

DECEMBER 2017



[Keys to Effective Head and Face Protection](#)



[Workplace Safety Tips For Natural Disasters](#)



[Employee Safety in Winter Hazards](#)



[Protecting Workers in Cold Weather](#)



[Vegetarian Diet Lowers Risk of Heart Failure](#)



[Health Benefits of Cabbage](#)



[HSE Quiz & Slogan](#)



[Safety Awards and Trainings](#)



[Safety Alert](#)

IN THIS ISSUE



Keys to Effective Head and Face Protection

03



HSE Statistics for Oct to Dec 2017

13



Workplace Safety Tips For Natural Disaster

05



CHSE Key Performance Indicators 2017

14



Employee Safety in Winter Hazard

06



HSE Quiz/ Slogans

15



Protecting Workers in Cold Weather

07



Monthly Safety Awards for Projects

17



Vegetarian Diet Lowers Risk of Heart Failure

09



Safety Alert

22



Health Benefits of Cabbage Work

11



कैसे करें डायबिटीज कंट्रोल ?

23



Keys to Effective Head and Face Protection

The National Safety Council's "Injury Facts, 2017 Edition" informs us that the most expensive lost-time workers' compensation claims are for those involving the head and central nervous system.

Aug. 9, 2017

ST. AUGUSTINE, FL -- The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) has again cited a North Florida roofing contractor *or failing to protect its workers from the risks of dangerous falls and other hazards at two St. Augustine work sites.* . . .

In this recent case, OSHA's citations said the employer committed a repeat violation by not ensuring each affected employee used appropriate eye or face protection when exposed to hazards from flying particles, molten metal, liquid chemicals, acids or caustic liquids, chemical gases or vapor, or potentially harmful light radiation.

The violation was not ensuring that roofing workers were protected from eye injuries while using pneumatic nail guns. There were numerous other violations, according to OSHA, which issued proposed penalties totaling \$1,523,710 and also placed the employer in its Severe Violator Enforcement Program.

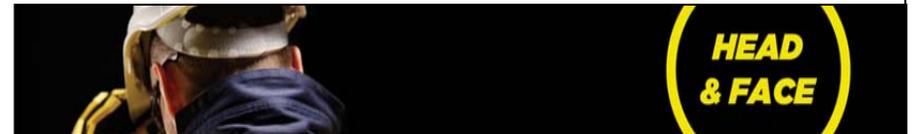
Following the Hierarchy of Controls

Knowing how to prevent head, eye, and facial head injuries isn't expensive, at least when compared with the cost of a serious injury. The National Safety Council's "Injury Facts, 2017 Edition" informs us that the most expensive lost-time workers' compensation claims are for those involving the head and central nervous system. These injuries averaged \$87,086 per claim filed in 2013 and 2014—about 40 percent higher than the next-highest cost, \$62,386, for injuries involving multiple body parts.

Wearing inadequate protection or none at all is not an alternative if the hazards involved in a given task cannot be eliminated, engineered out, or solved through administrative controls. Because these preferred steps in the hierarchy of controls are not tried or would not be effective in many cases, eye, face, and head protective products are required in workplaces of all kinds.

Training on use of the PPE and the hazards is still necessary, and companies should start the process of selecting and having workers use the head and face PPE by making a comprehensive assessment of eye and face hazards and choosing PPE to protect against each of them.

They should then require that the appropriate PPE is worn by affected workers, that they both wear it and maintain it when and how they should, and that no one is exposed to the hazards without wearing that protection.





Keys to Effective Head and Face Protection

Conducting the Hazard Assessment

A Hazard assessment is simply the investigation of a task and the hazards and potential hazards associated with it. Doing this right allows you to specify protective eyewear, side shield and face shield, hard hats, hearing protection and other PPE that will be effective.

You can conduct a hazard assessment for one employee who performs a single task or groups of employees who perform the same task, such as welders who are exposed to ultraviolet radiation during one type of welding or laboratory workers who are exposed to chemical splashes. The person who conducts the hazard assessment must have an intimate knowledge of each task and should directly observe the employees, looking for hazard sources such as high temperatures, chemicals, dust, sources for falling objects and the potential for dropped objects, the potential for struck/by hazards, moving vehicles and equipment, and more.

