



# 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<sup>st</sup> October 2016

	2015	2016
Lost Time Injury Frequency (LTIF)	0.28	0.23
Workplace fatalities	2	3
Non-work related fatalities	4	3
Non-accidental deaths (NADs)	11	11
Lost Time Injuries (LTIs)	43	37
All injuries (excluding first aid cases)	142	170
Motor Vehicle Incidents (MVs)	73	82
Roll over - MVIs	21	25
Serious MVIs	26	30

### Vehicle Class A/B Defects

Class A	56
Class B	1701

### Life Saving Rules Violations

Journey Management	23
Speeding/GSM	13
Seatbelts	26
Overriding Safety Device	2
Working at Heights	6
Permit (PtW)	16
Confined Space	1
Lock Out Tag Out	1
Drugs and alcohol	1
Gas testing	0
Smoking	6
Suspended Load	4

### Lean Tip

Encourage return to work as soon as possible. Work is good for people's health and wellbeing.

## Important News

### Back pain management at work

Back pain does not only affect individuals, but also has major effects on organisations through absenteeism and other factors. It is one of the most common reasons why people visit the doctor regularly and is a leading cause of disability worldwide.

Most back pain gradually improves with home treatment and self-care, usually within two weeks. If not, see your doctor. So Acute back pain disappears within days or weeks and lasts less than six weeks. Chronic back pain lasts for more than 3 months and is much less common than acute pain.

The most common causes of back pain are: Sedentary life style, strenuous physical mobility, incorrect posture, mentally stressful work, obesity/overweight, age and smoking. People suffering from back pain are advised to do active back exercises which help patients avoid stiffness and muscles weakness and reduce the severity and duration of pain.

Back pain is common and recurrent and in most circumstances is not a strong reason for frequent absence from work or retirement on medical ground.

### Simple, but effective back pain prevention tips for EMPLOYERS:

- Conduct pre-employment and pre-placement medical assessment to identify

those at risk of back problems.

- Consider Ergonomics at design and conduct manual handling and lifting training.
- Educate employees with back pain and ensure they understand the given information.
- Carry out health risk assessments for all jobs and identify control measures.
- Monitor prolonged sickness absence due to back pains and report them to the medical department.
- Encourage workers with back pain to stay active and to return to work as soon as possible even if there is still some pain. Do not wait until they are completely pain free. You need to understand that the longer a worker is off work, the lower their chances of ever returning to work.
- Consider temporary light duty or adaptation of the job or pattern of work.

Refer to health professionals for opinion and advice.



## What You Need to Know

### Other Causes of back pain:

Muscle spasm, slipped disk, pregnancy, bad ergonomics, kidney stones and other illnesses such as cancer and infection can cause back pain.

### Factors that increase the risk of developing chronic back pain

Individual and psychosocial factors including inappropriate attitude and worker's own beliefs that the back pain is harmful and severely disabling, reduced work

activity and avoidance behavior, poor work satisfaction, compensation motives and emotional problems such as depression and low morale, all tend to increase the risk of developing chronic back pain and long term disability.



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### HSE Advice Note

#### Simple, but effective back pain prevention tips for EMPLOYEES:

**Maintain proper posture:** Be sure to work at an ergonomically correct workstation, both at the office and at home. Try to stand up straight and avoid heavy lifting when you can. If you do lift something heavy, bend your legs and keep your back straight.

**Maintain healthy weight:** Extra kilograms of weight can make back pain worse.

**Reduce stress:** Stress causes you to tense your muscles, and constant tension of this kind can cause back pain.

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**Do regular back stretches exercises:** Make sure you do the right exercises to ensure you don't hurt your body unknowingly.

Fortunately, there are many back stretching exercise you can do, but the commonest and easiest are the following:

**Knee to chest:** Lie on your back with your knees bent and feet on the floor. Pull your knee toward your chest while keeping other knee pressing down. Hold each knee at least for 30 seconds and repeat 10 times.

**Spinal twist:** With each exhale bring your knee towards the ground, do not let opposite shoulder raise from mat, and repeat it 30 times.

**Glute stretch:** Cross your leg over the opposite leg and pull the knee towards the chest, repeat it 30 times.

**Prayer stretch:** Put both arm in front, sit back towards your feet until you feel stretch on your back and below your shoulder, hold for 60 second and repeat it 10 times, then lean to each side and hold it as before.

