



AMERICAN SOCIETY OF SAFETY ENGINEERS KUWAIT CHAPTER

Protecting people, property and the environment since 1911

July-2005

Newsletter



GENERAL BODY MEETING-2005 ON 26th June @ Hilton Resort.

Executive Members for the Year 2005-2006

Chairman : Mr. Fadhel Al-Ali
President : Mr. Fahad Al-Qattan
Vice President : Mr. Garlapati Ashok
Secretary : Mr. S. Jayakumar
Treasurer: Mr. Tareq Al-Aslawi

Advisory Board

Mr. Fadhel A. Al-Ali
Mr. Ujwal Ritwik
Mr. Ashok Chandra Lenka
Dr. Tariq A. Aldowisan

Training Committee

Mr. G. Panda
Mr. B. Bhanumurthy

Govt. Affairs Committee

Mr. Vidiyala Ravi
Mr. Ashraful Akter

Publication & Editorial committee:

Mr. Abdul Salam
Mr. P. Rajesh
Mr. Vasudevan

Environment & Occupational Health forum

Mr. V. Ashok Kumar
Mr. Devendra Kotecha

Outreach committee:

Mr. Dan Mangalam
Mr. Vinita K Sharma

Student Chapter

Dr. Tariq A. Aldowisan
Mr. Mohammed Hazique Khan
Mr. Reghunathan Thankappan

Membership commi

Mr. M.N Murthy
Mr. G. Muthukumar

American Society of Safety Engineers – Kuwait Chapter (ASSE-KC) has

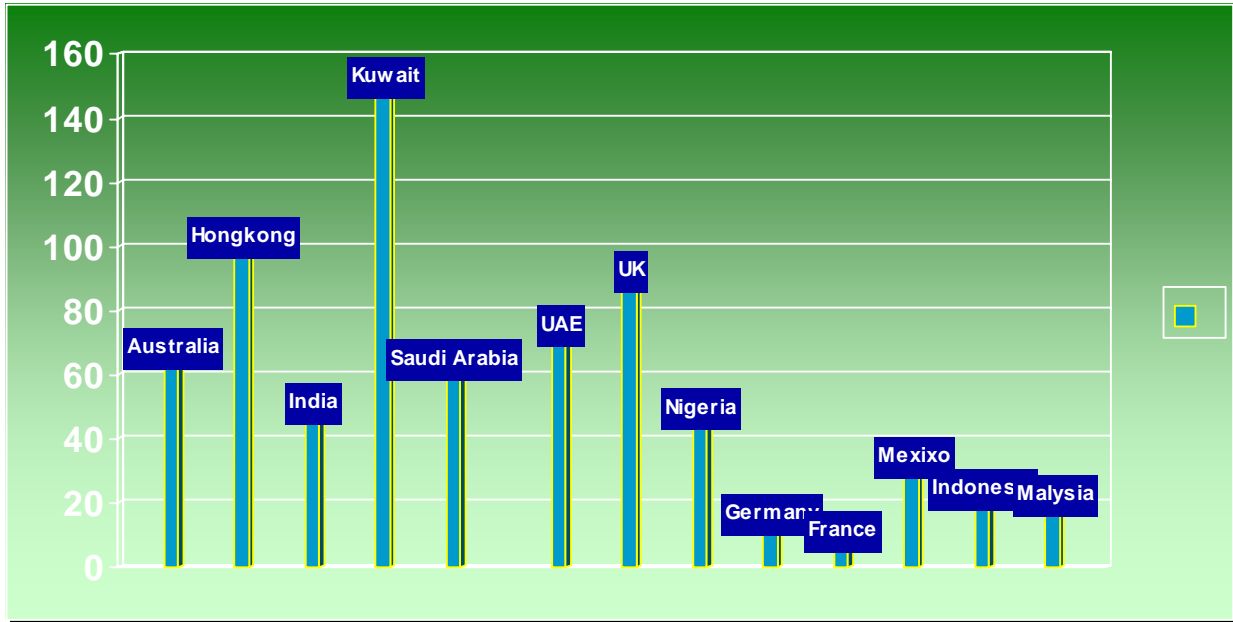


conducted its 5th Annual General Body meeting on 26th June '05 at Hilton Resort, Mangaf. Mr. Fadhel A. Al-Ali, Chairman gave a welcome address emphasizing that ASSE-KC is the only voluntary body in the State of Kuwait to address Health, safety and environmental issues and requested all members, new members in particular to contribute for the Chapter growth. Mr. Fahad Al-Qattan, Vice President remarked that Kuwait Chapter has received a compliment from ASSE-USA in achieving a tremendous growth in chapter operations and shared the views & experience of ASSE international conference during his recent USA visit. Subsequently Mr. Garlapati Ashok, Secretary, briefed in detail about the activities conducted by the Chapter which includes ten technical meets, one international HSE Professional Development Conference, three outreach programs and three HSE related training programs. Subsequently, various committee heads of the chapter briefed on the activities carried out by their respective committees.