Many safety manufacturers have focused in recent years on products to prevent tools and other objects from being dropped from heights. Dropped objects are a serious concern for oil and gas companies because they're a leading cause of injuries—so much so that a compendium of best practices to prevent drops has developed this year by oil and gas professionals and posted at <http://dropsonline.org/assets/documents/DROPS-Recommended-Practice-2017.pdf>.

It's must reading, covering everything from risk assessments and the hierarchy of controls to training, inspections, transporting equipment and loads, and it offers checklists, a link to a DROPS calculator, and sample management of change forms.

Inspecting Your Hard Hat

Here are tips for hard hat inspection, care, and use:

- Don't store a hard hat in direct sunlight. Manufacturers recommend that workers never leave their hard hats in the rear window well of a vehicle or anywhere the hard hat would be exposed to sunlight while not in use. UV rays can do significant damage.
- Clean the shell and suspension system with mild soap and rinse with warm water, and also inspect the shell for damage, excess wear, perforations, or cracking.
- Inspect the suspension straps for cuts and wear, as well as for signs of chemical damage.
- Don't drill holes in the shell of a hard hat unless instructed to do so by a manufacturer.
- Don't use adhesives, paints, or cleaning solvents on your hard hat unless the use is approved by its manufacturer.

Key Standards

The important consensus standards in this area include:

- ANSI/ISEA Z87.1-2015, *American National Standard for Occupational and Educational Personal Eye and Face Protection Devices*. The standard prescribes performance specifications for products such as eyewear, faceshields, and welding helmets.
- ANSI/ISEA Z89.1-2014, *American National Standard for Industrial Head Protection*. This standard provides performance and testing requirements for industrial hard hats, both Type I for top protection and Type II for protection against lateral impacts.

OSHA's important standards include 1910.132, the main personal protective equipment standard; 1910.133, Eye and Face Protection; and 1910.252(b)(2), the eye protection section within the Welding, Cutting, and Brazing standard.

WORKPLACE SAFETY TIPS FOR NATURAL DISASTERS



Every year, natural disasters affect thousands of workplaces and disrupt millions of lives. Workplaces and homes are damaged or even destroyed and in the worst cases, lives are lost. While we can never be entirely “safe” from a natural disaster, we can be prepared for anything. With the recent hurricanes Harvey and Irma, the earthquake in Mexico, and wildfires in the U.S. west, it is a perfect time to reflect on necessary precautions to protect our workplaces, our homes, and our families.

Natural disasters come in a variety of forms such as hurricanes, tornadoes, floods, earthquakes, wildfires, disease outbreaks and severe winter weather. With each type of disaster, being prepared for the worst and understanding proper response measures is essential in staying safe and maintaining proper health and well-being.

Individuals have the responsibility for their personal property and families, and should always follow emergency instructions from federal, state, and local emergency authorities. Employers are responsible for their workplace and workforce. Employers are responsible for the health and safety of their workers and for providing a healthy and safe workplace. Part of that is preparing for anticipated hazards from major disasters such as hurricanes.

Most organizations already have emergency action plans engrained in their processes, but those that do not should undertake this pivotal step. Employees should be aware and trained on the emergency action plan so they know what to do if and when an emergency occurs. Part of this preparedness will ensure employers and employees have the necessary equipment to remain safe, know where to go, and what to do to keep themselves safe during and post-emergency.

During and immediately after a natural disaster is the prime time for injuries and illnesses. Employees be aware of the following hazards:

- Electrical hazards from downed power lines or water-related shorts
- Animal and insect related hazards
- Carbon Monoxide (CO) poisoning from portable generators
- Dangerous materials that have spilled
- Drowning hazards from flood or storm surge
- Fire prevention, and
- Structural safety.

Illnesses are also widespread during these times, particularly when there is standing water after a hurricane or flood event. Some ways to prevent illness are:

- Get medical treatment if you are injured and/or sick,
- Practice good hygiene to avoid illness from bacteria, viruses, mold, and mildew,
- Prevent CO poisoning,
- Be aware of infectious diseases,
- Be updated on immunizations, and
- Avoid mosquitoes.

