

SUDOKU

Insert the numbers one to nine into the grid in such a way that every number appears once in each horizontal line, vertical line, and square.

9	8			2	1	7		
1			4			8	6	
6								2
5	4			1		6	3	
7		9		5				8
	3			8				9
4								5
3	1						7	
		2				4		

QUIZ

PROCESS SAFETY FUNDAMENTALS

Reckon you know your KPIs from your Key Steps? Could you spot a weak signal at 10 paces? Are you a pro at walking the line? Pit your wits in our process safety fundamentals quiz by scanning the QR code here.



Got any interesting ideas or stories you'd like to share with the rest of industry? Anyone you'd like to recognise for being a safety champion?

Please get in touch with editor@teashack.news and we will consider it for future issues. We would also love to hear what you think about Tea Shack News Rebooted; all constructive feedback is welcome!

QUIZ ANSWERS

1. Rice / 2. 1,500-1,800kg / 3. Someone you loved, Lewis Capaldi / 4. Amanda Seyfried / 5. Moonstruck / 6. Chimpanzee or Bonobo / 7. 60 per cent / 8. Au / 9. Albus Dumbledore / 10. Anna Wintour / 11. The GC / 12. 206 / 13. Mitsu / 14. Timon / 15. Typhoon / 16. Maui / 17. E / 18. 20 / 19. Ghostbusters / 20. Valerie Solanis

GENERAL KNOWLEDGE QUIZ

- What is Japanese sake made from?
- How much does the average male hippo weigh (in kg)?
- What was the best selling single of 2019?
- Who plays Sophie in Mamma Mia?
- What movie did Cher win an Oscar for?
- Which animal is genetically closest to humans?
- What percentage of the human body is water?
- What is the chemical symbol for gold?
- Which fictional wizard said: "It does not do to dwell on dreams and forget to live?"
- Who is the editor-in-chief of Vogue?
- What is Gemma Collins' alter-ego called?
- How many bones in the adult human body?
- What is the name of the demoted guardian spirit of Mulan's family who accompanies her on her adventures in the place of the Great Stone Dragon?
- In the original 1994 version of The Lion King, which characters distract the hyenas with a Hawaiian luau?
- What is the name of the main type of British fighter jet?
- Which character in Moana said: "If you wear a dress and have an animal sidekick, you're a princess."?
- Which is the only vowel not used as the first letter in a US State?
- How many shillings in a pound?
- Which 80s classic got a reboot in 2016 with an all-female cast including Kristen Wiig and Melissa McCarthy?
- Who shot Andy Warhol?

Answers to the general knowledge quiz can be found by clicking this link or view at the bottom of this page, no cheating!

AWARD WINNING

TEA SHACK NEWS

WORKFORCE ENGAGEMENT SUPPORT TEAM

ISSUE 5 • JANUARY 2024



REBOOTED



WEST

GOOD PRACTICE: HIGHLIGHTING OPERATIONAL RISK ASSESSMENTS (ORAS) DURING SITE INDUCTIONS



The Tea Shack News team caught up with Calum Gray, OIM on the Thistle Alpha, to discuss what best practice looks like on the platform.

"I try to meet every flight to welcome personnel coming onboard. At the welcome briefing we chat through who is onboard now, any safety incidents which may have occurred over the past 6 weeks, what's going on just now, and any incidents from other assets which we can learn from. We talk about the major accident hazards onboard and the status of the barrier model, including which operational risk assessments we have in place which can affect any of those barriers.

"By meeting every flight, I know that I have given them the information and then it's up to the crew to make best use of that. If I can't meet them, one

of the HSE coaches or the Deputy OIM does.

"The aims of our welcome briefing are to remind all oncoming personnel of the standards and behaviours expected on EnQuest assets. We talk about personal safety, environmental performance and standards, we introduce safety and environmental reps and tell them any other key information.

"We discuss the permit system and toolbox talks, chatting about best practice and then go on to look at ORAs applicable to tasks they will be carrying out.

