



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

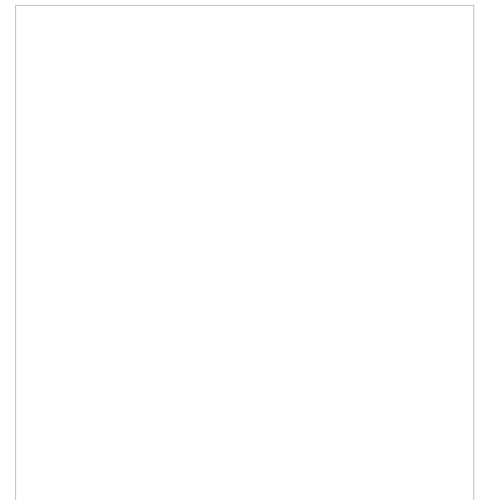
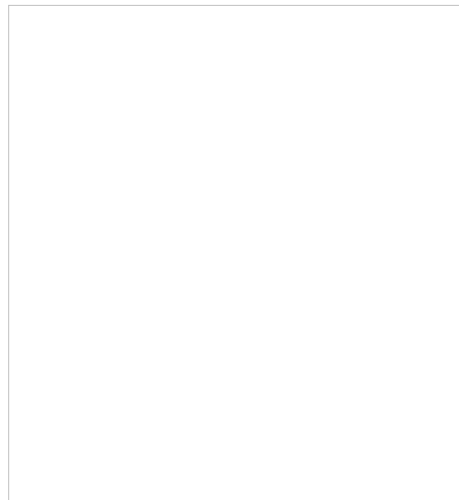
Class A	
Class B	

HSE TIP

Heat-related illness can range from mild skin rash or cramps to very serious conditions such as heat stroke, which can kill. To prevent heat stress, workers and employers must be able to identify all sources of heat and understand how the body removes excess heat.

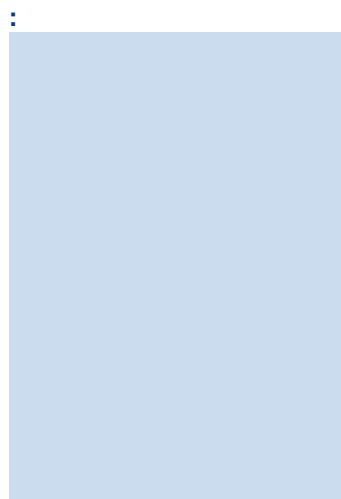
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Important News



Heat stress occurs when our body is unable to cool itself enough to maintain a normal body temperature. Heat stress is caused by combinations of high temperature and/or humidity, direct sun or heat, limited air movement, physical exertion, existing medical illness or physical condition, some medicines and lack of acclimatisation for workers in hot workplaces. Heat related health signs and symptoms include: headaches, dizziness, nausea, vomiting, excessive sweating or dry skin, fatigue, visual disturbances, convulsions and loss of consciousness. In some cases it can result in death.

What You Need to Know



Types of Heat Stress

- Heat Rash - occurs most commonly in hot, humid environments.
- Heat Cramps - painful muscle spasms that occur when sweating profusely in heat
- Heat Exhaustion - temporary state of mental or psychological strain resulting from prolonged heat exposure. Workers not accustomed to hot environments and standing upright and immobile for long periods of time.
- Heat Stroke - considered as a medical emergency. It is the result of the failure of the body's cooling mechanism and can result in death if not immediately treated.



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HSE Advice Note