Message from the President’s Desk:

March 26, 2016

Dear Colleagues,

Greetings!

For quite sometimes, I have been reflecting on two different approaches of improving the implementation of safety, one is commonly pursued and the other one is at the level of aspiration. These are based on culture of compliance and culture of caring. As safety professionals we may be eager to explain why the second one is favored between the two and why we should strive to move forward from a culture of compliance to culture of caring. This shift, as we could imagine, surely takes some time and requires a shift in the organizational culture involving the leadership as well as every employee. But once we commit to move towards a culture of caring and make sustained efforts to maintain and nurture the same, I think our job would be well done. This way, we would not only see a great degree of improvement in the level of safety compliance, but would possibly experience huge improvement in the level of other operational excellence parameters, including efficiency, productivity and profitability. A lot can be done by each one of us in facilitating this shift and help respective organizations to embrace the culture of caring as we move forward.

The 4th ASSE India Chapter Professional Development Conference is being organized during April 28-29, 2016 in Kolkata. This is the occasion where Chapter Safety Professional of the Year Award and Women in Safety Engineering Award for the year will also be presented. Theme: Promoting Well-being at Work with a Global Perspective. As you know, 28th April has a special significance as this is observed as World Day for Safety and Health at Work. Looking forward to see you there!

By the end of June 2016, ASSE Global Conference will take place in Atlanta, GA, USA. You may kindly visit the website: http://safety.asse.org for more details.

With best wishes and warm regards,

Krishna Nirmalya Sen
President, ASSE India Chapter

Editor’s Corner:

Dear Reader,

We are presenting the 25th Issue of ASSE India Chapter Newsletter.

Recently I have found a good article on importance of establishing safety culture; the article was published before in Safety Journal of D L Shah Trust. I think readers shall enjoy the article, also it portrays the importance of safety culture over the simple compliance with safety rules.

Last January India celebrated road safety week. All Government, Social and Corporate institutes have participated in spreading road safety message across the country. Members and volunteers from ASSE India Chapter also conducted campaign in collaboration with different organization. Furnishing herewith a brief pictorial report on a road safety week celebration that happened at Jamnagar, Gujarat.

Also the brief on forthcoming important days in health and safety calendar for the month of April is described for ready reference along with health tips and your favorite quiz.

Find the information on professional achievements and invitation related ASSE India Chapter Award and annual Conference.

Do keep on sending interesting articles on OH&S for publication. Happy reading.

Warm Regards to all our Readers,
Sandip Mukherjee,
Chair – Newsletter & Training (ASSE India Chapter)
Creating a safety culture has received a lot of attention over the years. Many perspectives exist on how to craft an effective safety culture within an organization. Regardless of the process or model, however, one thing remains constant; professionals and executive management teams see the benefit of creating a positive, employee-focused environment, but often do not know where to begin. When it comes to establishing a culture of safety within an organization, the focus tends to revolve around creating detailed safety programs and compliance documents, establishing safety rules and expectations, and designing extensive training programs for employees and workplace hazards.

These processes are necessary and meet governmental compliance, but lack the motivational and emotional component that drives the organizational culture. Safety must go beyond programs, policies and training. It must be rooted in every facet of the organization from the daily routine to the unobserved behaviors. By definition, culture is “the quality in a person or society that arises from a concern for what is regarded as excellent…the behaviors and beliefs characteristic of a particular social group” (dictionary.com, 2014). Therefore, to create a culture, one must create an environment that is based in excellence and focused on values and beliefs.

From a compliance standpoint, employees must be trained to follow specific rules and expectations. However, to expand the organizational safety culture beyond compliance an effort must be made to ingrain the core principles and values of the organization throughout all levels. Efforts must be centered on routine behaviors and not primarily focused on compliance and training. Although compliance and training are a part of the overall safety culture, the overarching strategy must expand toward the actions and behaviors of management influences, how management adheres to the rules, how the rules and behaviors are observed and enforced, and the level and scope of communication within the organization.

