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EMBRACING INNOVATION: THE FUTURE OF SAFETY WITH SMART HELMETS AND WEARABLE SENSORS

At First Fix, we are always exploring new technologies to enhance the safety and well-being of our team. Among the most promising advancements in Health, Safety, and Environment standards are smart helmets and wearable sensors.

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At First Fix, we are always exploring new technologies to enhance the safety and well-being of our team. Among the most promising advancements in Health, Safety, and Environment standards are smart helmets and wearable sensors.

SMART HELMETS:

Smart helmets are equipped with advanced sensors that monitor various environmental and physiological parameters. They provide real-time alerts on potential hazards such as high levels of toxic gases, excessive noise, or dangerous temperatures. Additionally, they can track the wearer's location, ensuring quick responses in case of emergencies. These helmets are not just protective gear but intelligent devices that actively contribute to the well-being of our workforce.

SMART BADGES:

Smart badges are wearable sensors that offer a range of safety features. They monitor vital signs such as heart rate and body temperature, alerting workers and supervisors to any signs of distress. These badges also facilitate contact tracing and help manage workforce movements, ensuring social distancing and optimizing task assignments. By integrating smart badges into our daily operations, we enhance our ability to safeguard our employees' health and safety proactively.

WHY EMBRACE THESE INNOVATIONS?

Enhanced Safety

Real-time monitoring and alerts significantly reduce the risk of accidents and health issues.

Improved Efficiency

Automated data collection and analysis streamline safety protocols and response times.

Proactive Health Management

Continuous monitoring of vital signs helps prevent health emergencies before they escalate.

Better Compliance

Ensuring adherence to safety regulations and standards becomes more manageable with automated tracking and reporting.

Environmental Monitoring

The helmets measure temperature, humidity, and other environmental factors to ensure optimal working conditions.

Detect Impacts

Built-in impact sensors immediately notify the safety team if a helmet experiences a significant hit, ensuring prompt medical attention if needed.

The integration of smart helmets and smart badges in the industry has significantly enhanced safety protocols. These technologies provide real-time data, enabling informed decisions and swift responses to potential hazards. By proactively addressing safety concerns, companies can create safer and more efficient working environments.

At First Fix, we remain dedicated to continuous improvements in all aspects of our operations. As we continue to explore and implement innovative solutions, technologies like smart helmets and wearable sensors exemplify our commitment to excellence in Health, Safety, and Environment standards.

EMBRACING INNOVATION: THE FUTURE OF SAFETY WITH SMART HELMETS AND WEARABLE SENSORS



PMO REACHES WEEKLY 100 KPI MILESTONE



PMO DEPARTMENT

First Fix PMO department, which was established just two and a half years ago, has reached a significant milestone with the release of its 100th weekly KPI report. This achievement reflects the department's remarkable progress in advancing project control and monitoring across all company projects.

UNDER ITS LEADERSHIP, THE PMO DEPARTMENT NOW OVERSEES BOTH THE PMO AND PLANNING TEAMS, PLAYING A CRITICAL ROLE IN ENSURING EFFICIENT PROJECT EXECUTION. DURING THIS PERIOD, THE DEPARTMENT HAS SUCCESSFULLY BUILT A ROBUST PLANNING ORGANIZATION, SUPPORTED BY A HIGHLY SKILLED TEAM OF PLANNING MANAGERS, PMO LEADERS AND PROFESSIONALS.

Utilizing an innovative ERP system, the PMO has developed an efficient process for tracking daily productivity, assessing individual KPIs for every employee, from laborers to project managers, and providing an overall KPI overview of the company's performance.

In addition to the weekly KPI reports, the PMO department produces a variety of critical reports, including the Management Dashboard, Project Control Reports "PCR", and the Cost Analysis and Resource Management (CARM) report. These reports have been integral in supporting decision-making and ensuring thorough oversight of all projects.

This level of monitoring and control is rarely achieved, with few, if any, companies able to match the PMO's capabilities in Saudi Arabia and globally. The department's advanced oversight system has set a new industry standard, driving excellence in project management.

We extend our gratitude to the hardworking members of the PMO and Planning teams, whose dedication and effort have made this milestone possible.

As the PMO continues to refine and enhance its processes, it remains a leader in project monitoring, setting benchmarks that rival the biggest names in the industry.

