



# 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

Try to make sure you or your child have vaccinations delivered on time to ensure protection. It may be possible to arrange for vaccination at a different location.

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## Important News



Immunization is one of the most successful and cost effective public health intervention that supports the body immune defense against infections. It aims towards protecting individuals and communities from infectious diseases. In Oman the **Expanded Program of Immunization (EPI)** was launched in 1981 by the Ministry of Health. It is the policy of the Ministry to vaccinate all children under six years of age against the 13 vaccine preventable diseases and to vaccinate all women of childbearing age with TT and Rubella as well as the high-risk groups with Hepatitis B and seasonal Influenza vaccine.

### What You Need to Know

#### What is Vaccine? :

Vaccine is a weak or dead germ used to increase body protection from specific disease that causes illness, disability or even death. They boost body's immune system to fight against diseases by building antibodies. The memory cells that remain in the body prevent re-infection to the disease in future if any exposure to same germ occurs.

#### Newborn Babies :

Newborn babies are immune to many diseases because they have antibodies which they got from their mothers. This immunity may last only a month to about a year and further immunity boosters are required to prevent babies from infectious diseases.

#### Travel vaccinations :

Some vaccines may even be required for you to travel to certain places. Learn about the vaccinations available for travelers and protect yourself and your community by getting vaccinated before you travel.



Vaccines that are given to almost everyone, routinely begin at birth according to a specific schedule such as:

**BCG**( prevents from Bacillus Calmette-Guerin)

**DPT**( given to prevent diphtheria, tetanus, pertussis)

**HIB**( prevents Haemophilus influenza type b), a major cause of spinal meningitis)

**IPV**( protects against poliomyelitis)

**PCV**( protects from pneumococcus virus)

**MMR**( prevents from measles, mumps and rubella )

**VARICELLA** (protects from chickenpox)

**HEP B**( prevents from hepatitis B virus).



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## HSE Advice Note

### Five Important Reasons to Vaccinate Your Child

**Immunizations can save your child's life.** Because of advances in medical science, your child can be protected against more diseases than ever before. Some diseases that once injured or killed thousands of children, have been eliminated completely and others are close to extinction—primarily due to safe and effective vaccines.

**Vaccination is very safe and effective.** Vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals.

**Immunization protects others you care about.**

While some babies are too young to be protected by vaccination, others may not be able to receive certain vaccinations due to severe allergies, weakened immune systems

from conditions like leukemia, or other reasons. To help keep them safe, it is important that you and your children who are able to get vaccinated are fully immunized. This not only protects your family, but also helps prevent the spread of these diseases to your friends and loved ones.

**Immunizations can save your family time and money.** A child with a vaccine-preventable disease can be denied attendance at schools or child care facilities. Some vaccine-preventable diseases can result in prolonged disabilities and can take a financial toll because of lost time at work, medical bills or long-term disability care.

**Immunization protects future generations.** Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago.

### Common side effects

Most common side effects in babies and young children are at the site where the injection was given such as swelling, mild redness and small hard lump. Usually these symptoms disappear within a couple of days and nothing is required to be done about them.

In some cases, children may develop a fever. If this happens, the child should be kept cool by removing excess clothing or blankets and more fluid intake to be encouraged. In addition, some antipyretics could be administered such as infant paracetamol or ibuprofen liquid as per the advice of the healthcare provider.



vaccination

