

WORKING FOR YOU TO KEEP YOU SAFE

Latest HSE Statistics YTD Workplace fatalities Non-accidental deaths (NADs) Lost Time Injuries (LTIs) All injuries (excluding first aid Motor Vehicle Incidents (MVIs) Roll over - MVIs Serious MVIs Lost Time Injury Frequency (LTIF) Life Saving Rules Violations Journey management Speeding/GSM Overriding safety device Working at heights Permit Confined space Lock out tag out Drugs and alcohol Gas testing Suspended Load Vehicle Class A/B Defect Class A Class B

Share it with a friend

HSE TIP

Important News

Vitamin D is a fat-soluble vitamin that is naturally present in very few foods, added to others, and available as a dietary supplement. It is also produced endogenously when ultraviolet rays from sunlight strike the skin and trigger vitamin D synthesis.

Nutrient deficiencies are usually the result of dietary inadequacy, impaired absorption and use, increased requirement, or increased excretion. A vitamin D deficiency can occur when usual intake is lower than recommended levels over time, exposure to sunlight is limited, the kidneys cannot convert Vit D to its POTIVATOR OF THE PROPERTY OF A POTITION D

elasisiten cytamin D deficiency inadequacy: In children, vitamin D deficie sy causes
riotherstiagniesissef Wiatacteriz d by a Breastfed infants
faitherstiagniesisse to prop structure of the control of skyliptons and signs related to the disease and confirmed by laboratory blood test measuring the level of vitamin D.

 Insufficient 50-100 nmol/L

Prolonged exclusive breastfeeding without the AAP-recommended vitamin D supplementation is a significant cause of rickets, particularly in dark-skinned infants breastfed by mothers who are not vitamin D replete . Additional causes of rickets include extensive use of sunscreens and placement of children in daycare programs, where they often have less outdoor activity and sun exposure.

In adults, vitamin D deficiency can lead to osteomalacia, resulting in weak bones. Symptoms of bone pain and muscle weakness can indicate inadequate vitamin D levels, but such symptoms can be subtle and go undetected in the initial stages.

Pocont ctudy done in Sultan Caboos

- Mild 25-

Riagnosis of Vit Dialacia and Groups at Risk of Vit Dialacia and Groups at Risk of Wit Dialacia and Groups at Risk of Wit

sun exposure

- 4. People with inflammatory bowel disease and other conditions causing fat malabsorption
- 5. People with dark skin
- 6. People who are obese or who have undergone gastric

· Rickets, a childhood disease characterized by impeded growth, and deformity, of the long bones.

 Osteomalacia, a bone-thinning disorder that occurs exclusively in adults and is characterized by proximal muscle weakness and bone fragility.

HSENSENSES SAFE

HSE Advice Note

The Dietary Guidelines advices a healthy diet as one that:

- Emphasizes a variety of fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Milk is fortified with vitamin D, as are many ready-toeat cereals and some brands of yogurt and orange juice. Cheese naturally contains small amounts of vitamin D.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Fatty fish such as salmon, tuna, and mackerel are very good sources of vitamin D. Small amounts of vitamin D are also found in beef liver and egg yolks.

- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- Vitamin D is added to some margarines.
- Stays within your daily calorie needs

The recommended screening of Vitamin D level of only those individuals who are at high risk for vitamin D deficiency.

The daily maintenance dose of vitamin D varies by age, but most children and adults generally require 600-2000 IU of vitamin D daily.

For vitamin D-deficient children and adults, higher doses of vitamin D given either daily or weekly are recommended. After correction of their vitamin D status with oral vitamin D, patients should have a repeat test of their Vitamin D level to confirm that they are in the normal range. If the 2D concentration remains persistently low despite several attempts at correction with oral vitamin D, a trial of UVB light therapy (ie, by tanning lamps) may be considered to improve vitamin D status.