BOOSTING PRODUCTIVITY AND WELL-BEING IN WORKSPACES

When the mind exhausts its energy, it loses its ability to see clearly.

Understanding human nature provides the ability to overcome life's difficulties more effectively. A person cannot work like a machine, and even if they manage to do so, they gradually lose their passion and happiness until they become completely unable to function. The same applies to companies, which are built by the most important element: the employee.

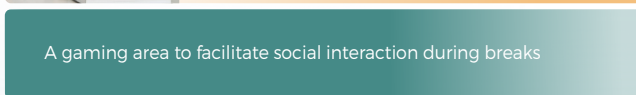
Major companies rely on renewal plans that satisfy the employee, alongside pleasing the customer. Companies like Google and Amazon, for example, have based their long-term success on teamwork and nurturing employee creativity. Just as they encourage hard work, they also value serious fun.

Creating recreational spaces is a crucial policy for fostering creativity and enhancing the mental health of employees, and it also plays a key role in providing emotional salary. Studies have shown that spending 45 minutes in a break room enhances both individual and collective productivity. These spaces allow employees to spend time together and share creative ideas, away from the pressures of office work. This enables companies to propose innovative and creative solutions during these moments of relaxation.

The benefits of recreational spaces extend beyond clearing the mind and increasing creativity; they also strengthen relationships between managers and employees. This creates opportunities for managers to discover new talents that may have been overlooked, aiding in making promotion decisions and more. Some examples of recreational spaces implemented by many companies include:



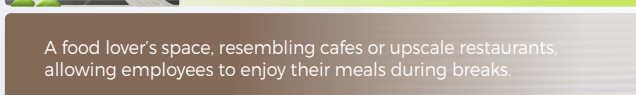
A library for reading books and magazines



A gaming area to facilitate social interaction during breaks



A green space designed for contemplation and light exercise.



A food lover's space, resembling cafes or upscale restaurants, allowing employees to enjoy their meals during breaks.



An Inspiration Wall where employees can post ideas, pictures, and notes to encourage more creative thinking and solutions while boosting morale.

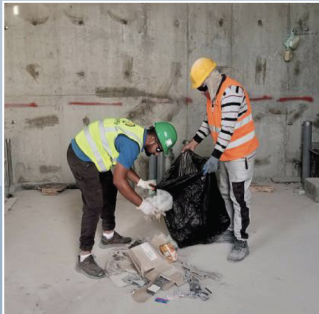
It is not necessary for companies to allocate specific areas to create recreational spaces or limit them to these examples. The focus should be on maintaining employee energy without unnecessary depletion. Providing comfort during work hours is essential.

In conclusion, it is not about following costly solutions but rather about applying the concept of recreational spaces. For instance, a comfortable sofa can alleviate back pain after long hours and ensure the physical well-being of employees.



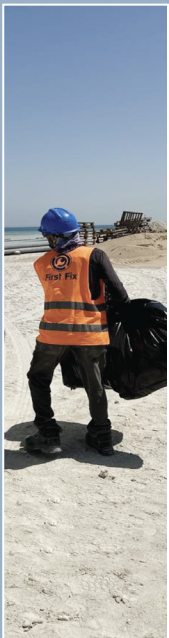
Clean and Safe: Shura Island Housekeeping Drive

Our HSE department recently led a housekeeping campaign at Shura Island HW02 Project. Good housekeeping is crucial for a safe and well-managed workplace, as it helps expose hidden hazards and ensures items are properly stored.



Key efforts included:

- Organized storage of materials and tools.
- Regular clean-up drives to reduce clutter.
- Identifying and addressing potential hazards.
- Employee training on maintaining a tidy work environment.





HSE EXCELLENCE RECOGNIZED CERTIFICATE OF ACCOMPLISHMENT IN CORE LEADERSHIP

Our HSE team at the Shura Island Project has been honored with the Certificate of Accomplishment in Core Leadership from Red Sea Global. This award recognizes their outstanding commitment to health, safety, and environmental excellence. Great job, team!



Faces of First Fix:

Meet Samir Yehya

This month, we are highlighting Engineer Samir Yehya, a Senior Project Manager at First Fix. Eng. Samir joined First Fix in December 2023 and is currently working on the Cargo Expansion Project at King Khalid International Airport (KKIA).