Unfortunately, we can't control when and where a natural disaster strikes. However, we can plan and be aware of what steps to take to ensure we are as ready as possible.

EMPLOYEE SAFETY IN WINTER HAZARDS.



Workers face a variety of cold weather hazards, including cold stress and its physical consequences. But cold stress is not the only hazard that workers face during the winter months. Carbon monoxide (CO) poisoning, winter driving, shoveling snow, working at heights while clearing snow, and walking safely on snow and ice are all additional concerns during this time of year.

Carbon Monoxide Poisoning

According to the Centers for Disease Control and Prevention (CDC), more than 400 people per year die in the United States from accidental carbon monoxide poisoning. After winter storms or other major natural disasters cause power outages, alternative sources of fuel or electricity for heating, cooling, cooking, or working can cause CO to build up in living/working quarters and create a hazardous environment. Vehicles idling in garages can also cause dangerous levels of CO to build up, as can portable heaters that use fuels such as kerosene. Tools which produce combustion fumes such as small gasoline engines, stoves, generators, and lanterns all generate CO. As a result, it is vital to ensure these sources are ventilated out and are not enclosed in spaces.

It is imperative to be able to recognize the symptoms of CO poisoning and understand how to prevent it. CO is an odorless and colorless gas that can cause sudden illness and death if inhaled, creating a dangerous, unsuspected hazard that is easy to overlook. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. Carbon monoxide poisoning requires immediate evacuation from the area and emergency medical attention.

Winter Driving

Driving in the winter can mean dealing with wet, slippery roads, limited visibility, and fewer daylight hours. Black ice, snow squalls, and whiteout conditions can pop up with very little warning, causing increased danger for vehicles and pedestrians alike. Drivers should be trained on defensive driving techniques and learn how to contend with winter driving hazards like skids and fishtails. Those travelling long distances or in lightly-populated zones should consider using reliable communication channels such as CB radio, and keep extra blankets and provisions on hand in case of accident or stranding.

Snow Hazards

Clearing away a fresh coat of snow can be a dangerous endeavor. Falls are likely in slippery conditions, as are lower back and other musculoskeletal injuries while shoveling heavy snow. Clearing roofs and other overhangs can be dangerous for those at heights and for those who might be struck by falling ice and snow. Some workers might even face the risk of a cardiac event due to exertion. Workers should be careful to use proper techniques and protective equipment, and take frequent breaks as necessary.

Stay Safe

Understanding the hazards that are associated with the winter months and implementing precautions can help prevent injury and save lives. Awareness, preparation, and proper training are essential when combating not only cold stress and other winter conditions, but any workplace hazard that organizations face.

Repairing Downed or Damaged Power Lines

Repairing and/or replacing damaged power lines in severe winter weather conditions are especially hazardous. A major hazard is snow, because the moisture can reduce the insulation value of protective equipment, and could cause electrocution. In these conditions de-energized work is safer, but if energized work must be done, qualified workers and supervisors must first do a hazard analysis that includes evaluating the weather conditions and identifying how to safely do the job.



Protecting Workers in Cold Weather

Now that winter has arrived in the northern hemisphere, workers are at risk for health emergencies. Cold weather can lead to danger for workers outside or in poorly insulated or unheated areas, particularly in fields such as sanitation, construction, emergency response, delivery, or transportation. Weather-related conditions can also pose a risk for drivers on slippery roads and for those responsible for snow removal. What happens in the cold, and how can employers keep workers safe in the cold?

What is cold stress?

According to the Occupational Safety and Health Administration (OSHA), cold stress occurs by driving down the skin temperature and eventually, the internal body temperature. As the body is unable to warm itself, serious illness and injuries, permanent tissue damage, and death could result. Types of cold stress include hypothermia, cold water immersion, trench foot, frostbite, and chilblains.

The temperature threshold for cold stress and its associated effects are different across the country.