For example, when an injury occurs on the job, a common reaction is to place blame on the employee for violating a safety rule and assuming that more training is needed. There were rules in place and processes that should have prevented the injury. Although this may be one part of the puzzle, many organizations fail to get to the root of the problem. The investigation and the solution begin and end with training and discipline. In many circumstances, an underlying cause is contributed to the injury, but is ignored or not acted upon. This represents a safety culture based around compliance.

To go beyond compliance, additional questions must be asked to identify the real cause of the problem, or the behaviors behind the problem. Such questions must focus around the management commitment to safety: Is safety a lower priority or in competition with production (and if so why)? Were previously observed unsafe behaviors ignored (by management and coworkers)? Were employees asked or did they participate in the hazard assessment and/or job task performance evaluation? What is the level of accountability across the organization for unsafe acts, and how is safety communicated and to whom?

To take an organizational safety culture to the next level, there must be specific processes for both management and employees. Communication is often the main failure in any organizational system. It must be clear, concise and constant. The following strategies can help to increase the level of communication within an organization and move safety efforts from compliance to culture:

- Utilizing self-audits or internal surveys can help shed light on areas for improvement and identify those strategies that are working well. Questions should be specific and offer employees opportunities to add additional information or explanations to his /her answers. Never take the feedback personally. Acknowledge and thank employees for responding to the survey and don't forget to follow-up. Do not be afraid to admit areas where the current system has failed and communicate plans for correcting the problem.
- Cross training or job shadowing can help employees better understand what each department and job function is responsible for and provide a greater level of respect for individuals performing those tasks. This can also help eliminate the bickering and finger pointing between employees and departments.
- Diversify communication methods. Adults learn and absorb information differently. Diversifying communication will reach a wider range of individuals and improve the acceptance and retention of information. Look for opportunities to utilize printed materials (e.g., posters, newsletters, paycheck stuffers, e-mail blasts) technology (e.g., text messaging, video conferencing, web-based resources, online training) and face-to-face communication (e.g., classroom instruction, team meetings, toolbox talks, pre-shift conversations). Remember to keep communications simple, to the point and constant.
- Recruit others to the cause. Look for opportunities to involve other people within the organization to help spread the word. Communication is sometimes broken when the same message is consistently heard from the same individual. Something as simple
as having an employee champion the cause and communicate the message can break down those barriers that come from organizational structure and internal politics.

Creating a culture of safety is not about rules and regulations; it is about attitudes and beliefs. It is a process that takes time and a conscious effort to achieve. Begin focusing energy towards developing effective communication strategies and organizational engagement to create an environment that is self-sustaining and profitable.

“Safety is not an intellectual exercise to keep us in work. It is a matter of life and death. It is the sum of our contributions to the safety management that determines whether the people we work with live or die.” Sir Brian Appelton

Important days in Safety, Health and Environmental Calendar of April, 2016

United Nations' Mine Awareness Day 04 April 2016

The United Nations' International Day for Mine Awareness and Assistance in Mine Action is observed on April 4 each year. This day aims to raise awareness about landmines and progress toward their eradication.

What do people do?

Awareness programs and activities to mark the day take place in many countries around the world on April 4 every year. Activities for these awareness-raising events include photo exhibits, press conferences, film screenings, educational displays and community chats. Public events may include public statements from land mine survivors, mine action theatre performances and mine risk education demonstrations.

The day aims to raise awareness about landmines and progress toward their eradication. "Mine action" refers to a range of efforts to clear landmines and explosive remnants of war and to mark and fence off dangerous areas. It also includes assisting victims, teaching people how to remain safe in a mine-affected environment, advocating for universal participation in international treaties related to landmines, explosive remnants of war and their victims, and destroying landmines stockpiled by governments and non-state armed groups

Background

On 8 December 2005, the United Nations (UN) General Assembly declared that April 4 of each year would be officially proclaimed and observed as International Day for Mine Awareness and Assistance in Mine Action. It was first observed on April 4, 2006.

It called for continued efforts by states, with assistance from the UN and relevant organizations, to help establish and develop national mine-action capacities in countries where mines and explosive war remnants constitute a serious threat to the safety, health and lives of people, or hinders social and economic development at the national and local levels.

