



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

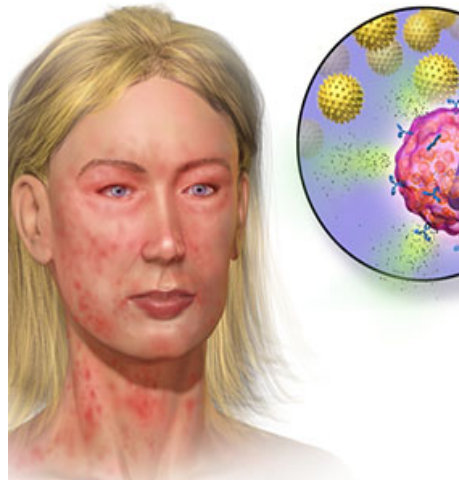
YTD	
Class A	
Class B	

HSE TIP

If you think you are having an anaphylactic reaction, use your auto-injectable epinephrine and seek help. Your life depends on this. Don't take an antihistamine or wait to see if symptoms get better call PDO Emergency Number 5555 or Oman National Emergency Number 9999.

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Important News



Anaphylaxis is a serious, life-threatening severe allergic reaction caused by a massive over reaction of the body's immune (protection) system. The most common triggers to anaphylactic reactions are food, insect stings, medications and latex. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention. Symptoms develop rapidly, often within seconds or minutes. They may include an itchy rash, sudden swelling of the face, tongue, throat swelling, low blood pressure, difficulty in breathing (wheezy and tight chest).

What You Need to Know

Causes of Anaphylaxis:

Anaphylaxis is caused by food; common triggers are milk, egg, peanut, soy, tree nuts, fish and shellfish, insect venom, medications, latex, and inhalant allergens

Symptoms of Anaphylaxis:

Signs and symptoms include itchy or red skin rash, swollen eyes, lips, hands and feet, abdominal pain, nausea, vomiting, low blood pressure and shortness of breath which may cause death.

Worsen symptoms:

Symptoms of anaphylaxis can be worse if you have asthma, high blood pressure, lung or heart disease, rapid Intravenous allergen and have had history of anaphylaxis



Many people who have had anaphylaxis are able to live normal lives but may need to carry medicine with them in case they have an allergic reaction. The primary treatment is injection of epinephrine (adrenaline), with other measures being complementary. Anaphylaxis is a preventable and treatable event. Knowing the triggers is the first step in prevention. Anaphylaxis can potentially affect about 15% of the population. Worldwide 0.05–2% of people are estimated to have anaphylaxis at some point in their life and rates appear to be increasing. The incidence of anaphylaxis is 4–5 per 100,000 persons every year.



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HSE Advice Note

Anaphylaxis is an emergency condition requiring immediate professional medical attention.

When should you seek medical attention?

If you think you have anaphylaxis, **CALL FOR HELP.**

Do not try to get yourself to the hospital. Anaphylaxis could bring a serious condition.

Anaphylaxis Management:

The first and most important therapy in anaphylaxis is Epinephrine (adrenaline). People, who have had anaphylaxis before, should get a prescription of auto-injector (for example, the EpiPen). This device carries one or two shots of epinephrine.

This medicine can help stop anaphylaxis and save the casualty's life. The auto-injector makes it easy for the person to give himself or herself the shot. If you have an auto-injector, you should keep it with you at all times. Use it right away any time you think you are anaphylactic. If necessary, the bystander / First aider can assist the person to use it. Airway maintenance (Check airway & breathing) if the casualty becomes unconscious. If you inject yourself with epinephrine, seek for medical help immediately, even if your symptoms subsides – call PDO Emergency Number 5555 or Oman National Emergency Number 9999. EpiPen is available in few places in the country, including PDO-MAF Clinic.

Anaphylaxis preventions:

If you have had anaphylaxis, you should talk to your doctor. If needed, your doctor can do tests to find out what you are allergic to. Your doctor can help you make a plan to prevent future anaphylaxis. As part of your plan, you can:

- Learn about the symptoms of anaphylaxis so you will know when to get help
- Have an epinephrine auto-injector with you at all times
- Avoid foods, medicines, or insects you are allergic to
- Wear a medical bracelet to let others know about your allergy