For regions that are not used to winter weather, temperatures close to freezing are considered risk factors for cold stress. In other areas, risk factors for cold stress can be:

- wetness/dampness, improper dress, and exhaustion;
- predisposing health conditions such as hypertension, hypothyroidism, and diabetes; and
- poor physical conditioning.

Hypothermia

Hypothermia—abnormally low core body temperature—occurs when cold temperatures cause the body to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up the body's stored energy. Hypothermia begins to occur at a body temperature of 95° or about three degrees lower than a typical body temperature around 98.6°. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well.

Early symptoms of hypothermia include:

- Shivering
- Fatigue
- Loss of coordination
- Confusion and disorientation

Late symptoms include:

- No shivering
- Blue skin
- Dilated pupils
- Slowed pulse and breathing
- Loss of consciousness

Anyone suffering from hypothermia should be evaluated by a health professional. In most cases, early symptoms of hypothermia can be treated by moving the person to a warmer environment, removing wet clothing, and providing warm, non-alcoholic and non-caffeinated beverages. Moderate or severe hypothermia requires immediate emergency assistance.

Cold Water Immersion/ Trench Foot

Cold water immersion creates a specific condition known as immersion hypothermia. Cold water immersion develops much more quickly than standard hypothermia because water conducts heat away from the body 25 times faster than air. For example, hypothermia can occur in any water temperature below 70°F. Anyone who has been immersed in cold water for any period of time should be dried, warmed, and evaluated for hypothermia.

Trench foot, also known as immersion foot, is an injury of the feet resulting from prolonged exposure to wet and cold conditions. Trench foot can occur at air temperatures as high as 60°F and in as little as 13 hours if the feet are constantly wet. To prevent heat loss, the body constricts blood vessels to shut down circulation in the feet. As a result, skin tissues begin to die because of the lack of oxygen and nutrients and due to the buildup of toxic products.

Protecting Workers in Cold Weather

Workers at risk of trench foot should wear water-resistant footwear and take care to keep feet warm, clean, and dry. A medical professional should evaluate any potential instance of trench foot.

Symptoms of trench foot include:

- Reddening of the skin, Numbness, Leg cramps
- Swelling, Tingling pain
- Blisters or ulcers
- Bleeding of the skin, Gangrene

Frostbite

Frostbite results from skin tissue freezing. It can cause permanent damage to the body, infection, and nerve damage, and in severe cases lead to amputation. Exposed skin in cold, windy conditions is at the highest risk, but even covered skin can suffer frostbite in extreme temperatures. Those with reduced blood circulation and those not wearing proper clothing (including personal protective equipment) have an increased risk of frostbite. Before frostbite develops, cold skin can be rewarmed. Once frostbite is established, the patient requires professional medical care.

Symptoms of frostbite include:

- Reduced blood flow to hands and feet
- Numbness, Tingling or stinging
- Aching, Bluish or pail, waxy skin

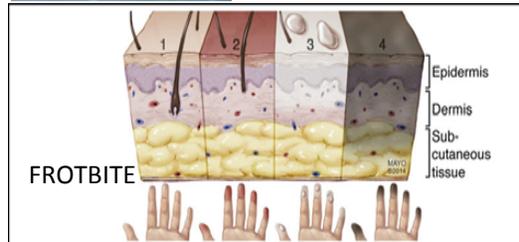
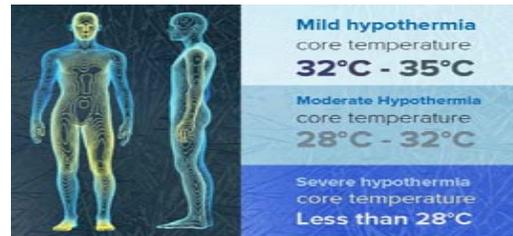
Chilblains

Chilblains are the painful, itchy inflammation of capillaries in the skin due to sudden warming from cold temperatures just above freezing to as high as 60°F. The repeated cold exposure causes damage to the capillary beds in the skin. This damage is permanent and the redness and itching may return for years with additional exposure. Chilblains most often develop on the extremities, such as ears, nose, fingers, and toes.