"We focus heavily on informing people of ORAs because this is not something which should be in the background; they are things which could affect

every one of us whilst we are walking around outside on the plant. We ensure the ORA is noted against the permit – we always keep the ORA and permit numbers together. Ultimately, we want everyone to be mindful that ORAs can affect everyone, not just the job you are working on. A bigger understanding of that instils a togetherness with safety at the core and a good team spirit on the platform.

Our briefing also covers lifesaving rules and human factors; for instance if you are feeling tired, tell your work mates, look after each other and don't allow someone to undertake a high risk task if they are feeling very tired. We always reaffirm that if you are in any doubt, stop the job! On the Thistle, nothing is so urgent or important that time cannot be taken to do it safely."

WOULD YOU RATHER....BE EATEN BY A TIGER OR A LION?



It's not an easy answer. Lions generally live in vast, open plains and sleep for 23 hours a day. At the top of the food chain, lions can afford to be relaxed about where they snooze. Tourists flock on safari to see "the big 5" and lions are an easy spot.

Tigers, on the other hand, are much sneakier. They, lurk unseen in thick grasslands, patiently waiting for a meal to arrive – then they pounce. Unsuspecting prey could be mere

metres from this big cat and they may never realise it – save for the slightest twitch of the grass tips. But perhaps that's just the wind?

We can think of major accident hazards in the same way. Often they're unseen, lying invisible until they manifest into, for example, a hydrocarbon release.

We need to carefully tune into weak signals to spot them e.g. a culture of non-compliance.

On the other hand, occupational safety hazards are more obvious to spot – a trailing cable or a sharp edge. They're like the lions – still harmful but more easily identified and contained.

This issue of TSN, thinks about what we can all do to play our part in spotting and managing major accident hazards. Now, lions or tigers? At least lions give you a head start.



Email: editor@teashack.news

www.stepchangeinsafety.net/teashack-news

#playyourpart





Over the next few issues of Tea Shack News **Emma Cook of Purely Balanced**, a fatigue and shift rotation specialist, will support you by giving you tips and techniques on sleeping smarter. Stay tuned and let's see how you can help yourself sleep better and be safer.

We all know the feeling of being tired at work. The midday dip? The 'can't be bothered to do anything today' feeling, and just being tired and dazed at work ... right? Oh yeah you know the one! INFACT, you're probably tired reading this as most of us always are! We run in a world of unrested and burned-out people, and we seem to do this because we aren't taught how to help us help ourselves switch off and get better quality rest.

FACT: Did you know a fatigued worker is 61% more likely to have an accident at work due to a little thing called alpha state (zoning in and zoning out).

Simply put, the more fatigued your workforce is the more likely they are to have an accident at work. This is because the brain needs deep sleep and if it doesn't get enough of quality sleep in an evening, it will take micro sleeps from your day, playing catch up.

Let me explain how that affects you and makes you unsafe:

Sleep plays a housekeeping role within our body, it's in our deep sleep states that the body heals, cleans and fixes itself from the day you've had and gets you refreshed for the day ahead. Simply, sleep is our reset from one day to the next.

If you think of a good night's sleep as being the time the cleaning team come in well, THAT'S WHAT SLEEP DOES! For example, if you have a bad night's sleep the cleaning time can't get their job done so the solution is they clean up while you're awake. This is making you semi-conscious at different parts of your day while it does its job. Its scientific name is alpha state - micro sleep - you and I call it zoning in and zoning out.

When you are in a state of zoning in and out you can have a delayed response time of up to 5 seconds long. Imagine how unsafe that would make some of us at work. You wouldn't close your eyes for 5 seconds on the job, yet this happens when we are fatigued and unless we know how to control it, we simply can't.

It's also been proven that a fatigued brain is the same as a drunk brain and in some respects, such as our hand eye coordination, it can be off by as much as if we have a blood alcohol level of .05% .. now you wouldn't work or drive drunk would you!

Sleep is so important to us that we need to start addressing how to sleep better and gain knowledge and education around fatigue. In a world that's getting faster we need to start to slow down to catch up!

Look out for our mini-series on sleep in the forthcoming editions of TSN.



