



Tucker
ENERGY SERVICES

**Tucker Energy Services Health Improvement Plan
(TESHIP 2016)**



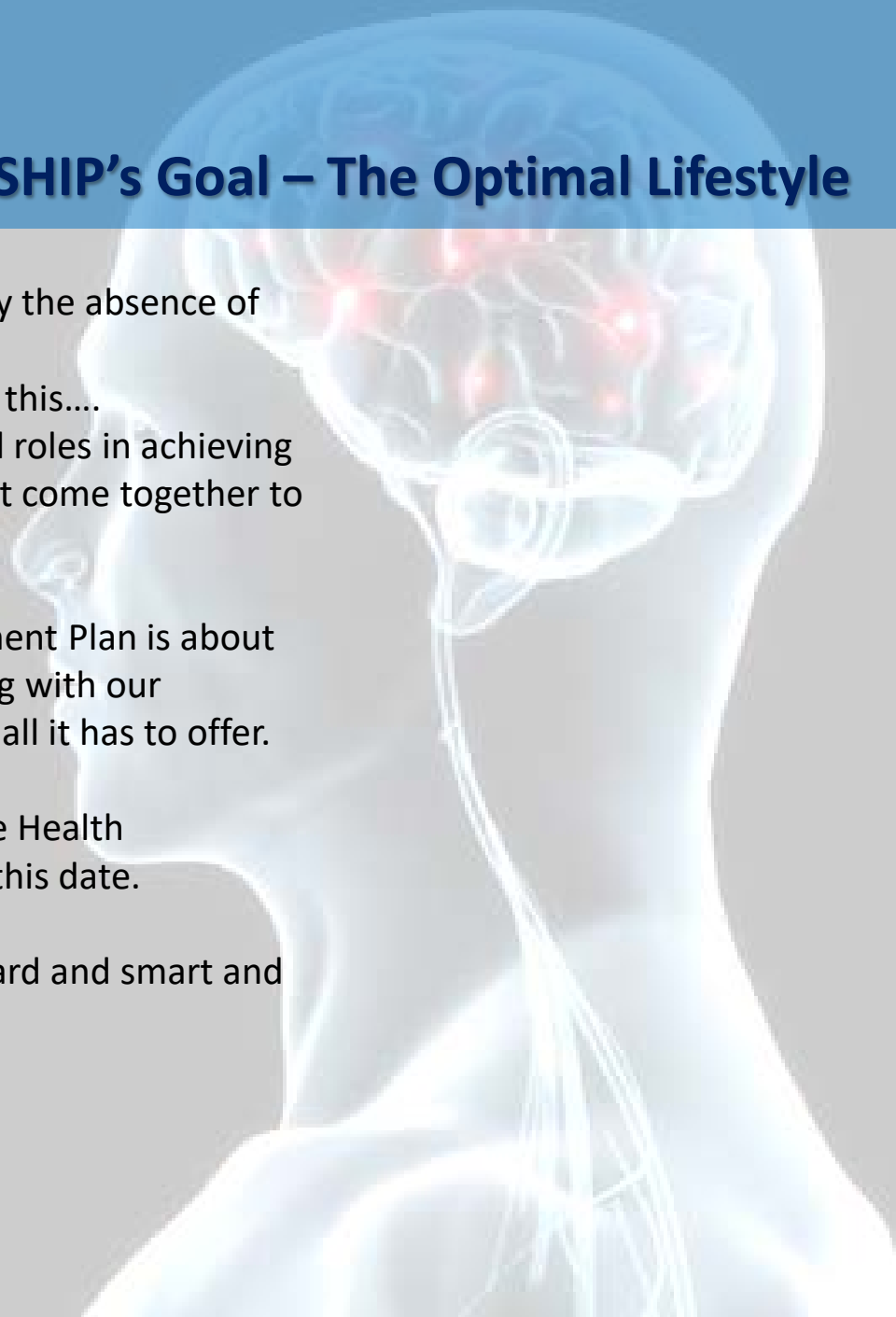
TESHIP's Goal – The Optimal Lifestyle

It's not unusual for people to think of health as simply the absence of disease, but nothing could be further from the truth. True health – Optimal Health – is so much more than this.... The areas of mind, body, heart, and spirit all play vital roles in achieving optimal health, with a number of different pieces that come together to create a whole.

