



PICE Qatar NEWSLETTER

The Official Publication of the Philippine Institute of Civil Engineers – Qatar Chapter

www.piceqatar.com



JUNE 2019 ISSUE

PICE QATAR JOINS THE 121ST PHILIPPINES INDEPENDENCE DAY CELEBRATION

Elvin Fajutagana



June 14, 2019—121st Philippine Independence Day Celebration at Al Arabi Sports Club

On June 14, 2019, the PICE Qatar Chapter joins the 121st Philippine Independence Day held at Al Arabi Sports Club with other Filipino professional organizations and several civic groups.

The celebration was officially opened by the Philippine Ambassador to Qatar, Hon.

Alan Timbayan with Labor Attaché David Dicang. The said event was hosted by popular RJs from Qabayan Radio 94.3 FM. The celebration underlines about the health and wellness of OFWs in Qatar. The day-long celebration begins with Zumba and followed by cheering contests. Coming immediately after are the volleyball championship for men and women, then culminating the program with the performances of various artists.



PHILIPPINE INDEPENDENCE DAY

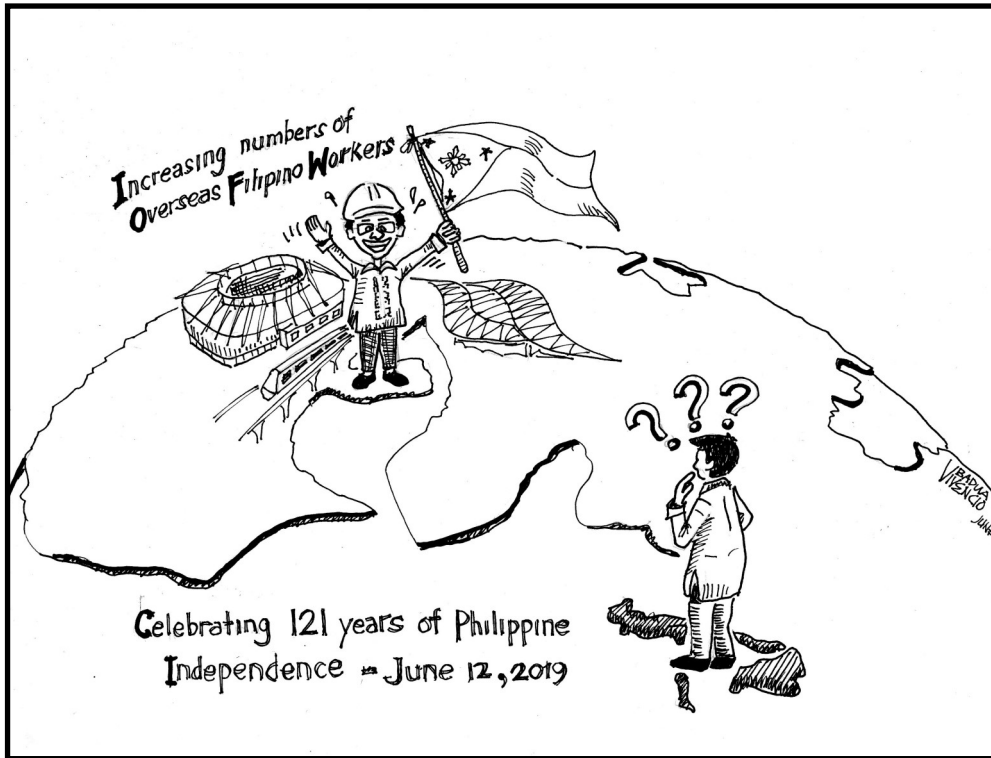
"Kalayaan 2019: Tapang ng Bayan, Malasakit sa Mamamayan"
June 12, 2019



In this ISSUE

PICE QATAR JOINS THE 121ST PHILIPPINES INDEPENDENCE DAY CELEBRATION	p1
EDITORIAL: A TRULY INDEPENDENT PHILIPPINES	p2
PRESIDENT'S LOUNGE	p3
6th EXECOMM Regular Meeting Held / PICE Qatar Members Now at 3,426	p4
PICE Qatar Newsletter Staffers visit Qabayan Radio 94.3 / MME Grade Appeal	p5
PICE Qatar Reaching Out for Distressed OFWs	p6
FINANCIAL LITERACY	p7
TECHNICAL SECTION: Basic Principle in Post-tensioned Concrete	p8
NOW PHILIPPINES: New Set of 2019 PICE National Officers and Board of Directors	p9
QHSE — Heat Stress Management	p10
GIVE ME A MOMENT: How to Effectively Organize Your Computer Files	p12
PPO-Q CORNER: PICE QATAR Participates in PPO-Q Sporting Activities	p14
POTPOURRI	p15
OUTSIDE HITTER / WORD HUNT / FILL IN THE CODE	p16

OPINION



A TRULY INDEPENDENT PHILIPPINES

IS RAISING THE FLAG ON ANOTHER MAN'S LAND A SIGN OF INDEPENDENCE?

June 12, 2019 marks the 121st year since the proclamation of Independence of the Filipino People. 121 years since the Philippine Flag was raised by the country's revolutionary government led by Gen. Emilio Aguinaldo in Kawit, Cavite.

In these long 121 years, did the Filipinos truly understand the meaning of independence? Did the Filipinos truly appreciate what their forefathers had gone through to achieve what they are celebrating every 12th of June? Or is "June 12" just considered a holiday where there are no classes or works?

Dr. Jose Rizal, regarded as the foremost Filipino patriot once said, "People don't realize that victory is the child of struggle, that joy blossoms from suffering, and redemption is a product of sacrifice."

During the celebration of the 121st Philippine independence, President Duterte called on Filipinos to work for a truly independent Philippines. Which begs the question, that despite those 121 years of celebration, is the Philippines not truly independent yet?

Philippine independence is being argued for some time now, given the

economy's substantial dependence on other countries. One evidence is the ever-growing population of the OFWs with the estimated number of 2.3 Million by the PSA last 2018. Considering that the very same figure had also raised the Philippine flag and celebrated the nation's independence day in foreign soil. With these many people striving hard and depending on other countries' economy, can we consider the Philippines truly independent?

**"Ako ay Filipino
Buong katapatang
nanunumpa
Sa watawat ng
Pilipinas...."**

What does it mean to be independent and how does independence supposed to be celebrated?