In general, chilblains will resolve on their own within a few weeks, although they can lead to infection and severe skin damage if the skin blisters. Treatment may include corticosteroid creams to help relieve itching, prescription medication to increase blood flow, and infection prevention or antibiotics if necessary.

Symptoms of chilblains include:

- Redness, Itching, Possible blistering
- Inflammation,
- Possible ulceration in severe cases



Prevention of Cold Stress

Although there is no specific OSHA standard for cold stress, under section 5(a)(1) of the OSH Act of 1970 (the general duty clause) each employer:

- "Shall furnish to each of his employees employment and a place of employment which are free from recognized hazards that are causing or are likely to cause death or serious physical harm to his employees."

This portion of the standard covers workers and employers' duties to keep those workers safe. Employers should train workers on working safely, provide engineering controls, and use safe work practices when dealing with cold, dangerous conditions. Employers should provide cold stress training that includes:

- How to recognize the environmental and workplace conditions that can lead to cold stress.
- The symptoms of cold stress, how to prevent cold stress, and what to do to help those who are affected.
- How to select proper clothing for cold, wet, and/or windy conditions.

Employers should also:

- Monitor workers' physical condition.
- Schedule frequent short breaks in warm, dry areas to allow the body to warm up.
- Schedule cold jobs for the warmest part of the day.
- Provide warm, sweet beverages that do not include alcohol.
- Provide engineering controls such as radiant heaters.



Vegetarian Diet Lowers Risk of Heart Failure

A vegetarian diet can reduce a person's risk of heart disease by a third. Vegetarians have a 32% lower risk of hospitalization or death from cardiovascular disease than people who consume meat and fish.

Your heart will thank you if you stick to a mostly plant-based diet, a new preliminary study suggests.

Researchers evaluated five dietary patterns. They found that people who ate a plant-based diet most of the time had a 42 percent lower risk of developing heart failure over four years than those who ate fewer plant-based foods.

"Eating a diet mostly of dark green leafy plants, fruits, beans, whole grains and fish, while limiting processed meats, saturated fats, trans fats, refined carbohydrates and foods high in added sugars is a heart-healthy lifestyle and may specifically help prevent heart failure if you don't already

have it," said study first author Dr. Kyla Lara, internal medicine, Mount Sinai Hospital.

Heart failure means the heart is unable to pump enough blood to maintain its workload. It affects about 6.5 million adults over the age of 20 in the United States.

The plant-based diet was weighed against diets of convenience (red meats, pastas, fried potatoes, fast foods); sweets-laden diets (desserts, breads, sweet breakfast foods, chocolate, candy); southern diets (eggs, fried food, organ meats, processed meats, sugary beverages); and eating habits heavy on alcohol and salads (salad dressings, green, leafy vegetables, tomatoes, wine, butter, liquor).

The other four dietary patterns were not associated with a reduced risk of heart failure, Lara and her colleagues said in an American Heart Association news release.

Previous research has shown that diet can be an important factor in narrowing of the arteries that can lead to heart attack, stroke and heart failure.

The new study was observational, meaning it can identify an association, but cannot prove cause

and effect. The findings were to be presented Monday at the heart association's annual meeting in Anaheim, Calif. They should be considered preliminary until peer-reviewed for publication in a medical journal.

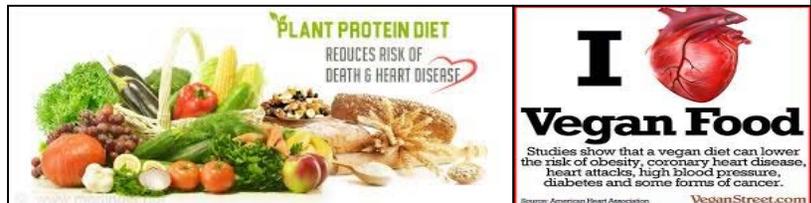
The plant-based diet was weighed against diets of convenience (red meats, pastas, fried potatoes, fast foods); sweets-laden diets (desserts, breads, sweet breakfast foods, chocolate, candy); southern diets (eggs, fried food, organ meats, processed meats, sugary beverages); and eating habits heavy on alcohol and salads (salad dressings, green, leafy vegetables, tomatoes, wine, butter, liquor).

