



HSE NEWS

WORKING FOR YOU TO KEEP YOU SAFE

Latest HSE Statistics YTD 30 Apr 2015	2015	2016
Workplace fatalities	1	0
Non-work related fatalities	0	1
Non-accidental deaths (NADs)	3	3
Lost Time Injuries (LTIs)	18	9
All injuries (excluding first aid cases)	64	74
Motor Vehicle Incidents (MVs)	34	23
Roll over - MVs	7	7
Serious MVs	8	8
Lost Time Injury Frequency (LTIF)	0.31	0.15

Life Saving Rules Violations YTD 30 Apr	
Journey Management	5
Speeding/GSM	2
Seatbelts	7
Overriding Safety Device	1
Working at Heights	3
Permit (PtW)	4
Confined Space	0
Lock Out Tag Out	0
Drugs and alcohol	0
Gas testing	0
Smoking	4
Suspended Load	0

Vehicle Class A/B Defects YTD 30 Apr 2016	
Class A	6
Class B	523

HSE Tip
Most of the fevers are caused by viral infection, which is self-limiting and needs symptomatic treatment only. In contrast, antibiotics play a major role in treating bacterial fever.

Important News

Fever is defined as a rise in body temperature above the normal range. Because of the normal variation in body temperature, there is no single value that is defined as fever. However, as a general rule, in children a temperature above 37.5 °C (99.5 F) is regarded as fever. The following values indicate high temperature (fever): arectal, ear or forehead temperature of 100.4° F (38.0° C) or higher, oral or mouth temperature of 100° F (37.8° C) or higher, and under the arm (armpit) temperature of 99° F (37.2° C) or higher. In healthy children, fever usually doesn't indicate



anything serious. Although it can be frightening when your child's temperature rises, fever itself causes no harm; it's often the body's way of fighting infections and not all fevers need to be treated because fever typically clears up on its own. Fever happens when the body's internal "thermostat" raises the body temperature above its normal level. This thermostat is found in part of the brain called the hypothalamus. The hypothalamus knows what temperature your body should be at (usually around 98.6° F/37°C) and will send messages to your body to keep it that way.

What You Need to Know

Paracetamol:
Paracetamol does not treat the cause of fever. It helps to reduce fever and ease discomfort. It also eases headaches, aches and pains. If your child is still distressed by fever after taking paracetamol syrup, ibuprofen syrup may also be used. However, do

not give ibuprofen in case of hypersensitivity (allergy) and asthma. Also, never give your child aspirin.

Fever and extra clothing:

it is wrong to wrap up a feverish child with extra blankets or clothing because this may prevent fever from reduc-

ing or even make it go higher. The aim is to lower the temperature and prevent overheating.

Keep the child hydrated:

Give lots of liquids. This helps to prevent the lack of fluid in the body (dehydration).



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HSE Advice Note

Causes of fever:

- **Viral infections** are the common cause of the commonly known illnesses such as colds, coughs, flu, diarrhoea, etc. Sometimes viral infections may cause more serious illnesses
- **Bacterial infections** are less common than viral infections. Bacteria are more likely to cause serious illnesses such as pneumonia, urine and kidney infections, septicemia and meningitis
- **Other types of infection** caused by parasites or unknown origin are less common.

A child's temperature is measured by digital thermometers:

- Rectal (in the bottom) from birth to the age of three
- Oral (in the mouth) from four to five years and older
- Axillary (under the armpit). This is

the least reliable technique, but can be used for any age

- Tympanic (in the ear) for six months and older
- Temporal artery (on the side of the forehead) before the age of three months and older

In case of a thermometer labelled as "oral" or "rectal", don't use same thermometer in both places. Taking an axillary temperature is less reliable. However, this method may be used in schools and child care centres to check a child's temperature.

In children, most fevers are due to the common infections of childhood. However, fever in babies aged less than 3 months is rare and is a reason for seeking medical advice. You should seek medical advice if your child is aged between three and six months and has a fever. You should also keep the child well hydrated and give it adequate milk and water to drink. It is not always nec-

essary to give children paracetamol or ibuprofen, unless they are distressed or very unwell.

Children with fever may look quite unwell. They may be flushed and irritable. However, most bouts of fever are not caused by serious illness and the temperature often comes down quickly. It is quite common to see a child happily playing an hour or so later when their temperature has come down and they have had a good drink. They will not be entirely back to normal, but it is reassuring if the child improves with the drop in temperature. You should, however, consider seeking advice from a health professional if:

- Your baby is aged less than three months old and has a temperature of 38°C or above
- Your baby is aged between three and six months of age and has a temperature of 39°C or above
- The child gets worse despite efforts to reduce temperature or develops other serious symptoms such as breathlessness, vomiting, rash, fits or convulsion, earache, stiff neck and drowsiness
- If the child develops any signs of dehydration, including a dry mouth, sunken eyes, drowsiness and generally becomes weak
- The child becomes irritable and is not drinking as much as it required. Dehydration can develop quickly if the fever is associated with vomiting or loose motions (diarrhoea).

