



HSE NEWS

WORKING FOR YOU TO KEEP YOU SAFE

Latest HSE Statistics YTD 31 May

	2013	2014
Workplace fatalities	1	1
Non-work related fatalities	3	0
Non-accidental deaths (NADs)	3	10
Lost Time Injuries (LTIs)	16	22
All injuries (excluding first aid cases)	65	74
Motor Vehicle Incidents (MVIs)	37	39
Roll over - MVIs	11	13
Serious MVIs	NA	16
Lost Time Injury Frequency (LTIF)	0.29	0.32

Life Saving Rules Violations YTD 31 May

Journey management	37
Speeding	28
Seatbelts	27
Overriding safety device	1
Working at heights	1
Permit	0
Confined space	0
Lock out tag out	0
Drugs and alcohol	0
Gas testing	0

Latest Class A/B Violations YTD 31 May

Class A	99
Class B	1673

HSE TIP

The MCC section on the PDO intranet is updated with new health education pamphlets including instructions on how to control different chronic diseases. For more health education advices, visit MCC section in PDO internet.

Important News



As part of the ongoing health education and health promotion programme, the Harweel medical team organised an "Open Health Day" on 17 April in co-operation with the area's contractors' nurses. A total of 356 participants took part in the event which was focused on the importance of healthy lifestyles, particularly following recent bouts of non-accidental deaths (NADs) in the Interior. Dr Hamood al Barwani presented a talk on NADs followed by a demonstration by nurses on the use of stretchers to evacuate casualties.



The medical team, led by Staff Nurse Said al Abri, conducted health checks that included weight, height, blood pressure and urine tests and vision acuity. The purpose of these tests was to calculate Body Mass Index (BMI) in order to educate participants on the importance of maintaining a balanced lifestyle to prevent serious chronic medical conditions.

Finally, it was time for a brisk four-kilometre walk that started and finished at the Contractor's Camp.

What You Need to Know

Health Topics

The Medical Department is organising continual awareness programmes in different locations addressing different health topics. All staff are encouraged to attend these sessions in order to increase their awareness and to detect the early stages of chronic diseases. When medical problems are detected early the chances of complete eradication are higher.

Heat Stress

This year, the month of Ramadan falls in July where the heat is intense. Remember that heat stress/illness is preventable, even when fasting:

- Take plenty of fluid (not tea or coffee)
- Avoid long continuous exposures to sun
- Wear light clothing.
- Work in pairs or small groups
- Schedule heavy/physically work during early hours of the day
- Notify your colleagues and supervisors if you experience any signs of heat stress illnesses.

Upcoming Events

- Commuting Road Shows will be held in all interior location, starting from 8th June to 22nd June 2014
- Summer heat & Ramadan Campaign will be launched on the second week of June 2014.



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HSE Advice Note

During this particular event, 16% of participants were found to have high levels of blood sugar and high blood pressure. The team was able to counsel the newly diagnosed patients and refer them to a doctor to do further investigations and follow up. There was also a significant detection of obese people whose BMI exceeded 30.

The threat of obesity which could lead to hypertension, diabetes and heart problems was stressed with more attention given to the affected on an individual basis.

Recommendations for health and fitness:

- Be well informed about aspects of staying healthy

- Achieve and maintain a healthy weight (BMI = 18.5-25)
- Make use of the screenings available at the clinics
- Exercise regularly. Plan this to avoid interruptions.
- Stay away from tobacco and alcohol
- Get your regular medicines

The charts below illustrate the health status of our community at Harweel.

