



# HSE NEWS

## WORKING FOR YOU TO KEEP YOU SAFE

### Latest HSE Statistics YTD 15 Aug

	2014	2015
Workplace fatalities	4	1
Non-work related fatalities	2	3
Non-accidental deaths (NADs)	10	9
Lost Time Injuries (LTIs)	39	33
All injuries (excluding first aid cases)	111	112
Motor Vehicle Incidents (MVIs)	67	63
Roll over - MVIs	18	16
Serious MVIs	20	20
Lost Time Injury Frequency (LTIF)	0.35	0.29

### Life Saving Rules Violations

#### YTD 15 Aug

Journey management	24
Speeding/GSM	4
Seatbelts	20
Overriding safety device	0
Working at heights	1
Permit	3
Confined space	0
Lock out tag out	2
Drugs and alcohol	0
Gas testing	0
Smoking	0
Suspended Load	0

### Vehicle Class A/B Defect

#### YTD 15 Aug

Class A	76
Class B	2611

### HSE TIP

Make sure you and your children are protected against vaccine preventable diseases and that you follow the recommended vaccinations' schedule.

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## Important News



Immunisation is one of the most successful and cost-effective public health interventions that supports the body's immune defence against infections. It aims towards protecting individuals and communities from infectious diseases. In Oman the **Expanded Programme of Immunisation (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 against (Tetanus Toxoid) 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?:

A vaccine is a weak or dead germ used to increase a body's protection against specific diseases that cause illness, disability or even death. Vaccines boost a 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 the same



Oman is among the top countries in the world for its approach to vaccination and vaccination coverage has reached 99.4% of the population. This has resulted in a significant reduction in all vaccine-preventable diseases in Oman. Vaccines that are given to almost everyone routinely begin at birth according to a specific schedule such as:

**BCG**( prevents Bacillus Calmette-Guerin), **DPT**( given to prevent diphtheria, tetanus, pertusis), **HIB**( prevents Haemophilus influenza type b, a major cause of spinal meningitis), **IPV**( protects against poliomyelitis) **PCV**( protects against pneumococcus virus), **MMR**( prevents measles, mumps and rubella), **VARICELLA** (protects against chickenpox), **HEP B**( prevents hepatitis B virus)

### Newborn Babies

Newborn babies are immune to many diseases because they have antibodies which they get 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 healthcare professional about the available vaccinations for travellers and protect yourself, your family and the community by getting vaccinated.



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### HSE Advice Note

#### Important Reasons to Vaccinate Your Child

##### **Immunisations 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 long and careful clinical trials and reviews by scientists, doctors, and healthcare professionals.

##### **Immunisation 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 immunised. This is not only protecting your family, but also helps preventing the spread of these diseases to your friends and loved ones.

##### **Immunisations can save your family time and money.**

If not vaccinated, your child can be denied attendance at schools or childcare facilities. Also, not vaccinating your children against vaccine-preventable diseases can result in prolonged disabilities and 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 a 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 its fluid intake should be increased. In addition, some medicines can be administered such as infant paracetamol or ibuprofen liquid as per the advice of the healthcare provider.



vaccination