



<b>NIGHT WORK PROCEDURE</b>				Document ID :	
				<b>SA-AMI-000-HDAI-710029</b>	
				Contractor Reference :	
				<b>6601000283</b>	
Revision: 2		Step: IFU			
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<b>AMIRAL PROJECT</b>

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<b>NIGHT WORK PROCEDURE</b>
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## 1 PURPOSE

The purpose of this procedure is to define the safe execution of night work activities at the Amiral PKG-4 site, ensuring compliance with Saudi Aramco standards, CSM guidelines, and other regulatory requirements.

## 2 SCOPE

This procedure is applicable to both Contractor and Subcontractor personnel engaged in nighttime or holiday work in construction and pre-commissioning and commissioning activities. It also encompasses the Construction team and HSE management, who are accountable for ensuring adherence to this procedure in all relevant operations.

## 3 OVERVIEW

Night work activities present unique challenges that necessitate stringent safety and operational protocols. This Night Work Procedure is developed in alignment with CSM and other applicable SA standards to ensure that all night work is conducted safely, efficiently, and in compliance with regulatory requirements. It aims to provide clear guidelines and protocols for all personnel involved in night work, including planning, preparation, execution, and emergency response.

## 4 REFERENCES

- COMPANY Construction Safety Manual (CSM)
- SA General Instructions, GI 2.100, Work Permit System
- SAES-P-123 – Engineering Standard
- SA-AMI-000-HDAI-610003 – Construction Method Statement Concrete Works
- Minimum Medical Standard and Requirements (MMSR)
- Contractor Site Safety Program (CSSP)
- Contractor Emergency Response Plan (ERP)

## 5 DEFINITIONS & ABBREVIATIONS

### 5.1 Definitions

#### 5.1.1 Night work

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Any work conducted during the time between local official scheduled sunset and sunrise, encompassing all activities identified within the scope of this procedure.

#### 5.1.2 Extended hours

Extension of normal working shift beyond normal working hours to accommodate unavoidable works.

#### 5.1.3 Illumination

Provision of adequate lighting in work areas during nighttime operations to ensure visibility

#### 5.1.4 Lumen

The unit used to describe the amount of light emitted by a source or received on a surface.

#### 5.1.5 Lux

Unit of measurement for illuminance, representing the amount of light falling on a surface, crucial for determining adequate lighting levels in work areas.

#### 5.1.6 Glare

Discomfort or impairment of vision caused by excessively bright lights, particularly problematic during night work as it can reduce visibility.

#### 5.1.7 Extreme weather

Severe or unusual atmospheric conditions that could impact nighttime work activities such as; sandstorm, high wind, rain etc.

#### 5.1.8 Duty Roster:

List of people who will be on duty during extended and night shift work.

## 5.2 Abbreviations

- 5.2.1 HSE : Health, Safety and Environment
- 5.2.2 CSM : Construction Safety Manual
- 5.2.3 MMSR : Minimum Medical Standard and Requirements

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- 5.2.4 CSSP : Contractor Site Safety Program
- 5.2.5 PTW : Permit to Work
- 5.2.6 MS : Method Statement
- 5.2.7 JSA : Job Safety Analysis
- 5.2.8 TBM : Tool Box Meeting
- 5.2.9 ERT : Emergency Response Team
- 5.2.10 ERP : Emergency Response Plan

## 6 RESPONSIBILITIES

### 6.1 Project Manager

- Allocate sufficient resources, including personnel, equipment, and budget, to support safe night work operations.
- Ensure the management staffs are aware of the night work procedure and requirements.
- Ensure a prompt and effective response to any safety incidents or emergencies that occur during night work.

### 6.2 Construction Manager

- Responsible for ensuring that the overall requirements explained in this procedure are understood and followed
- Coordinate site activities to minimize the amount of extended hours'/Night shift work taking place and the number of employees involved in such activities
- Ensure risk assessments specific to night work activities and implement appropriate control measures.
- Inform the HSE Manager of any planned overtime or night shift activity as applicable to this procedure.
- Coordinate with HSE manager to ensure all safety protocols are understood and implemented.
- Maintain effective communication channels to promptly address any safety concerns or incidents that arise during night work

### 6.3 Section Managers

- Plan their night work activities in ahead and ensure all safety & job requirements are met.
- Ensure that adequate lighting, personal protective equipment (PPE), and other safety measures are in place