Tucker Energy's - Optimal Lifestyle- Health Improvement Plan is about getting the most out of life. It's about actively working with our employees to live the best life available and enjoying all it has to offer.

Tucker Energy Services embarked on a Company wide Health Improvement Plan starting in 2011 and continues to this date.

The Company's goal is for their employees to work hard and smart and live a long healthy life.



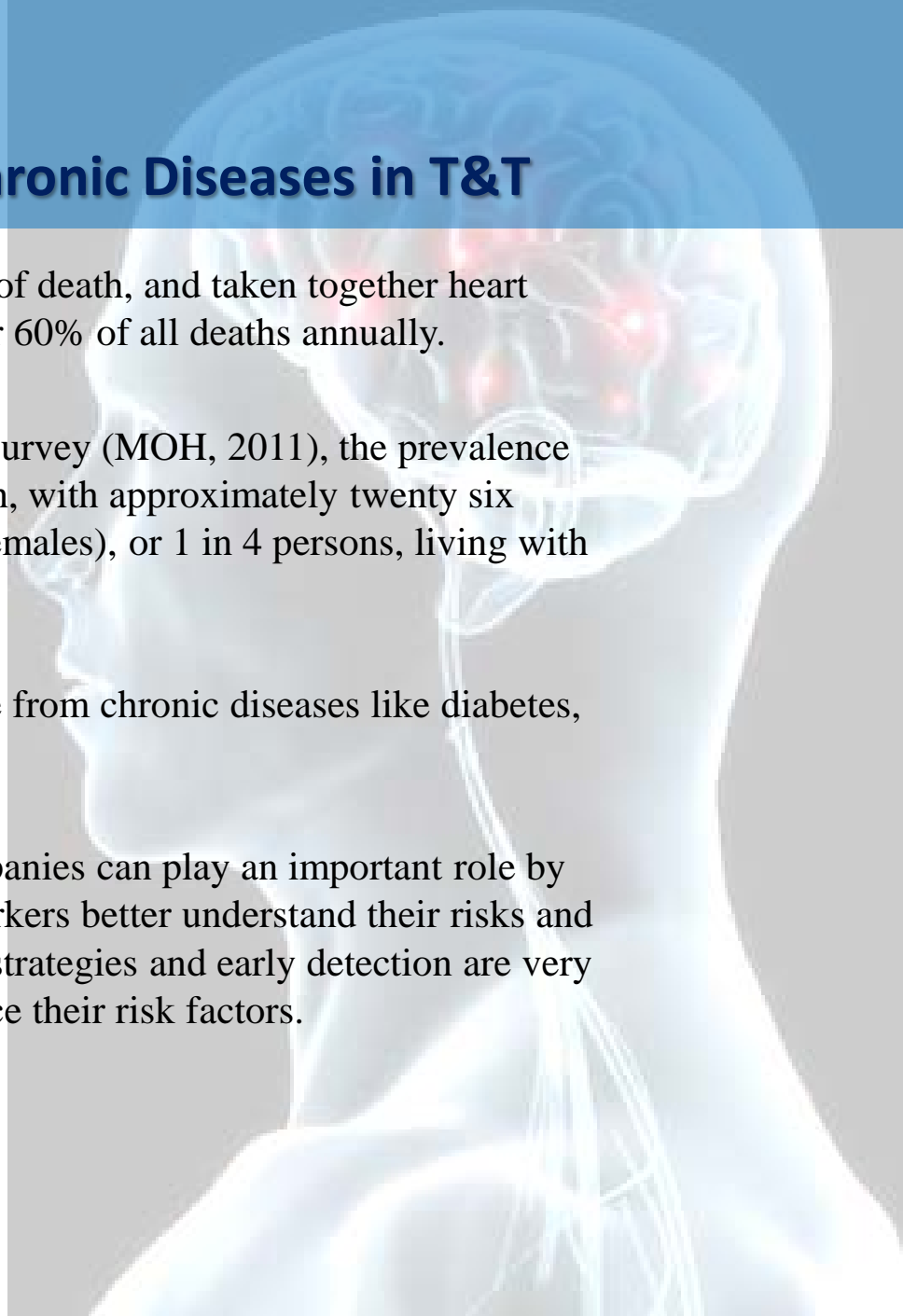
Chronic Diseases in T&T

In Trinidad and Tobago heart disease is the #1 cause of death, and taken together heart disease, cancers, diabetes and stroke account for over 60% of all deaths annually.