Independence Day is a tribute to our forefathers' courage and wisdom to write in our history that the



THE EDITORIAL STAFF

Editor-In-Chief

Jerick Lising

Managing Editors

Alden Cayaga
Meliza Ortiguerra

News Editor

Shielu Manantan

Feature Editor

John Cromwell Esclanda

Sports Editor

Russel Flores

Circulation Manager

Christine Diosan

Asst. Circulation Manager

Katrina Magsino

Chief Cartoonist

Vivencio Badua

Cartoonist

John Harold Castro

Chief Photographer

Henrik Gal De Ocampo

Photographers

Johnson Sanchez Edgar Domingcil
Newcesar Templonuevo

Staff Writers/Contributors

Aurora Asda Emmanuel Boceta
John Mark Bunagan Luisito Carlos
Felipe Catinoy Danilo Chan
Belinda Dela Cruz Elvin Fajutagana

Advisers

Alfonso Belito Betita Ronaldo Nilo
Roy Baquiran

Philippines is a free nation. It should not end with a mere celebration of flag raising and other festive activities during every 12th of June. Every Filipino who is enjoying the freedom, from which our great heroes strived for in one form or another, has a responsibility no matter which country he stands. To celebrate the true meaning of independence every day by working together with honesty and integrity for a better Philippines until we reach such time that the country can be considered truly independent.

As to remember our Pledge of Allegiance to the Philippine flag.

*"Ako ay Filipino
Buong katapatang nanunumpa
Sa watawat ng Pilipinas
At sa bansang kanyang sinasagisag
Na may dangal, Katarungan, at
kalayaan*

*Na pinakikilos ng sambayanang
Maka-Diyos, Makatao, Makakalikasan,
at Makabansa"*

(<https://www.officialgazette.gov.ph/1998/02/12/republic-act-no-8491/>)

THE PRESIDENT'S LOUNGE

Message from the President

Helario S. Amoguis

CEng, ASEAN Eng.

The 12th President of PICE Qatar Chapter



In the past six months, there were uncertainties, unpursued plans, shortcomings, however it was overcome with great passion, desire, and cooperation among active members of our chapter. Significant numbers of members have been very supportive to our activities and programs. So far, PICE Qatar still the highest in number in the group of professionals in Qatar. We are about to reach 3500 members in our registry, although some may have left Qatar for different reasons.

On behalf of 2019 Executive Committee, I would just like to manifest a few significant accomplishments over the past six months through the effort and contribution of officers, different committees and members.

- I. Successfully conducted quarterly outreach program for our fellow OFW at POLO shelter that catered over 180 distressed *kababayans* including some babies;
- II. Completed the 6th PICE Qatar EXECOMM Regular Meeting;
- III. Continuous review and refresher classes held every Friday at Oryx Rotana hotel in preparation of SPLE 2019 this August 12-

13, 2019. Over 90 PICE Qatar member taking advantage of the program.;

- IV. Conducted at least 4 Training/Seminars with approved CPD units;
- V. Earned at least 4500QR of proceeds thru the sales of PICEQ T-shirts and Jackets;
- VI. Successfully published 6 monthly newsletter issues;
- VII. Successfully celebrated 12th Foundation Day anniversary coupled with different sports activities;
- VIII. Assisted at least 33 members eyeing to upgrade membership status and to be conferred as ASEAN / APEC Engineers;
- IX. Applied CPD units in all technical seminars conducted;
- X. Implemented the 1st Deep Well project in Zamboanga;
- XI. Coordinated the 8th International Technical Conference in Kuwait. PICE Qatar will be sending at least 10 delegates from our chapter;
- XII. Attended monthly Embassy/PPO-Q meetings and gatherings. PICE

Qatar participated in the ongoing sports activities organized by the Philippine Professional Organization – Qatar (PPO-Q) including basketball and badminton.

and many more.

Officers and different committees who volunteered to be a servant to the chapter are working in the background to pursue programs that are beneficial to the chapter and members. While it is a challenge how to balance our time, I treat this as a golden opportunity to serve our fellow Civil Engineers in the pursuit of career development and professional advancement but not a trumpet call to self-importance.

As the chairman of the 2019 Board of Directors, I hope that we can do the best that we can to fulfill the mission and vision of our beloved chapter to inspire others and keep the momentum that has been started by our past leaders.

More Power and God Bless PICE Qatar!

PICE QATAR UPDATES



Photo Credits: Susana Nacario

6th EXECOMM Regular Meeting Held

PICE Qatar Headquarters, Fereej Bin Omran, Doha, State of Qatar

Elvin Fatugana

The PICE Qatar EXECOMM convened its 6th monthly regular meeting on the 7th of June 2019 held at the PICE Qatar Headquarters, Bin Omran, Doha, Qatar.

The meeting was chaired by 1st Vice President, Engr. Sheila L. Medel with 2nd Vice President, Engr. Elvin D. Fajutagana acting as the Secretary. In attendance were nine (9) BODs, the Immediate Past President and three (3) from the Council of Advisers.

The meeting discussion highlights the updating of the status of the general membership; the forthcoming Special Professional Licensure

Examination; the participation in the 121st Philippine Independence Day Celebration; the 8th International Technical Conference to be held in Kuwait on August 12-14, 2019; and participation at the Philippine Professional Organization - Qatar Sportsfest for Basketball and Badminton.

Sergeant-At-Arms, Engr. Maria Michelle A. Revillosa expressed her appreciation to all the members and organizers for the successful celebration of the Chapter's 12th Foundation Day held at Qatar Bowling Center on May 24, 2019 where the distribution of awards for various sporting activities was also carried out such as the 1st Season of

2019 Inter-Color Basketball League and the 4th & 5th Season of 2019 Presidents Basketball Cup and other events were also recognized including winners in the bowling, badminton, lawn tennis, chess, table tennis, billiards, table football, and darts.

The meeting also deliberated the constitutional and standing committee reports by its Committee Chairman.

The meeting lasted for 4 hours and the chairman adjourned the meeting at precisely 12:30 P.M. on the same day, the EXECOMM made the photo opportunity by suiting up the latest PICE Qatar blazer.

PICE Qatar Members Now at 3,426

Russel Flores

The Committee on Membership (CoME) through the **Chairman Rogel Banal** discloses that the last membership number issued as of June 30, 2019, is 4,426.

For the month of June, three new members were accepted while 32 updated their dues. The new members were all classified as

Associates. Currently, there are 566 active members composed of 290 Life Members, 191 regular members, and 84 associate members.

The committee continued to call all members to update their dues in addition to encouraging other Filipino Civil Engineers to join the organization.

PHILIPPINE INSTITUTE OF CIVIL ENGINEERS
Qatar Chapter
INTERNATIONAL CHARTER NO. 1-03

Fellow Engineers,

Please come and JOIN us for our weekly MEET & GREET at the following locations:

- WEDNESDAYS at FCC Al Thumama (7pm-9pm),
- SUNDAYS at Big Dinars, Mansoura (by appointment only) and,
- FRIDAYS at Oryx Rotana Hotel, Old Airport Road (8am-4pm).

Be updated and become a member with good standing.