According to the Landmine Monitor Report 2005, 84 countries were affected by landmines and unexploded ordnance, which together kill or maim between 15,000 and 20,000 adults and children annually. The UN works together with countries to find and destroy these devices. It also helps to provide various mine-action services in many countries.

Source: www.timeanddate.com

World Health Day 07 April 2016

The World Health Day is a global health awareness day celebrated every year on 7 April, under the sponsorship of the World Health Organization (WHO).

In 1948, the WHO held the First World Health Assembly. The Assembly decided to celebrate 7 April of each year, with effect from 1950, as the World Health Day. The World Health Day is held to mark WHO’s founding, and is seen as an opportunity by the organization to draw worldwide attention to a subject of major importance to global health each year. The WHO organizes international, regional and local events on the Day related to a particular theme. World Health Day is acknowledged by various governments and non-governmental organizations with interests in public health issues, who also organize activities and highlight their support in media reports, such as the Global Health Council.


The WHO is focusing this year’s World Health Day, on 7 April 2016, on diabetes - a largely preventable and treatable non-communicable disease that is rapidly increasing in numbers in many countries, most dramatically in low- and middle-income countries. Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes, including maintaining normal body weight, engaging in regular physical activity, and eating a healthy diet. Diabetes can be controlled and managed to prevent complications through diagnosis, self-management education, and affordable treatment. The WHO estimates 347 million people in the world have diabetes, with the disease the direct cause of some 1.5 million deaths.

Beat diabetes: Scale up prevention, strengthen care, and enhance surveillance
The main goals of the World Health Day 2016 campaign are to increase awareness about the rise in diabetes, and its staggering burden and consequences, in particular in low- and middle-income countries; and to trigger a set of specific, effective and affordable actions to tackle diabetes. These will include steps to prevent diabetes and diagnose, treat and care for people with diabetes.

10 Facts about diabetes

**About 347 million people worldwide have diabetes**
There is an emerging global epidemic of diabetes that can be traced back to rapid increases in overweight, including obesity and physical inactivity

**Diabetes is predicted to become the 7th leading cause of death in the world by the year 2030**
Total deaths from diabetes are projected to rise by more than 50% in the next 10 years.

**There are two major forms of diabetes**
Type 1 diabetes is characterized by a lack of insulin production and type 2 diabetes results from the body's ineffective use of insulin.

**A third type of diabetes is gestational diabetes**
This type is characterized by hyperglycemia, or raised blood sugar, with values above normal but below those diagnostic of diabetes, occurring during pregnancy.

**Type 2 diabetes is much more common than type 1 diabetes**
Type 2 accounts for around 90% of all diabetes worldwide. Reports of type 2 diabetes in children – previously rare – have increased worldwide. In some countries, it accounts for almost half of newly diagnosed cases in children and adolescents.

**Cardiovascular disease is responsible for between 50% and 80% of deaths in people with diabetes**
Diabetes has become one of the major causes of premature illness and death in most countries, mainly through the increased risk of cardiovascular disease (CVD).

**In 2012 diabetes was the direct cause of 1.5 million deaths**
80% of diabetes deaths occur in low- and middle-income countries

In developed countries most people with diabetes are above the age of retirement, whereas in developing countries those most frequently affected are aged between 35 and 64

**Diabetes is a leading cause of blindness, amputation and kidney failure**

Lack of awareness about diabetes, combined with insufficient access to health services and essential medicines, can lead to complications such as blindness, amputation and kidney failure

**Type 2 diabetes can be prevented**
Thirty minutes of moderate-intensity physical activity on most days and a healthy diet can drastically reduce the risk of developing type 2 diabetes. Type 1 diabetes cannot be prevented

Source: [www.who.int](http://www.who.int)

**International Mother Earth Day 22 April 2016**

International Mother Earth Day was established in 2009, by the General Assembly under Resolution A/RES/63/278. The Resolution was introduced by The Plurinational State of Bolivia and endorsed by over 50 member states. It recognizes that "the Earth and its ecosystems are our home" and that "it is necessary to promote harmony with nature and the Earth." The term Mother Earth is used because it "reflects the interdependence that exists among human beings, other living species and the planet we all inhabit". It is decided to designate April 22 as International Mother Earth Day.

