



# 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**

Choose the right amount and type of oils and fats when you cook, eat and do your shopping

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## Important News



Dietary fat plays several key roles in our physiology and well-being. Ingestion of fat is important for the intestinal absorption of lipid-soluble vitamins like vitamins A, D, E, and K. Fat is a key source of metabolic energy and also an important building block of all cells in the body. However, the type and quantity of fat ingested affects our health. Health problems arise when we ingest too much fat or the wrong type of fat. There are four kinds of fat: saturated, monounsaturated, polyunsaturated and trans fat. The degree of saturation influences the firmness of fats at room temperature.

### What You Need to Know

**Weight gain:**

All fats including healthy fats can contribute to weight gain when eaten in large amounts

**Saturated fat :**

Replacing foods high in saturated fats with alternatives higher in monounsaturated and polyunsaturated fats tends to improve your blood cholesterol levels and reduce your risk of developing heart diseases



Generally speaking, the polyunsaturated vegetable oils are liquid and the more saturated animal fats are harder at room temperature. Saturated fats contribute to the risk of heart disease and stroke, because they raise "bad" LDL blood cholesterol levels. Monounsaturated and polyunsaturated fats are good for our wellbeing both tend to lower LDL blood cholesterol. Oils rich in polyunsaturated fats also provide essential fats such as omega-6 and omega-3 fatty acids that your body needs but can't produce them. While all fats provide 9 calories per gram, monounsaturated and polyunsaturated fats can have a positive effect on your health, when eaten in moderation.



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### HSE Advice Note

There are four main types of fats that make up the fat in food:

**Saturated fats (Bad fats)** – sources include meat, full-fat milk, cheese, butter and cream, most commercially baked products such as biscuits and pastries and most deep-fried fast foods. Some plant based oils such as coconut and palm oils contain saturated fats which may cause negative health impacts even though they do not contain cholesterol.

**Monounsaturated fats (Good fats)** – sources include avocado, nuts such as peanuts, and almonds, oils such as olive and canola.

**Polyunsaturated fats (Good fats)** – sources include fish, nuts such as

walnuts and seeds and vegetable oils such as safflower, sunflower and corn oils. **Trans fats** – Unhealthy substances made through the chemical process of hydrogenation of oils. Hydrogenation solidifies liquid oils and increases the shelf life and the flavor stability of oils and foods that contain them. A disadvantage is that hydrogenation makes polyunsaturated fats more saturated. While very small amounts are present in some dairy and meat products, most trans fats are considered an additive or unnatural ingredient. Trans fat is found in vegetable shortenings and in some margarines, crackers, cookies, snack foods, french fries and other foods.

Stick margarine has high levels of trans fats, which increase LDL cholesterol similarly to saturated fat and lower HDL, or good cholesterol. The more solid the margarine, the more trans fat it contains.

When buying food, look at the Nutrition Facts panel and ingredients and choose the food with the lower amounts of total fat, saturated fat, *trans* fat and cholesterol. Health experts recommend that you keep your intake of these nutrients as low as possible while consuming a nutritionally balanced and adequate diet. You can also use food labels to find food items higher in vitamins and fiber.