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- Communicate the importance of compliance with safety procedures to all personnel in their section.
- Provide direct supervision and oversight of night work activities
- Ensure all personnel in their section are adequately trained and competent.
- Take corrective action when safety violations are observed, including stopping work if necessary to address serious hazards.
- 

#### 6.4 HSE Manager / Supervisors

- Develop, review, and update the night work safety procedure in accordance with industry standards and regulations
- Develop and implement emergency response plans for night work is in place and employees are trained in emergency procedures.
- Ensure the effective implementation of safety procedures across all project activities
- Conduct comprehensive risk assessments for night work activities and develop strategies to mitigate identified risks
- Develop and deliver safety training programs specific to night work for all personnel, including contractors and subcontractors
- Conduct regular inspections and audits of night work activities to ensure compliance with safety procedures
- Monitor safety performance and implement corrective actions where necessary.
- Ensure that adequate safety equipment, including personal protective equipment (PPE) and lighting, is available and maintained

#### 6.5 Engineers and Supervisors

- Ensure night work permit, JSA and emergency response resources are available and communicated to their workforce through task briefing.
- Ensure that all personnel under their supervision are aware of and adhere to the night work safety procedures.
- Verify that all team members are properly trained and competent in performing their tasks safely
- Ensure that all team members are familiar with emergency procedures and evacuation plans
- Monitor night work activities closely to ensure compliance with safety procedures.
- Ensure that the necessary resources, such as lighting and personal protective

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equipment (PPE), are available and used correctly.

- For activities such as radiography they will ensure that the necessary signs, barriers and flashing lights are provided as well as adequate lighting and that the relevant contractor and Sub-contractor at least 24hrs in advance has been informed.
- Ensuring that lighting provided is adequate (min of 100 lux) & that personnel are not working in shadow.
- Ensuring that Permit to work attached with night notification available on the working area.
- Ensuring that permit work receiver is present on the job site.
- Ensuring that work method statement job hazard analysis available in the work area.
- Ensuring that adequate medical coverage is in place during the periods that work is being carried out.
- Ensure that all tools and equipment are provided in advance for the work being carried out.
- Report any safety incidents, near misses, or unsafe conditions to the Section Manager and HSE Manager promptly

## 6.6 Site Safety Officers

- Ensure the implementation of night work safety procedures across the site.
- Coordinate with the Site supervisors and engineers to ensure cohesive implementation of safety procedures.
- Monitor adherence to safety protocols by all personnel, including contractors and subcontractors
- Conduct inspections of night work activities to identify potential hazards and ensure compliance with safety standards
- Respond promptly to any safety incidents, accidents, or near misses that occur during night work
- Ensure emergency response equipment, team and other night work safety requirements are met and available.
- Ensure that all personnel are aware of emergency procedures and the proper use of safety equipment
- Ensure that emergency response equipment is available, functional, and easily accessible

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- Take immediate action to address any non-compliance or unsafe behavior observed during night work activities.

## 6.7 Subcontractors

- Ensure that all night work activities comply with relevant health, safety, and environmental regulations and standards.
- Adhere to all night work safety procedures, and ensure that all their personnel understand and comply with this procedure.
- Plan ahead night work activities and obtain prior approval from Contractor and PMT and send work notification.
- Ensure all their personnel are adequately trained and competent in their respective tasks and the specific night work safety requirements.
- Provide all necessary resources for night work including adequate lighting, welfare arrangements, emergency response and personal protective equipment.
- Implement appropriate control measures to mitigate identified risks and regularly review and update these measures as needed
- Assign a competent safety representative to oversee night work activities and ensure compliance with safety procedures.
- Report any accident/incident, Near-miss or any kind of emergency to the Contractor.

## 7 TOOLS AND EQUIPMENT

The CONTRACTOR intends to use the following tools, equipment and as minimum requirements particularly on Concrete Pouring at Night Time, and to wear appropriate PPE in executing the works

S/N	ITEM	S/N	ITEM
1	Tower Light / Portable Light Tower / Mounted Light	9	Water Tanker
2	Generator	10	Fuel Tanker
3	Concrete Mixer	11	Concrete Vibrator / compactors
4	Concrete Pump	12	Mason tools & finishing tools
5	Air Compressor	13	Carpenter tools, if required



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6	Crane & boom Truck	14	Road Signal Blinker, if required
7	Forklifts, wheel loaders, dump trucks, excavator etc.	15	Surveying Equipment & Tools
8	Mechanical elevated work platforms (MEWP)	16	Ambulance (ERP)

## 8 COMMON HAZARDS DURING WORK AT NIGHT

- Poor Access/Egress at work site
- Movement of heavy vehicles and equipment
- Lack of proper supervision
- Fatigue due to excessive working hours
- Reflection and shadows
- Environmental aspect (noise, dust generation etc.)
- Transportation of workmen
- Lack of welfare facilities
- Lack of job specific PPE
- Unsafe behavior
- Traffic violation (speeding, reckless driving, not wearing seatbelt, wrong parking etc.)
- Vehicle accidents.

