



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

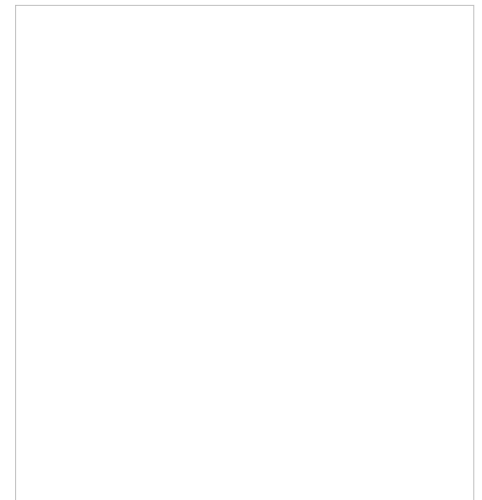
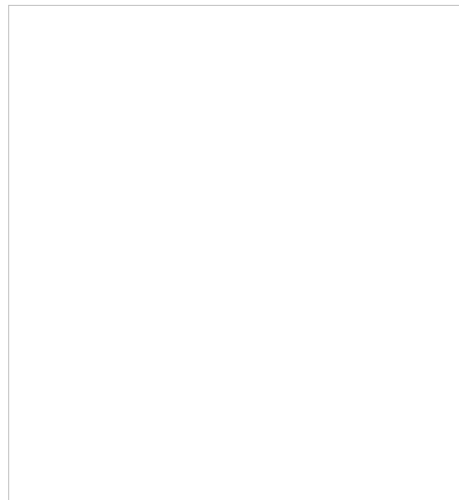
Class A	0
Class B	0

HSE TIP



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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.

What You Need to Know

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.

Drug awareness in PDO:

The Medical Department working together with MOH and ROP is contemplating on conducting continuous health education activities on drug awareness in MAF and interior locations

Upcoming events:

Drug Awareness event 31st May organized by Medical department in collaboration with the ROP, National Committee for Narcotics and Psychotropic Substances, Drug rehabilitation Centre, AIMassara Hospital, Al Hayat Association and No Tobacco Society



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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