



# HSE NEWS

## WORKING FOR YOU TO KEEP YOU SAFE

The target audience for this newsletter is PDO Staff and contractors community.

### Latest HSE Statistics YTD 31 August 2016

	2015	2016
Lost Time Injury Frequency (LTIF)	<u>0.27</u>	<u>0.20</u>
Workplace fatalities	1	3
Non-work related fatalities	3	2
Non-accidental deaths (NADs)	10	9
Lost Time Injuries (LTIs)	37	25
All injuries (excluding first aid cases)	118	137
Motor Vehicle Incidents (MVIs)	67	61
Roll over - MVIs	17	21
Serious MVIs	21	23
<b>Vehicle Class A/B Defects</b>		
Class A	51	
Class B	1475	
<b>Life Saving Rules Violations</b>		
Journey Management	16	
Speeding/GSM	11	
Seatbelts	20	
Overriding Safety Device	1	
Working at Heights	6	
Permit (PtW)	13	
Confined Space	0	
Lock Out Tag Out	2	
Drugs and alcohol	1	
Gas testing	0	
Smoking	5	
Suspended Load	1	

### HSE Tip

“Learn about your own epilepsy, so that you can make informed decisions about your life-style.”

## Important News



Epilepsy is a neurological condition that affects the brain. Epilepsy is often called a seizure disorder or fit. A seizure happens when abnormal electrical activity in the brain causes involuntary changes in body movement, sensation, awareness, or behavior. The severity of epilepsy and the type of seizure vary from person to person based on the type of the abnormal brain activity. Epilepsy can start at any age, but it most often begins during childhood. It's

often not possible to identify a specific reason why someone develops the condition, although some cases, particularly those that occur later in life are associated with damage to the brain. For example, epilepsy can be caused by strokes, brain tumours and severe head injuries. Some cases of epilepsy may be caused by changes in the brain that occur as a result of the genes you inherit from your parents. The primary symptom of epilepsy is a seizure. Other symptoms include slight twitching of all or parts of the body, convulsions that affect the entire body, loss of consciousness, twitching of the face, affected speech, sudden stillness with a blank stare and temporary loss of control of bladder or bowels.

## What You Need to Know

### Types of seizure:

In a generalized seizure all areas of the brain cortex are involved. Where as in Partial or focal seizures only part of the brain is involved, so only part of the body is affected. Symptoms vary depending on the part of the brain having abnormal

electrical activity.

### Diagnosis:

A doctor may perform a neurological exam, a complete physical exam, EEG testing, brain CT and specific blood tests to pinpoint the cause of the seizures and diagnose epilepsy.

### Surgery for Epilepsy:

Most patients with epilepsy do not require surgery. However, if seizures are not controlled after a trial of two or three medications then thorough re-evaluation is crucial as it is critical in deciding if surgery is an option.



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### HSE Advice Note

The majority of epileptic seizures are controlled by medication, particularly antiepileptic drugs. The type of treatment prescribed will depend on several factors, including the frequency and severity of the seizures, the person's age, overall health, and medical history. An accurate diagnosis of the type of epilepsy is also critical to choosing the best treatment. Anti-seizure medications may have some side effects. Mild side effects include fatigue, dizziness, weight gain, loss of bone density, skin rashes, loss of coordination, speech and memory problems. More severe but rare side effects include depression, suicidal thoughts, severe rash and inflammation of certain organs, such as liver.

- To achieve the best seizure control possible with medication, follow these steps:
- Take medications exactly as prescribed.
- Always contact your doctor before taking other prescription medications, over-the-counter drugs or herbal remedies.
- Never stop taking your medication without talking to your doctor.
- Notify your doctor immediately if you notice new or increased feelings of depression, suicidal thoughts, or unusual changes in your mood or behaviors.
- Don't drink alcohol, use illegal drugs, or smoke.
- Get plenty of sleep every night.
- Find healthy ways to cope with stress

Having epilepsy does not necessarily stop someone from doing the job they want, however there are some safety issues which have to be taken into considerations and may affect the fitness for work medical decision. Whether someone's epilepsy affects their work depends on type of seizure and how often these happen. It also depends on the type of work they do and the associated risks that having seizures at work might bring. For safety reasons people with epilepsy are not allowed to do certain health and safety critical jobs e.g pilots, professional drivers, working at heights and around dangerous machinery. If you have epilepsy or seizure follow the below health and safety precautions to avoid serious injuries:

- Avoid working at heights and platforms. If climbing stairs make sure there are sufficient

- guards or rails.
- Driving. People who are newly diagnosed with epilepsy must stop driving and inform the driving authority.
- Avoid standing near to open fire and heaters.
- Avoid swimming in the sea or swimming pool un-attended. Taking showers are safer than baths, leave the toilet door unlocked
- Electricity. Use cordless equipment with automatic cut-outs.
- Consider fitting safety glass or double glaze to any glass doors or low windows.

- As much as possible avoid hard floor surfaces such as ceramic tiles as they could cause injury during a fall.
- Cover any edges that are sharp or stick out, for example on furniture. Edge and corner guards are available from many different retailers.
- Protect your head with a helmet during any sport or activity that could result in a head injury.
- You may tell people you trust in the workplace about your epilepsy or wear a bracelet.

## First Aid for Seizures

(Convulsions, generalized tonic-clonic, grand mal)



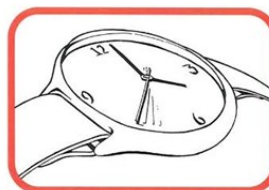
Cushion head, remove glasses



Loosen tight clothing



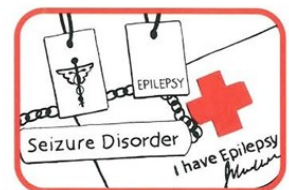
Turn on side



Time the seizure with a watch



Don't put anything in mouth



Look for I.D.



Don't hold down



As seizure ends...



...offer help