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

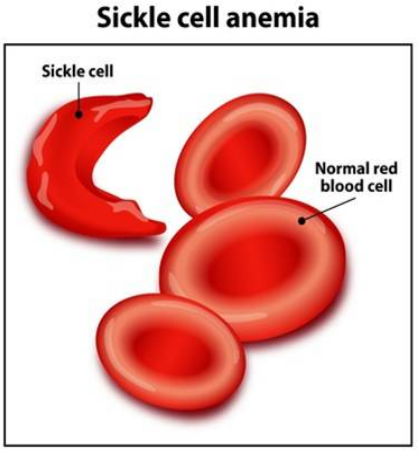
Vehicle Class A/B Defect YTD	
Class A	0
Class B	0

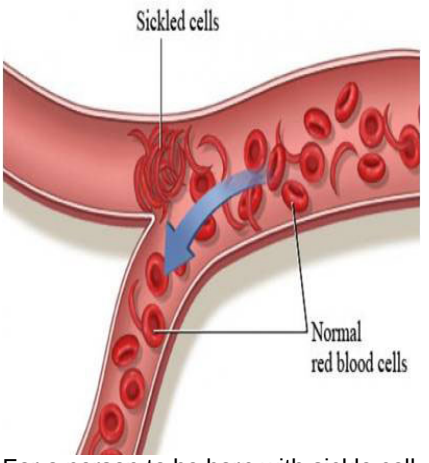
HSE TIP

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.

Share it with a friend

Important News





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

Sickle cell anemia is usually diagnosed very early in infancy, however if your child develops any of the following problems later on in life, then you need to seek medical care:

- Unexplained episodes of severe pain in the abdomen, chest, bones or joints.
- Swelling in the hands or feet.
- Abdominal swelling, especially if the area is tender to touch.
- Recurrent infections and fever. People with sickle cell anemia have an increased risk of infection.
- Pale skin or nail beds.
- Yellow tint to the skin or eyes.
- Sudden vision problems.

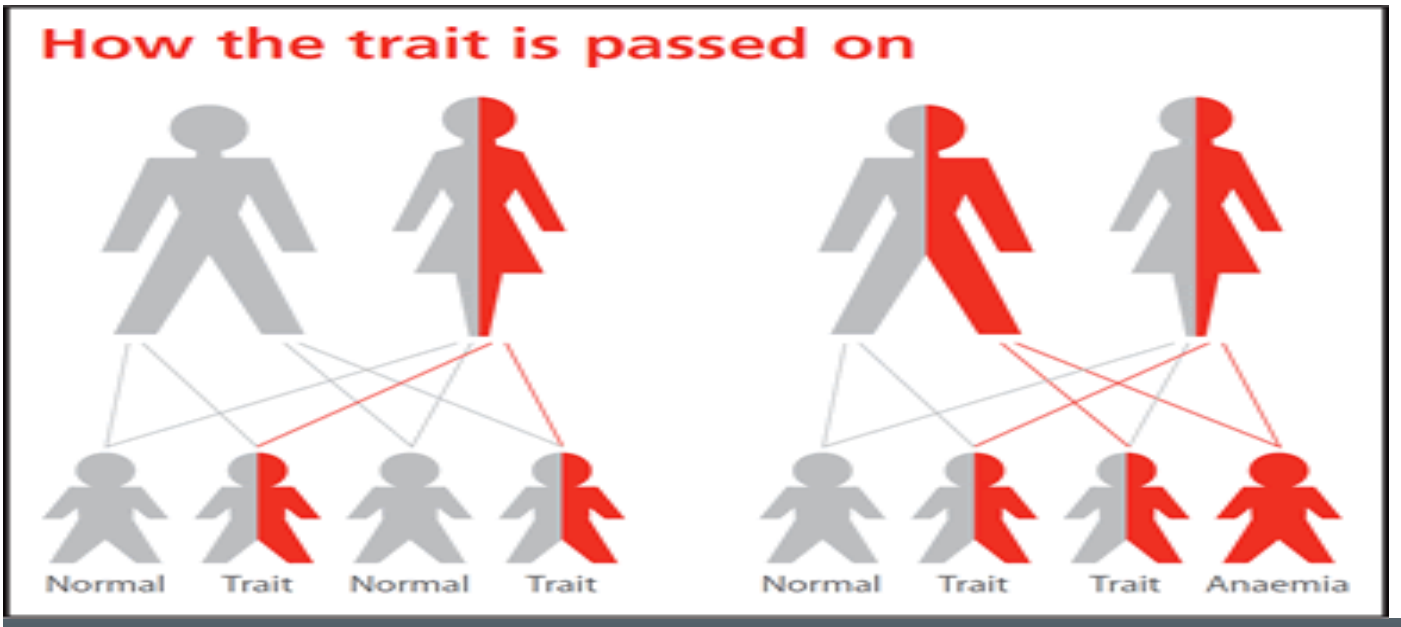
Management of sickle cell anemia is usually aimed at avoiding crises, relieving pains, correcting very low hemoglobin and preventing complications. It includes medication, vaccinations to prevent infections, blood transfusions and stem cell transplant if indicated.

PDO Safety Advices:

- Ensure you disclose/declare any chronic medical conditions to the examining doctor during your pre-employment and routine medical checkup, failure to do so could result in serious health issues, potential death or a disciplinary action.
- Do not hide your medical conditions unnecessarily this may jeopardize your health and safety.
- Be aware of the treatment you need, and make sure you follow up with your doctor.

Important advices to Sicklers:

- Take folic acid supplements as prescribed by your doctor, and choose a healthy balanced diet.
- Drink plenty of water.
- Avoid temperature extremes.
- Exercise regularly, but don't overdo it.
- Use over-the-counter medications with caution.
- Avoid high altitude areas and fly on airplanes with pressurized cabins


How the trait is passed on
Normal
Trait
Normal
Trait
Normal
Trait
Trait
Anaemia