Engr. Rhoy Banal
COME Chairman

PICE QATAR UPDATES



PICE Qatar Newsletter Staffers visit Qabayan Radio 94.3

Jerick Lising

The first-ever Filipino radio station in Qatar had its historic switching-on last March 25, 2019, with a test broadcast to run for over a week on the FM band. Regular radio shows have since been added to cater to the more than 260,000 Filipino residents in Qatar. Qabayan Radio 94.3 FM is licensed to operate commercially under Tagalog Channel W.L.L. with Commercial Registration No. 126182 granted on the 4th of December 2018.

PICE Qatar Newsletter Staffers visit the Qabayan Radio station at Economic Group Plaza Building, Al Sadd, Doha, State of Qatar on June 28, 2019. PICE Qatar Public Relations Officer Engr. Belinda E. Dela Cruz and Committee on Publications and Information (CoPI) Chairman Engr. Jerick A. Lising showed

up along with Managing Editors Engr. Alden P. Cayaga and Engr. Meliza M. Ortiguerra and Sports Editor Engr. Russel F. Flores.

The Qabayan Radio 94.3's executives gave the group a quick tour of the radio station as well with other visitors present in the station.

Qabayan Radio has plans in the future to reach out to Filipino Community Organizations based in the host country by conducting trainings and workshop on basic journalism, photojournalism, news reporting/broadcasting, and vlogging among nominated participants and individual volunteers from organizations.



MME GRADE APPEAL, REGISTRATION RENEWAL & UPGRADING PROCESS

Felipe Catinoy

In today's very competitive Qatar job market, most of the posted vacancies in the local publications or on the internet are requiring MME registration/grade. However, even after passing the MME examination and receiving your very own Engineering Registration Card, the opportunity is still limited especially if you only got to receive "Trainee" as your grade/classification.

To share my personal experience regarding the MME grade appeal, registration renewal, and the much-awaited upgrading process, I have catalogued my travails to guide our fellow CE professional to get the elusive Grade A registration.

If you just recently passed the MME examination and you feel that your work experiences are qualified for a higher grade/classification, you may submit an appeal in the Baladiya site (available only in Arabic version) and upload Certified Experience Certificates and updated CV within 30 days, starting from the day you passed the exam and collected your ID.

You will then receive an SMS when will be your scheduled interview and be sure to bring along with you all the documents you had uploaded in their website. In the event that you did not receive any SMS after two (2) weeks, kindly visit the office of MMUP in Westbay for follow-up and present a screenshot or printout of your appeal as hard copy evidence.

On the other hand, for the registration renewal and upgrading, candidates will only be permitted to upload your documents within one (1) month prior to the expiration of your Engineering Registration Card. The following are the only required documents to be uploaded in the MME website.

1. Colored ID Photo
2. Qatar Residency Permit ID Card (both sides)
3. MME Engineering Registration ID Card (both sides)

4. Work Experience Certificate for the last 3 years ONLY.

For further details, please visit the MME Office at West Bay Doha.



PICE QATAR UPDATES

PICE Qatar Reaching Out for Distressed OFWs

Sheila Medel



As quoted, "Helping one person might not change the whole world, but it could change the world for one person". The Committee on PICE Qatar Affairs had its 2nd Outreach Program for Distressed OFW's at the POLO OWWA Shelter last June 27, 2019.

At 6:30 pm the program was started with a prayer by Engr. Elizabeth Beltran, then followed by a welcome remark from yours truly, 1st VP Engr. Sheila Medel.

Two Safety Engineers from Al Huda were invited for the evening, with Mr. Carlo Maquimot and Mr. Vic Cervaes from Diplomat Group, to demonstrate how to use the fire extinguisher when the need arises. With more than a hundred distressed Overseas Filipino

Workers (OFW) in Qatar situated in the shelter, safety concern is above all necessary by making them feel they found comfort in the midst of their struggle to be home again back to their loved ones.

After the safety presentation, it was the Past Presidents, Engr. Geraldo Managuelod, Engr. Ronald Nilo, and Engr. Aileen Buenaflor, who comforted the ladies by sharing words of wisdom and encouragement.

Engr. Arnel Punsalan, also shared his experience back in Saudi where the ladies found the story entertaining but still inspiring, as the hall was filled with laughter. His talk ended with a "poem" recited from an OPM song that goes "Kung hindi ngayon ang panahon na para sa iyo, wag mainip dahil ganyan ang buhay sa mundo...." The

hall was eventually filled with the accompaniment from the ladies as they sing along.

Engr. Mark Anthony Abendan, as the host for the night, ended the program by inviting the President, Engr. Larry Amoguis for the closing remarks with Ms. Teresa Narag, POLO Administrative Staff, befittingly thanking the group with a song "Thank You" delivered by the residents of the shelter. The event was highlighted with dinner afterward at around 7:45 pm.

The committee, under the leadership of Engr. Emmanuel Boceta, has collected 12 boxes of donations of different items, like used ladies and children's wear, shoes, milk and diapers from Dukhan with the help of Engr. Michelle Kenny. Special thanks to Engrs. Jun and Angeliz Ebarle, Engr. Elizabeth Beltran and 2nd VP Engr. Elvin Fajutagana for the time spared in picking up the goods from Dukhan.

Our gratitude goes to all the members who contributed in terms of cash or in-kind that led to the realization of this noble cause.



FINANCIAL LITERACY

Felipe Catino

You are the best income-generating machine you should invest in. The question is, are you are investing in personal growth and development in order to generate income? Success does not come unless you work for it." – Francis Kong (Inspirational Guru)

As Overseas Filipino Workers (OFWs), we are here to get a better income than what we are earning back in the Philippines so that we could provide fully and satisfy the needs of our family members and ourselves as well.

Considering the current situation in the whole GCC countries, tight competition in our working industry is happening. More and more companies are reducing their staffs, especially those foreign-owned ones.

We must be well equipped with the knowledge and skills highly sought after by employers. We should have that edge with other people seeking jobs in order to get hired. Professional development and advancement should be a continuous process that we must undertake to get on track constantly.

Right then, we must be able at the same time to invest in learning how to utilize our income in a proper way. To do so, we should attend seminars and workshops about Financial Literacy to further enhance our awareness of it. Here in Qatar, a bunch of such training is available to choose from. We just have to reach out to our friends and acquaintances about it.

Listed below are some of the simple steps for a good financial plan.

1. Improve your Cashflow
2. Getting out of Debt
3. Setting up your Emergency Fund
4. Getting protected from Life's Risk
5. Investing for your future

It is already given that our purpose why we are here in Qatar is that we wanted a higher salary compared to what we get from the Philippines - that's improving our cash flow.