General Assembly President Miguel d’Escoto Brokman welcomed the creation of International Mother Earth Day, saying: "International Mother Earth Day promotes a view of the Earth as the entity that sustains all living things found in nature. Inclusiveness is at the heart of International Mother Earth Day; fostering shared responsibilities to rebuild our troubled relationship with nature is a cause that is uniting people around the world.

**World Earth Day Information and History**

World Earth Day is celebrated every year as an annual event by the people all across the world on 22nd of April in order to increase the awareness among people about the environment safety as well as to demonstrate the environmental protection measures. First time, the world earth day was celebrated in the year 1970 and then started celebrating annually on global basis by almost 192 countries.

World Earth Day observance was started to celebrate as an annual event to get national support in order to better take care of the environmental safety by solving its issues. In 1969, there was a peace activist of the San Francisco named John McConnell who actively involved in starting this event and proposed a day to get together for the environmental safety. John McConnell had chosen this event to be celebrated in the spring equinox on 21st of March in 1970 whereas United States Wisconsin Senator Gaylord Nelson had chosen this event to be celebrated on 22nd of April in 1970.

They had contacted the people to join this event to get together for solving their environmental issues for better
future. During the first time celebration of the earth day millions of people shown their interest and participated to understand the motto of the event. Instead of deciding one date for the celebration of the earth day, it has been started celebrating on both of the dates. Generally, the earth day event celebration starts with the common practice of new trees plantation in the required areas worldwide.

For founding the earth day celebration date on 22\textsuperscript{nd} of April, United States Wisconsin Senator Gaylord Nelson was honored later with the Presidential Medal of Freedom Award for his participation in great job. Later, the 22\textsuperscript{nd} of April as an Earth Day was focused globally by the original national coordinator, Denis Hayes in the year 1990 among almost 141 nations. Most of the earth day communities celebrate it for the whole week with the name Earth Week to focus on many environmental issues. In this way, 22\textsuperscript{nd} of April 1970 has been marked as the anniversary of the modern environmental movement.

Earth Day 1970 was established to raise the public awareness for self-consciousness, other living organisms, controlling the anti-war protest movement as well as keeping the environmental issues in front of the people. A big tragedy behind establishing the event of earth day celebration by the founder Gaylord Nelson (a U.S. Senator from Wisconsin) was tragedy of the massive oil spill in the Santa Barbara, California in 1969. This tragedy led the Gaylord Nelson towards enhancing the public consciousness for the air, water and soil pollution as well as implementing the environmental protection measures.

**Why April 22 is celebrated as Earth Day?**

Our Earth is the only planet in the Universe where life is possible till date. It is very necessary to maintain the natural assets of the earth in order to continue the life on the earth. In the rush of the crowd, the most intelligent creature of the God called human is slowly losing its humanity and forgot to take care of the planet that gave it life and started using its resources very ruthlessly. The 22\textsuperscript{nd} of April has been marked as an Earth Day to make the human race get aware about the importance of their planet.

A USA senator from Wisconsin, Gaylord Nelson had founded the day to make the people aware about day to day increasing rate of the industrialization as well as the careless attitude of the people living on the earth. The step was taken by him to promote the idea of natural balance among people as well as encourage them for respecting the assets of the planet. It is very necessary to take care of the environmental issues to stay healthy and alive as cruel people have mercilessly utilized its resources and depleted its life supporting resources over the centuries.

One of the big examples of it is the depletion of the Ozone layer which prevents us from the ultra violet rays of the sun. Another big problem of the environment is death of rivers by getting mixed with the industrial toxic materials which leads to the global warming. Increasing industrialization on daily basis leads to deforestation which ultimately leads to the rise in Earth temperature. These are the life ending dangers on the earth forever which can be lessens through the small steps such as new trees plantation, inhibiting the deforestation, limiting the vehicles use to reduce air pollution, enhancing the energy conservation through reducing the unnecessary use of electricity. Such small steps become a big step if taken care by the people worldwide together.