## 9 PROCEDURES

### 9.1 Night Work Planning Requirement

CONTRACTOR and Subcontractors shall ensure thorough planning to guarantee the safety and efficiency of all night work activities. This planning shall include performing comprehensive risk assessments to identify and mitigate potential hazards. Coordination with relevant departments shall be maintained to ensure all necessary resources, including personnel, equipment, and materials, are available and adequately prepared. Adequate lighting shall be provided for all work areas, and emergency response plans shall be established. Night shift supervisors and safety personnel shall closely monitor activities to ensure compliance with safety procedures.

Before commencing any nighttime operations, the job requesters to prepare a comprehensive lighting plan detailing the placement and specifications of lighting fixtures to ensure adequate illumination of the work area. This lighting plan shall be submitted along

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with the work permit request for approval by the designated authorities. By proactively preparing a lighting plan, job performers can contribute to the safe and efficient execution of nighttime activities, aligning with AMIRAL's safety standards and regulatory requirements.

Before considering or starting with night work activities a pre-planning should be made to limit as far as practicable the need for those activities. the following shall be prepared;

- Weekly notification and work schedule shall be prepared and submitted to Contractor Construction Manager and Safety Department using the night work schedule request form (Refer to Attachment 3 – Night Work Schedule Request Form).
- Extended / Night Work Activity must have a prior approval from COMPANY'S representative, shall be included in the Two (2) weeks look ahead schedule submitted to Contractor Construction Manager and Safety Department.
- How many manpower will be mobilized and the duration of work.
- Name of Construction Supervisor who will be in-charge of work.
- List of equipment that will be utilized during the activity.
- Permit to Work (PTW) requirements.
- Approved Method Statement (MS) and Specific Job Safety Analysis (JSA) for night work activities.
- Working in dark areas and lone working is prohibited.

## 9.2 Extended / Night Work Activities

Activities to be performed at night but not limited to:

- Rebar Installation
- Form Works Activities
- Concrete Pouring
- Concrete Surface preparation
- Concrete Asphalt Coating
- Steel structure alignment and bolt torquing
- Sand blasting and painting
- Cable tray installation at Substations (indoor work)
- Cable tray installation at Pipe Racks
- Cable Pulling Activities

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- Welding Activities.
- Pressure tests
- Non-Destructive Test (NDT)
- Insulation Activities
- Excavation and backfilling
- Asphalt on road and compaction

- Lifting Activities must comply with the following requirements (as per SA G.I. 7.028 – Crane Lifts and Procedures):
- Provision of Rigger I as all type of crane lifts during night are considered critical lifts.
- Have an approved Critical Lift Plan on site prior to each lift performed at night.
- A competent standby electrician must be at site throughout the night shift duty.
- Have proper lighting sufficient to perform the lift safely.
- Request for extension of PTW must be obtained before 4:00 PM.

### 9.3 Access Control

Personnel access to work areas will be limited to those people involved in night work activities. Other people not included in the night work crew shall require specific authorization issued by the concerned construction supervisor in charge of the night. Movements of vehicles and heavy equipment are restricted to the minimum and only duly authorized vehicles will be allowed during night work.

PWAS (Proximity Warning Alarm System), reverse alarm and beacon lights are mandatory in all equipment that will be used at site.

Adequate barriers will be provided around areas where hazards may exist, and that such hazards are clearly lit, including warning flashing lights.

### 9.4 Permit to Work and Notification

All extended time and night work activities shall be covered by Night Work Permit System. The permit must be obtained from CONTRACTOR. Night shift safety personnel and supervisors shall closely monitor the activities and ensure compliance with permit conditions.

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Additionally, a weekly notification and work schedule shall be prepared and submitted at the end of each week to cover activities for the upcoming week, including Friday work.

