



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

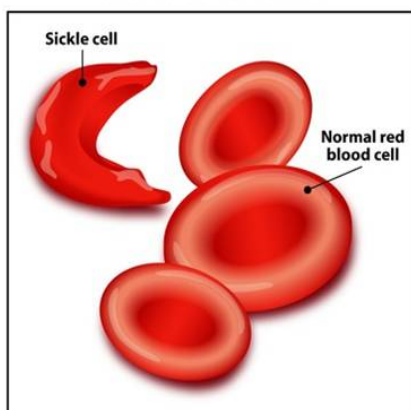
HSE TIP

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).

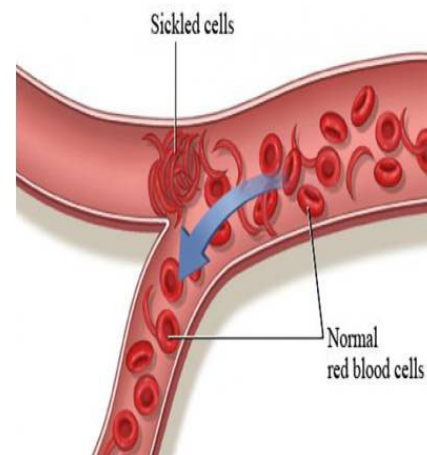
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Important News

Sickle cell anemia



Sickle cell anaemia is an inherited disease where 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 moons. 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 anaemia,



both parents must carry a sickle cell gene. According to the latest study of sickle cell disorders in Oman among children aged five years and below, 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 6,000 (0.3%), and it occurs among about 120-170 births a year. Signs and symptoms of sickle cell anaemia often don't appear until an infant is at least four months old and may include: anaemia, 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 anaemia can do almost any job. However, pre-employment sickle testing is an important test to carry out 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 haemoglobin (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:

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



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HSE Advice Note

Sickle cell anaemia 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 anaemia 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 anaemia is usually aimed at avoiding crises, relieving pains, correcting very low haemoglobin and preventing complications. It includes medication, vaccinations to prevent infections, blood transfusions and stem cell transplants if indicated.

Important advice 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 pressurised cabins.

Health advice to protect your health and safety:

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

