

## HSSE "Message"

# WAYS TO AVOID DIABETES:



- Manage your weight. Excess body fat, particularly if stored around the abdomen, can increase the body's resistance to the hormone insulin.
- Exercise regularly. Moderate physical activity on most days of the week helps manage weight.
- Eat a balanced, healthy diet. Reduce the amount of fat in your diet, especially saturated and trans fats. Eat more fruit, vegetables and high-fiber foods. Cut back on salt.
- Limit takeaway and processed foods. 'Convenience meals' are usually high in salt, fat and kilojoules. It's best to cook for yourself using fresh ingredients whenever possible.
- Quit smoking. Smokers are twice as likely to develop diabetes as non-smokers.
- Control your blood pressure. Most people can do this with regular exercise, a balanced diet and by keeping a healthy weight.
- Reduce your risk of cardiovascular disease. Diabetes and cardiovascular disease have many risk factors in common, including obesity and physical inactivity.
- See your doctor for regular check-ups. As you get older, it's a good idea to regularly check your blood glucose, blood pressure and blood cholesterol levels.



## HR News:

Personnel Administration and Industrial Relations Team and on behalf of Human Resources Group is pleased to announce that the "**Get To Know**" campaign had successfully launched on 10<sup>th</sup> March, 2019. Targeted to all KGOC employees, through separate sessions (Arabic & English) for each group and with the spirit of disseminating the laborer culture and to get employees familiarized with the rights & duties of both employee and employer.



## Al-Isra Wal Miraj Anniversary :

In this month "April" the whole Muslim Community all over the world will celebrate the Holly **Isra and Mi'raj**, also known as **Al-Isra' wal Miraj**, which is always observed every year on the 27<sup>th</sup> day of the month of Rajab, the seventh month in the Islamic calendar. This event marks the night that Allah (God) took our Beloved Prophet Muhammad (PBUH) on a journey from Mecca (Masjid Al-Haram) to Jerusalem (Masjid Al-Aqsa) and then Prophet Muhammad (PBUH) was ascended to the heavens where Allah commanded the five daily prayers, while all other Islam pillars including fasting and Haj, were commanded on Earth.

On behalf of Human Resources Group, Personnel Admin. & industrial Relation Team would like to take this opportunity to wish all KGOc employees happy Isra and Mi'raj.

## HR "The Power of Delegation":

**Delegation** is the assignment of any responsibility or authority to another person to carry out specific activities. It is one of the core concepts of management leadership. However, the person who delegated the work remains accountable for the outcome of the delegated work. Delegation empowers a subordinate to make decisions, i.e. it is a shifting of decision-making authority from one organizational level to a lower one. Delegation, if properly done, is not fabrication. The opposite of effective delegation is **micromanagement**, where a manager provides too much input, direction, and review of delegated work. In general, delegation is good and can save money and time,

help in building skills, and motivate people. On the other hand, poor delegation might cause frustration and confusion to all the involved parties. Some people, however, do not favor a delegation and consider the power of making a decision rather burdensome.

**Delegation** begins when the superior passes on some of his responsibilities to the subordinate. Responsibility is the work assigned to an individual. When assigning these responsibilities to other individuals, these individuals must be willing and ready to be delegated to as well. The delegated readiness of the individuals is an important factor in determining the success of the delegation. Individuals must be prepared for delegation.



## Humor of the Month

A lawyer runs to a stop sign and gets pulled over by a sheriff. He thinks he's smarter being a big shot lawyer and has a better education than an sheriff. The sheriff asks for license and registration. The lawyer asks, "What for?" The sheriff responds, "You didn't come to a complete stop at the stop sign." The lawyer says, "I slowed down and no one was coming." "You still didn't come to a complete stop. License and registration please," says the sheriff impatiently. The lawyer says, "If you can show me the legal difference between slow down and stop, I'll give you my license and registration and you can give me the ticket. If not, you let me go and don't give me the ticket." The sheriff says, "That sounds fair, please exit your vehicle." The lawyer steps out and the sheriff takes out his nightstick and starts beating the lawyer with it. The sheriff says, "Now, Do you want me to stop or just slow down?"