Can you describe your role at First Fix and what a typical day looks like for you?

As the Senior Project Manager for the Cargo Expansion Project at KKIA Riyadh, my role involves overseeing all aspects of the project, ensuring everything runs smoothly and efficiently. My day starts early—I arrive at work before 7 AM to meet with the construction manager and the site team, where I inspect the ongoing work, address any questions they have, and provide necessary instructions. By 8:30 AM, I shift my focus to technical planning, meeting with the technical manager to coordinate shop drawings and technical documents. I also follow up with consultants, clients, and our internal teams, including procurement, QA/QC, and the planner, to ensure all aspects of the project are aligned and progressing as planned. It is a dynamic role that requires constant communication and problem-solving.



What has been one of your favorite moments or experiences since joining First Fix?



One of my favorite experiences has been the collaborative spirit I have witnessed among our teams, especially during challenging phases of the project. Seeing everyone come together to overcome obstacles and achieve project milestones is incredibly rewarding. It reminds me of the importance of teamwork and dedication in achieving our goals.

Outside of work, what are some of your hobbies and interests?

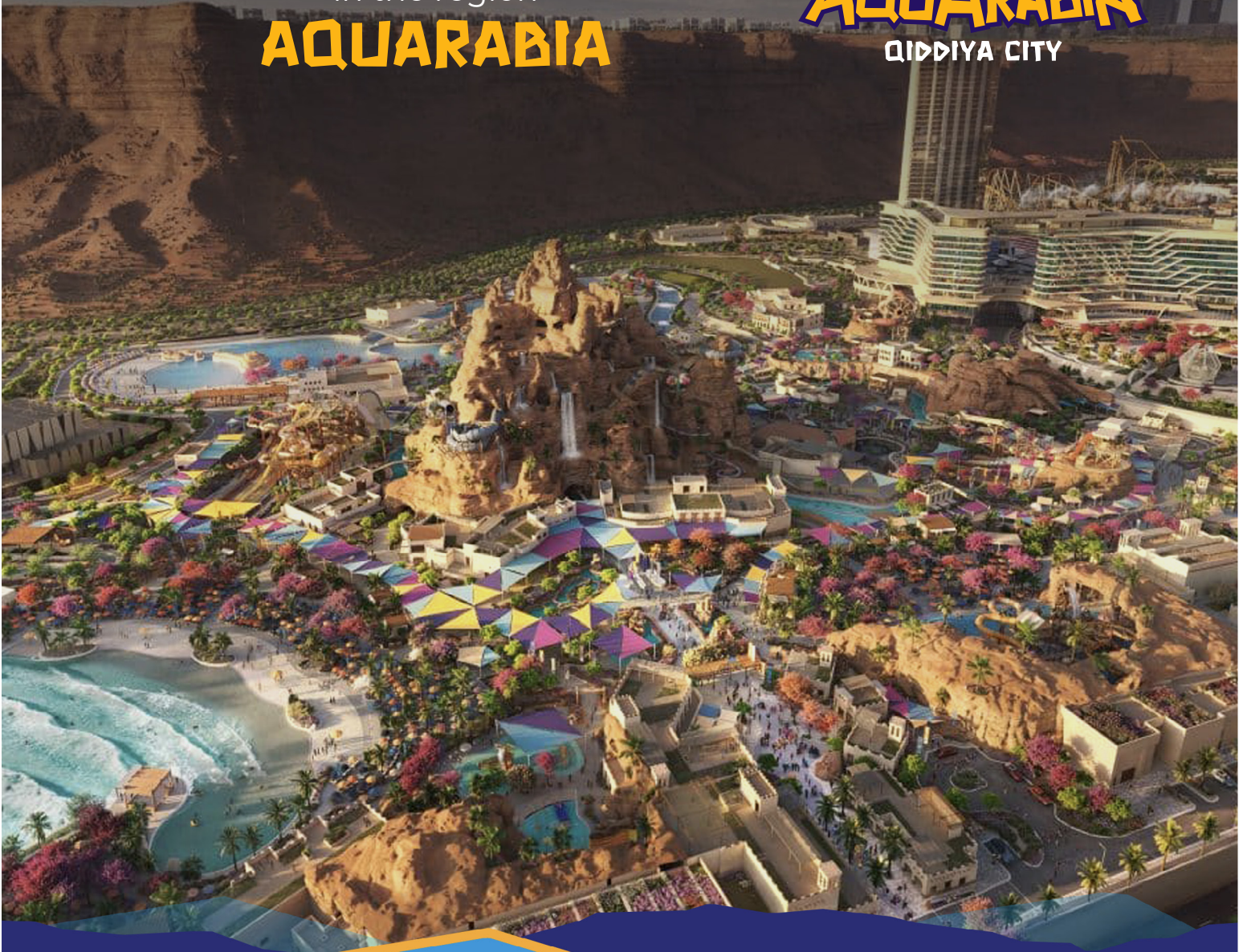
Outside of work, I am an early riser and enjoy jogging or going to the gym every day—it's a great way to start the day and maintain my energy levels. Living in Riyadh, this has become my main hobby. I also make it a point to read a little each night before bed, which helps me unwind and relax after a busy day.





