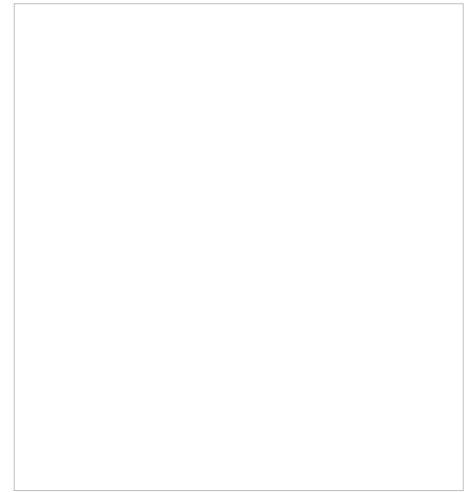
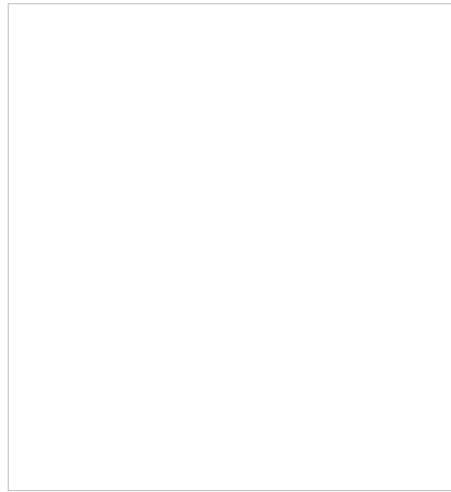


Important News

2013 2014

Workplace fatalities	1	4
Non-work related fatalities	5	3
Non-accidental deaths (NADs)	6	10
Lost Time Injuries (LTIs)	34	43
All injuries (excluding first aid cases)	139	127
Motor Vehicle Incidents (MVIs)	102	73
Roll over - MVIs	28	18
Serious MVIs	0	0
Lost Time Injury Frequency (LTIF)	0	0



Our contemporary lifestyle, including overindulging in what and how much we eat, sitting behind a desk for long periods, watching TV instead of exercising, continues to take a toll on our health. Reports suggest that employers generally are not helping situation and hence contribute to the trend:

- Some employers demonstrate little enthusiasm to invest a Rial today on wellness programmes and preventive care which could save hundreds of Rials tomorrow in healthcare fees or staff absenteeism.

This in part due to the misplaced belief that the employee will have left the business a long time before serious diseases like cancer and heart disease develop.

Oman, and for that matter all of Gulf States, are witnessing a dramatic and worrying rise in obesity and diet-related diseases. In the past three decades, the percentage of those with obesity in the world has doubled and Oman has not been immune. Current statistics show over 15% of Omanis are today suffering from diabetes or pre-diabetes, mostly due to being overweight. Over 60% of these people have a chance of dying from heart disease or strokes.

What You Need to Know

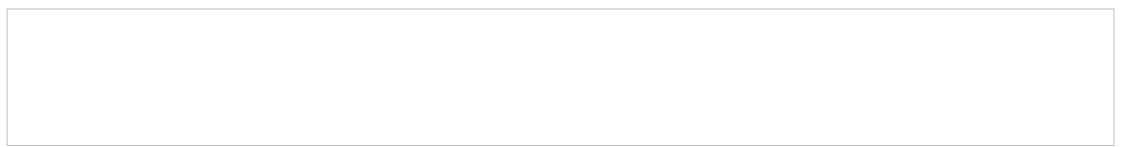
Empty rectangular box for text.

HSE Advice Note:

--	--	--

Class A	243
Class B	3245

Change your lifestyle, eat a healthy diet and exercise to dramatically improve your wellbeing, prevent disease and cut your healthca



PDO - As part of our efforts to encourage people to look after their health, Medical Department has provided health and fitness facilities which people can use to become and stay fit and healthy. A fully equipped gymnasium facility, dietitian counseling services, regular health education, and periodic medical checks are all just a few steps away for you to maintain a healthy lifestyle, if you choose to make use of them. Indulging in poor diets, over eating, smoking, drinking alcohol and an inactive lifestyle can lead to irreversible chronic illnesses, such as diabetes, cancer and heart and lung diseases, due to obesity and high cholesterol in blood. Furthermore, a poor diet also results in a deficiency in the basic vitamins and minerals necessary to keep our minds sharp and alert.

Those who ignore the advice will have no excuse when their lives become too miserable to bear and their medical condition begins to impact on their family and loved ones. If we can all work steadily to improve our lifestyles it will reduce the burden on the Omani health service and add to the wealth of the nation. Remember: "Prevention is better than cure."

The Effect of Diet and Exercise on Drug Prescription

Prescription drugs are in use to treat diet-related problems such as high cholesterol, heart burn caused by certain food or over eating, and depression which is believed to be linked with diet and obesity.

What you need to know

1. If you have a child who is experiencing either depression or hyperactive behaviour, try changing their diet. Eliminate fast and processed foods containing preservatives and salt, cut down on dairy products, and put more fruit and vegetables on their daily menu.
2. The prescription of brand new drugs that are very expensive may not be any better than more commonly known quality medications. Unfortunately, sometimes this is done only to increase financial gain without being mindful of the impact on your health.