



# HSE NEWS

WORKING FOR YOU TO KEEP YOU SAFE

## Latest HSE Statistics YTD

	2013	2014
Workplace fatalities	0	0
Non-work related fatalities	0	0
Non-accidental deaths (NADs)	0	0
Lost Time Injuries (LTIs)	0	0
All injuries (excluding first aid cases)	0	0
Motor Vehicle Incidents (MVIs)	0	0
Roll over - MVIs	0	0
Serious MVIs	0	0
Lost Time Injury Frequency (LTIF)	0	0

## Life Saving Rules Violations

YTD	
Journey management	0
Speeding/GSM	0
Seatbelts	0
Overriding safety device	0
Working at heights	0
Permit	0
Confined space	0
Lock out tag out	0
Drugs and alcohol	0
Gas testing	0
Smoking	0
Suspended Load	0

## Vehicle Class A/B Defect

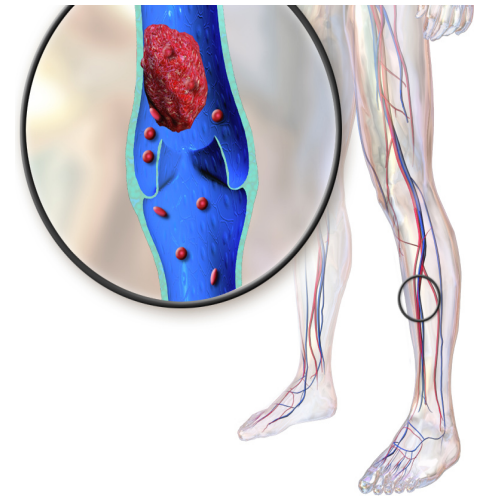
YTD	
Class A	0
Class B	0

## HSE TIP

If you are at risk for DVT, taking precautions is highly recommended, especially before journeys lasting four hours or more.

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## Important News



Deep vein thrombosis (DVT) is a medical condition that occurs when a blood clot forms in a deep vein. These clots usually develop in the lower leg, thigh, or pelvis, but they can also occur in the arm. It is important to know about DVT because it can happen to anybody and can cause serious illness, disability, and in some cases, death. People traveling for extended periods of time may be at increased risk for DVT because they have limited movement. The increased risk is usually associated with air travel, but DVT can also form during travel by bus, train, or car. Most people who develop travel-associated

DVT have additional risk factors, including a previous blood clot, family history of blood clots, known clotting disorder, recent surgery or injury, use of estrogen-containing birth control or hormone replacement therapy, older age, obesity, smoking, active cancer (or undergoing chemotherapy) and limited mobility. Symptoms such as leg pain, tenderness, oedema or swelling are typically associated with DVT, but the condition may only be definitively diagnosed if validated objective diagnostic tests, such as compression ultrasonography, venography or magnetic resonance imaging (MRI) are performed.

## What You Need to Know

### Diagnosis of DVT:

The diagnosis of DVT requires special tests that can only be performed by a doctor. That is why it is important for you to seek medical care if you experience any of the symptoms of DVT.

### DVT and travel:

If you are at risk of getting a DVT or have had a DVT previously, consult your doctor before embarking on long-distance travel.



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### HSE Advice Note

For long distance travelers, advices to DVT prevention include:

- Getting up occasionally and walking around.
- Exercising your calf muscles and stretching your legs while you're sitting.
- Raising and lowering your heels while keeping your toes on the floor.
- Raising and lowering your toes while keeping your heels on the floor.
- Tightening and releasing your leg muscles.
- Drinking plenty of water.
- Avoiding alcohol and sleeping pills

For long-distance travelers with additional risk factors for DVT, talk to your doctor about taking extra precautions such as wearing properly fitted medical compression stockings and taking medication before departure to prevent DVT. You can reduce your risk of DVT by making changes to your lifestyle, such as not smoking, eating a balanced diet, getting regular exercise and maintaining a healthy weight. The aims of treatment are to prevent the clot spreading up the vein and getting larger. This may prevent a large clot breaking off and travelling to the lungs (a pulmonary embolus). It also aims to reduce the risk of post-thrombotic syndrome developing and the risk of a further DVT in the future.

Treatment for DVT usually involves taking anticoagulant medicines, which help reduce the ability of the blood to clot. You will also be prescribed compression stockings to wear every day, as these help prevent complications and improve symptoms. Compression stockings help prevent calf pain and swelling, and lower the risk of ulcers developing after having a DVT. Your healthcare team will usually advise you to engage in regular walking exercise once compression socks have been prescribed. You might be advised to raise your leg whenever you are resting. This helps to relieve the pressure in the veins of the calf and stops blood and fluid pooling in the calf itself.