Now a day, everything is being packed in the plastic bags or given in it by the shopkeepers. Plastic bags productions are increasing day by day which is very shameful condition for us as these materials are undegradable. The first celebration of the Earth Day was took place in the US on 22\textsuperscript{nd} of April in 1970 to mark the environmental movement as a big matter of fact. Students group from the US College campuses had participated to protest for the environmental deterioration to increase the public awareness. Another group was protested for the oil spills, toxic dumps, air and water pollution due to industrialization, raw sewage, use and production of pesticides and many more. Since then, 22\textsuperscript{nd} of April was continued to be celebrated as Earth Day officially.

**How World Earth Day is Celebrated**

People from all over the world celebrate earth day with great enthusiasm and interest on each 22\textsuperscript{nd} of April since 1970 to save the natural assets of their earth. More than 20 million Americans took part in the event celebration and make the streets, parks and auditoriums busy in order to display their themes role based on the public health, environmental issues, industrialization, deforestation and so many. Students from thousands of colleges, universities and other educational institutions actively take part in the protest against increasing earth issues such as the day to day environment deterioration, air and water pollution, ozone layer deterioration, industrialization, deforestation and etc to prevent the oil spills, set up of polluting factories, power plants, use and production of pesticides and etc.

Various steps have been taken by the governments of many countries towards the safety of earth by implementing the variety of legal rules. A group of environmental leaders organize various events and campaigns to celebrate the earth day. A big crowd of the people gets together from 141 countries to solve the environmental issues by implementing variety of useful measures. People take part in demonstrating the theme of clean environment in order to build a clean and healthy world to welcome new generations. The aim of
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celebrating the world earth day is to inspire the public for making better earth environment.

At this day people perform outdoor activities related to the earth safety like new trees plantation planting trees, picking up roadside waste materials, recycling of wastes, energy conservation and so many. Some people request governments to take immediate action to prevent the day by day increasing global warming and other environmental destructions. At this day all the TV channels to show their programs to deal with the real environmental issues to get public aware.

It has not been declared as the public holiday officially by the government. All the schools, colleges, universities and educational institutions are open at this day. April 22 Earth Day, founded by Senator Gaylord Nelson, was first organized in 1970 to promote ecology and respect for life on the planet as well as to encourage awareness of the growing problems of air, water and soil pollution.

People who participate in the event celebration, make an earth planet using green and blue colors to indicate the life of animals, plants and symbolize their natural recycling including the greenhouse effect and global warming. At some places in the United States, people celebrate earth day by taking part in a parade getting dressed up in flowers, plants or bugs clothes to make aware that whole environment is our real home. There are many ways to celebrate the earth day:

- New trees plantation at required places.
- Do some outdoor activities with your family such as making the home for a bird on the tree and discuss their role in the ecosystem.
- Motivate people to reduce the use of plastic bags to avoid the soil and water pollution.
- Teach your children about the recycling and reuse of the old materials.
- Take part in picking up the wastes from streets, parks and other places.
- Take part in the amusement activities like singing a song related to the Earth safety to attract more people to the event celebration.
- Take part in the educational sessions like seminars, discussions and other competitive activities related to the safety of natural resources of the earth.
- Motivate people by wearing green, brown or blue clothes for displaying the environmental colors.
- Promote people for energy conservation by various practical means.
- Teach people that every day of their life is earth day, so they should take care of the earth on daily basis.

Significance of World Earth Day Celebration

The founder of the Earth Day, Gaylord Nelson, has chosen this day (22nd of April) to increase the awareness among common public, especially among youngsters to get full effect of the campaign of environmental safety. He had selected this day by keeping things in mind that there would not be any disturbances of the exams for the students or any fairs and festival for the common public, so that everyone could pay their full attention towards this event celebration. According to the Gregorian calendar, it is considered that 22nd of April 1970 was the 100th birth anniversary of the Vladimir Lenin.