NEW UK OIL & GAS CHAPLAIN APPOINTED

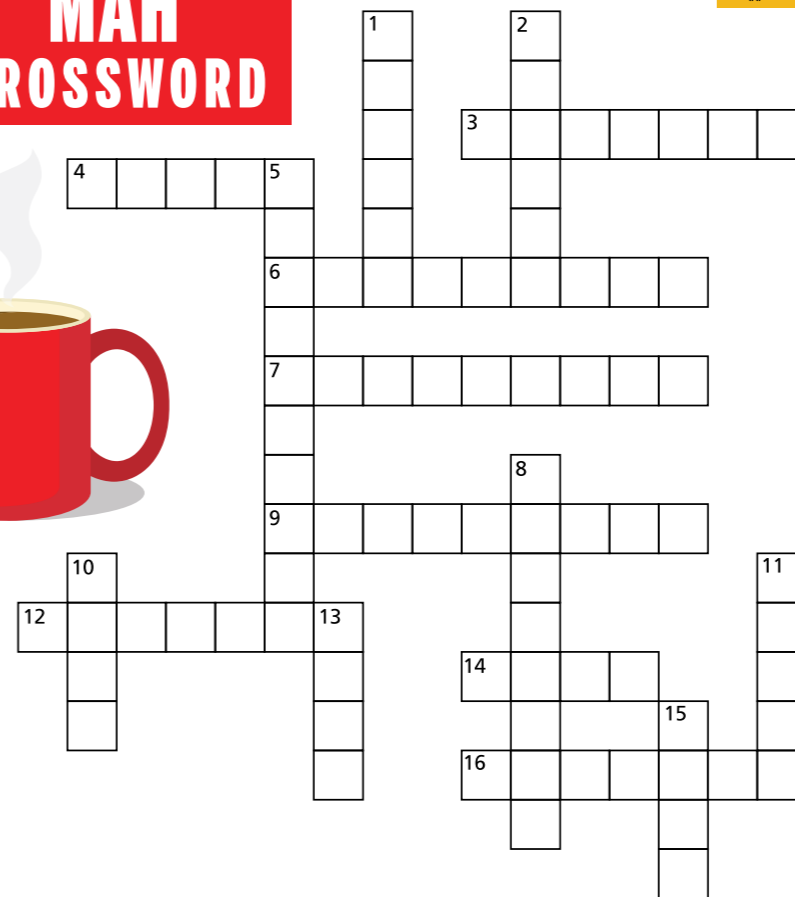
Welcome Reverend Michael Mair, whom the UK Oil & Gas Chaplaincy Trust recently appointed as Chaplain to the UK offshore energies industry. We wish him well in his new position and look forward to working alongside him.

Reverend Mair follows in the steps of Reverend Gordon Craig, who provided full-time pastoral advice and support

to people working in the industry both onshore and offshore for more than 11 years. We wish Reverend Gordon Craig the best in his well-deserved retirement and thank him for his time, guidance and words of support to the industry over the past decade.

Reverend Mair offers support to the offshore workforce regardless of faith and belief.

MAH CROSSWORD



Across

3. Can be preventative or mitigative (7)
4. As low as reasonably practicable (5)
6. _____ Services – police, ambulance etc (9)
7. Outburst (9)
9. Soundness (9)
12. New Step Change in Safety Executive Director, Craig _____ (7)
14. Ready, aim (4)
16. Like the Duke boys (7)

Down

1. Dickie-bow (6)
2. Monetary coins (6)
5. Better than a cure (10)
8. Safety and Environments _____ Elements (8)
10. Out for safety (4)
11. On for safety (5)
13. Put one foot in front of the other (4)
15. _____ bag (4)

CONNECTED COMPETENCE - SUPPORTING GOOD PRACTICE IN THE PREVENTION OF MAJOR ACCIDENTS



History has demonstrated that many major accidents, including Piper Alpha, have competence deficiencies linked as a root cause, particularly where the control of major accident hazards relies on human factors. Safety cases are often built around the assumption that operations utilise fully experienced and competent staff through all levels of an organisation.