According to the results of the Chronic Risk Factor Survey (MOH, 2011), the prevalence of high blood pressure in Trinidad and Tobago is high, with approximately twenty six percent of the population (29.8% males and 23.1% females), or 1 in 4 persons, living with high blood pressure.

Presently in Trinidad and Tobago, 6 out 10 deaths are from chronic diseases like diabetes, stroke and heart disease.

In order to reduce deaths from chronic diseases companies can play an important role by providing the assistance and education to ensure workers better understand their risks and to provide methods to reduce their risks. Prevention strategies and early detection are very important ways in which to assist employees to reduce their risk factors.

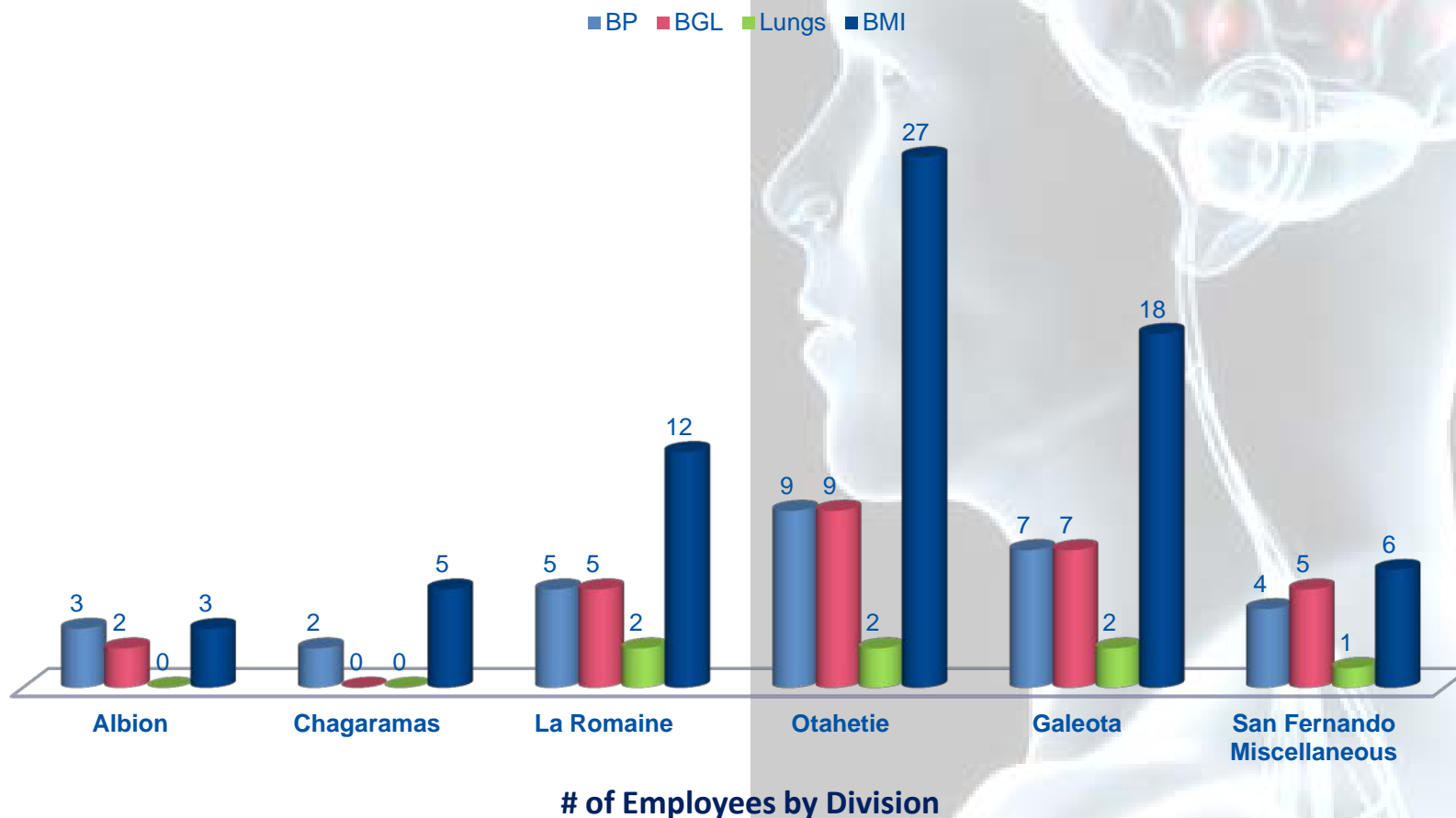


Vital Signs Explanation

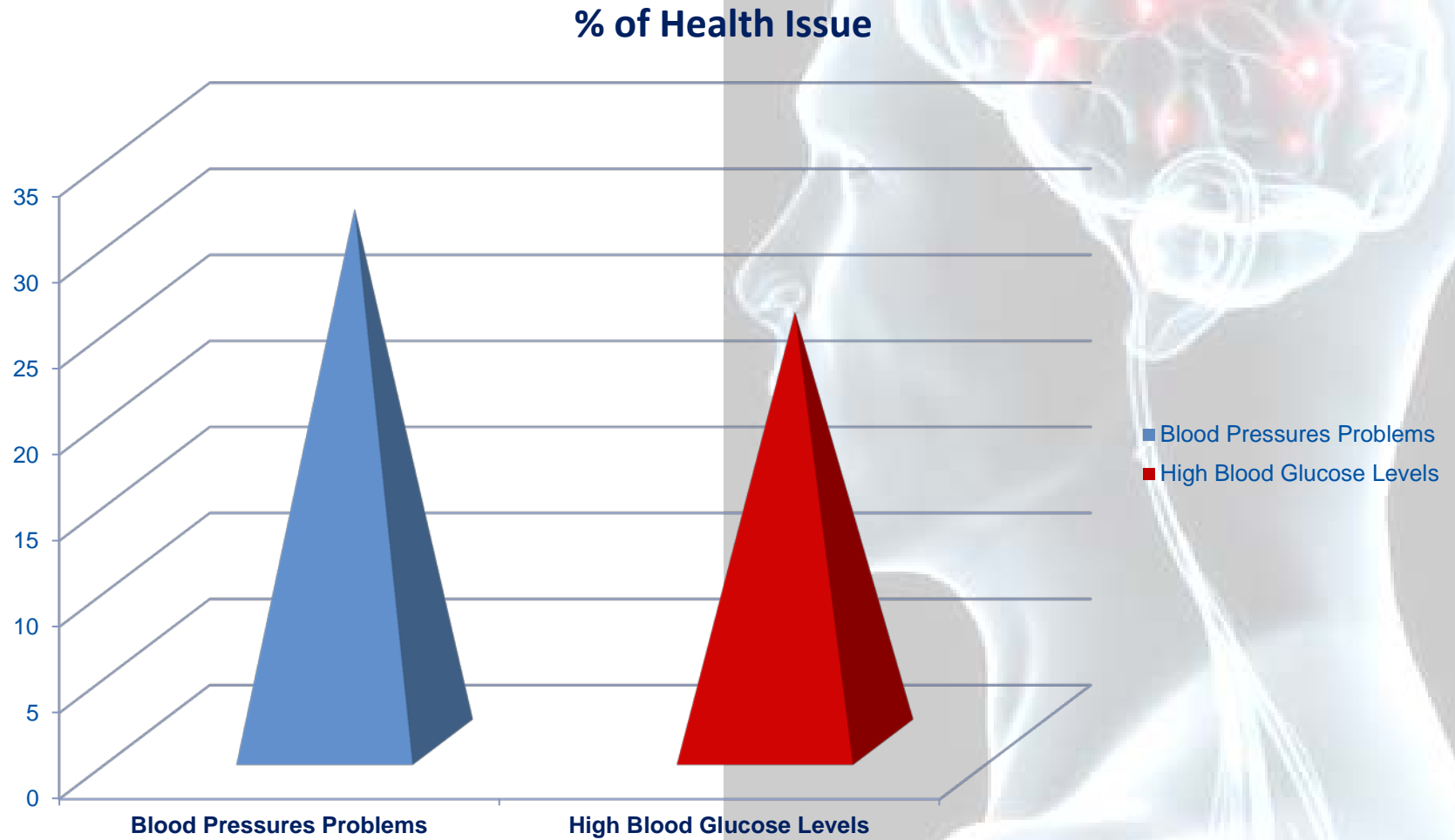
Test	Abbreviation	Optimal Range	Moderate Value	Critical Value
Blood Glucose Level	BGL	70-100	120-200	< 40 and > 200
Pulse Oximetry	PO	96-100%	88-92%	<87%
Lungs		Clear and >325 Litres/min	>261-324 L/min	Not clear <260 L/min
Pulse		60-100 beats per minute	<50 or > 100 with a low BP	Irregular and/or > 120
Blood Pressure	BP	<140/90	>140/90	160/95
Body Mass Index	BMI		25-29.9	<18.5 or > 30

