شركة تنمية نفط عمان
Petroleum Development Oman

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

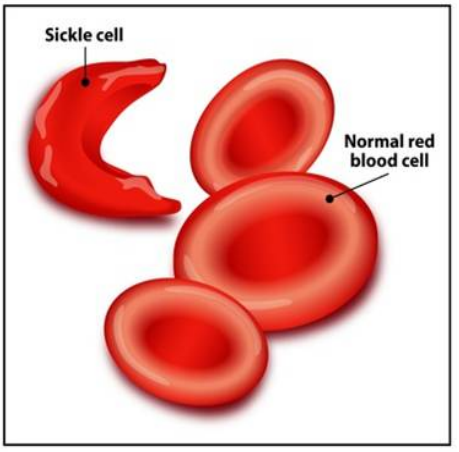
Vehicle Class A/B Defect YTD	
Class A	0
Class B	0

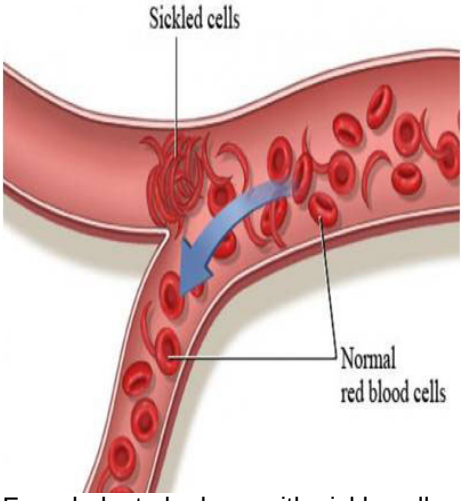
HSE TIP

Premarital testing is considered as an important preventative measure of sickle cell disease. However, if you are married and carry the sickle cell trait, you may wish to see a genetic counselor before trying to conceive a child.

Share it with a friend

Important News





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 defective form of hemoglobin that underlies sickle cell anemia.
If the screening test is negative, there is no sickle cell gene present. If the screening test is positive, further tests will be done.

Additional tests:

To confirm any diagnosis, a sample of blood is examined under a microscope to check for large numbers of sickle cells . If you or your child has the disease, a blood test to check for anemia will be done. And your doctor may suggest additional tests to check for possible complications of the disease.

Testing before birth:

Sickle cell disease can be diagnosed in an unborn baby by sampling some of the fluid surrounding the baby in the mother's womb (amniotic fluid) to look for the sickle cell gene. If you or your partner has been diagnosed with sickle cell anemia or sickle cell trait, ask your doctor about whether you should consider this screening.

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HSE Advice Note

Although sickle cell anemia is usually diagnosed in infancy, if you or your child develops 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. It includes medication, vaccinations to prevent infections, blood transfusions, supplemental oxygen, and stem cell transplant
PDO Safety Advices:

- 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.