

Employee Care

Workplace Stress Tips (Part 1)

While some workplace stress is normal, excessive stress can interfere with your productivity and performance, impact your physical and emotional health, and affect your relationships and home life. It can even determine success or failure on the job. Whatever your ambitions or work demands, there are steps you can take to protect yourself from the damaging effects of stress, improve your job satisfaction, and bolster your well-being in and out of the workplace.

Tip 1: Beat workplace stress by reaching out

Sometimes the best stress-reducer is simply sharing your stress with someone close to you. The other person doesn't have to "fix" your problems; they just need to be a good listener.

You can take the test below and assess your stress:

<https://www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10>



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Board of Directors Visited Ahwaz

Board of directors and advisory committee planned a one-day trip to Ahwaz to observe and realize the real issues, concerns, and challenges of operation in the segment. They were briefed a detailed presentation by the corresponding operation manager regarding the status of the required equipment and tools, personnel's needs and trainings, near future business opportunities, and estimated budget to continue operation and profitability. Associated action items were generated to respond to the need of the segment and operation risks. Ahwaz's site visit exhibits top management commitment to increase operation efficiency and effectiveness, also the fact that company's Human Resources are considered as the real asset of the business.

Along the day the management team had a friendly lunch environment setup to host and get to know Ahwaz's personnel and staff further, and to hear their concerns and challenges directly.

At the end of day, the entire team visited Ahwaz's rig site during actual operation of wireline logging which is the practice of making a detailed record of the geologic formations penetrated by a borehole. Also, WSI truck which hosts the monitoring software and platforms during real-time data acquisition was visited.

"There are no secrets to success. It is the result of preparation, hard work, and learning from failures."

— **Colin Powell**

"If you really want to do something, you'll find a way, if you don't, you'll find an excuse."

— **Jim Rohn**



Happy Birthdays

We would like to extend our congratulations and birthday wishes to the following colleagues for having birthdays in September and October. May this year be so much better than the last for you in every walk of life.

Life is a journey, so enjoy every mile. Happy birthday!

- Morteza Mirgaloyebayat (K)
- Shahram Make Vand (K)
- Mohammad Ostovari (K)
- Sajjad Behjat (K)
- Mohammad Tajlili (K)
- Mehdi Alizadeh Maralvand (K)
- Omid Fazeli (A)
- Alireza Baghshahi (K)
- Abdolmohsen Matouri (A)
- Shabnam Nouri Shahrivar (T)
- Milad Kheibari (K)
- Reza Sarlak Chivae (K)
- Iman Dordizadeh Basirabad (A)
- Farhad Khorand (K)
- Mona Halvaei (A)
- Amir Hossein Nejad (A)
- Hossein Khanmirzaei (K)
- Mehdi Baghbani (T)
- Hossein Maleki (K)
- Yousef Soltani (K)
- Masoud Shoari (T)
- Mostafa Satiarvand (A)
- Abolfazl Kazemi (K)
- Hassan Zareei (K)
- Eissa Salemi Rahi (K)
- Hossein Mirzaei (K)
- Mohammadreza Ebadi (T)
- Gholamreza Kalantari (T)
- Sadegh Adel (K)

Congratulations

Dear **Salman Moharrami** (K),
May the love and happiness that you feel now never leave you and keep enlightening your life path through the years.

Dear **Aziz Raeesi Mirshekar** (K),
Congratulations on your daughter's born, **Sedna**.

Dear **Mohsen Kiani** (K),
Congratulations on your daughter's born, **Juana**.



R&D News:

WSI was approached by a Start-up company in Shahroud to develop MPD (Managed Pressure Drilling) system. WSI is to sign the NDA and assess TRL (Technology Readiness Level).

WSI had a meeting with a research team from University of Tehran to implement Artificial Intelligence (AI) in drilling in three phases, starting with Siri Project.

Following a meeting in Iran Oil Show, WSI received an RFP for Smart Wells. WSI is drafting a proposal to respond.

