



# 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

Choose the right type and amount of oils and fats when you shop, cook and eat.

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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 alternative monounsaturated and polyunsaturated fats will improve your blood cholesterol levels and reduce your risk of heart diseases.

#### Upcoming Events:

22 Jan - Contract Holder & Contract Staff Workshop



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 types of fats found in our 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.

**Trans fats (Bad fats)** – Unhealthy substances made through the chemical process of hydrogenation of oils. Hydrogenation solidifies liquid oils and increases their 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.

**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.

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, check 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.

Addressed For: ...  
Calories 200

Total Fat	13g
Saturated Fat	5g
Trans Fat	2g
Cholesterol	30mg
Sodium	660mg
Total Carbohydrate	31g
Dietary Fiber	0g
Sugars	5g
Protein	5g

1%