Why did Tucker Develop a Comprehensive Health Improvement Plan?

Health Issues of TES 2011



Why did Tucker Develop a Comprehensive Health Improvement Plan?





The TESHIP Model: Improving Health by Increasing Opportunities For Healthy Choices



TESHIP 2016 Consists of a Three Prong Strategy:

Awareness Campaign related to Chronic Diseases and injury Prevention (specifically related to):

- a. Hypertension and stroke
- b. Diabetes
- c. Heart disease
- d. Obesity
- e. Hand, foot and eye injury
- f. Driving

1.

Health Incentive Program:

rewarding the healthy.

Developing a Modular Based Health Program that an employee can take on-line.

2.

Reduce Risky Behavior Campaign related to:

- a. Cell Phone use and driving
- b. Smoking

3.

1. Awareness Campaign related to Chronic Diseases and injury Prevention

**To minimize an employee's chance of getting a chronic disease or injury
Tucker's focus is to Assist employees on:**

- A. Chronic Disease awareness (prevention campaign)
- B. Assessing and monitoring vital signs especially Blood pressure, Blood glucose levels and Body Mass Index
- C. Weight management by reducing calorie intake and choosing healthy options
- D. Exercising
- E. Keeping an individual's PAHO Cardiovascular risk factor low
- F. Seek ways to reduce risk taking behavior

How will we achieve Points A-F?

- 1. Monthly Health clinics
- 2. Health newsletter
- 3. Toolbox sessions
- 4. Health Posters
- 5. Monthly health themes



Safety, Health, Environment.

**Employers do a good job coaching,
monitoring, educating and rewarding
Safety....What we found is**

**Health needs....Coaching,
Monitoring, Education and successes must
be REWARDED!!**

Reduce Risky Behavior Campaign particularly related to:

Hand injuries,
Driving,

Smoking and Alcohol use...



Tucker Energy Services is Designing a High Impact Safety Campaign to present Company Wide on Hand Injury Prevention and Safe Driving. This was derived from statistical trending.



Hand Injury Prevention



Safe Driving

- **Avoid Risky Behavior: *Do you know where your hands are?***
 - **Hand Injuries Are Our most common Injury Accidents**
- The USA regulation for hand safety is 29 CFR 1910.138 (a) (b) Hand Safety. This regulation states: “That employers shall select and require employees to use appropriate hand protection when employees' hands are exposed to hazards such as:
 - Skin absorption of harmful substances
 - Thermal burns – Hot work, Harmful temperature extremes
 - Severe cuts or lacerations (all areas/tasks within shop, machines, and warehouse)
 - Severe abrasions (all areas/tasks within shop)
 - Punctures (all areas/tasks within shop)

Hand injury occurred while moving steel.

Employee was not watching where his hand was and it collided with another piece of steel resulting in two days lost time.