Following that was to pay off the debt we acquired back home which probably some of us had used that money for the recruitment agency, plane tickets and other expenses incurred prior to our leaving for work abroad. These debts also include loans, as well as the credit card balances we had taken while in the host country.

Next in line which is very vital is the Emergency Fund. We must set-up at least a minimum of 3 months of our expenses to serve as fund that will replace our income in case we got sick, become job less or be involved in an accident.

Another equally important thing is to get the right protection or insurances in order to safeguard our family members for incidents like permanent disability, critical illness or even the likelihood of a sudden death to us as the primary earner for the family.

And finally, we must also start investing our hard-earned money in order for it to grow and provide us passive income that will sustain us on our retirement.

Keep on learning and investing fellow PICE Qatar Chapter members.



TECHNICAL SECTION

Russel Flores

Basic Principle in Post-tensioned Concrete

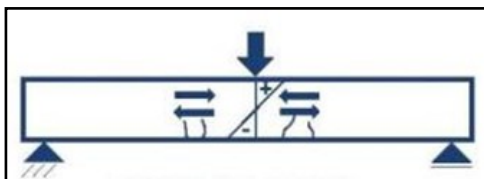
Post-tensioning or commonly termed as PT is a technique of reinforcing concrete. This is done by the addition of high-tensile steel cables and jacked up to a designed force. It is a method of prestressing in which the high-tensile steel is tensioned after the concrete has hardened.



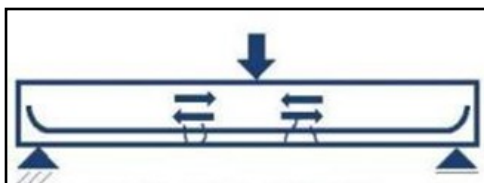
Principle of Prestressing:

Imagine that a pile of books is required to be transferred to a shelf. We can carry books at a time only to transfer it from a location to the next. However, there is a technique to transfer it faster where we can carry the books in one go. If we apply enough compressive force to the pile of books (see figure on the right), they will act like one body and can be able to carry its own weight without separating from the other books. The same principle applies to post-tensioning wherein the concrete is subjected to pre-compression.

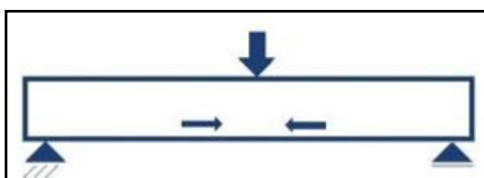
- Concrete cracks when subject to excessive tension



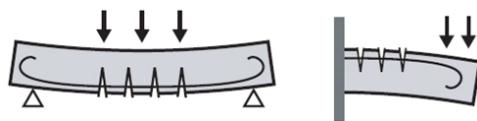
- In conventional reinforced concrete, steel reinforcement resists the tension forces



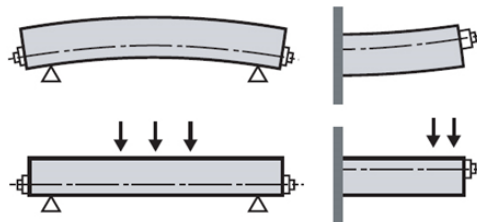
- In pre-stressed concrete, pre-compressed concrete participates in resisting tension forces.



Conventional RC vs Post-tensioning:



Conventional RC subjected to load



Post-tensioned concrete subjected to load

How Post-tensioning Works:

The basic property of concrete is that, it has high compressive strength while reinforcing steel has high tensile strength. With concrete and reinforcing bars, their combination when used to bear loads, the efficiency increases significantly.



When the concrete structure is subjected to heavy loading, the concrete will undergo tension leading to the formation of cracks and deformity will occur. In order to mitigate this phenomenon, prestressing cables are used.

When the prestressing cables are stressed to a designed jacking force, it will exert a compressive force into the concrete thereby compacting it. This action strengthened the concrete due to increased compressive strength and with the addition of prestressing cables, the tensile strength is also increased. Consequently, the overall capacity of the concrete is increased manifolds.

Components of a Bonded Post-tensioning System:

A bonded post-tensioning system is a type of post-tensioning where a conduit normally made from steel strips or corrugated plastic is used to create a void inside a concrete. The prestressing cables will then be passing through the void and shall have drapes as required in the design. In order to have a full bonding of the prestressing cables and the concrete, the void will then be filled with cementitious grout after the stressing operations.

The basic component of a Bonded PT

System are:

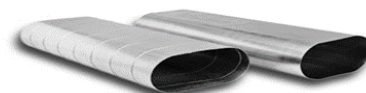
- PC Strands**—It is composed of 7-wire high-tensile strands where the six strands are arranged spirally around a straight central strand. The minimum Tensile Strength is 1860 N/mm².



- Ducts**—The main purpose of a duct is to create a void where the strands will pass through the hardened concrete. It can be made from metal strips wound to create a corrugated or smooth duct. It can be made to form round ducts or flattened to make oval or flat ducts.

Normally, a duct is manufactured to a 6-m length and can be joined together by a coupler.

In special cases, corrugated plastics ducts are also used.



- Anchors**—An anchorage set is composed of a tube unit that will be embedded in the concrete, a bearing plate that will transfer the stressing force back into the concrete and a wedge that will keep the stressing force of the prestressing cable locked into the bearing plate.



Sources:
CCL Qatar Technical Presentations
Post-tensioning Institute
The Constructor

NOW PHILIPPINES

Luisito Carlos

New Set of 2019 PICE National Officers and Board of Directors

A new set of 13, 2019, a re-election President), will continue 2019 PICE for the new set of the tenure of the National officers and Board of previous Board. Officers and Directors has been Board of Directors conducted. The emerged during the Immediate Past Midyear Convention held President, Engr. Maria in Davao City with a Catalina E. Cabral, Ph.D number of key positions has led the induction like the President, Vice ceremony shortly after President and Secretary the re-election. having been replaced. This new leadership During the PICE under President, Engr. National's 6th Regular Erdsan Rene S. Suero Board Meeting on June (former 1st Vice

Congratulations to the new set of PICE National Board of Directors for 2019 and may you continue to serve the best interest of the organization.

Source/s:
<http://pice.org.ph>



PHILIPPINE INSTITUTE OF CIVIL ENGINEERS, INC.

