



# Meshari A. Al-Qallaf

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## Speaker Biography:

Mr. Meshari Al-Qallaf is an Occupational Health and Safety Specialist in the Quality, Health, Safety, and Work Environment Department at the Kuwait Institute for Scientific Research. He has a master's degree in Environment and Occupational Health from Kuwait University in 2020. He holds the UK-National Examination Board in Occupational Safety and Health (NEBOSH) and OSHA-48. Mr. Meshari is a first aider and CPR provider from the American Heart Association-Kuwait. He also got training in firefighting with the Kuwait Fire Force. In addition, Mr. Meshari Al-Qallaf is an ISO 45001:2018 internal auditor. His main fields of interest are risk assessment, Ergonomics, crisis management, and Promoting Safety Cultures. Mr. Al-Qallaf has participated in many international training programs such as IAEA fellowships in 2008 Monaco, 2010 Qatar, and 2019 Malaysia, 2023 Vietnam and cooperation training with Liverpool University (safety sampling techniques).

## Presentation Title: Best Safety Awareness Method (Institutional Study)

### Abstract:

The health and safety regulations at work are designed to protect employees and to ensure adequate risk mitigation is implemented within organizations. A key factor in achieving high HSE (health, safety, and environment) performance is the employees' knowledge and understanding of the approved health and safety procedures. However, current awareness tools are often ineffective as many employees do not read the complete procedures available on the institute's portal and are reluctant to attend traditional in-person health and safety training courses and/or presentations for health and safety tips and other H&S-related issues. This study aims to find out the best ways to communicate and improve health and safety awareness.

A survey questionnaire with (18) questions was used, starting with demographical questions and going down to the most appropriate way to deliver H&S awareness. The questionnaire was distributed randomly to 113 KISR employees (i.e., 11% of total employees). The collected data were first verified and validated through face-to-face interviews. Data validation and analysis were performed using SPSS V16 software for statistical data interpretation and presentation.

An effective Safety Management System is firmly based on the cooperation and commitment of all the interested parties in building and maintaining a healthy and safe work environment. HSE awareness is a fundamental ingredient, especially during emergency response, to assure compliance with international safety standards and the safety of employees during operation and adherence to international safety standards (ISO: 45001:2018). The study has shown that improved safety awareness could be achieved through multimedia tools (short videos of emergency response procedures and H&S tips).