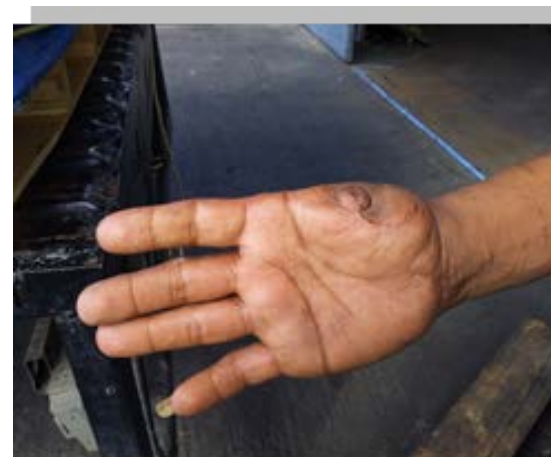


- Companies should offer cotton, leather, Nitrile and chemical resistant gloves to protect workers from the known hand hazards. Each company should conduct a Hand Injury Analysis to ensure the correct PPE is offered.
- Worldwide, Hand Injuries account for nearly 10% of hospital emergency department visits. A series of 1,000 consecutive hand injuries showed the following distribution: 42% lacerations (cuts), 27% contusions (bruises), 17% fractures (broken bones), and 5% infections. Hand injuries account for about 17% all workday loss injuries.
- The most common cause of the hand injuries was blunt trauma (50%) followed by injury from a sharp object (25%).
- It is important to note that hand injuries are one of the leading causes of injury in the oil and gas industry in Trinidad and Tobago. With the most common causes of hand injuries are due to:
 - Carelessness
 - Lack of awareness
 - Boredom
 - Disregard for safety procedures
 - Distractions

Supervisor lost his thumb because he stuck

his hand inside a machine with moving parts while

machine was operating. There was a small window that he was able to squeeze his hand into to retrieve the product. He did it because he thought it would save time.



Hand injuries are difficult to repair because of the complexity of the hand and after a hand injury; the hand may not function as it did before the injury due to loss of:

- Motion
- Dexterity
- Grip
- Ability to complete the simplest of tasks

Avoiding Hand Injuries

- Know the hazards and dangers in the job to be done
- Be aware of pinch points
- Be aware of hot areas
- Be aware of rotating or moving surfaces
- Automated machinery may be controlled by remote control, or delayed timing devices that cause the machine to start automatically
- Loose clothing and jewelry may be caught up in moving machinery
- Never remove machine safeguards or operate machinery with safeguards removed

Lines of Defense

- Eliminate hand hazards (if possible) – hand injury analysis
- Reduce hand hazard exposure
- Awareness of Hazards and Prevention Measures
- Warning signs
- Personal Protective Equipment (PPE)
- Good Hygiene and First Aid



- This is a graphic display of a thermal burn. Roughly 1 month prior to this devastating injury the HSE officer bought heat resistant gloves face shield and heat resistant coveralls. The PPE was stored in the office. The employee stated it was too far away for him to go for it. It took almost three months for his hand to heal.

TESL Hand Safety Campaign



Vehicular Crashes

Trinidad Central Statistics Office found that
40% of all fatal crashes took place on three
roads:

- (1) Churchill-Roosevelt Highway;
- (2) Solomon Hochoy Highway and the
- (3) Eastern Main Road

Also special attention should be paid to these
roadways:

- (1) Cross Crossing Interchange in San Fernando
- (2) Southern Main road

Points to Ponder:

- 2728 persons arrested in 2015 for DUI.
- Over 50,000 traffic tickets distributed accounting to 45 million issued to drivers.
- 12% reduction in fatalities - 145 for 2015 as opposed to 165 in 2014. 20 less families are left grieving. Males under the age of 44 years accounted for 88% of fatalities in 2015.



TRINIDAD & TOBAGO POLICE SERVICE Strategic Road Safety Project

Police Headquarters Sackville Streets Port of Spain, Trinidad, Republic of Trinidad & Tobago
Telephone: 1 (868) 678-7546 Facsimile: 1 (868) 623-1055 Email: brent.batson@ttps.gov.tt

TTPS Road Traffic Safety Summary Review 2015

Overall Analysis

According to the data from the Traffic & Highway Patrol Branch Records & Statistics Section, in the year 2015 Trinidad & Tobago experienced one of the lowest figures in terms of both road traffic deaths and fatal road traffic accidents in over 10 years recording 145 road deaths and 126 fatal road traffic accidents in 2015 compared to 165 and 147 in 2014. The figures represent a 12% reduction in lives lost and a 14% reduction in fatal road traffic accidents.