Source: www.indiacelebrating.com

World Malaria Day 25 April 2016

25 April, WHO calls on the global health community to urgently address significant gaps in the prevention, diagnosis and treatment of malaria. Despite dramatic declines in malaria cases and deaths since 2000, more than half a million lives are still lost to this preventable disease each year.

Updated treatment guidelines

Updated "Guidelines for the Treatment of Malaria" are being issued by WHO this week. They include the latest recommendations on preventive treatment for infants, children under 5 and pregnant women. The updated guidelines should help expand access to recommended treatments.

For uncomplicated malaria cases, WHO recommends the use of artemisinin-based combination therapies (ACTs). Globally, 392 million ACT courses were procured by malaria-endemic countries in 2013, up from just 11 million in 2005. However, millions of people are still not treated for malaria, primarily because the communities most affected by the disease have limited access to health care.

WHO recommends diagnostic testing for all suspected malaria cases to ensure that malaria drugs are used only for those who have the disease and that—when a test is negative—other causes of fever are investigated. Rapid diagnostic tests (RDTs) are now widely available and more than 319 million were purchased in 2013 compared to 46 million in 2008. Despite this progress, nearly 40% of people with suspected malaria at public health facilities in Africa are not tested.

WHO also recommends that the most vulnerable groups in malaria-endemic areas of sub-Saharan Africa—pregnant women, children under 5, and infants—receive preventive treatment to reduce the risk of malaria infection. Preventive treatments are highly cost-effective, with the potential to save tens of thousands of lives each year. Coverage with such treatments, however, remains low and needs to be significantly scaled up.

The need to urgently address gaps in preventive treatment for malaria is also being highlighted by the Roll Back Malaria (RBM) Partnership, which has issued a
global call to action to increase national coverage with preventive treatment in pregnancy.

**Accelerating towards elimination—a new WHO strategy**

WHO has developed a new global malaria strategy for the 2016-2030 period, which will be reviewed by the World Health Assembly in May 2015. Developed in close consultation with endemic countries and partners, the new strategy sets the target of reducing the disease burden by 40% by 2020, and by at least 90% by 2030. It also aims to eliminate the disease in at least 35 new countries by 2030. The strategy provides a comprehensive framework for countries to develop tailored programs that will sustain and accelerate progress towards malaria elimination.

Commitments to malaria elimination have already been made by a number of countries and regions. In recent years, elimination efforts have been intensified in many parts of Africa—including in Southern Africa’s “Elimination 8” countries (Angola, Botswana, Mozambique, Namibia, South Africa, Swaziland, Zambia, Zimbabwe)—in Central America and Hispaniola, as well as in South-East Asia. In 2014, heads of state at the East Asia Summit made a commitment to eliminate malaria from the Asia-Pacific by 2030 and WHO is currently working on an elimination strategy for the Greater Mekong Sub region.

“We must take the malaria fight to the next level. Moving towards elimination will require high-level political commitment and robust financing, including substantial new investments in disease surveillance, health systems strengthening and research,” says Dr Pedro Alonso, Director of the WHO Global Malaria Program. “In addition, we urgently need new tools to tackle emerging drug and insecticide resistance, as well as innovative approaches that will accelerate progress.”

Increased political commitment and greater funding have averted more than 4 million malaria deaths since 2001, and 55 of the 97 countries and territories with ongoing malaria transmission are on track to meet the current World Health Assembly target of reducing malaria incidence by 75% between 2000 and 2015.

**Source:** [www.who.int](http://www.who.int)

**World Day of Safety and Health at Work 28 April 2016**

The World Day for Safety and Health at Work is an annual international campaign to promote safe, healthy and decent work. It is held on 28 April and has been observed by the International Labor Organization (ILO) since 2003.

28 April has also long been associated with the world’s trade union movement’s commemoration of the victims of occupational accidents and diseases.

Every year some two million men and women lose their lives through accidents and diseases linked to their work. In addition, there are 270 million occupational accidents and 160 million occupational diseases each year, incurring US$ 2.8 trillion in costs for lost working time and expenses for treatment, compensation and rehabilitation. Fatalities, accidents and illness at work are highly preventable and we have an obligation to act.

