



HSE NEWS

WORKING FOR YOU TO KEEP YOU SAFE

Latest HSE Statistics YTD

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

Life Saving Rules Violations

YTD

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

Vehicle Class A/B Defect

YTD

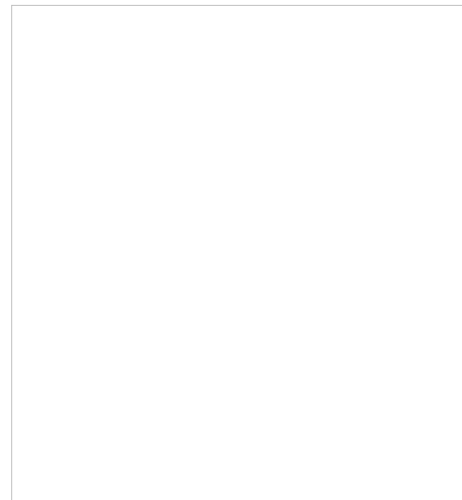
Class A	
Class B	

HSE TIP

Exercising regularly, warming up at the start of training would help building up the strength of your thigh and leg muscles and prevent knee injury.

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Important News

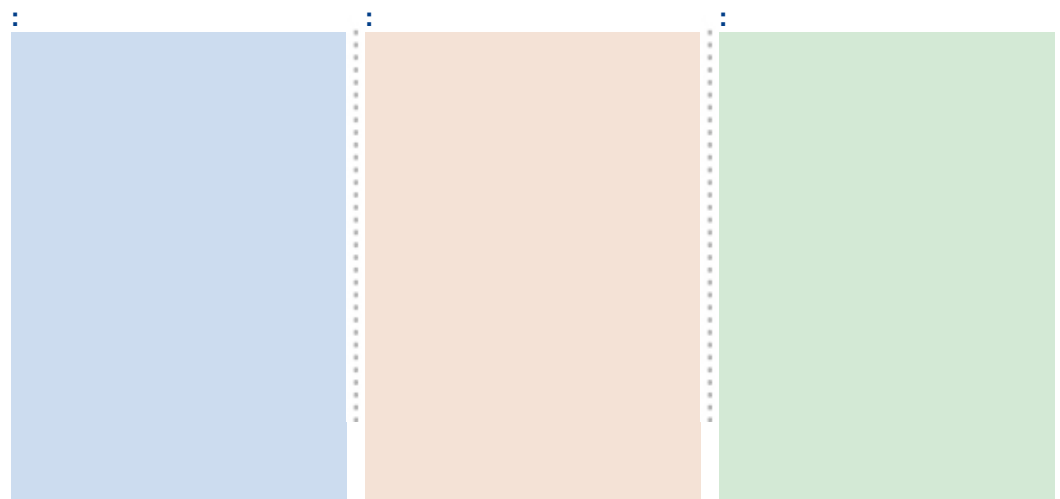


The Anterior Cruciate Ligament (ACL) is a tough band of tissue joining the thigh bone (femur) to the shin bone (tibia) at the knee joint. It runs inside the knee and gives the knee joint stability by controlling the backward and forward movements of the knee and lower leg. ACL stops the tibia bone from moving forwards in front of the femur. ACL injuries are the most common knee joint injury type and can occur during sports such as Football, Basketball, Volleyball and Tennis (accounts for around 40% of all sports injuries). Knee ligament injuries can be unpredictable and can affect anyone, including fit people who do a lot of sports.

What You Need to Know



You can tear your Anterior Cruciate Ligament (ACL) if your lower leg extends forwards too much (Picture 1) and it can also be torn if your knee and lower leg are twisted (Picture 2). Common causes of an ACL injury include; landing incorrectly from a jump, stopping suddenly, changing direction suddenly or having a collision, such as during a football tackle. If the ACL is torn, your knee will become very unstable and lose its full range of movement. This can make it difficult to perform certain movements, such as turning on the spot. Some sports may be impossible to play.





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HSE Advice Note