



# 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

Make sure your children and you are protected against vaccines preventable diseases and you stick to and follow the recommended vaccination

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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 against specific diseases that cause 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 if any future 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 are required for you before you to travel to certain places. Consult your health care professional about the available vaccinations for travelers and protect yourself, your family and the community by getting vaccinated.



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

The immunization coverage for children in Oman in 2014 reached 99.4%.

**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 harmed or killed thousands of children, have been eliminated completely and others are close to extinction primarily due to safe and effective vaccines.

**Vaccinations are safe and effective.** Vaccines are licensed and given to people only after a long and careful clinical trials and reviews 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 is not only protecting your family, but also help preventing the spread of these diseases to your friends and loved ones.

**Immunizations can save your family time and money.** If not vaccinated, your child can be denied attendance at schools or child care facilities. Also if you don't vaccinate your children against vaccine-preventable diseases this can result in prolonged disabilities and can take a financial toll because of lost time at work, medical bills or long-term disability care.

#### **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 medicines could be administered such as infant paracetamol or ibuprofen liquid as per the advice of the healthcare provider.



vaccination

