



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

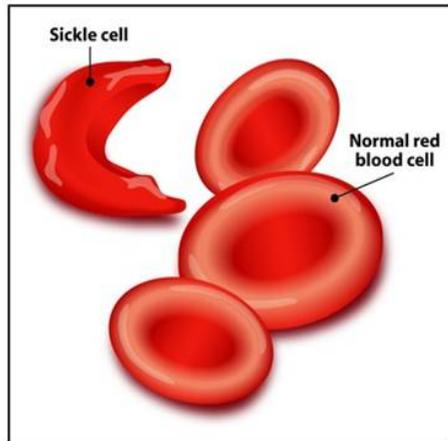
HSE TIP

Pre-marital testing is considered as an important preventative measure for sickle cell disease. However, you are mainly responsible for your own health and safety.

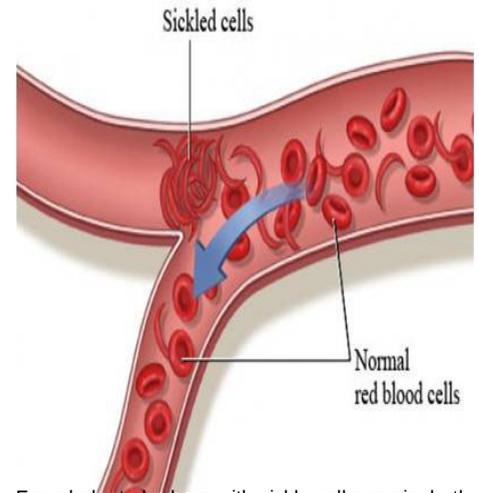
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Important News

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 made of cells. If the test is positive, further tests will be done.

Additional tests:

To confirm any diagnosis, a sample of your blood is examined under a microscope to see if there are any abnormal cells. A blood test called a hemoglobin electrophoresis will be done. A single test may not be enough to confirm the diagnosis.

Testing before birth:

Sickle cell disease can be passed on to a baby by both parents. If you are a carrier of the sickle cell gene, you should consider this screening.

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HSE Advice Note

Although sickle cell anemia is usually diagnosed 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 in patients. Symptoms may be treated to prevent their signs. Treatments include medications, supplemental iron, and transfusion.

- 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.