Qiddiya to open largest
WATER THEME PARK
in the region
AQUARABIA

AQUARABIA
QIDDIYA CITY



Welcome to Aquarabia, Saudi's first of its kind water theme park, set to draw visitors from across the globe with its 22 rides and family-friendly water-based experiences. Get ready to dive into a world of exhilarating fun and refreshing water escapades like never before. With a wide range of thrilling attractions and unique features, Aquarabia promises an unforgettable experience for visitors of all ages. The water theme park will be home to never seen before experiences and the first training and event venue for white-water kayaking in Saudi Arabia and will host during the Asian Games.



SAUDI
INFRASTRUCTURE
EXPO


JOIN US AT THE SAUDI INFRASTRUCTURE EXPO!


We are excited to announce our participation in the upcoming Saudi Infrastructure Expo, a premier event showcasing the latest advancements and innovations in infrastructure and construction. This is an excellent opportunity for us to highlight our cutting-edge projects and services.

We invite you all to attend and visit our booth at the expo. It's a fantastic opportunity to learn, network, and be inspired by industry leaders.

Let's make our presence felt at the Saudi Infrastructure Expo and demonstrate our commitment to innovation and excellence in the industry!


See you there!

 **24 - 26 September 2024**

 Riyadh International Convention & Exhibition Center




Register as a Visitor:


**CLICK TO
REGISTER**

**Experience Angham Live
in Jeddah!**

A long-awaited night with the artist Angham! Enjoy the best songs and unforgettable moments at Abadi Al-Johar Arena in Jeddah.

 Date: 13 September, 2024
 Time: 9 pm
 Location: Abadi Al-Johar Arena

**GET YOUR
TICKET HERE** 



**PFL
MENA
PLAYOFFS**

**PLAYOFFS
RISE OR FALL**

PFL MENA STUDIO, BOULEVARD CITY
FRI SEP 20 | RIYADH

At the beginning of the season, there were 32 MMA Fighters. As we enter the playoffs, only the top 16 are remaining. The Playoffs will decide who makes it to the Finals, for a chance of winning the Championship belt and pocketing a \$100,000 cash.

**GET YOUR
TICKET HERE**





ELECTRICAL SAFETY TIPS ON-SITE & AT HOME

Inspect & Maintain Equipment:

Regularly check tools, cords, and appliances for damage.
Remove and replace any worn or frayed items.

Avoid Overloading Circuits

Distribute electrical load across multiple outlets.
Use surge protectors and avoid plugging too many devices into one outlet.

Proper Grounding & PPE

Ensure all systems are properly grounded.
On-site, always wear appropriate PPE such as insulated gloves and safety boots.

Lockout/Tagout (LOTO) & Awareness

On-site, follow LOTO procedures when working with electrical systems. At home, unplug appliances when not in use, especially near water sources.

Childproofing and Safety Covers

Install outlet covers at home if children are present to prevent accidental shocks.



TOP TIPS FOR EFFECTIVE WORKPLACE HOUSEKEEPING

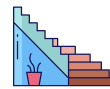
Most injuries on site are due to slips, trips and falls



Store flammable materials in designated locations



Use correct cleaning material



Do not store items in stairwells

Report and clean all spills and leaks



There must be at least one meter distance between piled material and the ceiling.



EXIT

Exits and passageways must be free of items



Inspect personal protective equipment (PPE) and tools regularly

Put up warning signs where necessary



All housekeeping policies should be put in writing