Mr. U.G.Saibaba, Treasurer briefed on the financial report for the year 2004-05. Subsequently, Mr.G. Muthukumar and Mr.Tareq Al-Aslawi gave a presentation on the feedback of their visit to USA to attend the ASSE Conference. Certificates of attendance were given to all members, who have attended the technical meets during the year 2004-2005. Mr. Garlapati Ashok, Secretary informed the General

Body Meeting that ASSE-USA has constituted an International Task Force and he is part of that Task Force from the Kuwait Chapter. The task force is formed to study and suggest the requirements of the ASSE international members. He informed that ASSE represents in 32 countries and having 1900 ASSE international members. He proudly stated that **Kuwait Chapter achieved the highest membership in all over the World with 152 members**. On behalf of the Election Committee, Mr.Fadhel A. Al-Ali, announced that the following members were elected for the Operational year July 2005- June 2006. Following graph represents membership of countries having more than (20 members).

Executive Committee for the Year July 2005- June 2006	
Fahad A-Qattan	President
Garlapati Ashok	Vice President
S. Jayakumar	Secretary
Tareq Al-Aslawi	Treasurer



Mr.Jayakumar addressed the gathering and announced that the new Committee has elected unanimously Mr.Fadhel Al-Ali as a Chairman of the Chapter for the year 2004-2005. He also announced following Committee Heads for various Committees of the Chapter. Each committee will have five members with two representatives in the Executive Committee:

SI.NO	Committee	Represented by
1	Training Committee	Mr.G.Panda / Mr.Bhanu Murty
2	Outreach Committee	Mr.Dan Mangalam /Ms.Vinita K Sharma
3	Environment& OH Committee	Mr.Ashok Kumar /Mr.Devan Kotecha
4	Membership Committee	Mr.M.N Murthy / Mr.G.Muthu Kumar
5	Govt.Affairs Committee	Mr. V. Ravi/ Mr.Ashraf
6	Student Committee	Mr.Haziq Khan / Mr. T. Reghunathan
7	Publication Committee	Mr.P. Rajesh / Mr.Abdul Salam

The GBM concluded with the vote of thanks by Mr.Tareq Al-Aslawi requesting all the members to extend their co-operation for the new Committee.

Message from Mr. Gene Barfield, President, ASSE, USA on Kuwait Chapter achieving the World's highest International Chapter membership base

Dear Members of ASSE Kuwait Chapter;

I am very pleased with the rapid growth of the Kuwait chapter!



The number of members is important, but just the numbers alone is not the important thing. Each new member brings new opportunities of services to the chapter and to the safety profession. New members will have various levels of experience in safety. Each member is a potential member that needs a mentor or can be a mentor to another members.

As your chapter grows in size there are more members who can staff different positions of service to the chapter. To grow a large chapter is an accomplishment and the Kuwait Chapter was worthy of the recognition at the House of Delegates meeting as the BEST chapter this year in bringing in new members. You grew by 48.8% which may be an all time record for the Society.

I saw the excitement in your members when I attended your conference. The excitement was the outward sign of members who were pleased with the service the Kuwait Chapter was giving to its members. I am sure that you will continue to grow in size and I am sure that you will also grow each member to become the best safety professional that they are capable of becoming.

Congratulations on your rapid growth both in size and service!

A handwritten signature in blue ink that reads "Gene Barfield". The signature is fluid and cursive.

Gene Barfield, CSP

Society President, American Society of Safety Engineers

Director, Professional Safety, Health & Environmental Services

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TECHNICAL MEET ON “Medic First Aid” on 27th July’05 at Hilton Resort.

