



# 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	

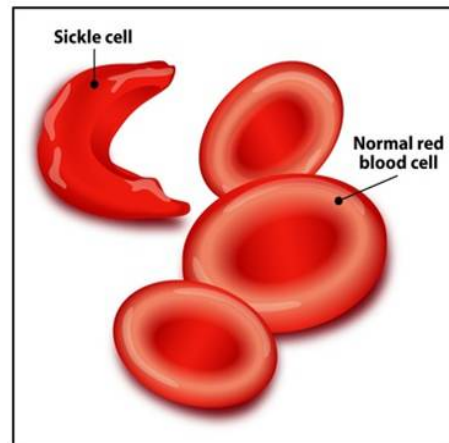
### HSE TIP

Preconception testing is considered as an important preventative measure to help you and your partner to see a genetic counselor before trying to conceive a child.

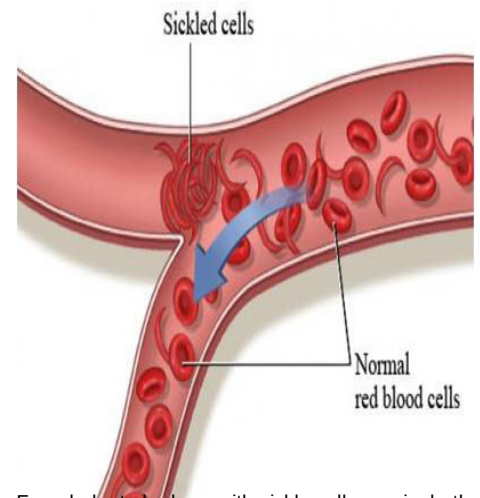
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## Important News

### Sickle cell anemia



Sickle cell anemia is an inherited form of anemia; a condition in which there aren't enough healthy red blood cells to carry adequate oxygen throughout your body. Normally, your red blood cells are flexible and round, moving easily through your blood vessels. In sickle cell anemia, the red blood cells become rigid and sticky and are shaped like sickles or crescent moons. These irregularly shaped cells can get stuck in small blood vessels, which can slow or block blood flow and oxygen to parts of the body. The risk of inheriting sickle cell anemia comes down to genetics.



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.

## What You Need to Know

### Tests and diagnosis:

A blood test can check for the presence of hemoglobin that is produced by sickle cells. If the test is positive, further tests will be done.

### Additional tests:

To confirm any diagnosis, a sample of blood is sent to the lab for a confirmatory test. This test will confirm the presence of sickle cell anemia. Further tests will be done to check for complications of the disease.

### Testing before birth:

Sickle cell disease can be detected in a baby by prenatal testing. If you are a carrier of sickle cell anemia, you should consider this screening.



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### HSE Advice Note

Although sickle cell anemia is usually diagnosed before any problems develop, 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.

Treatment of sickle cell anemia is usually aimed at avoiding crises, relieving symptoms and preventing complications. Sick cell anemia treatment includes hydration, vaccinations to prevent infections, blood transfusions, supplemental iron, and bone marrow transplant.

- 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.

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.

