



# HSE NEWS

WORKING FOR YOU TO KEEP YOU SAFE

## Latest HSE Statistics YTD 15 Mar

	2014	2015
Workplace fatalities	1	1
Non-work related fatalities	0	0
Non-accidental deaths (NADs)	6	2
Lost Time Injuries (LTIs)	13	9
All injuries (excluding first aid cases)	39	29
Motor Vehicle Incidents (MVIs)	25	20
Roll over - MVIs	9	6
Serious MVIs	4	1
Lost Time Injury Frequency (LTIF)	0.35	0.26

## Life Saving Rules Violations

YTD 15 Mar	
Journey management	11
Speeding/GSM	2
Seatbelts	6
Overriding safety device	0
Working at heights	0
Permit	1
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

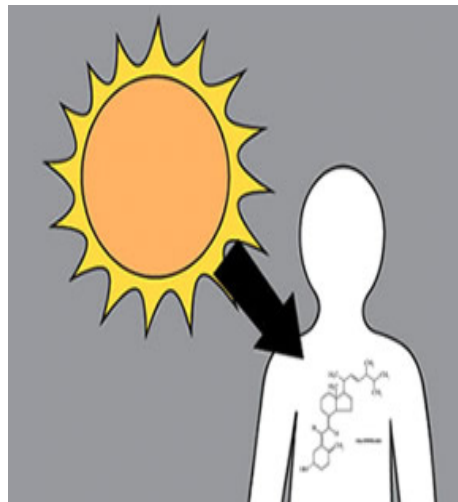
YTD 15 Mar	
Class A	28
Class B	936

## 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 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.



## Vitamin D

Rickets is 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

### Diagnostic tools:

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.

### Women be aware:

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.

