



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

Antibiotics are important medications that really help when we need them. But taking antibiotics when they're not needed can be harmful.

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Important News



The discovery of antibiotic in 1928 made a big impact in human history.-It led to cure of many bacterial infections. Today many different types of antibiotics are available and they are important to fight several bacterial infections by either destroy or slow down growth of micro-organisms (bacteria). Antibiotics can be life savers, but misuse is very common and has resulted in increased the number of drug resistant bacteria and so the development of superbugs. Bacteria is said to be resistant to drug when it undergoes change in some way



that either it protects itself from action of antibiotic or has ability to neutralize it. Misuse and overuse is the main contributor to antibiotic resistance. Misuse of antibiotic may even hurt you more, as the antibiotic still attacks resident microbes in your body upsetting the balance and can impact your health making you vulnerable to other opportunistic infections besides risking the side effects of antibiotics like nausea, diarrhea, allergies and less effectiveness in future use. Antibiotic are not needed to treat infections such as common cold, sore throats, flu, bronchitis and most diarrheal diseases as the main cause of these conditions are usually viruses.

What You Need to Know

Antibiotic misuse :

Often prescribed when they are not needed, continued when they are no longer necessary, given at wrong doses, broad spectrum antibiotics are used to treat very susceptible bacteria and the wrong antibiotic is given to treat the infection.

Remember !:

Most common infections do not need antibiotics- they get better with only symptomatic care and the body takes care of the rest. If your doctor decides you need an antibiotic, make sure you take it exactly as prescribed. Regular hand washing will help keep you healthy and prevent spread of bacteria. Childhood immunizations should be up to date .

Antibiotic and diabetes:

Recent studies have indicated that frequent and long term use antibiotic may predispose to chronic medical conditions including diabetes and obesity.



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HSE Advice Note

What to do

- Simple medications like anti-allergy and pain killer works. They can help you feel better.
- If your doctor did not give antibiotic, this doesn't mean you are not sick.
- Drink plenty of fluids and have enough rest.
- Soothe throat with salt-water gargles, mouth wash, and lozenges.
- Significant dry cough may be alleviated with simple cough syrup.

What not to do

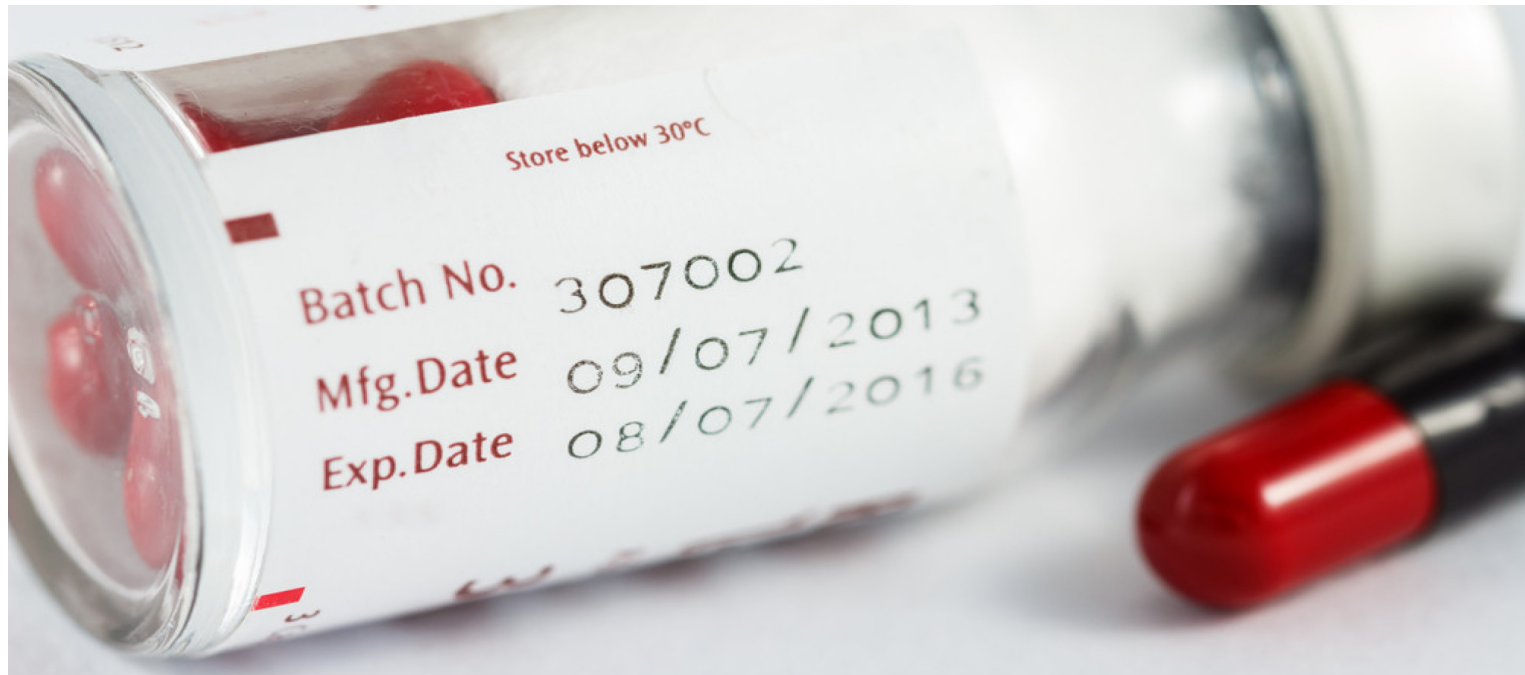
- **Do not demand antibiotics when your doctor says they are not needed.**

- Do not take antibiotics for viral infections. This is even more so for your young child.
- Do not take antibiotics prescribed for someone else. The treatment may not be right for your illness.
- Inappropriate use of antibiotic can also lead cause severe allergy and even be fatal.

Public can help to reduce antibiotic resistance by preventing misuse as follows.

- In spite of recent growing awareness of antibiotic resistance, misuse and over use still continues for number of reasons. Many hospitals and medical associations have implemented new diagnostic and treatment guidelines to reduce inappropriate use of antibiotics. However public awareness can help significantly.

- Only your doctor can decide on antibiotic prescription.
- When you are prescribed antibiotic, do not stop or skip doses. Take appropriate daily dosage and complete entire course.
- Ask your doctor if you have any related issue/concern.
- Never keep leftover antibiotics for later illness. They may not be correct for your illness.
- Store medication as per instruction from the pharmacist. Once you open a bottle of antibiotics (for child) store it in the refrigerator and use it within the prescribed time period.



Store below 30°C

Batch No. 307002
Mfg. Date 09/07/2013
Exp. Date 08/07/2016