**2019
NATIONAL
BOARD OF
DIRECTORS**



ERDSAN RENE S. SUERO
PRESIDENT



CLEMENTE A. IBO
1ST VICE PRESIDENT



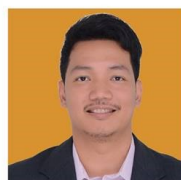
ANTONIO V. MOLANO, JR.
2ND VICE PRESIDENT



PETER PAUL P. DY, JR.
SECRETARY



MEDEL F. CHUA
TREASURER



**FREDERICK
FRANCIS M. SISON**
BUSINESS MANAGER



**MARK JEROME P.
TIONGSON**
P.R.O.



**REYNALDO G.
TAGUDANDO**
AUDITOR



**BERNARDO C.
DE GUZMAN**
DIRECTOR



**APRIL FRANCES AGATHA
G. FLORES**
DIRECTOR



EVELYN M. HATULAN
DIRECTOR



ALBERT A. PERFECTO
DIRECTOR



RONNEL M. TAN
DIRECTOR



**FRANCIS ALDRINE A.
UY, Ph. D.**
DIRECTOR



ROBERT S. LICUP, Ph. D.
IMMEDIATE PAST PRESIDENT

Heat Stress Management

It is summer time of the year. Many people area most probably exposed to heat on the duty, in each indoor and outside heat environments. Activities involving high air temperatures, bright heat sources (e.g., sunlight, hot exhaust), with such high humidity, direct physical contact with hot objects, or strenuous physical activities have a high potential for causing heat-related illness.



most frequent fainting and even death if the person will not be cooled down.

Excessive exposure to heat will cause a spread of heat-related sicknesses, from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke may result in death and needs immediate medical attention. Exposure to heat may also increase the danger of injuries attributable to perspiring palms, fogged-up safety glasses, dizziness, and burns from hot surfaces or steam.

Who could be affected by heat?

Workers exposed to hot indoor climate or hot and humid climate outdoors are in danger of heat-related ailments, particularly those doing significant work tasks or using large or non-breathable protecting clothing and equipment. Some employees may be at bigger risk than others if they were not designed to have a tolerance to hot conditions, or if they were bound to some health conditions. The table below shows some environmental and job-specific factors that increase the danger of heat-related ailments.

Factors That Put Workers at Greater Risk	
Environmental	High temperature and humidity Radiant heat sources Contact with hot objects Direct sun exposure (with no shade) Limited air movement (no breeze, wind or ventilation)
Job-Specific	Physical exertion Use of bulky or non-breathable protective clothing and equipment

Workers who are suddenly being exposed to working in a hot condition can face more, but generally unnecessary hazards to their safety and health. New workers and those who are returning from time away are especially vulnerable. That is why it is important to be prepared for the heat: to educate the workers about the dangers of the heat, and to acclimatize the workers by gradually increasing the workload or providing more frequent breaks to help the new workers and those who are returning to a job after time away build up the tolerance for hot weather conditions.

How do I know if it is too hot?

- The temperature is rising
- Humidity is increasing
- The sun is getting stronger
- There is no air circulation
- There are no controls that are in place to reduce the impacts of equipment that radiates heat
- The protective clothing or gear is shabby or well-worn
- The work is exhausting

The **heat index**, which takes both temperature and humidity into account, will be a useful tool for the outdoor workers and the employers.

Heat Index	Risk Level	Protective Measures
Less than 91°F	Lower (Caution)	Basic heat safety and planning
91°F to 103°F	Moderate	Implement precautions and heighten awareness
103°F to 115°F	High	Additional precautions to protect workers
Greater than 115°F	Very High to Extreme	Triggers even more aggressive protective measures

Wet Bulb Globe Temperature (WBGT) is the most accurate tool that can be used to measure the heat hazards for the outdoor workers. It can take the temperature, humidity, wind speed, and radiant heat into account.

The **OSHA Technical Manual Heat Stress Chapter** provides the WBGT information and the calculations, and the **National Weather Service** can provide a prototype for the WBGT location tool and for the work/rest recommendations.



Heat Stress - Heat Related Illness and Types of Heat-related Illnesses.

Heat Stroke. Heat stroke is the most severe heat-related ailment. It can happen when the body is unable to control its temperature: the body's temperature is rising rapidly, the sweating mechanism is failing, and the body is incapable to cool down. When heat stroke occurs, the body temperature can rise to 106°F or higher within 10 to 15 minutes. Heat stroke can be a cause of death or permanent disability if the emergency treatment is not given.



Symptoms of heat stroke include:

- Confusion, altered mental status, slurred speech
- Loss of consciousness (coma)
- Hot, dry skin or profuse sweating
- Seizures
- Very high body temperature
- Fatal if treatment delayed

First Aid

Take the following steps to treat a worker with heat stroke:

Why is heat a hazard to workers?

When an individual works in an exceedingly hot setting, the body should get obviate excess heat to take care of a stable internal temperature. It will this primarily through current blood to the skin and thru sweating.



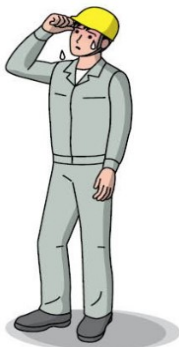
When the air temperature is on the brink of or hotter than traditional temperature, cooling of the body becomes tougher. The blood that circulates to the skin cannot lose its heat. Sweating then becomes the most method the body cools off. But sweating is effective on condition that the humidness level is low enough to permit evaporation, and if the fluids and salts that were lost were adequately replaced.

If the body cannot eliminate the excess heat, it will just only store it. When this happens, the body's core temperature rises and the heart rate increases. As the body continues to store the heat, the person will begin to lose concentration and will have difficulty focusing on a task, he will become irritable or sick, and often he loses the appetite to drink. The next stage is the

Quality, Health, Safety & Environment

- Call 911 for emergency medical care.
- Stay with worker until emergency medical services arrive.
- Move the worker to a shaded, cool area and remove outer clothing.
- Cool the worker quickly with a cold water or ice bath if possible; wet the skin, place cold wet cloths on skin, or soak clothing with cool water.
- Circulate the air around the worker to speed cooling.
- Place cold wet cloths or ice on head, neck, armpits, and groin; or soak the clothing with cool water.

Heat Exhaustion. Heat exhaustion is the body's response to an excessive loss of the water and salt, it is usually through excessive sweating. The workers that are most prone to heat exhaustion are those who are elderly, have high blood pressure, and those working in a hot environment.



Symptoms of heat exhaustion include:

- Headache
- Nausea
- Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output

First Aid

Treat a worker suffering from heat exhaustion with the following:

- Take worker to a clinic or emergency room for medical evaluation and treatment.
- If medical care is unavailable, call 911.
- Someone should stay with worker until help arrives.
- Remove worker from hot area and give liquids to drink.
- Remove unnecessary clothing, including shoes and socks.
- Cool the worker with cold compresses or have the worker wash head, face, and neck with cold water.
- Encourage frequent sips of cool water.

Rhabdomyolysis.

Rhabdomyolysis is a medical condition that is associated with the heat stress and prolonged physical exertion, it resulted in the rapid breakdown, rupture, and death of the muscle.



