



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

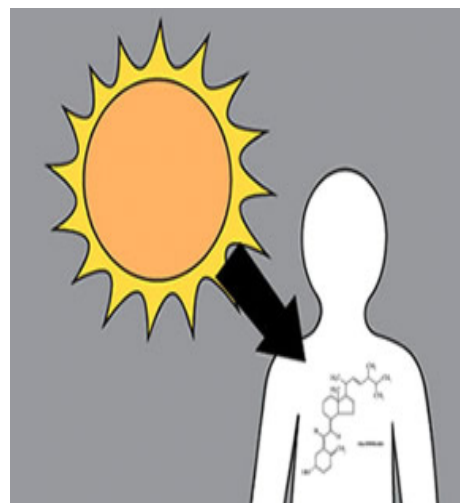
YTD	
Class A	0
Class B	0

HSE TIP

Although the amount of vitamin D adults get from their diet is often less than what's recommended, exposure to sunlight can make up for the difference

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Important News



Vitamin D is a fat-soluble vitamin, it regulates calcium and phosphate absorption in the body to enable healthy bone mineralization and growth. It is naturally present in few food, and it can be produced internally when the skin is exposed to ultraviolet rays from the sunlight. Groups of people at risk of vitamin D deficiency include breastfed infants, older adults, people who get limited sun exposure, people with inflammatory bowel disease, dark skinned and obese people. Rickets in children and osteomalacia in adults are the classical vitamin D deficiency diseases.

What You Need to Know

Vit D deficiency:

Clinical symptoms, followed by a confirmatory laboratory blood test of Vitamin D are the main diagnostic tools. Vitamin D lab test is not recommended for everyone but for only those who are symptomatic and have risks for vitamin D deficiency.

Vit D target levels:

Vitamin D level of 50nmol/L is considered just sufficient to support and maintain bone and mineral health, however the recommended Vitamin D target level should be 75-100 nmol/L at the minimum.

Vit D and osteoporosis:

Women should be aware of their increased risk of Vitamin D deficiency and postmenopausal osteoporosis.



Vitamin D

In children, vitamin D deficiency causes rickets, a disease characterized by failure of bone tissues to properly mineralize, resulting in soft bones and skeletal deformities. In adults, vitamin D deficiency can lead to osteomalacia, resulting in weak bones, bone pains and muscle weakness. Recent study conducted at Sultan Qaboos University to assess Vitamin D status in a sample of healthy Omanis revealed that the prevalence of Vitamin D deficiency in the study population was 87.5% by applying a cutoff point limit of Vitamin D level at 50 nmol/L and women as compared to men had markedly lower Vit D Level.



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HSE Advice Note

Dietary sources of vitamin D are limited, so it is difficult to get enough of this important vitamin from food alone. Dietary advices to improve your Vitamin D status:

- Include in your diet a variety of fruits, vegetables, whole grains, and fat-free or low-fat milk products.
- Include lean meat, 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.

- Consume Vitamin D fortified food.
- Stay within your daily calorie needs
- Use calcium and vitamin D supplements if indicated-, adequate calcium and vitamin D are essential to optimize your bone health.

The daily recommended maintenance dose of vitamin D varies by age, for infants 1,000 IU/day and 2000 IU/day for children and adults, higher doses of vitamin D given either daily or weekly are recommended for vitamin D-deficient children and adults.

Patients who are on Vitamin D supplements should have a repeat blood test of their Vitamin D level to confirm that they are within the normal range. If the Vitamin D concentration remains persistently low despite several attempts at correction with oral vitamin D supplements, a trial of UVB light therapy (ie, by tanning lamps) may be considered to improve vitamin D status. Too much Vitamin D in your blood can be toxic, therefore it is important to consult your doctor and discuss the dosage and duration of the intake.