- Permit Issuer and Permit Receiver must not leave the work area until the Permit to Work is close.

## 9.5 Illumination Requirement

To guarantee the safety and productivity of nighttime operations, the construction teams are mandated to strictly follow the lighting standards set forth by Saudi Aramco Engineering Standard SAES-P-123. These standards are crucial for creating an environment that promotes both safety and efficiency. CONTRACTOR shall ensure the following;

- Provide appropriate lighting as per SAES-P 123 to work area during hours of darkness.
- The respective subcontractors should prepare lighting plan for their work and submit along with work permit request.
- When setting up temporary lighting should be given to their work location to ensure that all areas receive light from at least two directions to prevent shadow.
- Where possible, conventional, Tungsten or tungsten halogen lighting should be used high pressure sodium lighting should be avoiding due to potential fire risks.
- All points of exit, pathways, access/egress and muster points shall be clearly illuminated.
- Excavations along the roadside shall be securely barricaded, and solar-powered blinking lights shall be installed for night visibility and to avoid any traffic incident.
- Lighting equipment provided shall be 220 volts, and checked in accordance with the procedure of temporary electrics.
- The illumination shall be measured prior to the work being carried out by a light meter
- Tower lighting shall be sited in a manner that illuminates all parts of the area where the work is taking place.
- Lighting should be provided in confined space, (this lighting shall be provided in accordance with risk assessment and/or JSA) back up lighting shall be provided in case of power failure.
- Generators provided shall be checked prior to use to ensure that they meet requirements of the plant and equipment procedure

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- Lighting poles and other metal poles shall be earthed and the circuit fitted with residual current device.
- Cables employed for the purpose of temporary lighting shall be routed to ensure that they do not present a trip hazard or other obstruction.
- Avoid using spliced or damaged cables for lighting purposes.
- Regularly check and adjust the lighting to ensure consistent visibility across the work area. Have a backup power source or generators to avoid disruptions due to power failure
- Glare - glare from the lighting system should be minimized for both the workers and any adjacent motorist. Glare should be considered from each direction and on all approaching roadways and opposing lanes of traffic.
- Assessment of lighting in the workplace should take account of the following aspects:
  - The adequacy of artificial lighting, particularly where work equipment is in use;
  - Procedure for measuring levels of illumination;
  - The presence of glare in its various forms;
  - The efficiency of light distribution;
  - Lightning maintenance and cleaning arrangements; and
  - Emergency lighting arrangements.

The following tables indicates the minimum level of illumination whether from natural or artificial sources shall be provided.

**1. OSHA standard at 29 CFR 1926.56, related to the requirements for minimum illumination at construction sites**

<b>Lux</b>	<b>Area of Operation</b>
50	General construction area lighting
30	General construction areas, concrete placement, excavation and waste areas, access ways, active storage areas, loading platforms, refueling, and field maintenance areas. <b>(Exception: General construction activities not less than 50 lux)</b>
50	Indoors: warehouses, corridors, hallways, and exit ways. Tunnels, shafts, and general underground work areas: <b>(Exception: minimum of 100 lux is required at tunnel and shaft heading during drilling, mucking, and scaling)</b>

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100	General construction plant and shops (e.g., batch plants, screening plants, mechanical and electrical equipment rooms, carpenter shops, rigging lofts and active store rooms, mess halls, and indoor toilets and workrooms.) <b>(Exception lifting activities not less than 150 lux)</b>
300	First aid stations, infirmaries, and offices.

## 2. SAES-P-123 – Lighting

Table 4 – Average Maintained Illuminance Levels (Continued)				
Location	Illuminance Lux      (fc)		Working Plane (mm) Related Notes    [#]	
<b><u>Work Shop (Repair Shop)</u></b>				
Large Fabrication	200	(20)	Floor	H
Bench and Machine Work	500	(50)	(760)	H
Crane-way, Aisles	150	(15)	Floor	H
Small Machine	300	(30)	(760)	H
Sheet Metal	200	(20)	(760)	H
Electrical	200	(20)	(760)	H
Instrument	300	(30)	(760)	H
<b><u>Change House</u></b>				
Locker Room, Shower	100	(10)	Floor	H
Lavatory (Hammam)	200	(20)	Floor	H
<b><u>Plant Roads, Bikeways, Parking Lots &amp; Alleys</u></b>				
Roads, Bikeways (where used)	10	(1)	Ground	H
Parking Lots, Alleys	10	(1)	Ground	H