Developed by industry, Connected Competence standardises and assures a common approach to base technical competence for craft and technician trades and is endorsed by many major operators to enable a safe, competent and transferable workforce. It improves efficiency for both workers and employers by helping to eliminate unnecessary training and creates a workforce with recognised, transferable skills that can be applied across multiple

sectors of the engineering construction industry.

Competence can diminish over time if good practices are not reinforced and so assuring a common approach to proving ongoing technical competence is vital for all workers, regardless of core or temporary employment status, ensuring everyone works safely to the same base technical standard.

As the 2023 survey report on process safety leadership tells us, competency and workforce engagement are core principles of process safety leadership. Steve Rae, former Executive Director of Step Change in Safety reminds us that process safety must never be viewed as optional and shares the quote attributed to Benjamin Franklin **"Tell me and I forget, teach me and I may remember, involve me and I learn"**.

Connected Competence is a mechanism to reinforce knowledge and skills of base technical competence, critical to the fundamentals of process safety management and the control of major accident hazards.

Technical Testing is delivered through ECITB's nationally approved testing centre's or through site-based assessment by participating employers capturing the assessment of workers' common skills while undertaking naturally occurring work scopes.

For full details on how Connected Competence can support you go to **www.connectedcompetence.co.uk** or speak to your Connected Competence employer.

PROCESS SAFETY LEADERSHIP

Scott Templeton - Health & Safety Executive
HM Principal Inspector Health & Safety
(Process Safety & Engineering) Energy Division - Offshore



Following the Buncefield explosion in 2005, the onshore high hazards industry adopted the Principles of Process Safety Leadership (PPSL) but, until 2019, there was no equivalent in the offshore industry. So, what are the PPSL? At their simplest, they are effectively an agreement on how senior leaders will ensure that process safety is at the core of their business.

Agreeing to adopt the principles is easy. The challenge is implementing them within organisations. To test how successful industry has been, the HSE embarked upon a programme of targeted inspections in January 2022, a programme that will continue to run until Q2 2024. Positive changes have been observed with companies now

more willing to engage with their peers, share information and learn from each other. But there are still areas for improvement, common gaps have been found in the areas of visible leadership, organisational change, competency, assurance / monitoring, and management of risk.

HSE is working in collaboration with OEUK and Step Change in Safety to address these gaps but responsibility for process safety doesn't lie with just the senior leaders of organisations, industry bodies or the regulator. It is down to everyone in industry to play their part. The workforce has a major role to play, in fact, one of the principles is all about workforce engagement.



ENGAGEMENT OF THE WORKFORCE is needed in the promotion and achievement of good process safety management

Organisations should develop a programme for the promotion of process safety by active senior management engagement with the workforce, both direct and contract staff, to underline the importance of process safety leadership and to support the maintenance of a positive process safety culture within the organisation; Systems and arrangements should be in place to ensure the active involvement of the workforce in the design of process safety controls and in the review of process safety performance;

So how do you play your part?

- Engage with senior leaders when they visit the installation. Challenge them on their commitment to process safety, don't let it just be a business update.
- Seek out what training your organisations provide on Major Accident Hazards. Understand how your role can help prevent process safety incidents and ensure that you are getting the training needed. Do you understand the difference between process safety and personal safety?
- Don't be afraid to speak up. Organisations can only act if they know there is a problem.
- Understand the MAH risks at your installation. Ask the offshore management team or the Safety Reps about the health of the MAH barriers.
- Use the systems, procedures and tools provided to you. If they aren't working, raise it with your supervisor or the management team, don't look for a work around.
- Take part in site audits, job site assessments, etc. don't dismiss them as simply a 'tick-box' exercise.
- Be vigilant and avoid complacency. Maintain a chronic sense of unease. Whether you are core crew, ad-hoc or new to the installation, if something gives you cause for concern, raise it. Don't assume that someone else will have reported it and, if you do report something, ask for feedback.

We work in a high hazard environment and while major accidents are rare, the risk still exists but through us all playing our part we can reduce the likelihood of an MAH event taking place and ensure that the offshore workforce come home safe from their trip.

