



# HSE NEWS

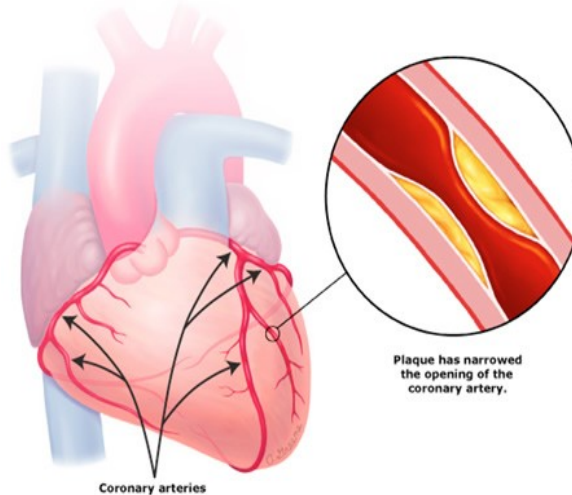
## WORKING TOGETHER FOR SAFER WORKPLACE

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

Latest HSE Statistics YTD as of 30 <sup>th</sup> April 2017		
(Same period)	2016	2017
Lost Time Injury Frequency (LTIF)	0.15	0.14
Workplace fatalities	0	0
Non-work related fatalities	3	4
Non-accidental deaths (NADs)	3	4
Lost Time Injuries (LTIs)	9	12
All injuries (excluding first aid cases)	74	48
Motor Vehicle Incidents (MVIs)	24	29
Roll over - MVIs	8	5
Serious MVIs	7	6
Vehicle Class A/B Defects		
Class A	16	
Class B	618	
Life Saving Rules Violations		
Journey Management	17	
Speeding/GSM	22	
Seatbelts	29	
Overriding Safety Device	1	
Working at Heights	18	
Permit (PtW)	11	
Confined Space	0	
Lock Out Tag Out	1	
Drugs and alcohol	2	
Gas testing	2	
Smoking	10	
Suspended Load	12	
HSE Tip		
It is very important to follow your doctor's instructions, especially with respect to medications and life style changes.		

### Important News Coronary Heart Disease and Heart attack

Coronary heart disease (CHD) is a disease in which a waxy substance called plaque builds up inside the coronary arteries. These arteries supply oxygen-rich blood to your heart muscle. When plaque builds up in the arteries, the condition is called Atherosclerosis. CHD is the leading cause of heart attack and death among both sexes and the death rate is higher for men than for women between the ages of 35 and 55. The most common causes of coronary heart diseases are uncontrolled high blood pressure (hypertension), uncontrolled diabetes, hyperlipidemia, genetics and lifestyle issues like obesity, lack of exercise, alcohol and smoking.



All these factors can lead to Atherosclerosis, the hardening and narrowing of the coronary arteries which are supplying blood to the heart muscle, and when the blood supply is inadequate (ischaemia) this causes damage to the heart muscle i.e. a heart attack, which may result in sudden death. Hypertension or high blood pressure is a long term medical condition in which the blood pressure in the arteries is persistently elevated. The World Health Organisation (WHO) has identified hypertension as the leading cause of cardiovascular mortality and that more than 50% of the hypertensive populations worldwide are unaware of their condition. To address this problem a global awareness campaign on hypertension has been initiated in 2005 and dedicated May 17 of each year as World Hypertension Day

### WHAT YOU NEED TO KNOW

#### Diagnosis of Coronary heart disease:

If you go to your doctor with symptoms of chest pain, he/she will ask you questions about your complaint and the risk factors outlined above and examine you physically. Then you will be sent for an electrocardiogram (ECG), which measures the electrical activity of the heart, which surprisingly may be normal in some cases. Another specific test is the treadmill exercise test (TME or TMT). In this your ECG is taken while you are exercising on a treadmill and this is a fairly reliable test. However, the definitive test is invasive and called coronary angiography or angiogram. A non invasive test called CT-angiogram is also available.





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## HSE Advice Note

### Check your blood pressure and sugar regularly

People can have high blood pressure or diabetes without knowing it and with no symptoms and silently causing serious health problems inside the body (a Silent killer). Diagnosing high blood pressure and diabetes early can help prevent heart disease, stroke, vision problems and chronic kidney disease.

### You should know your blood pressure target

For most people, the ideal blood pressure reading is below 140/90, however if you have diabetes, your target would be less than 130/80.

### You should not leave high blood pressure or high blood sugar untreated

If you do not treat or control your high blood pressure or diabetes, you will be at an increased risk of developing stroke, loss of vision, heart attack, blood vessel disease and heart failure.

### General prevention measures for heart disease:

- If your parent died of a heart attack at an old age, then that does not necessary place you at any more risk than the rest of the population. However, if your parent died of a heart attack aged 55 or younger, or you are smoker or with high blood pressure and maybe diabetes as well,

then start taking control of your life if you do not want to develop heart disease.

- Stop smoking and alcohol consumption.
- Comply with your doctor's advice and do not stop your medications, continue on your treatment for high blood pressure and diabetes.
- Treat elevated cholesterol levels with a low fat diet; exercise with or without cholesterol lowering medications. This has now been shown to delay the progression of atherosclerosis and in some cases has even produced regression of the atherosclerotic plaques.
- Maintain ideal body weight. Engage in a program of moderate daily physical exercise and control your diet.
- Reduce your stress e.g. by taking short breaks, relaxation techniques etc.

### Treatment of Coronary heart disease

Treatment is aimed first at reducing risk factors. You cannot do anything about your genes and your gender. But by modifying your lifestyle and controlling certain risk factors such as high blood pressure, diabetes, obesity and high cholesterol, we can both prevent ischaemic heart disease and delay its progression and complications. The other modality of treatment is through with drugs and or surgery.