When the muscle tissue dies, the

electrolytes and the large proteins are released into the bloodstream that can cause the irregular heart rhythms and seizures, and damage the kidneys.

Symptoms of rhabdomyolysis include:

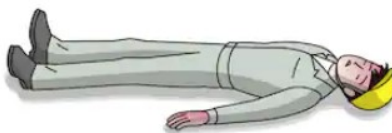
- Muscle cramps/pain
- Abnormally dark (tea or cola colored) urine
- Weakness
- Exercise intolerance
- Asymptomatic

First Aid

Workers with symptoms of rhabdomyolysis should:

- Stop activity.
- Increase oral hydration (water preferred).
- Seek immediate care at the nearest medical facility.
- Ask to be checked for rhabdomyolysis (i.e., blood sample analyzed for creatine kinase).

Heat syncope is a fainting (syncope) episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. Factors that may contribute to heat syncope include dehydration and lack of acclimatization.



Symptoms of heat syncope include:

- Fainting (short duration)
- Dizziness
- Light-headedness during prolonged standing or suddenly rising from a sitting or lying position

First Aid

Workers with heat syncope should:

- Sit or lie down in a cool place.
- Slowly drink water, clear juice, or a sports drink.

Heat cramps. Heat cramps usually affect workers who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture levels. Low salt levels in muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion.

Symptoms.

Muscle cramps, pain, or spasms in the abdomen, arms, or legs



First Aid

Workers with heat cramps should:

- Drink water and have a snack and/or carbohydrate-electrolyte replacement liquid (e.g., sports drinks) every 15 to 20 minutes.
- Avoid salt tablets.
- Get medical help if the worker has heart problems, is on a low sodium diet, or if cramps do not subside within 1 hour.

Heat rash. Heat rash is a skin irritation that is caused by the excessive sweating during hot, humid weather.



Symptoms of heat rash include:

- Looks like red cluster of pimples or small blisters
- Usually appears on the neck, upper chest, groin, under the breasts, and in elbow creases

First Aid

Workers experiencing heat rash should:

- When possible, a cooler, less humid work environment is best treatment.
- Keep rash area dry.
- Powder may be applied to increase comfort.
- Ointments and creams should not be used.

How can heat-related ailments be prevented?

Heat-related ailments can be prevented. The important ways to reduce the heat exposure and the risk of the heat-related ailments include the engineering controls, such as air conditioning and ventilation, that can make the work environment cooler, and the work practices such as work/rest cycles, drinking water often, and providing the opportunities for workers to build up a level of tolerances to work under the heat. The employers should include these prevention steps in the worksite training and plans. Also, it is very important to know and look out for the symptoms of heat-related ailments in yourself and others during the hot weather. Plan for an emergency and know what to do — acting quickly can save someone lives!

Sources:

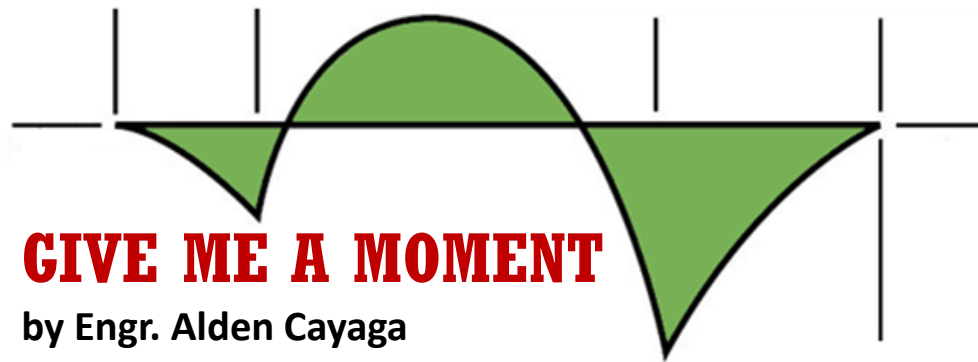
<https://www.cdc.gov/niosh/topics/heatstress/default.html>

<https://www.osha.gov/SLTC/heatstress/index.html>

<https://www.cdc.gov/niosh/topics/heatstress/default.html>

<https://www.cdc.gov/niosh/topics/heatstress/heatrelillness.html>

<https://www.cdc.gov/niosh/topics/heatstress/recommendations.html>



GIVE ME A MOMENT

by Engr. Alden Cayaga

Have you found it rather difficult to organize and maintain your numerous computer files, be it on your laptops or personal desktop computers? Or is it taking time to look for a particular file from the heaps of document files, duplicate records and numerous unnamed folders scattered all throughout your directories?

Many of us (including me) have been plagued by trying to organize our computer files but we seem to fail each time we use the very tool which was supposed to make our life easy.

Here is my own list of five (5) best practices in effectively organizing your computer files. It may not be perfect for your case, but I do hope it would at least lead you to the right direction that will be just as efficient for your needs.

Avoid a very messy desktop area

Most users are guilty of having a messy desktop area. Having a clean and organized desktop is not only pleasing to the eye, but it also makes a good impression to other people who might be using your computer.

Only leave shortcuts to programs and frequently used folders in your desktop. If you really have to store files in your desktop, make it a point that this should be on a temporary basis.

Transfer all your files from your desktop to your intended

folders as soon as possible or you might end up having a chaotic set of shortcuts and other icons rather than a clean wallpaper.

You can even group your shortcuts by folder if you want to further reduce the clutter. There are also software that organizes your desktop icons but that will be preferential to advanced users.

Make your customized directory system

From my experience, you can effectively organize all of your files by means of just two filing system, either (1) by subject/type; or (2) by date.

As an example for my computer files at the office, I organize my main projects directory by fiscal year. In the subfolders, I have files classified per project number with minimal description with only a "short" project name and client describing its contents.

For each of my project for structural design, I have prepared a standard folder directory system that is applicable to my preferred documentation. I have folders

- ▼ Standard Project Folder
- ▼ 00_REFERENCE
 - 01_DDDMMYYYY (Type)
- ▼ 01_DESIGN REV00
 - 01_Notes
 - 02_Models
 - 03_Report
 - 04_Comments
 - 02_OTHERS

How to Effectively Organize Your Computer Files

for reference files that are properly labeled either by date and/or type.

As for my Civil Engineering PDF files of books and other references, it was indeed advantageous to classify them by subject. A sample subject-folder directory format is shown below.

