



# 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

Supervisors and workmates need to remain vigilant and watch for signs of alcohol and drugs abuse/misuse in the work place and intervene and report them to the medical department.

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## Important News



Alcohol and drugs misuse or abuse of both legal and illegal drugs is an emerging lifestyle issue. Habit forming substances such as alcohol, stimulants and narcotic drugs 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 and sudden death. Rehabilitation treatment and recovery from addiction is not impossible, addiction is treatable but it takes time and requires courage, patience and good will.

## What You Need to Know

### Drugs misuse :

This is one of two parts information on drugs misuse and addiction. Part one will focus on general information and part two will provide you with overview of the problem in Oman and treatment/rehabilitation support.

### 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, AlMassara Hospital, Al Hayat Association and No Tobacco Society



Substance abuse means using an illegal or a legal substance in the wrong way. Addiction to a particular substance or drug usually begins as an abuse of the substance that causes compulsive seeking and use of the drugs or alcohol despite the harmful consequences to the users/addicts and to those around them. Simply put, Addiction means a person has no control over the consumption of drugs or alcohol. He or she has to have it, losing one's Mind and will. It is often progressive and fatal. Risk for addiction is influenced by the person's biology (genetic), psychosocial environment and age. The more risk factors an individual has, the greater the risk of taking drugs that lead to addiction.



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### HSE Advice Note

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

- Breakdown of marriage and relationships
- Decrease in self-care
- Inability to attend classes/do school work
- Inability to work
- Financial problems
- Illegal behavior (fighting, stealing)
- Significant accidents on roads and in and outside work.
- Psychiatric and other medical illnesses
- Suicide and sudden 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 and curiosity
- Want to be independent
- Boredom
- Psychiatric /social problems (ADHD)
- Family issues, bad parenting

While we as parent are so busy as ever due to increasingly 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

