



HSE NEWS

WORKING TOGETHER FOR A SAFER WORKPLACE

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

Latest HSE Statistics YTD 30th September 2017

(Same Period)	2016	2017
Lost Time Injury Frequency (LTIF)	0.24	0.24
Workplace fatalities	3	1
Non-work related fatalities	3	4
Non-accidental deaths (NADs)	9	15
Lost Time Injuries (LTIs)	35	40
All injuries (excluding first aid cases)	157	129
Motor Vehicle Incidents (MVIs)	70	80
Roll over - MVIs	22	13
Serious MVIs	25	18

Vehicle Class A/B Defects

Class A	56
Class B	1395

Life Saving Rules Violations

Permit to Work (PtW)	20
Gas Testing	9
Isolation (Lock Out Tag Out)	5
Confined Space Entry	0
Safety Critical Equip. System Override	13
Working at Height	32
Road Safety Seat Belts	48
Road Safety Journey Management (JMP)	25
Suspended Load	25
Smoking	14
Road Safety Alcohol Drugs	2
Road Safety Over-speeding/Use of GSM	32

HSE Tip

Early diagnosis, regular check up and compliance with taking medications are important for patients with thyroid problems.

Important News

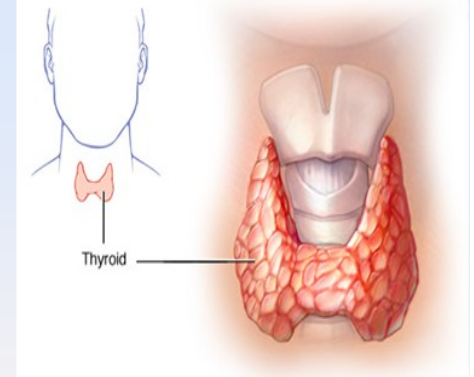
Thyroid Medical Problems

The thyroid gland is a butterfly-shaped organ located in the base of your neck. It releases hormones that control the body's metabolism. The thyroid's hormones regulate vital body functions, including:

- Breathing
- Heart rate
- Body weight
- Muscle strength
- Menstrual cycles
- Body temperature
- Cholesterol levels and much more.

How Does The Thyroid Gland Work?

The thyroid gland is part of the endocrine system and it uses iodine from the food you eat to make two main hormones: Triiodothyronine (T3) & Thyroxine (T4).



It is important that T3 and T4 levels are neither too high nor too low and these are regulated by the hypothalamus and the pituitary gland. These communicate with each other to maintain the T3 and T4 balance. If your hormone level is out of range then you may encounter health problems. So, for example, if T3 and T4 levels are low, your heart rate may be slower than normal, and you may suffer constipation and

What you need to know

Thyroid disorders can range from harmless enlargement of the gland which needs no treatment to a life-threatening condition. Therefore, early diagnosis of thyroid disorders is key to allow early treatment and prevention of complications.

Symptoms of too much T3 and T4 in your body (hyperthyroidism):

- Anxiety
- Irritability or moodiness
- Nervousness, hyperactivity
- Sweating/feeling hot
- Hand trembling (shaking)
- Hair and weight loss

Symptoms of too little T3 and T4 in your body (hypothyroidism):

- Troubled sleeping
- Tiredness and fatigue
- Difficulty in concentrating
- Dry skin and hair
- Depression
- Feeling cold
- Frequent, heavy periods
- Joint and muscle pains



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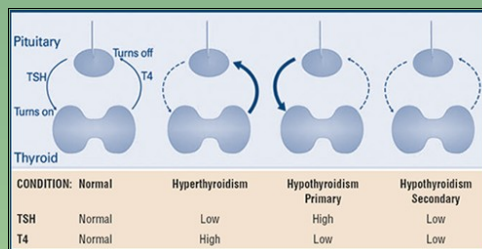
HSE Advice Note

Diagnostic Tests for Thyroid Malfunction

In addition to detailed history and thorough clinical examination the following specialised tests are used to diagnose thyroid disorders:

• Thyroid Function Tests

Measurement of thyroid hormones T3 & T4 in blood/serum.

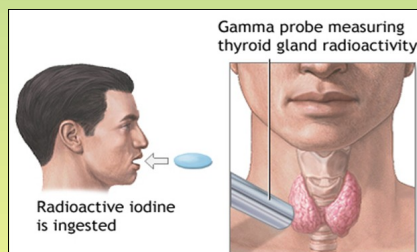


• Measurement of Pituitary Production of Thyroid Stimulating Hormone (TSH)

When the thyroid gland becomes inefficient, such as in early hypothyroidism, the TSH becomes elevated even though the T4 and T3 levels may still be within the "normal" range. This rise in TSH represents the pituitary gland's response to a drop in circulating thyroid hormone; it is usually the first indication of thyroid gland underactivity. If the TSH fails to rise when circulating thyroid hormones are low, this indicates impaired pituitary function.

• Iodine Uptake Scan

The amount of iodine that goes into the thyroid gland can be measured by Thyroid uptake scan.



• Thyroid Scan

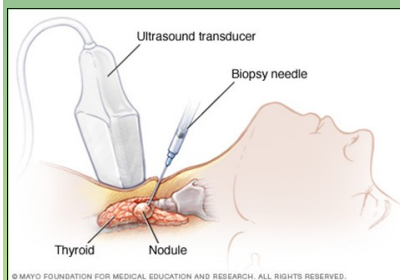


Taking a "picture" of how well the thyroid gland is functioning requires giving a radioisotope to the patient. Pregnant women should not have thyroid scans performed because the iodine can cause development troubles within the baby's thyroid gland. Breast-feeding mothers need to in-

form their doctor before the scan.

• Thyroid Ultrasound

Thyroid ultrasound is used to obtain an image of the thyroid gland and identify nodules. Ultrasound allows accurate measurement of a nodule's size and can determine if a nodule is getting smaller or is growing larger. Ultrasound also aids in performing thyroid needle biopsy and it improves accuracy if the nodule cannot be felt easily on examination.



• Thyroid Needle Biopsy

This has become the most reliable test to differentiate benign nodule from cancerous nodules.

Types Of Thyroid Disorders

Hyperthyroidism (over active gland) may cause a thyrotoxicosis crisis or thyroid storm which is a medical emergency, where the patient presents as very agitated, and the heart rate is increased (tachycardia) and may become irregular (arrhythmia).

Hypothyroidism (under active gland), if left untreated may lead to a myxedema coma and a life-threatening condition. Also, hypothyroidism in newborns and infants can lead to stunted growth and mental retardation if not diagnosed and treated early.