01_Codes, Manual & Handbooks

02_Structural Books

- Analysis & Design
- Finite Element Methods
- Steel
- Concrete
- Bridge
- Other Materials

03_Dynamics & Earthquake

04_Geotechnical

- Soil Investigation & Mechanics
- Foundation & Geotechnics
- Geology
- Geophysical
- Tunneling

05_Environmental

06_Forensic

07_Project Management

08_GIS, Surveying & Geomatics

09_Transportation

10_Water & Hydraulic

11_General References

- CE Thesis (MSc & PhD)
- Mathematics
- Mechanics & Material Technology

12_Journals, Papers & Presentations

Note that any logical hierarchy folder system can be created to suit your needs. However, avoid creating too a lot of nested folders (a folder within a folder... and on and on). As suggested, if you only keep around three or fewer number of files within a folder try merging them to other folders with almost similar contents. Keep in mind that in Windows there is a limit for 260 characters in any path. The shorter your path to a certain file... all the better.

Name your files and folders properly

Naming files and folder can be very tricky at the very least. You need to cram a significant amount of information from the title alone without the need for lengthy phrases.

You can insert in your main directory and excel or notepad file to describe in full detail your files directory. For project files, this system would be beneficial if you want to update your resume on a regular basis.

At least you will have a proper list of your projects along with their descriptions and other details. You can even provide hyperlinks in your excel worksheets for easy access.

However, you should take into account if you are frequently transferring files or you might end up with dead links in your spreadsheet.

Back-up your important files

I cannot emphasize enough the importance of backing up

your important files. All storage devices only have a finite number of read-and-write sequence before it starts being unreliable as a data bank.

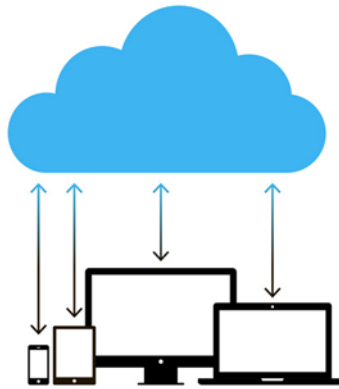
I do have my very own back-up and mini server system at home to keep tab of all my files. While this requires a certain amount of investment, if your mode of living solely relies on stored information, it is highly suggested to have a pretty decent back-up system (preferably a remote back-up system). Or you might end up crying because of lost data.

Some forms of back-up system can be based on permanent storage devices such as CDs or DVDs; portable hard discs; physical hard drives or even cloud-based storage systems.

Whatever system you choose will be up to your budget and your preference in terms of reliability and accessibility. So just do your homework and start backing-up!

Use a cloud-based storage system for frequently accessed files

There are lots of free applications that are readily accessible for download.



To name a few, we have Google's Dropbox which only offers up to 2GB of free storage; Microsoft's OneDrive which offers a free storage capacity of 5GB; or my favorite the MEGA account which gives users a whopping 50GB of free storage in the cloud.

All of these free apps offer the flexibility of having a reliable storage, fast file transfers, and the convenience of linking files throughout your multiple devices be it in your office desktop, personal laptop or even on your mobile phones. In addition to this, you can get hold of your files anywhere in the world as long as you have access to the internet.

Refer to the official website locations of the abovementioned tools for details.

<https://www.dropbox.com/downloading>

<https://onedrive.live.com/about/en-us/>

<https://mega.nz/>

Well, that's my very own list of pointers to make your computing life easy.

For those who are still asking if there is a way which we can sort all our files in an instant; Honestly, there is no easy way to do this but to start small and pray that eventually, you will finish your very own and customized file directory system.

Remember that a computer is just a tool. It is still up to us users to effectively use this tool to our advantage.



Alden Cayaga is a civil-structural engineer by profession. He is secretly an introvert, a former real-time strategy games enthusiast, and a graphics designer wannabe.

He would like to make this column a personal notepad for some odds and ends, tutorials and other tips or DIY projects which he hopes others will find interesting and useful.

PPO-Q CORNER

PICE QATAR Participates in PPO-Q Sporting Activities

Elvin Fajutagana

Once again, PICE Qatar Chapter accepts a new challenge by participating in the sports competition organized by the Philippine Professional Organization - Qatar (PPO-Q) with the theme "Promoting Camaraderie; Inspiring Synergy".

PICE Qatar Chapter participated in 2 major sports game, namely basketball and badminton.

On June 21, 2019, twelve professional organizations took part in the Grand

Opening of PPO-Q Sportsfest 2019 at Al Arabi Sports Club. A basketball exhibition game was held after with PPO-Q select officers and POLO staff members, headed by Labor Attache David Des Dicang, participated in the ball game.

On the same day, the elite badminton smashers from PICE Qatar participated in the 1-day Badminton tournament; namely Engr. Roy Baquiran, Engr. Aileen Buenaflor, Engr. Mary Joy Partusa, Engr. Maria Elzen

De Leon, Engr. Edison Bele, Engr. Rafael Puno, Engr. Gregorio Ballea, and Engr. Raymond Roldan. Our exceptional badminton players clinched the 1st Runner-up for Men's Single by Engr. Bele; 1st Runner-up for the mixed duo by Engr. Buenaflor & Engr. Puno; while the Women's Double settled for the 2nd Runner-up.

Meanwhile, the PICE Qatar basketball "all-star" team remains undefeated and leads the tournament in the rankings.



PHILIPPINE PROFESSIONAL ORGANIZATION QATAR

SPORTSFEST 2019

GRAND OPENING

21 JUNE 2019

Venue: Al Arabi Sports Club Indoor Stadium
Time: 2:30 PM

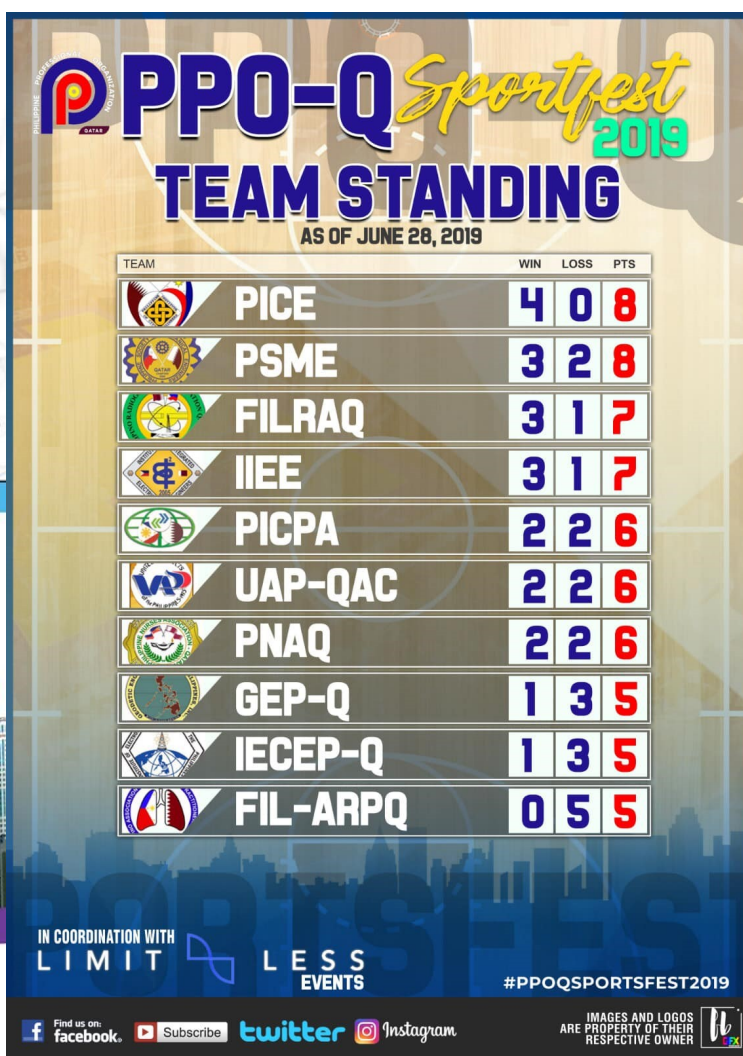
MORE INFORMATION:
REY EUSEBIO +974 3320 1332
JEHMAR TABILI +974 5547 2634