The other four dietary patterns were not associated with a reduced risk of heart failure, Lara and her colleagues said in an American Heart Association news release.

Previous research has shown that diet can be an important factor in narrowing of the arteries that can lead to heart attack, stroke and heart failure.

The new study was observational, meaning it can identify an association, but cannot prove cause and effect. The findings were to be presented Monday at the heart association's annual meeting in Anaheim, Calif. They should be considered preliminary until peer-reviewed for publication in a medical journal.

Lead author Dr. Francesca Crowe, from the Cancer Epidemiology Unit, University of Oxford, explained: "Most of the difference in risk is probably caused by effects on cholesterol and blood pressure, and shows the important role of diet in the prevention of heart disease."



Vegetarian Diet Lowers Risk of Heart Failure

Following are eight of the many ways a plant-based diet can protect your heart from disease:

1. Plants Have Less Saturated Fat

Saturated fats, or fats that are saturated with hydrogen, are typically solid at room temperature and are found in meat and animal products like beef, lamb, butter, cheese, and high-fat dairy products. They're also found in coconut oil, cocoa butter, and palm oil.

According to medical experts at the American Heart Association (AHA), eating saturated fats increases the amount of cholesterol in your blood, which in turn raises your risk for heart disease and stroke. The organization recommends that people on a 2,000-calorie diet have only about 13 grams (g) of saturated fat per day.

2. You Can Cut Fatty Meats From Your Diet

Our bodies need a small amount of cholesterol to function, but most of us make enough on our own without adding it to our diets through fatty meats. Cholesterol is only found in animal-derived food products, not plants.

The bad form of cholesterol (LDL) is one of the products that makes up atherosclerotic plaque. Other fats, waste products, and calcium can also contribute to this buildup of plaque in the arteries (which carry blood away from the heart), causing them to become blocked and hardened, and potentially leading to a heart attack or stroke.

Low blood cholesterol levels can be achieved by replacing saturated fats and oils with monounsaturated or polyunsaturated fats, found in foods like avocados, olive oil, and nuts. Less than 10 percent of daily calories should come from saturated fats.

3. Plants Increase Fiber in Your Diet

A well-rounded, plant-based diet should also increase the amount of fiber you get. And increasing fiber is one way to reduce the bad cholesterol circulating in your body.

Fiber interacts with the bad cholesterol in your digestive tract and helps remove it more quickly from your body. Fiber is found in foods like beans, lentils, fruits, vegetables, and nuts, so she recommends making healthy food swaps, like reducing or cutting meat out of chili and adding beans to the pot instead.

4. Eating Less Meat Lowers Diabetes and Obesity Risks

Eating meat, or consuming higher amounts of saturated fat, is associated with an increased risk of type 2 diabetes. Having diabetes, in turn, is thought to make you twice as likely to experience heart disease and stroke, notes the AHA. According to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), having diabetes increases your risk of having heart disease or stroke at an earlier age. Part of the weight loss can be due to the decrease in saturated fat you get in a plant-based diet.

5. Fruits and Veggies Lower Blood Pressure

One well-known and often recommended diet for people with hypertension is the DASH (Dietary Approaches to Stop Hypertension) diet. While this diet is focused on reducing the amount of sodium in the diet, it also aims to lower meat intake.

The DASH diet calls for you to increase your intake of fruits and vegetables, and to eat only 5 ounces (oz) of protein-based foods daily. You should have no more than 26 oz of meat, poultry, and eggs each week.

6. Plants Enrich Your Diet With Omega-3s

According to the University of Maryland Medical Center, eating omega-3 fatty acids can reduce your risk of heart disease, diabetes, and high blood pressure, and it can also lower your cholesterol. Omega-3 fatty acids are not made in the body, so the only way to get them is through your diet.

Some kinds of omega-3s, including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are found in cold-water fish like salmon, sardines, and tuna.

