 1 and in Balikpapan, Indonesia for Business Unit 3. At both of these pilots our senior leaders spent the day going through the course and providing their feedback on what they see as the most important aspects of the programme. Now that we have completed these pilot programmes it is time to launch the training in each business unit. There have already been a number of programmes held in November delivered in Hong Kong and Mongolia and in December in Hong Kong, Philippines and Indonesia.

We encourage everybody to actively participate in the programme and find out what Leighton requires of our safety leaders!



# Opening of **Strive for L-I-F-E** Knowledge and Skills Training Centre





Leighton Asia’s Business Unit 1 conducted a grand opening ceremony for its newly established **Strive for L-I-F-E** Knowledge and Skills Training Centre on 11 October.

The ceremony was led by our Managing Director, Hamish Tyrwhitt and Ian Edwards, Executive General Manager of Business Unit 1 with the support of the senior management team, clients, trade union representatives and business partners. One of the highlights was the falling objects demonstration, which followed the ribbon cutting ceremony. This apparatus is aimed at demonstrating the unpredictability of a live site environment and the importance of remaining vigilant at all times on site.

“The idea of monitoring workers’ behavior in Hong Kong is nothing new, however, the Leighton Asia business is rapidly expanding across Asia and we have a huge multicultural workforce who all share different values and beliefs. It is therefore of great importance to us in Leighton Asia to communicate the Leighton values and the culture that we want our workforce to be a part of,” Hamish said. “This training center aims at delivering these key messages as well as to deliver our staff and workers a consistent safety message through the advanced safety induction currently being run at the facility. I fully support this great initiative and will bring this concept to our other business units,” he added.

Apart from the falling objects mock-up apparatus, the centre also has facilities which demonstrate rigging & lifting operations, confined space work, electrical safety, scaffolding, work at height, slewing and moving plant & equipment, etc. The facility is over 9,000 square feet and consists of a mock-up of a live site environment as well as two training classrooms equipped with all the latest multi-media technology.

Currently, all monthly and daily paid staff and workers, as well as subcontractors, are required to take part in the advanced safety training programme before being allowed to commence work on site.

The full-day programme consists of a morning classroom session, which focuses on the human cost of accidents and safe working behaviours. In addition there is an afternoon session, which focuses more on the physical safety features, the application of safety rules and **Strive for L-I-F-E** behaviours in the work environment.

Monitoring and shaping workers’ behaviour is one of the key focuses with our **Strive for L-I-F-E** programme. During his welcome speech Ian Edward said, “By providing a dynamic and interactive training programme in this facility, we believe our workers will actually enjoy their training experience, thus absorb and take away key messages which will assist them in practicing consistent safe behaviours on our sites.”





# Fatigue management



Fatigue is a feeling of tiredness, exhaustion or lack of energy and motivation that can be physical, mental or both. Fatigue is one of the greatest risks in mining and construction environments. Fatigue is a particular concern in situations where 24 hour continuous operations are undertaken. Naturally our bodies adapt to what is referred to as a circadian rhythm. These rhythms are 24 hour cycles in the biochemical, physiological or behavioural processes of humans which control, among other things, sleep patterns. When we undertake periods of work outside of our natural circadian rhythm, fatigue can result.

It is important that you are aware of the risks associated with fatigue as a worker or as a person supervising others. By understanding the activators of fatigue we can put in place strategies to reduce these risks and assist our workers to remain alert. In addition, we need to discuss these activators with our workers so that they can detect when they are feeling fatigued.

Here is some useful advice for you to reduce fatigue.

- Develop a stable sleeping routine and make sure you have enough sleep
- Do not eat or drink two hours prior to your bedtime
- Relax yourself before bedtime by keeping stressful thoughts out of your brain
- Taking a warm bath or drinking a cup of milk may help relaxing yourself
- Consume a balanced diet at a set timing
- Avoid alcohol or caffeine in the evenings
- Regularly exercise your body and get physically active

If you suffer from serious fatigue, you may need to ask for medical advice and undertake different testing to investigate any potential health concerns.

# Outstanding safety achievements



## Hong Kong

### North Lantau Hospital project

It is with pleasure that we can announce Mr. Kook Wai Yin from the North Lantau Hospital project was the champion of the Lighthouse Club's annual safe foreman award. The Lighthouse Club is a non political organisation started by the construction industry in the United Kingdom in 1956. There are now 21 Lighthouse Club branches with almost 5,000 members. In Hong Kong the Lighthouse Club has more than 900 members and its Benevolent Fund provides more than HK\$1 million per annum in financial assistance to those in Hong Kong's construction industry disadvantaged by illness, injury or death. The campaign held by The Lighthouse Club aims at recognising the importance and contribution of site foreman in site safety supervision. Spending most of the time on site, foreman is an important connection between management and operatives and assist with executing safety measures. Congratulations and well done to Mr. Kook!

To win an employee safety award, you may be required to wear hardhats, gloves, goggles and boots. Keep all items on your person while at work. If you see someone not doing so, give them a gentle reminder.



## Philippines

### Safe workers award

Leighton is pleased to present the August safe workers awards for the Zuellig project to June Rey C. De Guzman and Cristito J. Mendoza.

### Strive for L-I-F-E Award Scheme

The aim for the **Strive for L-I-F-E** Award Scheme is to encourage Leighton staff to achieve high standards of health and safety performance at work. The purpose of the scheme includes the following.

- To demonstrate the commitment towards health and safety
- To promote and enhance continuous health, safety and environmental consciousness amongst staff and workers of the company and sub-contractors alike
- To show appreciation and recognition to employees and sub-contractors who contributed towards health and safety performance.
- To ensure that Class 1 risks are identified and controlled and to reduce Class 2 and 3 injuries

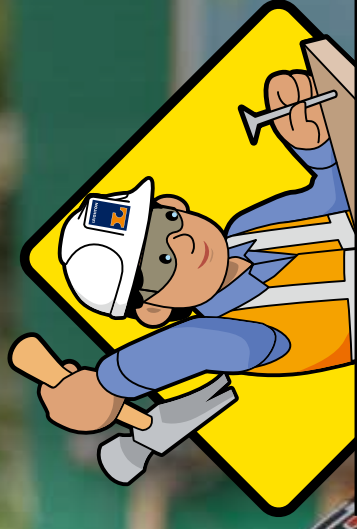


The July winner for the **Strive for L-I-F-E** Award Scheme is Renante Booc and the August winner is Felix Panugan at the Masbate Gold Mine project.

Congratulations to the awardees, we are proud of your achievements!



Hand injuries are common on project sites but easy to avoid by using good working practice



**Eyes on Hands**

**Strive for L.I.F.E**

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Are your eyes on your hands while carrying out tasks such as using tools - to avoid cut, pinch, crush, burn and other injuries to yourself or others?

- Do keep your eyes on hands when using hand tools – don't get distracted and look away
- Ensure you use gloves to protect your hands for most activities
- When there is a risk of entanglement in rotating equipment it is best not to use gloves – particularly loose fitting gloves
- Make a habit of carrying gloves with you all day so that they are available when you need them
- Never place your hand near lifting points or between a load and a fixed object

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