IN COORDINATION WITH **LIMIT LESS**

PARTICIPATING TEAMS:

Find us on: [facebook](#) [Subscribe](#) [twitter](#) [Instagram](#)

IMAGES AND LOGOS ARE PROPERTY OF THEIR RESPECTIVE OWNER



PPO-Q Sportsfest 2019

TEAM STANDING

AS OF JUNE 28, 2019

TEAM	WIN	LOSS	PTS
PICE	4	0	8
PSME	3	2	8
FILRAQ	3	1	7
IIEE	3	1	7
PICPA	2	2	6
UAP-QAC	2	2	6
PNAQ	2	2	6
GEP-Q	1	3	5
IECEP-Q	1	3	5
FIL-ARPQ	0	5	5

IN COORDINATION WITH **LIMIT LESS** EVENTS

#PPOQSPORTSFEST2019

Find us on: [facebook](#) [Subscribe](#) [twitter](#) [Instagram](#)

IMAGES AND LOGOS ARE PROPERTY OF THEIR RESPECTIVE OWNER



PICE Qatar Chapter participates to PPO-Q Sporting Activities

POTPPOURRI

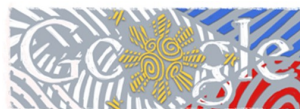
Google has been part of everyone's life especially the engineers. When you open the Google you will sometimes (or most of the time) see a "special temporary alteration of the logo on Google's homepages intended to commemorate holidays, events, achievements, and notable historical figures". Do you know the first ever Google Doodle started on 30th August 1998 and did you noticed that from 2009 to present, Google presents a Doodle in celebration of the Philippine Independence Day except in the year 2011?

The following are the Google Doodle of the Philippine Independence from the Year 2009 to present.

2009



2010



2012



2013



2014



2015



2016



2017



2018



2019



OUTSIDE HITTER

Russel Flores

Out of Bounds

"When an enlightened ruler controls his ministers, he makes it so that ministers cannot get credit for achievements gained by overstepping the bounds of their office, or make proposals and then fail to match them with actual achievements" words made famous by Legalist Han Fei.

It is normally a call that will elicit so much argument in any sports – out of bounds or line-calls. In some cases, it is hard to prove or to make a judgment call on this matter especially when the infraction is not so obvious.

Most of the time, when the game is close, the worst thing that will stop the excitement if when a

player stepped out of bounds. Imagine this, Steph Curry received a perfect pass at the left side, prepares an uncontested 3-point shot and swished – perfect shot. However, amidst the celebration, a whistle is blown signaling that his foot crossed the line and the shot was nullified!

A great sportsman must know not just the rules of the game or the most electrifying move; he must also be familiar with the limits of his playing field. Anything made outside these boundaries will not be counted. To sum it up, one must also know from the heart to do what is only allowed in the game.

Every athlete who made it big worked hard to hone their craft. They can go to great extremes to excel in whatever sports they compete in. However, one must remember to control the desire

to win as one wrong move may change how we are going to be remembered. The will to win or the desire for greatness must not compromise our morals. There are two simple things to be immortal – be famous or become infamous. The cheers we are getting today may turn to jeers tomorrow.

Some may rise to prominence with their morals intact but others climb to greatness at all cost and beat their own drums. The former will be remembered for their greatness while the latter will be remembered for their conceited ways to obscurity!

"Humility is not thinking less of yourself; it's thinking of yourself less" C.S. Lewis.

As the ball is set, let's hit it but remember – **sports lang dapat!**

A	R	A	W	N	G	K	A	S	A	R	I	N	L	A	N
C	U	R	X	W	H	A	T	X	T	I	N	E	A	J	I
R	S	O	I	L	I	T	O	B	O	G	L	D	R	M	N
Y	S	N	E	K	N	I	J	U	L	H	O	L	R	B	D
O	M	A	L	T	B	P	E	D	P	T	U	W	Y	N	E
F	T	L	V	T	O	U	R	D	O	X	I	H	A	L	P
P	R	D	I	N	U	N	I	Y	N	Y	E	A	R	E	E
U	V	E	N	W	G	A	C	Q	E	H	Y	T	D	B	N
G	Q	Z	E	F	H	N	K	B	D	A	O	P	L	I	D
A	F	I	L	D	T	T	W	E	L	V	E	X	T	H	E
D	S	Y	W	M	O	E	H	A	A	I	N	B	A	U	N
L	I	K	E	X	G	M	K	N	G	N	C	X	A	R	C
A	N	J	U	N	E	G	X	D	P	G	R	L	D	K	E
W	E	X	C	O	N	S	I	S	T	S	I	N	O	T	D
I	E	T	R	W	L	E	M	F	T	E	G	X	D	O	A
N	L	C	A	R	L	E	N	U	H	E	N	R	I	K	Y
J	I	R	X	I	N	X	B	S	I	X	D	O	I	N	G
D	A	Y	O	F	F	R	E	E	D	O	M	E	M	A	N

PHILIPPINE INDEPENDENCE DAY

by Belinda E. Dela Cruz

"Freedom consists not in doing what we like, but in having the right to do what we ought" -Pope John Paul II

FILL IN THE CODE
by Alden P. Cayaga



What is the theme of the 121st Philippine independence Day celebration?



PHILIPPINE INSTITUTE
OF CIVIL ENGINEERS
QATAR CHAPTER

International Charter No. I-03
P.O. Box No. 30628 Doha, State of Qatar
Email us at: info@piceqatar.com

Website: www.piceqatar.com

Follow us:

[f](#) [i](#) [t](#) | @piceqatar