7. A Vegan Diet Adds Beneficial Nutrients

A host of nutrients in a vegan diet are heart-protective. Fruits and vegetables are rich in antioxidants, plant sterols, phytochemicals, and potassium, which are all thought to reduce the risk of heart disease.

Potassium helps to reduce the effects of sodium, which is known to raise blood pressure in the body. Potassium is found in a wide range of plant-based foods, including sweet potatoes, spinach, mushrooms, soybeans, almonds, bananas, apricots, tomatoes, and cantaloupe.

8. You Can Avoid Unhealthy Components of Meat

Williams says that it's difficult to tease out whether the benefits of plants or the absence of meat makes a vegetarian or vegan diet better than a meat-heavy one.

When you replace animal products with plant-based ones, you're not only adding beneficial nutrients, but you're taking harmful ones out, too. Along with cholesterol and saturated fats.



Health Benefits Of Cabbage

Cabbage isn't the most glamorous offering in the produce aisle, but this humble vegetable hides a wealth of important nutrients and disease-fighting superpowers. Studies show cabbage can help prevent cancer, reduce cholesterol, and heal ulcers.

Cabbage Patch – Why It's Super

Brassica vegetables (the plant family that includes cabbage, cauliflower, brussels sprouts, kale, and broccoli, to name a few) are healthy eating power players! Cabbage in particular provides unique health benefits and comes in many varieties. Savoy, spring greens, green, red, and white cabbages are the most common types found in grocery stores. Cabbage is often considered a "health food" because of the infamous cabbage soup diet, a strict (and unsustainable!) plan where participants eat unlimited amounts of cabbage soup to lose as much as 10 to 15 pounds in a single week. Although cabbage may be good for weight loss because of its high water content, it has many other (more important) advantages, too. Here's a quick look at its beneficial qualities:

Healthy Eyes

Cabbage is very good for the health of eyes. The vegetable contains high levels of beta-carotene, a nutrient required for improving the vision. Eating cabbage can help in preventing and delaying cataract. The nutrients of cabbage can help in protecting the eyes from the danger of macular degeneration.

Bone Health

Cabbage is rich in minerals that help in improving the health of our bones. These minerals help in preventing degradation of bones. It makes the bones very strong and disease free. Eating cabbage can help in preventing bone diseases like osteoporosis. It stops the bones from becoming weak.

Brain Health

You can improve your brain health by eating cabbage. The vegetable contains Vitamin K and some other nutrients that help in making the brain healthy and disease free. The vegetable improves mental function. Eating cabbage can improve memory and concentration. It can prevent brain problems like dementia and nerve damage

Weight Loss

Obese and overweight people who are struggling with weight problems can reduce the body weight by eating cabbage. The vegetable is cholesterol free with very little fat. Since it has very less calories, it is an excellent weight loss food that can help in shedding weight very fast. Eating cabbage with salads is helpful in losing weight. Add some dressing to cabbage and enjoy a tasty salad.

Dental Problems

Cabbage is a healthy vegetable for improving oral health. It can prevent and treat many dental problems caused by Vitamin C deficiency. The vegetable is very good for people who are suffering from scurvy. It can help in preventing the problem of bleeding gums.

Alzheimer's Disease

Cabbage is a healthy vegetable that can prevent Alzheimer's disease. Studies have shown that the red cabbage is especially useful for this purpose. The vegetable contains nutrients and antioxidants, which protect the brain from harmful effects of plaque.

Constipation

Constipation is a major disease caused by lack of fiber in the body. Cabbage contains high amounts of natural fiber, it can help in preventing and treating this problem very nicely. Eating the vegetable makes the food bulky. It helps in easy passage of bowels, thus preventing constipation.

Anemia

Anemia is a major health problem for many people especially women. Cabbage contains chlorophyll, which helps in curing anemia by building more blood. Cabbage contains folate also. Folate deficiency causes many types of problems in pregnant women. It is the major cause of birth defects. Eating cabbage helps in preventing anemia and other problems due to folate deficiency.