### 9.6 Traffic Management

Effective traffic management will be ensured for the safety of both workers and vehicle during nighttime activities. The following measures shall be implemented:

- Erection of hard barricades along the roadside to separate the work area from vehicular traffic.
- Installation of blinker lights, reflective signage, including warning signs, directional signs, and speed limit signs.
- Assign trained flaggers with retroreflective flags to direct traffic and control the equipment movements in the area.
- All heavy equipment and vehicles must be fitted with safety devices including PWAS, reverse alarms, headlights, indicators, beacon lights, etc., and should be in proper working condition.
- Provide designated pedestrian walkways and crossings to ensure the safety of workers and pedestrians passing through or near the work zone

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- Install barricades or barriers to separate pedestrian pathways from vehicular traffic.
- Maintain clear access routes for emergency vehicles to enter and exit the work zone quickly in case of emergencies
- Light Towers must **never be towed** until: the mast is retracted and lowered to the horizontal position; the travel lock pin is secured; and the outriggers have been retracted and stowed. Never tow a Light Tower when its engine is running.

## 9.7 Emergency Response and Preparedness

During nighttime operations, the implementation of the Emergency Response Plan (ERP) is paramount. The CONTRACTOR shall ensure that emergency response resources are available during night work in accordance with the CONTRACTOR ERP.

For the effective implementation of ERP during night work, CONTRACTOR shall ensure:

- All personnel are familiar with the emergency response plan and receive training on their roles and responsibilities during emergencies
- Trained Emergency response team, medical team and ambulance available during the entire night work period.
- Trained Emergency response and medical team available during the entire night work period.
- Trained Emergency response and medical team available during the entire night work period.
- Trained Emergency response and medical team available during the entire night work period.
- Trained first aiders and adequate number of first aid kits are available in accordance with MMSR.

Dedicated Medical Team with Ambulance Vehicle, including First Aider(s) shall be present on site when number of employees are at 50 and above for handling emergency situations.

### 9.7.1 Emergency Reporting

Incident reporting shall follow the same procedure as specified in the CONTRACTOR approved Emergency Response Procedure of the project. A full list of emergency contact phone numbers shall be communicated and posted throughout the bulletins and fixed signage

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### 9.7.2 Medical Screening

All employees assigned for night work (Sunset to Sunrise) shall undergo a Medical Screening conducted by the Site Medical Nurse to ensure Fit to Work during night shift (refer to attachment 4 – Medical Screening for Night Worker).

## **EMERGENCY REPORTING INSTRUCTIONS**

PACKAGE-4 EMERGENCY HOTLINE NUMBER **053-960-1472**  
AMIRAL EMERGENCY NUMBER **050-295-0800**

When transmitting a message by Telephone, Radio or messenger ensure the following information provided:

1. Exact location (e.g., plant, building or house number)
2. Nature of the emergency (e.g., fire, explosion or gas release)
3. Type of services required
4. Number of injured personnel
5. Telephone number you are calling from, if available
6. Caller's name and badge number

*Note: Stay on the telephone or Radio until told to hang up*

### 9.7.3 Medical Team and Emergency Contact

Nurse (Day Shift)	Zahir Shah	053-616-0182
Nurse (Night Shift)	Zafar Ullah Sayed	056-167-6991
Ambulance (Day Shift)	Daud Khokhar	056-360-9780
Ambulance (Night Shift)	Amir Khan	057-109-9346
ERT	Sabir Mahammad	055-245-6118
Package-4 Hotline		053-960-1472
Police		999
Fire Department		998
Red Crescent Ambulance		997
Ministry of Health		937



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Vendor Reference : <b>N/A</b>			System / Subsystem: <b>NN</b>	Equipment Type: <b>N/A</b>	

**Note:** The contact number of first aiders, nighttime emergency response team, focal contact point of both CONTRACTOR and COMPANY for night shift shall be attached with night work permit

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- ATTACHMENT

Attachment 1 - Night Work Checklist

Attachment 2 - Night Shift Duty Roster

Attachment 3 – Night Work Schedule Request Form

Attachment 4 - Medical Screening for Night Work

Attachment 5 – Night Work Risk Assessment

Attachment 1 – NIGHT WORK CHECKLIST

<b>NIGHT WORK CHECKLIST</b>	
Permit Reference No:	Date:
Company:	Area/Location:
Work Description:	