View the Step Change in Safety **Process Safety Leadership Survey Report 2023**, in partnership with Empirisys, here or scan the QR code:
www.stepchangeinsafety.net/resources/process-safety-leadership-survey-report-2023/



UNDERSTANDING HAZARDOUS AREA ZONES

Zoning

The Dangerous Substances and Explosive Atmospheres Regulations 2002 (DSEAR) define hazardous areas as "any place in which an explosive atmosphere may occur in quantities such as to require special precautions to protect the safety of workers". In this context, 'special precautions' are best taken as relating to the construction, installation and use of apparatus.

Hazardous areas are classified into zones based on an assessment of the frequency of the occurrence and duration of an explosive gas atmosphere, as follows:

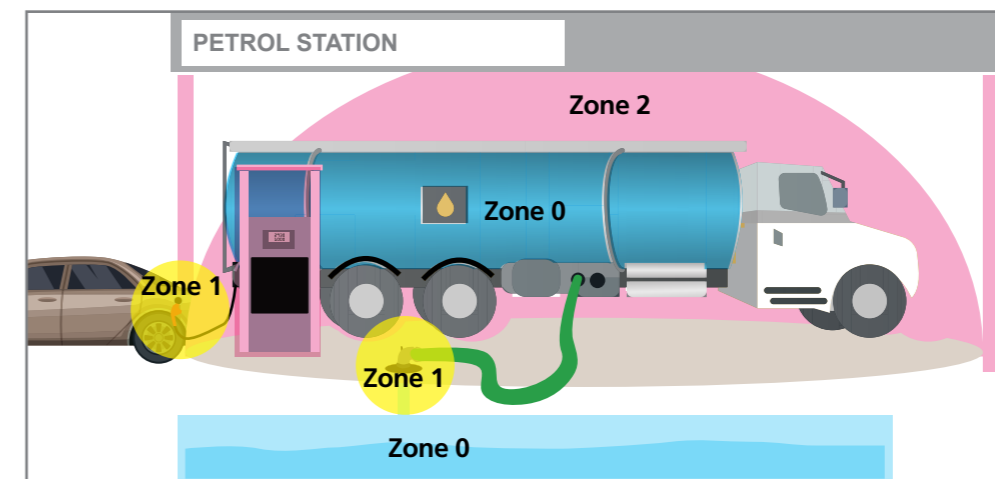
- Zone 0:** An area in which an explosive gas atmosphere is present continuously or for long periods;
- Zone 1:** An area in which an explosive gas atmosphere is likely to occur in normal operation;
- Zone 2:** An area in which an explosive gas atmosphere is not likely to occur in normal operation and, if it occurs, will only exist for a short time.

Explosive Atmospheres

Explosive atmospheres are those environments where a combustible mixture of air and various gases, vapours, mists or dust is present. Such atmospheres present the potential for ignition, with rapid combustion spreading to the entire unburned mixture.

Incidents resulting from these conditions can lead to loss of life, serious injury and substantial damage to plant and machinery. Choosing the right equipment and ensuring that it is installed and maintained correctly by competent workers is essential. International standards and UK regulations set out the responsibilities of employers to manage the risks associated with these hazardous areas. Clearly defined working practices, competent personnel and leadership that supports a culture of safety are essential to avoid the potentially catastrophic consequences of an explosion.

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Hazardous Zones Classification

- Zone 0:**
Vapours and gases are frequently present and for a long period
- Zone 1:**
Vapours and gases are occasionally present
- Zone 2:**
Vapours and gases are rarely present and only for a short time

PREVENTION OF MAJOR ACCIDENTS: Q1 2024

A good understanding of Major Accident Hazards is key to maintaining safe operations. How these hazards are managed can help prevent major incidents and ultimately save lives. Resources for Q1 have been structured to support different personnel both on and offshore as follows:

- Prevention of Major Accidents - onshore
- Prevention of Major Accidents - offshore and frontline personnel
- Leadership

For further information visit:

<https://www.stepchangeinsafety.net/annual-themes-2024-q1-prevention-of-major-accidents/>





A DAY IN THE LIFE...

of **Stuart Watson**
Construction Execution Specialist
for Serica Energy (contractor)

I am predominately based onshore however due to the nature of my job spend a lot of time offshore supporting the delivery of shutdowns, projects and campaigns.

