شركة تنمية نفط عمان
Petroleum Development Oman

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

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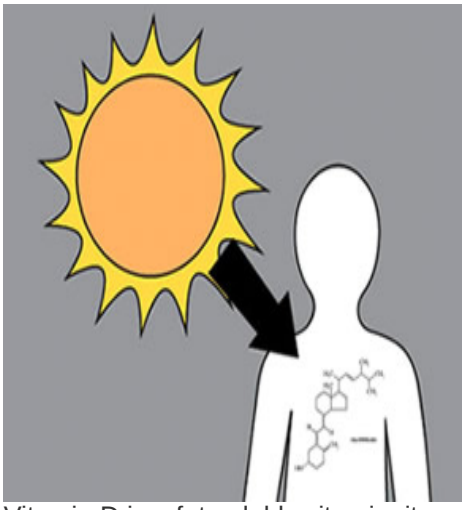
Important News



Vitamin D

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 a few foods, and it can be produced internally when the skin is exposed to ultraviolet rays from the sunlight. Those at risk of vitamin D deficiency include *breastfed infants, older adults, people who get limited sun exposure, people with inflammatory bowel disease, and dark-skinned and obese people.* Rickets in children and osteomalacia in adults are the classical vitamin D deficiency diseases.

Ricketsis a disease characterised by failure of bone tissues to properly mineralise, resulting in soft bones and skeletal deformities. Osteomalacia is a condition resulting in weak bones, bone pains and muscle weakness. A recent study conducted at Sultan Qaboos University to assess the vitamin D status in a sample of healthy Omanis revealed that 87.5% of the study population had a vitamin D deficiency. The study applied a cut-off point limit of a vitamin D level at 50 nmol/L and women, as compared to men, had a markedly lower vitamin D Level.

What You Need to Know

Diagnosis of Vitamin D deficiency:

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

Vitamin D target levels:

A 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 at a minimum of 75-100 nmol/L.

Vitamin D and osteoporosis:

Women should be aware of their increased risk of vitamin D deficiency and post-menopausal osteoporosis.

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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. Here is some dietary advice to improve your vitamin D status:

- Include a variety of fruits, vegetables, whole grains, and fat-free or low-fat milk products in your diet
- 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 optimise your bone health.
- The daily recommended maintenance dose of vitamin D varies by age; for infants, 1,000 IU/day and 2,000 IU/day are recommended for children and adults respectively. However, 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 for 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 (i.e. by tanning lamps) may be considered to improve vitamin D status. Too much vitamin D in your blood can be toxic and so it is important to consult your doctor and discuss the dosage and duration of the intake.