



# HSE NEWS

## WORKING FOR YOU TO KEEP YOU SAFE

### Latest HSE Statistics YTD 15 Jan

	2014	2015
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 15 Jan

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 15 Jan

Class A	0
Class B	0

### HSE TIP

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

[Share it with a friend](#)

## 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: monounsaturated, polyunsaturated, saturated, and trans fat. The degree of saturation influences the firmness of fats at room temperature.

## What You Need to Know

### Weight gain:

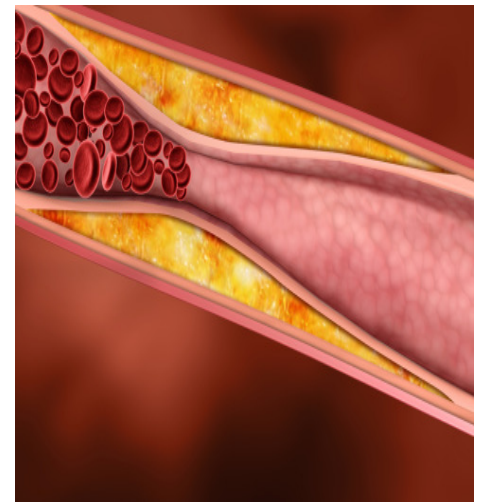
All fats including healthy fats can contribute to weight gain when eaten in large amounts.

### 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  
 28 Jan - PDO Wellness Walk  
 26 Feb - Safety Day - Theme "Intervene"



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 as 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. While all fats provide 9 calories per gram, monounsaturated and polyunsaturated fats can have a positive effect on your health, when eaten in moderation.



# HSE NEWS

## WORKING FOR YOU TO KEEP YOU SAFE

### HSE Advice Note

There are four types of fats found in our food:

**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.

**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 flavour 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 a high level of trans fats, which badly affect blood cholesterol levels in a similar way to saturated fats. 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 fibre.