WSI was invited by the chairman of Iran Drilling Congress to chair the scientific committee of "Drilling Optimization and Integrated service management".

If you see an opportunity to improve WSI, please speak to us via research@wsi-oilfield.com

www.wsi-oilfield.com/research

What's going on in **WSI!**



Static Modeling Training course

Static Modeling Training course was conducted from July 20th to 24th, 2019 in WSI headquarter office.

WSI hosted the client's personnel from IOEC and POGC and the course was instructed by Dr. Vali Mehdipour, Geomodeler.

Course syllabus contained the following subjects:

- Structural Modeling
- Propodeling
- 3D Static Model Upscaling

WSI Basic Geological Studies Course

The Basic Geological Studies Course was delivered from August 4th to 7th, 2019 in WSI headquarter office. It was instructed by Dr. Mohammad Ali Kavousi; Head of Stratigraphy and Sedimentology at NIOC EXP. WSI hosted the client's personnel from IOEC and POGC. The course covered following subjects:

- Well correlation and Facies Analysis
- Fundamentals of Sequence Stratigraphy
- Conceptual Model Building
- Seismic Facies Analysis

Tips for Eating Healthy at Work (Part 2)

4. Use Leftovers:

Leftovers can be a great option for lunch, and the plus side is that you won't need to make two separate meals. You could also use leftovers to prepare a whole new meal. If you have leftover meat, for example, you could turn it into a stew with fresh vegetables or even a healthy pasta.

5. Don't Be a Desk Diner

It's bad for both your physical and mental health to work and eat at the same time at your desk. In terms of bacteria, it is **400** times dirtier than your toilet! Managing to do this will save you from unwanted germs, Also it will do wonders to your creativity!

6. Prepare Your Snack Kit

Nut butter, rice cakes, unsalted nuts, trail mix, all-natural energy bars and fruit that won't rot in a day, are all great ideas! You can even throw some healthy popcorn in there. It would be great if you're able to store your snacks in the office fridge, meanwhile, opt for fresh fruit with yoghurt, carrot sticks and hummus, or slices of apple to dip into your organic nut butter.

Dear colleagues

WSI is eager to give employees a chance to offer their feedback and sentiment on the newsletter contents and organizational changes to promote culture of feedback. To enrich our newsletter, we will appreciate it if you send us your news as well as views:

newsletter@wsi-oilfield.com



IT Security Class was conducted at WSI Office in Tehran.

To improve the security of information in WSI and specially to protect valuable customer information, an IT security training course was conducted at WSI for employees. The rules and regulations in WSI for protecting information were addressed. Also, the latest threats and how to defend against them were discussed.



Blood Pressure Campaign

On August 27th, a blood pressure campaign, was conducted on the 5th floor conference room from 10:00 AM to 12:00 PM.

The campaign was carried out in line with the National Blood Pressure Control Mobilization Project, which was welcomed by WSI.

The results of this campaign were recorded in the relevant system and the people with high blood pressure were given a referral form for follow-up and control with a nutrition brochure.

You can find out about the symptoms and control of high blood pressure by following below link:

<https://www.medicalnewstoday.com/articles/159283.php>

ISO 9001-2015 (Quality Management System) Initiative:

As announced in the previous newsletter, the ISO-9001 certification process has officially started for PI-Arvand. It is moving forward as scheduled and planned. We are currently in the department's process identification phase where all the activities are realized as processes. Processes are very important as they describe how things are done within the organization, and provide the focus for improving them by defining measurement factors such as time and cost etc. How processes are done determines how successful the outcomes will be. Upon completion of this phase, we will begin the Risk Management phase which also has comparable importance.

Live HSE!

New Safety Gloves Can Keep Your Fingers from Being Smashed by A Hammer

Keeping your feet safe on the job site is a no brainer and boots with toe protection are almost always required. The problem with gloves has always been trying to find a balance between adequately protecting hands and maintaining dexterity and functionality. Too much protection could cause your hands to be immobilized or reduce your ability to actually use the tools you are being protected against. But gloves that are too comfortable may only act as an extra layer of skin and you're left nursing a black and blue index finger.

