



# HSE NEWS

WORKING FOR YOU TO KEEP YOU SAFE

## Latest HSE Statistics YTD

2014:2015

Workplace fatalities	
Non-work related fatalities	
Non-accidental deaths (NADs)	
Lost Time Injuries (LTIs)	
All injuries (excluding first aid cases)	
Motor Vehicle Incidents (MVIs)	
Roll over - MVIs	
Serious MVIs	
Lost Time Injury Frequency (LTIF)	

## Life Saving Rules Violations

YTD

Journey management	
Speeding/GSM	
Seatbelts	
Overriding safety device	
Working at heights	
Permit	
Confined space	
Lock out tag out	
Drugs and alcohol	
Gas testing	
Smoking	
Suspended Load	

## Vehicle Class A/B Defect

YTD

Class A	
Class B	

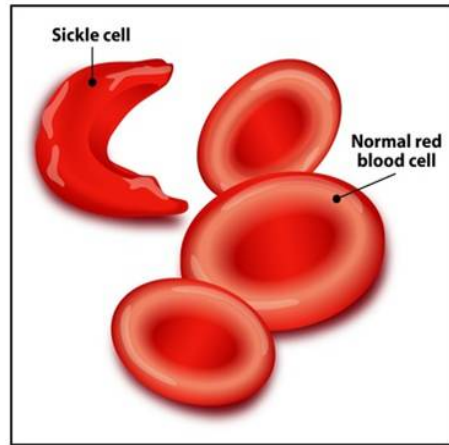
## HSE TIP

Sickle cell anemia is an inherited form of anemia. It is a condition in which the body's red blood cells are abnormal. These cells are shaped like a sickle instead of a normal round shape. This block of blood flow can cause pain and other symptoms. The condition comes down to genetics.

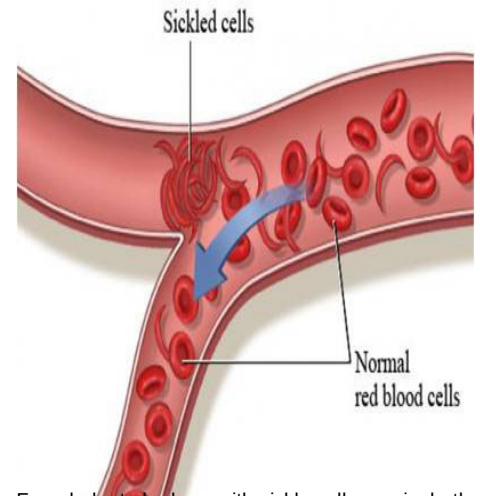
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## Important News

### Sickle cell anemia



For a baby to be born with sickle cell anemia, both parents must carry a sickle cell gene. As Justification from Ministry of Health in 2013, sickle cell spread at rate of 6 % among the Oman inhabitants including 2% which is suffering from this disease. The total number of people suffering from the disease in Oman is 6000 (0.3%), and it occurs among about 120-170 births a year. Signs and symptoms of sickle cell anemia often don't appear until an infant is at least 4 months old and may include: anemia, episodes of pain, swollen hands and feet, frequent infections, delayed growth and vision problems.



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## What You Need to Know

### Tests and diagnosis:

A blood test can check for the disease. If the result is positive, further tests will be done.

### Additional tests:

### Testing before birth:

Sickle cell disease can be passed on to a baby by both parents. Some doctors in the United States and other countries recommend that you and your partner get tested for sickle cell anemia and other hemoglobin gene mutations before you should consider this screening.

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## HSE Advice Note

Although sickle cell anemia is a chronic disease, it can be managed by following the following advice. Treatment of sickle cell anemia is usually aimed at avoiding crises, relieving symptoms and preventing complications such as stroke, splenectomy, vaccinations to prevent infections, blood transfusions, supplemental iron, and stem cell transplant. Lifestyle and home remedies:

- Unexplained episodes of severe pain, such as pain in the abdomen, chest, bones or joints.
- Swelling in the hands or feet.
- Abdominal swelling, especially if the area is tender to touch.
- Fever. People with sickle cell anemia have an increased risk of infection, and fever can be the first sign of an infection.
- Pale skin or nail beds.
- Yellow tint to the skin or eyes.
- Any signs or symptoms of stroke. If you notice any one-sided paralysis or weakness in the face, arms or legs, confusion, trouble walking or talking, sudden vision problems or unexplained numbness, or a headache.
- Ensure you disclose medical condition during your medicals, failure to do so could result in serious health issue or potential death.
- Do not hide your medical condition unnecessarily you may need help.
- Be aware of the treatment you need, and make sure other know.
- Take folic acid supplements daily, and choose a healthy diet.
- Drink plenty of water.
- Avoid temperature extremes.
- Exercise regularly, but don't overdo it.
- Use over-the-counter medications with caution.
- Fly on airplanes with pressurized cabins.
- Plan ahead when traveling to high-altitude areas.

