



# 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	

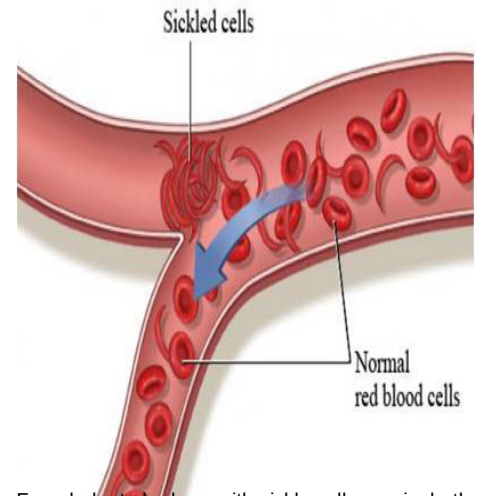
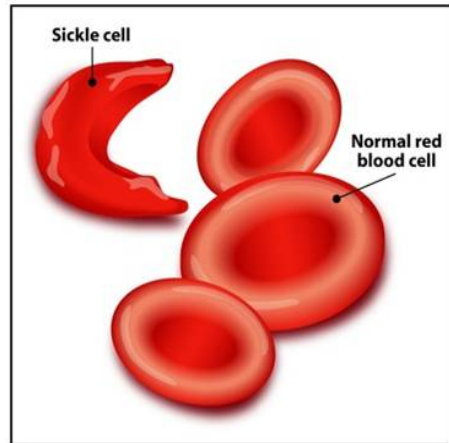
**HSE TIP**

Pre-natal testing is considered as an important preventative measure for you and your partner to see a genetic counselor before trying to conceive a child.

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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 presence of hemoglobin that has sickle cells. If positive, further tests will be done.

### Additional tests:

To confirm any diagnosis, a sample of the blood is examined under a microscope to check for a marker called hemoglobin S. A blood test called hemoglobin electrophoresis can also confirm the disease. Complications of the

### Testing before birth:

Sickle cell disease can be passed on to a baby by both parents. If you and your partner are both carriers of the sickle cell gene, 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 lifestyle and home remedies. If you have any of the following problems, seek medical care: **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.**

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- Lifestyle and home remedies:
- 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.

