



# 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

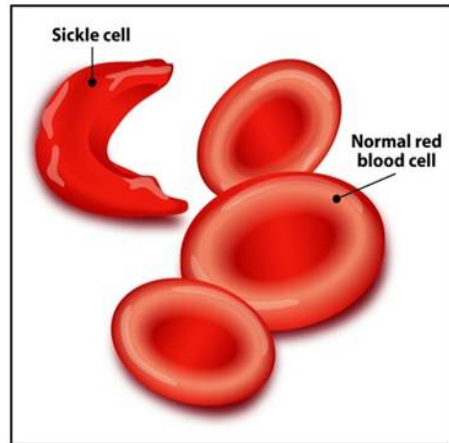
## HSE TIP

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.

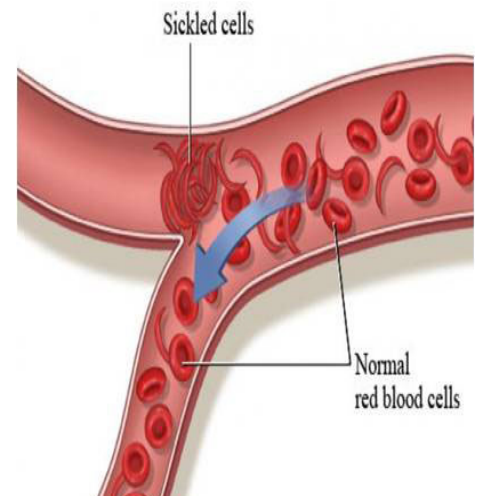
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## Important News

### Sickle cell anemia



Sickle cell anemia is an inherited disease in which there aren't enough healthy red blood cells to carry adequate oxygen throughout the body. Normal red blood cells are flexible and round and move easily through the blood vessels. In sickle cell anemia, the red blood cells become rigid and sticky and are shaped like sickles or crescent moon. These irregularly shaped red blood cells may get stuck in small blood vessels, which can slow down or block the blood flow and oxygen supply to various parts of the body. For a person to be born with sickle cell anemia, both parents must carry a sickle



cell gene. According to the latest study of sickle cell disorders in Oman among children aged 5 years and below, the study showed 6% are carriers of the disease (Trait), while 0.2 % are affected with the disease (Sicklers). 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

### Pre-employment test:

People with sickle cell anemia can do almost any job, however pre-employment sickle testing is an important test to do to ensure candidates are fit for the job they are doing, particularly jobs which require strenuous physical efforts, working outdoors and under the sun.

### Diagnosis:

A blood test can detect the defective form of hemoglobin (S) that underlies sickle cell disorders. If the screening test is positive, then this means the person is either a carrier or affected with the disease and further tests will be done for confirmation.

### Testing before marriage:

Premarital testing is considered as an important preventative measure of sickle cell disease. If you or your partner has been diagnosed with sickle cell anemia or sickle cell trait then it is advisable to do the screening test before marriage.



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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.