S/N	DESCRIPTION	YES	NO	N/A
<b>I. General</b>				
1	Is there a designated Supervisor/Representative on duty during night work?			
2	Is there a HSE officer at the work site who is responsible to ensure that all Safety precautions and requirements are met?			
3	Is there nurse and ambulance designated for nighttime work and			

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	available on site?			
4	Is a tool box talk being conducted prior to starting work at night?			
5	Is there a competent electrician for work at night?			
6	Is there both communication & transport available in case of any emergency?			
7	Are the emergency contact numbers & evacuation routes posted at site?			
8	Is there qualified first-aid attendees on duty and with transport available?			
9	Is there a hot meal served to workers at dinner time, and in an appropriate location in line with health requirements?			
10	Are emergency procedures, i.e. evacuation & emergency numbers, discussed with workers before work commences?			
11	Are there adequate welfare facilities available, i.e. toilets, rest shelter, water?			
<b>II. Lighting</b>				
1	Are the access roads properly signposted for night work, i.e. excavations barricaded and equipped with flashing lights?			
2	Are there adequate lighting in work areas, access roads, excavations, on structures& walkways?			
3	Are there traffic controllers/flagmen at site with lighted batons at the work site?			
4	Are there backup lighting systems in place in case of power failure?			
5	Is there a procedure in place for reporting and addressing lighting issues promptly?			

DESIGNATION	NAME	SIGNATURE	DATE/TIME
Const. Supervisor			
Contractor Safety			

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Vendor Reference : <b>N/A</b>			System / Subsystem: <b>NN</b>	Equipment Type: <b>N/A</b>	

Attachment 2 – Night Shift Duty Roster

I. Emergency Contact

Focal Contact Point	Name	Contact No.	Signature
Site Supervisor			
WPR			
Contractor Safety			
Subcon Safety			
First Aider			
ERP Team Leader			

II. Workforce



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NIGHT SHIFT DUTY ROSTER					
No.	Name	ID Number	JOB Position	Contact No.	Signature





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Vendor Reference : <b>N/A</b>			System / Subsystem: <b>NN</b>	Equipment Type: <b>N/A</b>	

Attachment 4 – Medical Screening for Night Work

				
<b>II. CLINICAL ASSESSMENT</b>				
This section will be completed by the attending Nurse-on Duty:				
<b>VITAL SIGNS:</b>		Temperature: _____ Celsius Pulse Rate: _____ Beats per minute Respiratory Rate: _____ Cycle per minute O <sub>2</sub> Saturation: _____ %	<b>NORMAL RANGE:</b> 36.5°C to 37.5°C 60 to 80 beats per minute 16 to 20 cycles per minute 95% above	
<b>BODY PROPORTIONS:</b>		Height: _____ Weight: _____ BMI: _____		
<b>BLOOD SUGAR LEVEL:</b>		FBS - RBS: _____ mg/dL	<b>NORMAL RANGE:</b> FBS: 70 to 110 mg/dL RBS: below 200 mg/dL	
<b>CLINICAL EXAMINATION:</b>				
<b>CATEGORY</b>	<b>FINDINGS</b>		<b>IF ABNORMAL, DESCRIBE FINDINGS</b>	
GENERAL APPEARANCE	Normal			
	Abnormal			
	Not Examined			
HEAD-EARS-NOSE-THROAT	Normal			
	Abnormal			
	Not Examined			
NECK	Normal			
	Abnormal			
	Not Examined			
CHEST & LUNGS	Normal			
	Abnormal			
	Not Examined			
CARDIOVASCULAR	Normal			
	Abnormal			
	Not Examined			
ABDOMEN	Normal			
	Abnormal			
	Not Examined			
GENITOURINARY	Normal			
	Abnormal			
	Not Examined			
RECTAL	Normal			
	Abnormal			
	Not Examined			
EYES (VISION) Distant (Far) Near	<b>NO SPECTACLES</b>		<b>WITH SPECTACLES</b>	
	LEFT	RIGHT	LEFT	RIGHT
	6/	6/	6/	6/
<b>RECOMMENDATION:</b>				
Based from the collected health information and above clinical findings, Mr. _____ is Fit / Unfit to work during the Night Shift				
Nurse-on-Duty		Examination Date		