When offshore, I am there to coordinate and deliver an approved plan or schedule while providing support and assurances to the wider team. Each day is spent supporting them with ongoing work and preparing future works across various disciplines from Construction, Fabric Maintenance, Scaffolding and various vendors. From my perspective my day is ultimately spent coordinating between platform management, onshore support functions and the offshore teams to ensure every job is planned correctly so that it can be safely and efficiently delivered.

When onshore I prep and coordinate a lot of the scopes we are executing offshore and as a result, already have a full understanding of the scope and associated risks and hazards, so for me it's key to ensure that the workpacks supplied are fit for purpose and the teams on site have everything they need to safely execute the planned work.

Even though I spend most of my time working from onshore I try and embed myself in the teams when offshore. Having come from a trade background and having worked in various roles

offshore, I find this helps me speak with and understand concerns or issues they may have.

My day starts with speaking with the relevant supervisors to understand progress, issues and any concerns raised by the previous shift. I then attend the offshore leadership team meeting, where we discuss the platform HSE performance from previous 24 hours and the upcoming priorities and schedule for the day ahead, which I feedback to the teams during the morning brief.

During the morning brief, we have all supporting disciplines and supervision attend the same meeting. Having everyone together ensures the team all receive the same message and safety brief while providing an update on wider platform operations and potential simops. I particularly like the single brief approach as this provides a forum to roll out shared learnings or alerts across various companies, also giving the teams an opportunity to voice or discuss concerns or issues they may have relevant to their planned works, discipline or overall delivery. We also focus on upcoming scopes, any process safety fundamentals that could be affected, and which Major Accident Hazards apply to the scopes we are undertaking within these hazardous areas – off the walkways, in and around

live plant and equipment, so we are aware and mindful to the impact our actions can have by not following processes and procedures and the wider effect that this can have on the asset as a result.

I am passionate about safety and like getting heavily involved in being proactive in safety leadership, how the team is being structured offshore and making sure that they are getting the training and relevant competencies they require. It is down to people in roles such as my own when offshore to ensure that all team members understand their roles and responsibilities for each scope, and an important factor of this is the delivery and quality of the toolbox talks.

End of shift for me is ultimately a repeat of the start having both dayshift and nightshift teams working, the setup for both shifts remains the same.

As I am an early riser, end-of-shift offshore tends to be dinner, finish up with work and an early bed!



TEA SHACK NEWS TAKES THE WIN!



We were delighted to win the 'Launch/Relaunch of the Year' category at this year's PPA Scotland Awards in Glasgow for Tea Shack News! Well done to our fellow category finalists - Mensa & the Royal Zoological Society of Scotland. Read more here: <https://ppascotlandawards.co.uk/2023/en/page/winners>

The judges said, *"Tea Shack News Rebooted is an impressive example of serving readers with highly relevant content in an excellent 'snackable' format and well thought through distribution channels."*



It is a team effort to produce this quarterly publication for the energy workforce. A big thank you to the Step Change WEST team for their ongoing commitment and time, to our members for collaborating on articles for each issue and of course to you, our readers - the workforce which makes our industry tick.

Got any interesting ideas or stories you'd like to share with the rest of industry and be part of the award-winning Tea Shack News? Anyone you'd like to recognise for being a safety champion? Please get in touch with editor@teashack.news for consideration in future issues.

STEP CHANGE IN SAFETY WELCOMES NEW EXECUTIVE DIRECTOR

The month of October saw Step Change in Safety welcome Craig Wiggins as Executive Director, successor to Steve Rae. In a career spanning almost 40 years, Mr Wiggins has extensive industry experience having held senior leadership positions in operator and contracting companies both internationally and in the UK.

"I have been involved with Step Change in Safety's leadership team and board since 2016, and I know that it plays a vital part across our industry. It is a unique organisation where the industry, trade unions and our regulators come together to positively influence the energy industry's safety culture through active leadership, member collaboration and workforce engagement."