Chilean company Resafe believes they may have found that correct balance, with the release of their Mark VIII safety gloves. Much like a traditional steel toe boot, these gloves protect the tops of your fingertips with the use of a shatter proof thermoplastic material, so you can still maintain fingertip sensitivity and motor skills. The fingertip protection keeps you safe from impacts and even cuts and punctures. The experiments showed that although the blades will cut through leather, the thermoplastic fingertip liner prevent them from reaching your finger. You still must exercise extreme caution to make sure you still don't injure your hand, as they only protect the tops of your fingers.

It's time to take slips and trips seriously

Heard the one about the woman who slipped on a grape? She broke a major bone in her leg and will always need a walking stick. It's not the slightest bit funny - so why are slips and trips still looked upon as a bit of a joke?

Far from being funny, slip and trip accidents are a very serious problem. They account for three times more major injuries than manual handling and violence. In fact, slips and trips are the most common cause of major injuries at work generally. They occur in almost all workplaces with 95% of major slips resulting in broken bones. They can also be the initial cause of a range of other accident types, such as falls from height. The costs of slips and trips are enormous.

The main causes behind such accidents are:

- slipping on a surface that is wet or contaminated with another substance;
- tripping over an obstruction;
- slipping or tripping on surfaces such as steps, ramps, pavements and roads;
- tripping over an uneven floor surface.



And it's not just workers who slip up, members of the public are also at risk, with almost 62% of major injuries being caused by slips and trips. Unfortunately, many employers regard slips and trips as being outside their control, inevitable or the employee's fault. But they are wrong. The solutions to slip and trip hazards are often simple and cost-effective.

To reduce the risk of falling at work, paying attention to your surroundings and walking at a pace that's suitable for the surface you're on and the task you're performing. Additionally, walk with your feet pointed slightly outward, make wide turns when walking around corners and use the handrails on stairs.

New Colleagues' Profile



Mahsan Hamoun Navard
HSE Specialist

I have worked in a variety of fields in different companies including Digikala company, Hanar Daro, The Health Center for Shahriar, several Measurement Companies and so on. My main aim throughout my professional career was to promote safety and health as much as possible.

I chose WSI as a leading company in well services in Iran to expand my career into oil and gas industry and to gain a new and of course valuable experience.

My plan at WSI is to revive the good HSE culture it had in the past and to raise the level of safety and health to an acceptable level by implementing the relevant standards.



Shabnam Nouri Shahrivar
System Engineer

I worked in SADRA Shipbuilding company for 6 years as a systems engineer. My task was to raise the level of Planning as much as possible and to master the software engineering.

I would like to work at WSI to obtain a different experience at a different company.

As a systems engineer at WSI, my first plan is to help HR with re-launching ERP system, and then to improve the system quality.

DynaStage Perforating System

Improve Wellsite Efficiency with a Truly Modular Design

The DynaEnergetics DynaStage™ perforating system improves the efficiency of your surface and downhole operations by reducing on-site assembly and testing requirements, and greatly diminishing the risk of mishaps, misruns and misfires. Its unmatched safety features lower your operational risk, while simple operating procedures reduce training needs.

DynaEnergetics' digital electronic initiator technology removes the need for resistorized detonators, which can be the weakest link in other plug-and-perf guns. Arming a system in the field is as easy as installing a battery in a flashlight. Since the risk of human error from pinched or poorly crimped wires is eliminated with this seamless installation, there is a reduced chance of misfire, a drastically lower rate of gun failures downhole, and the opportunity to optimize downhole performance.

The DynaStage system marks a whole new era in perforating solutions. It improves your surface and downhole operation, is easier to test, safer to use and more efficient to operate. For more information, visit www.dynastage.com.