A national occupational safety and health culture is one in which the right to a safe and healthy working environment is respected at all levels, where governments, employers and workers actively participate in securing a safe and healthy working environment through a system of defined rights, responsibilities and duties, and where the highest priority is accorded to the principle of prevention.

Today, many workers are facing greater pressure to meet the demands of modern working life. Psychosocial risks such as increased competition, higher expectations on performance and longer working hours are contributing to the workplace becoming an ever more stressful environment. With the pace of work dictated by instant communications and high levels of global competition, the lines separating work from life are becoming more and more difficult to identify. In addition, due to the significant changes labor relations and the current economic recession, workers are experiencing organizational changes and restructuring, reduced work opportunities, increasing precarious work, the fear of losing their jobs, massive layoffs and unemployment and decreased financial stability, with serious consequences to their mental health and well-being.

In recent years, there has been growing attention to the impact of psychosocial risks and work-related stress among researchers, practitioners and policymakers. Work-related stress is now generally acknowledged as global issue affecting all countries, all professions and all workers both in developed and developing countries. In this complex context, the workplace is at the same time an important source of psychosocial risks and the ideal venue to address them in order to protect the health and well-being of workers.

This year, “Workplace Stress: a collective challenge” is the theme of the campaign of the World Day for Safety and Health at Work. The report will draw attention to current global trends on work-related stress and its impact.

**Source:** [www.ilo.org](http://www.ilo.org)
7 Ways to Down Your Stress – and Control Blood Pressure

When it comes to preventing and treating high blood pressure, one often-overlooked strategy is managing stress. If you often find yourself tense and on-edge, try these seven strategies to reduce stress.

1. **Get enough sleep.** Inadequate or poor-quality sleep can negatively affect your mood, mental alertness, energy level, and physical health.
2. **Learn relaxation techniques.** Meditation, progressive muscle relaxation, guided imagery, deep breathing exercises, and yoga are powerful stress-busters.
3. **Strengthen your social network.** Connect with others by taking a class, joining an organization, or participating in a support group.
4. **Hone your time-management skills.** The more efficiently you can juggle work and family demands, the lower your stress level.
5. **Try to resolve stressful situations if you can.** Don’t let stressful situations fester. Hold family problem-solving sessions and use negotiation skills at home and at work.
6. **Nurture yourself.** Treat yourself to a massage. Truly savor an experience: for example, eat slowly and really focus on the taste and sensations of each bite. Take a walk or a nap, or listen to your favorite music.
7. **Ask for help.** Don’t be afraid to ask for help from your spouse, friends, and neighbors. If stress and anxiety persist, ask your doctor whether anti-anxiety medications could be helpful.

A Pictorial Report on Celebration of National Road Safety Week at Jamnagar

Reported By: Mr. Amitava Lahiri (Vice Chair Construction Section)
Organized by: ASSE India Chapter and JBA
Date: 11th to 17th January 2016;

Members and volunteers from ASSE India Chapter those stationed at Jamnagar, Gujarat, with support of JBA (Local Body) organized a week long road safety campaign between 11th to 17th January 2016, at public places and city roads. Motto of the campaign was to create road safety awareness among all road users (drivers and pedestrians). The campaign was appreciated by all parts of local society as well as local Governmental authority responsible for traffic law and order.

Volunteers and Traffic Police are counseling two wheeler users for wearing crash helmet and following traffic rules.
New member in ASP / CSP Club

Mr. Swamynathan Subramanian from Dubai recently appeared for CSP examination on 17.03.2016 and successfully cleared the exam. To prepare himself, he attended the workshop of Mr. P K Mukhopadhyay (Chair Public / Community Relations & Vice Chair Membership, ASSE India Chapter) at Chennai. The message received from him is as follows –

“I would like to convey my sincere thanks and appreciation for your meticulous guidance and expert advice during the CSP preparation workshop at chennai during July 2015, which has enabled me to pass ASP and eventually clear CSP in first attempt that too in very short duration.

Your deep subject knowledge and extensive practical experience and examples combined with your expert teaching techniques have added enormous value in my journey towards acquiring the prestigious certification. “

Information on ASSE India Chapter Award

ASSE India Chapter is inviting nomination for Safety Professional of the Year 2016, petition (SPY 2016).