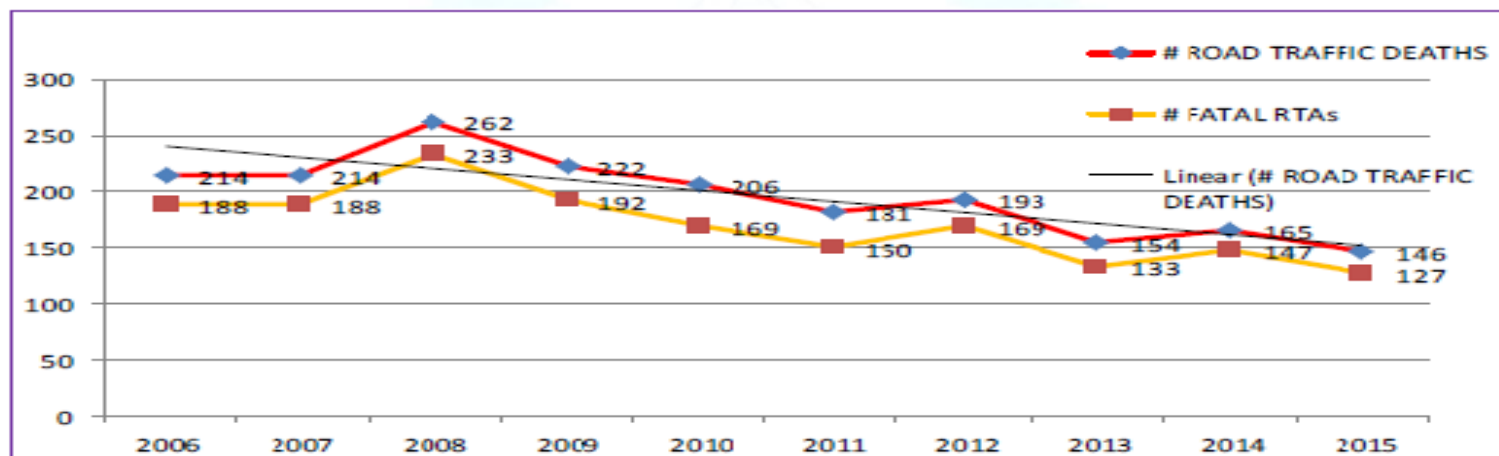


Figure 1. Road Traffic Deaths and RTAs for 10 year period. Source: Tr. Branch Rec

In Trinidad over 80% of All Road Fatalities
are Males ages 20-49.



Which means...Trinidadians are twice as likely
to die in a vehicular crash than Americans
or Canadians!

And Vehicular Crashes are one of the top
workplace injury-related accidents

- Installation of Speed buzzers
- Continuous monitoring of Speed Reports

Email excerpt:

Subject: SPEED REPORT




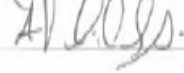
Good morning Anthony,

Our daily speed report shows from pages 5 to 13 you were driving in a dangerous manner as such you are required to meet with Mr. Ramsaroop, Mr. Caesar and myself on Monday 01st June 11am.

Thanks and Regards,

Carlos Gonzales

Transport Coordinator

		Meeting Attendance Record		Form#: Q-008 Product Line/Division: OHSE Revision Level: 2 Release Date: 15-Nov-2005	
MEETING DETAILS					
Meeting Name:		Drivers Meeting - BREACH OF SPEED LIMIT			
Date of Meeting:		June 1st 2013			
Location/Venue:		Pumping			
Meeting Chaired by:		Robert Caesar			
Meeting Time:	Start Time:	11:00 am	End Time:	11:30 am	
No	NAME (BLOCK LETTERS)	SIGNATURE	PRODUCT LINE/DIVISION		
1	ROBERT CAESAR		HRR		
2	CARLOS GONZALES		HSE		
3	ANTHONY GIDDINGS		COMPLETION		

**What you should take away from
this information...?**

- ☐ That your Employee's health must be monitored just like you do for Safety.
- ☐ Most employees struggle with understanding, follow through and monitoring their health.
- ☐ Typical companies have employees with problems with blood pressure (hypertension) and abnormal sugar (diabetes), risky behavior (hand injuries and driving)



Questions?

