



# HSE NEWS

## WORKING FOR YOU TO KEEP YOU SAFE

### Latest HSE Statistics YTD

	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

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

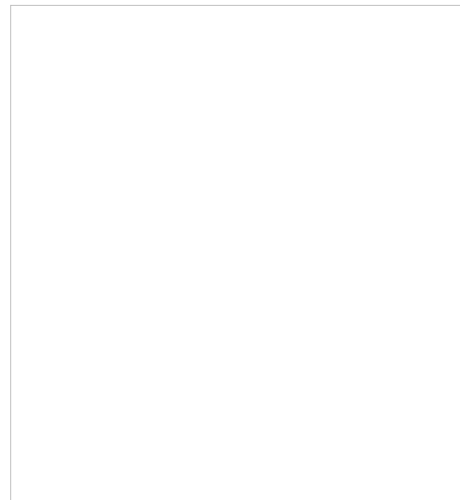
Class A	0
Class B	0

### HSE TIP

Do not attempt to kill the snake as this may be dangerous. If, however, the snake has somehow been killed then handle it with care and take it to the hospital.

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## Important News



Most snake bites happen when a snake is trodden on by someone who is barefoot or wearing only sandals.

### How can snake bites be avoided?

Snake bites may be difficult to avoid completely; however, following this advice will minimise your chances of being bitten:

- Get to know your local snakes, the sort of places they like to live and hide and what times of the day or year they are most likely to be active. Be especially vigilant after rains and during flooding



- Always wear sturdy shoes or boots and long trousers especially when walking in the dark and in bushy areas
- Always use a torch, flashlight or lamp when walking in the dark so snakes know you are there
- Never handle, threaten or corner a snake in an enclosed space
- Try to avoid sleeping on the ground
- Keep young children away from areas known to be favoured by snakes
- Avoid having rubble and rubbish close to houses as these both attract snakes
- Frequently check your house for snakes and avoid houses with large cracks and cavities on walls.

## What You Need to Know

### Transport to hospital:

The patient must be transported to the nearest hospital or clinic as quickly as possible. Avoid movement of the bitten limb and patient should not be allowed to walk because this would increase the risk of spread of venom from the site of the bite.

### Treatment in the hospital:

Victim management in the hospital includes rapid clinical assessment, laboratory tests, supportive care and anti-venom if indicated. Anti-venom treatment carries a risk of severe adverse reactions. It should therefore be used only in a hospital set-up and for patients in whom the benefits outweigh the risks.

### Use of anti-venom:

In some parts of the world, anti-venom is given to any patient claiming to have been bitten by a snake. These practices are strongly discouraged as they expose patients who may not need treatment to the risks of anti-venom reaction.



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### HSE Advice Note

#### How to manage a snake bite

Immediate first aid treatment and urgent transport to the closest hospital or clinic is essential.

#### First aid treatment:

First aid treatment must be provided immediately after the bite and before the patient reaches a hospital. It can be performed by the snake bite victim or by anyone else who is present. Most of the traditional first aid methods have proved to be dangerous and should be discouraged as **they do more harm than good!**

#### Dos

- Reassure the victim who may be very anxious
- Immobilise the bitten limb with a splint or sling as any movement or muscular contraction increases absorption of venom into the bloodstream. Apply a light bandage over the bite site and consider pressure-immobilisation for some serious bites by neurotoxic snakes, such as sea snakes.

#### Don't's

- Don't interfere with the bite wound as this may spread the infection and increase absorption of the venom into the blood stream and local bleeding

- Don't make local incisions, pricks or punctures at the site of the bite or in the bitten limb
- Never attempt to suck the venom out of the wound
- Don't apply ice packs, herbs, chemicals or tight tourniquets/bands around the limb, this is extremely painful and dangerous and if a tight tourniquet is left on for too long (over 40 minutes) the affected limb can be damaged due to inadequate blood supply and result in gangrene.