A Technical meet on “Medic First Aid” why it is user friendly, and why first aid is a necessary skill not only for the workforce but also for the home and family environment on 27th July’05 at Hilton Hotel, Mangaf, for the benefits of the members. The function was attended by the ASSE

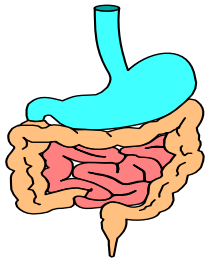


members & other HSE Professionals. Ms. Vinita K.Sharma, Head Outreach Committee welcomed the members & introduced the topic & the presenter Mr. Mike Dunn, Manager Training Division, NAJMA, Human Resource Consultancy, Dubai. (Internationally qualified trainer and instructor for MEDIC First Aid, USA, and has the approval of the Dubai Ministry of Health)

Mr. Mike Dunn gave an one hour video presentation on the topic, In between the video he gave examples & explained the methods & precautions adopted during first Aid. The

presentation was followed by an exciting Q&A. Jayakumar, Secretary thanked him a lot for the valuable & informative presentation. Mr. Dan Mangalam, Head of Outreach committee then took over the proceedings with his presentation on “Blood Donation” he briefly explained the types & importance of blood donation. He then made the announcement for the forthcoming blood donation campaign that is scheduled on sep 1st’05. It was followed by the announcement of forthcoming training programs by Mr. Panda, Head Training Committee. It was then time for the felicitation party, Mr. G. Ashok, Vice President, ASSE-KC awarded a memento to Mr. Mike Dunn. Finally the vote of thanks was given by Mr. Rathish, Member of Outreach committee. The meet was concluded with High tea.

Safety Tips



? ARE YOU DRINKING ENOUGH WATER ?

On an average, a person should drink a minimum of 2 litres of water every day. Inadequate intake of water can lead to a number of health problems. We will try to educate our readers about the importance of taking sufficient water in a four series article, the first of which deals with **physiology of water:**

As late Dr. Albert S. Gyorgyi, the discoverer of Vitamin C, said: "There is no life without water...water is part and parcel of the living machinery." Without water, we'd be poisoned to death by our own waste products and toxins resulting from metabolism. When the kidneys remove wastes such as uric acid, urea and lactic acid, those wastes must be dissolved in water. So, if there isn't enough water, wastes are not removed effectively, and it may be damaging to the kidneys. Water is also vital to digestion and metabolism, acting as a medium for various enzymatic and chemical reactions in the body. It carries nutrients and oxygen to the cells through the blood.

Water helps to regulate our body temperature through perspiration which dissipates excess heat and cools the body. Water also lubricates our joints. This is particularly important if you are

arthritic, have chronic musculoskeletal problems or are athletically active. We even need water to breathe. Our lungs must be moistened by water to facilitate the intake of oxygen and excretion of carbon dioxide. We lose approximately a pint of liquid each day just exhaling! So, if you don't drink enough water to be in "fluid balance", you can impair every aspect of your body's physiological function. And the more you exercise, the more water you need to keep your body in fluid balance. Dr. Howard Flaks of Beverly Hills, California says, "As a result of not drinking enough water, many people encounter problems such as excess body fat, poor muscle tone and size, decreased digestive efficiency and organ function, increased toxicity in the body, joint and muscle soreness (particularly after exercise) and water retention." Water retention? If you're not drinking enough water, your body starts retaining water to compensate for this shortage". So, paradoxical as it may seem, the way to eliminate fluid retention is to drink more water, not less. "Proper water intake is the key to weight loss," says Dr. Donald Robertson, Director of the Southwest Bariatric Nutrition Center in Scottsdale, Ariz. "If people who are trying to lose weight don't drink enough water, the body can't metabolize the fat, they retain fluid, which keeps weight up, and the whole procedure that we're trying to set up falls apart."

How much water should you drink ? see our next issue

FORTHCOMING EVENTS

- **Training Program on Environmental Impact Assessment (EIA) from 27-29 Aug'05 @ Hilton Resort.**
- **Technical Meet on "Occupational Hygiene Challenges in the Oil Production" on 28th Aug'05 @ Hilton Resort.**
- **Training Program on OHSAS 18001:1999 from 17-21 Sep'05**
- **Ozone Day Celebration in Sep'05**
- **Technical Meet on H2S in Sep'05**

ASSE-KC MEMBER STATUS

Currently ASSE-KC has 158 members.

New Members : 8

Renewals : 4

Editorial Board

P. Rajesh, Publication Committee

S. Jayakumar, Secretary

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