



# 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.

[Share it with a friend](#)

## 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

#### Risk of heat stress :

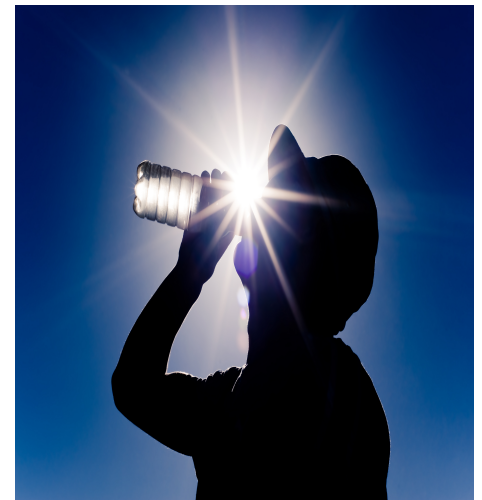
The risk of heat stress and fatigue is greater for those who have inadequate water and food intake, disturbed sleeping patterns and those who have pre-existing medical conditions and/or are under medication. Elderly people are more prone to heat stress than younger people as they are also more likely to have a chronic medical condition

#### Ramadhan and hot time :

This year the Holy month of Ramadhan occurs during the hottest time of the year in mid June to mid July. This also means longer fasting hours and thus a prolonged period of inability to drink water

#### Tips for Ramadhan:

Eat a balanced diet with plenty of fibre, drink sufficient water to avoid dehydration, avoid caffeine drinks and smoking and get adequate sleep



#### 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.



# HSE NEWS

## WORKING FOR YOU TO KEEP YOU SAFE

### HSE Advice Note

What you can do to manage heat stress and prevent heat related fatigue?

- Wear light, long sleeve cotton clothing
- Stay well hydrated by regularly drinking plenty of fluids
- Avoid drinks with caffeine, alcohol, and large amounts of sugary fluids as they can make you lose more fluids and worsen heat exhaustion
- Monitor the colour of your urine, it should be pale yellow; if it gets dark yellow it means you need to drink more fluids
- Work under shaded areas whenever practical
- Take regular short breaks under shaded areas
- Gradually build up to heavy work (acclimatisation)

- Schedule heavy work which is physically demanding early or late during the day Work in pairs or small groups
- If you experience any signs of heat stress illnesses notify your colleagues and supervisors
- Use mechanised equipments (cranes, forklifts, hoists etc) for physically demanding jobs such as digging and excessive lifting.

#### In case of Heat Stroke

- Get the victim to a shaded area, call for help to get medical assistance as soon as possible
- Start cooling the victim rapidly using whatever methods you can e.g. immerse the victim in a tub of cool water; place the person in a cool shower;

spray the victim with cool water, sponge the person with cool water; or wrap the victim in a cool, wet sheet and use a fan if available Do not give the victim fluids to drink

- Continue cooling efforts while awaiting emergency medical personnel, call the nearest clinic to ensure help is coming and for further instructions
- If a victim's muscles begin to twitch, keep the victim from injuring himself, but do not give anything by mouth, including fluids
- If there is vomiting, make sure the airway remains open by turning the victim on his or her side

www.pdo.co.om

هل تعاني من  
حالة جفاف؟  
Do you feel  
dehydrated?

#### Urine Colour Chart

1		<b>YOU ARE HYDRATED</b> Continue consuming fluids at the recommended amounts
2		
3		
4		<b>YOU ARE DEHYDRATED</b> You need to drink more fluids before returning to any physical activity!
5		
6		

#### رسم درجات لون البول التوضيحي

1		<b>وضعك طبيعي</b> واظب على اتباع نظامك في تناول السوائل
2		
3		
4		<b>إنك تعاني من حالة جفاف</b> تحتاج إلى مزيد من الماء / السوائل قبل أدائك أي جهد عضلي إضافي.
5		
6		



نتمنى لكم السلامة خلال الصيف  
Have a Safe Summer



شركة تنمية نفط عُمان  
Petroleum Development Oman

