



SCAS

CONSTRUCTION & FINISHING

NEWSLETTER #22

MESSAGE FROM THE HC MANAGER

Greetings,

The month of March is one of immense significance for all of us at SCAS, and is especially close to my heart. Celebrating International Women's Day, Egyptian Women's Day and Mothers' Day gives us the chance to reflect on the journey women have been on to get us to where we are today. Although we have come a long way, there is still plenty to be done to assure gender balance. We all aspire for a better world for generations to come. Which can only be attained by women continuing to take strong stands against stereotyping and discrimination.

Although a significant number of our team are women, change is greatly reinforced by the men's support along the way. It's a mutually exclusive process that brings about the core values at SCAS.

With COVID-19 overshadowing our lives, one cannot celebrate March without acknowledging the tremendous efforts made by women in response to the pandemic.

Here at SCAS, we take pride in our women, who have a huge presence in the company. The presence of women in the workplace not only nurtures creativity and innovation it also breaks down various barriers.

It's for this reason we must continue to collectively advocate for change, push for tangible action and continue to challenge stereotypes. I say thank you to all of the SCAS team for their commitment to fostering inclusion, diversity, and equity.

May tomorrow be a happier and safer place for all of us.

Ranya Hanna
Human Capital Manager



Ranya Hanna
Human Capital Manager

CELEBRATING THE WOMEN OF SCAS



WWW.SCAS-EGYPT.COM

COMPLETED PROJECTS

SCAS construction & finishing

Private Villa - Sheikh Zayed



COMPLETED PROJECTS

SCAS construction & finishing



COMPLETED PROJECTS

SCAS construction & finishing



COMPLETED PROJECTS

SCAS construction & finishing



ONGOING PROJECTS

SCAS construction & finishing

Cleopatra Hospitals Group Head Office



ONGOING PROJECTS

SCAS construction & finishing



ONGOING PROJECTS

SCAS construction & finishing



ONGOING PROJECTS

SCAS construction & finishing

Private Villa - New Giza



ONGOING PROJECTS

SCAS construction & finishing



ONGOING PROJECTS

SCAS construction & finishing



HSE TIP OF THE MONTH

Manual materials handling involves moving objects by lifting, lowering, pushing, pulling, carrying, holding, or restraining.

SAFE LIFTING AT WORK

TIPS FOR WORKERS

- Take rest breaks to relax tired muscles and prevent fatigue from building up.
- Report any discomfort you experience during work.
- Know how to recognize a lifting hazard and report concerns.

STEPS TO LIFT SAFELY

- 1 Before lifting, check to see if mechanical aids such as hoists, lift trucks, dollies or wheelbarrows are available.
- 2 Plan and prepare for the lift. Protect your feet and hands with sturdy shoes and work gloves. Test the load for weight and stability. Get help with heavy or awkward loads.
- 3 Grasp with both hands. Keep the item stable.
- 4 Slide and/or pull the load toward your stomach, tightening the muscles as you get ready to lift.
- 5 Lift the load as close to your body as possible.
- 6 Stay centered. Hold the load between shoulder and knee height and don't overreach.
- 7 Step or pivot while moving with a load. Don't twist or side bend.
- 8 Try not to bend. If you must, bend your knees to reach or place low-level objects.



HOW EMPLOYERS CAN DECREASE LIFTING DEMANDS

- Eliminate heaving lifting tasks.
- Plan the work flow. Poor planning of the work flow may result in repeated handling of the same object.
- Decrease the weight of handled objects to acceptable limits.
- Reduce the weight by assigning two people to lift the load or by splitting the load into two or more containers. Use lightweight but sturdy containers to help decrease the weight of the load.
- Change how the load is moved. Lowering objects causes less strain than lifting. Pulling objects is easier than carrying. Pushing is less demanding than pulling.
- Change work area layouts. Reduce the horizontal and vertical distances to lower work demands. Reduce the travel distances as well.
- Pace the work appropriately, especially repetitive handling tasks. More time between tasks reduces the frequency of handling and allows for a rest period.
- Alternate heavy tasks with lighter ones to reduce the build-up of fatigue.



Note that there is no single correct way to perform every lift. Onsite, task-specific training is essential.



Learn more at
<https://hsseworld.com>



OUR TEAM IS GROWING...

WE WOULD LIKE TO WELCOME OUR MOST RECENT HIRES

**HUSSEIN MOHAMED
HUSSEIN**

Accountant

**MOHAMED LOTFY
ELGEZERY**

Site Engineer

**EHAB HASSAN
ISMAIL**

Supervisor

NAGUIB RIZK

Residential Projects
Manager

VERINA NAGY

Junior Projects
Coordinator

SARAH SHEHAB

Projects Coordinator

**JOUD MOHAMED
LOUAY BANKSLI**

Junior Site Engineer