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<b>MEDICAL SCREENING FOR NIGHT WORKER</b>				
Complete Name		Date of Birth		
Job Title		Nationality		
Company		ID No. / IQAMA No.		
Supervisor's Name				
<b>I. PERSONAL ASSESSMENT</b>				
S/N	PAST MEDICAL HISTORY	YES	NO	REMARKS
This section will be completed by the Night Shift Employee:				
1	Sinus Problem			
2	Neck Swelling / Glands			
3	Impaired Vision			
4	Any Ear Discharges			
5	Asthma / Bronchitis			
6	Skin Allergies			
7	Tuberculosis			
8	Shortness of Breath			
9	Abdominal Pain			
10	Stomach Ulcer			
11	Recurrent Indigestion			
12	Blood in Stool			
13	Cancer			
14	Heart Problems			
15	High Blood Pressure			
16	Stroke			
17	Serious Chest Pain			
18	Painful Urination			
19	Blood in Urine			
20	Diabetes			
21	Dizziness / Fainting			
22	Epilepsy			
23	Surgical Operations			
24	Accident / Fracture			
25	Fear of Height			
26	Have you ever been treated for mental ailment?			
27	Have you ever been treated for drug abuse?			
28	Have you ever been treated for alcohol abuse?			
29	Area you taking any maintenance medication/s for chronic health problems (as not indicated from the above list)?			
I hereby declare that I have answered the question on this form honestly and I am aware of any physical or mental condition that will or may affect my ability to work on night shift.				
I hereby understand that my employer will be notified of my fitness for night work and that my medical information will remain confidential.				
PRINT NAME		SIGNATURE		DATE

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### Attachment 5 – Risk Assessment for Night Work

NIGHT SHIFT WORK RISK ASSESSMENT											
DISC.	Potential Hazard	Description	Initial Risk Rating			Preventative/Control Measures	Residual Risk Rating			Responsible Person(s)	Completion Date
			L	S	R		L	S	R		
CIVIL	Low Visibility	Reduced visibility in the work area can lead to accidents and injuries.	3	3	9	- Ensure adequate lighting in the work area. - Utilize reflective clothing and equipment.	2	2	4	-Site Supervisors -Foremen	
	Fatigue	Night work can increase fatigue levels, leading to decreased vigilance and performance.	4	32	12	- Implement work/rest schedules. - Train workers to recognize fatigue signs. - CSAR 4.16 Fitness for duty	3	2	6	Shift Engineers	
	Equipment Operation	Operating heavy machinery at night may lead to collisions or accidents without proper visibility.	3	3	9	- Conduct pre-use inspections on machinery. - Assign spotters for heavy equipment operations.	2	2	4	Shift Engineers	
	Poor Weather Conditions	Nighttime weather can exacerbate risks, such as wet surfaces.	3	4	12	- Monitor weather forecasts and adapt work plans accordingly. - Ensure proper drainage in the work area to avoid slips and falls.	2	3	6	Shift Engineers	
CIVIL	Emergency Response	Difficulty in accessing emergency services or responding to incidents due to low visibility.	3	3	9	- Develop and communicate a night-specific emergency plan. - Ensure first-aid kits and emergency equipment are accessible.	2	2	4	ERT	



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	<b>Communication Issues</b>	Miscommunication among team members can lead to accidents during lifting or moving operations.	3	4	12	- Establish clear communication protocols and use hand signals if necessary. - Conduct pre-work safety briefings.	2	3	6	Site Supervisor	
	<b>Wildlife Encounters</b>	Increased risk of encounters with wildlife that may be nocturnal in nature.	2	5	10	- Conduct a site survey to identify potential wildlife hazards. - Train workers to be aware of wildlife and report any sightings.	1	4	4	All Night Shift on duty	

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Definitions:		
<b>HIGH</b>	12-25	The activity shall be carried out. Adequate control measures shall be established to bring the risk levels to medium before the activity can be performed.
<b>MEDIUM</b>	5-10	The activity shall be further analyzed to determine if any additional control measures are required. If required, such additional control measures shall be established before the activity can be performed.
<b>LOW</b>	1-4	No additional control measures will be required

		LIKELIHOOD				
SEVERITY		Certain (5)	Very Likely (4)	Likely (3)	May happen (2)	Unlikely (1)
	Death (5)	25	20	15	10	5
	Major Injury (4)	20	16	12	8	4
	Over 3 days injury (3)	15	12	9	6	3
	Minor injury (treatment off-site) (2)	10	8	6	4	2
	Minor injury (first-aid on-site) (1)	5	4	3	2	1