The ASSE India Chapter SPY award is an honor acknowledging the dedication and outstanding contributions of a member to a specific Chapter.

ASSE India Chapter is also inviting nomination for Student Poster Award 2016 (AISPA 2016) and Woman in Safety Engineering Award (WISE 2016)

For further detail of Nominating Procedure, the Judging Criteria and to receive guideline on overall process of AISPA and WISE 2016 please contact in following contacts –

- Mr. Alok Chatterjee : alokecivil@rediffmail.com
- Mr. HR Rangaswamy : rangaswamy_hr@praxair.com
- Mr. Bharadwaj R : rbharadwaj@LTECC.COM
  With a Copy (CC) to
- Mr. Krishna Nirmalya Sen, President – ASSE India Chapter : Krishnanirmalya@gmail.com

Rush!!! Last Date of Application for AISPA: 10th April 2016

ASSE India Chapter: Annual General Body Meeting Notice for All Members

From Mr. V Janardhanam (Secretary ASSE India Chapter)
Date: 29th April 2016 (Friday)
Timing: 1730hrs.to 1830hrs.
Venue: Science Auditorium of IEM, Gurukul Campus, Collage More, Sector V, Electronics Complex, Salt Lake City, Kolkata 700091
American Society of Safety Engineers (ASSE) India Chapter

In collaboration with Institute of Engineering & Management Kolkata

Cordially invites you to the 4th ASSE India Chapter Professional Development Conference 2016

Theme:
Promoting Well-being at Work with a Global Perspective

Venue: SCIENCE AUDITORIUM, GURUKUL CAMPUS, IEM,
Sector V, Salt Lake City, Kolkata 700091
Date: 28th & 29 April 2016

Conference Focus:
- Occupational Health & Safety – global development
- Technical knowledge on OSH initiatives
- Integrating HSE
- Meeting Safety experts from India & abroad
- Learn about the innovative safety measures

Target participants: Occupational Safety and Health Professionals, Executives from industries, Engineering & Management Students

Contact: EMAIL:
POULOMI.BASU@IEMCAL.COM; cell: 98742 57279
CINDRANIL1@REDIFFMAIL.COM; cell: 98300 83580
president@india.asse.org

ASSE - INDIA CHAPTER
PROTECTING PEOPLE, PROPERTY and the ENVIRONMENT
Annual Professional Development Conference of ASSE India Chapter is a 2 day (28th & 29th April’16) event featuring rich content shared by eminent expert professionals from respective fields on various topics:

- Construction Safety
- Ergonomics
- Safety in Explosives & Mining Sector
- Safety in manufacturing industries
- OSH in Commercial Establishments
- Legal frameworks on safety
- Road Safety

Registration Expenses:

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ASSE - INDIA CHAPTER
PROTECTING PEOPLE, PROPERTY and the ENVIRONMENT
HSE Quiz

1. Which one of the following principles is used to determine the necessary exit width?
   A  Design & Application  B  Flow and Capacity
   C  Width and Movement  D  Construction and Design

2. According to Indian statistics where do most accidents happen?
   A  Most accidents happen on the road  B  Most accidents happen on the Construction site
   C  Most accidents happen in the home  D  Most accidents happen in the office

3. The first principle of good storage practice for chemicals is:
   A  Limiting quantity  B  Segregation
   C  Containment  D  Concentration

4. As per thumb rule, Safe Working Load of 1 inch wire rope is:
   A  8 Ton  B  6 Ton
   C  4 Ton  D  1 Ton

5. As per National Building Code, buildings of height above ______ considered as high rise buildings?
   A  10m  B  15m
   C  20m  D  25m

Watch out the next issue for correct answer
Answers from last issue’s (February / 2016) Quiz: 1 (C); 2 (A); 3 (D); 4 (C); 5 (B)

You are welcome to send your inputs to: Sandip Mukherjee; e-mail: newsletter@india.asse.org; Phone: +91 9829600067
Selected articles shall be published in next publication

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