



HSE NEWS

WORKING FOR YOU TO KEEP YOU SAFE

Latest HSE Statistics YTD

| | 2014 | 2015 |
|--|------|------|
| Workplace fatalities | | |
| Non-work related fatalities | | |
| Non-accidental deaths (NADs) | | |
| Lost Time Injuries (LTIs) | | |
| All injuries (excluding first aid cases) | | |
| Motor Vehicle Incidents (MVIs) | | |
| Roll over - MVIs | | |
| Serious MVIs | | |
| Lost Time Injury Frequency (LTIF) | | |

Life Saving Rules Violations

| YTD | |
|--------------------------|--|
| Journey management | |
| Speeding/GSM | |
| Seatbelts | |
| Overriding safety device | |
| Working at heights | |
| Permit | |
| Confined space | |
| Lock out tag out | |
| Drugs and alcohol | |
| Gas testing | |
| Smoking | |
| Suspended Load | |

Vehicle Class A/B Defect

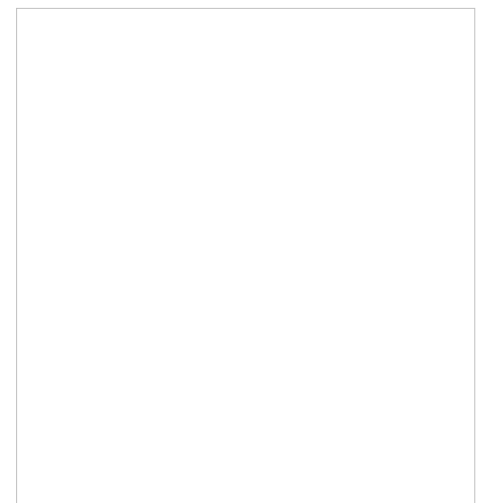
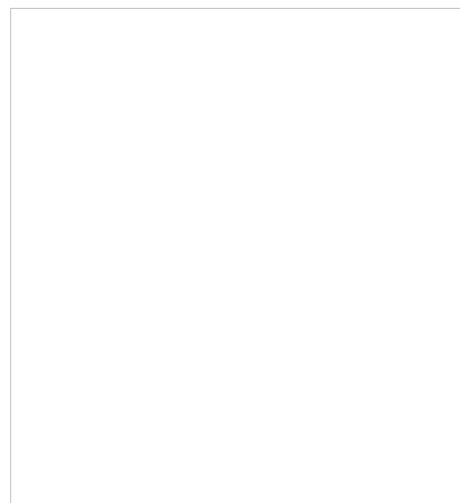
| YTD | |
|---------|--|
| Class A | |
| Class B | |

HSE TIP

[Placeholder for HSE Tip content]

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Important News



Drug misuse or abuse of many, both legal and illegal is common. They are habit forming substances (stimulant or narcotic) which provide a state of arousal, pain relief, contentment, or euphoria. They all have various different effects mostly on brain, lungs, heart, immune system, and personality with potential for violence/excessive rage, Addiction, & Death. Treatment, rehabilitation and recovery from addiction is a **long hard road!**

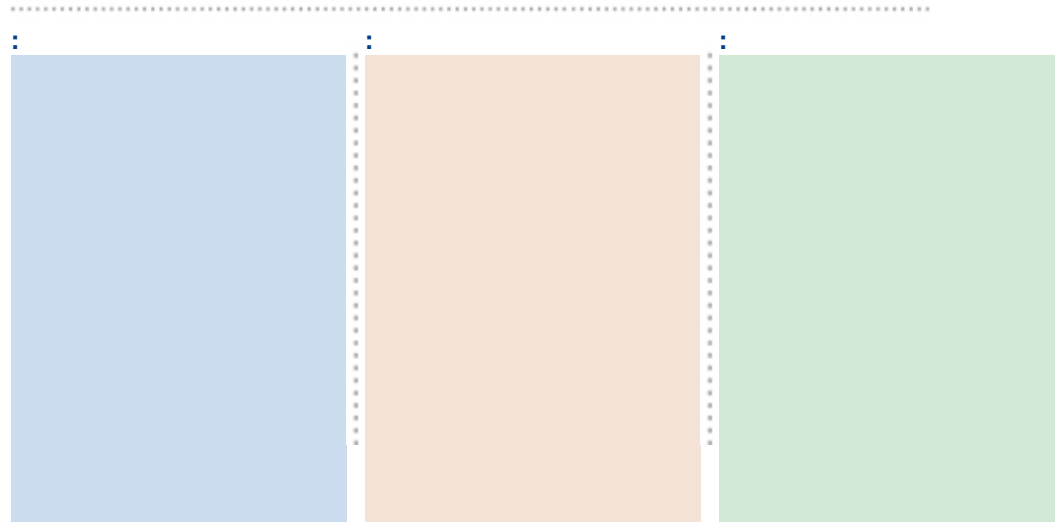
What Are Substance Abuse and Addiction?

The difference is very slight. Substance abuse means using an illegal or a legal substance in the wrong way. Addiction

to particular substance or drug,

which usually begins as abuse, refers to a chronic, often relapsing brain disease that causes compulsive seeking and use despite harmful consequences to the individual who is addicted and to those around them. Simply put, Addiction means a person has no control over whether he or she uses a drug or alcohol. He or she has to have it. Losing One's Mind & Will. It is often progressive and fatal.

Risk for addiction is influenced by a person's biology (genetic), psychosocial environment, and age or stage of development. The more risk factors an individual has, the greater the chance that taking drugs can lead to addiction.





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HSE Advice Note

Abuse and addiction of alcohol and other drugs can lead to major issue in a society causing problems at home with families, at work, in the community and one self. Examples are:

- Breakdown of relationships
- Decrease in self-care
- Inability to attend classes/do school work
- Inability to work
- Financial problems
- Illegal behavior (fighting, stealing)
- Underage violence on the rise.
- Contribute to significant accidents in and outside work.
- Drinking & Driving is common.

- Psychiatric and other medical risks and illness
- suicide/death

TEENAGERS and ADOLESCENCE are more at risk

This is the time when most substance abuse occurs, and where people start forming their first addictions because of the following reasons:

- Escape from reality for a while
- peer pressure and so to fit in with a group of friends.
- Risk-taking, curiosity
- Want to be independent
- Just boredom
- Psychiatric /social problems (ADHD)
- Family issues, Bad parenting
- Need to obtain money for drugs – engage in sexual activity, predators, stealing, prison, suicide/death, etc.

While we as parent are so busy as ever increasing demanding world. We need to make effort to be on the look for signs of abuse and addiction. These include:

- Loss of interest in school
- changing friends (to hang out with kids who use drugs)
- become moody, negative, cranky or worried all the time
- ask to be left alone a lot
- have trouble concentrating or sleep a lot (maybe even in class)
- gets into fights
- significant weight loss
- recurrent red or puffy eyes, unexplained coughing at all times and a runny nose all of the time