Digestive Disorders

Cabbage helps in healing indigestion and many other types of digestive disorders. It helps in improving the health of stomach, intestine and digestive tract. The vegetable prevents growth of bacteria in the intestine. Drinking cabbage juice has been found to be very beneficial for treating stomach ulcers.

Skin Health

Cabbage is very good for the skin. It contains antioxidants that help in curing skin problems by detoxifying the liver. The vegetable contains Vitamin C, which prevents aging of skin. The nutrients of cabbage make the skin young and healthy. It also protects the skin from the harmful effects of ultraviolet rays of sunlight. You can get a clear skin by drinking cabbage juice.

Diabetes

People who suffer from diabetes can eat cabbage to get relief from problems caused by high blood sugar. It is an anti-diabetic vegetable that reduces blood sugar. It can also improve the condition of diabetic patients by boosting insulin production. Cabbage is a safe food for diabetics as it does not have any harmful sugar in it. The vegetable has very less amount of simple sugar.

Heart Disease

Eating cabbage can help in preventing heart disease by controlling the high cholesterol levels. The vegetable reduces cholesterol by excreting bile acids from the body. Cabbage contains fiber, which binds the bile acids and helps in removing it through the process of excretion. For this you should eat steamed cabbage.

Immunity

Cabbage improves the health of our immune system. The vegetable is rich in many immunity boosting nutrients including Vitamin C. The vegetable helps in protecting the body from the danger of free radicals and makes the immunity very strong.

Hair

The nutrients present in cabbage help in improving condition of hair. It nourishes the hair internally. It has Vitamin A, which helps in a faster growth of hair. Applying cabbage juice externally on hair makes the hair soft and shiny. The juice helps in preventing hair fall. It is a natural hair conditioner that prevents dryness of hair. Cabbage can help you in getting silky hair.

Cancer

Cabbage is an excellent anti-cancerous vegetable that helps in preventing many types of cancers. It has a nutrient called sulforaphane, which protects the body from cancer. Eating cabbage can help in delaying the future cancers while treating the already existing cancers. It stops cancer cells from spreading in the body. The vegetable is useful for preventing cancer of pancreas and esophagus. It is also useful in melanoma.

Tips for Preparing Cabbage

Even though the inside of cabbage is usually clean since the outer leaves protect it, you still may want to clean it. Wash whole cabbage head under running water or remove the thick fibrous outer leaves and cut the cabbage into pieces and then wash under running water.

We recommend washing cabbage just prior to eating or cooking in order to help decrease the rate of deterioration. To cut cabbage into smaller pieces, first quarter it and remove the core. Cabbage can be cut into slices of varying thickness, grated by hand or shredded in a food processor.

Newsletter

Nutritional Profile

Cabbage is an excellent source of vitamin K, vitamin C and vitamin B6. It is also a very good source of manganese, dietary fiber, potassium, vitamin B1, folate and copper. Additionally, cabbage is a good source of choline, phosphorus, vitamin B2, magnesium, calcium, selenium, iron, pantothenic acid, protein and niacin.

As described earlier in this food profile, cabbage is also a unique source of several types of phytonutrients. Its overall antioxidant activity is largely due to its unusual phenol and polyphenol content. With red cabbage, these polyphenols include antioxidant and anti-inflammatory compounds called anthocyanins. Cabbage is also unique for its rich supply of glucosinolates. These phytonutrients can be converted by the body into isothiocyanates that have special detoxification and anti-cancer properties.

Cabbage History

- ✓ Cabbage is one of the oldest known vegetables.
- ✓ Cabbage dates back to 4,000 B.C. in Shensi province in China.
- ✓ Around 600 B.C. the Celts brought cabbage to Europe from Asia.
- ✓ In 1536 French navigator Jacques Cartier brought cabbage to the Americas.
- ✓ In Captain Cook's famous first voyage, (17 century) many of the crew members were saved from gangrene when the ship's doctor made poultices of cabbage to apply to their wounds.

Types of cabbage:

There are many different types of cabbages with different taste and uses. They include: green cabbage, red cabbage, savoy cabbage, bok choy, and brussel sprouts.



HSE STATISTICS December 2017

Project: Construction of Flow lines & Wellhead Installation of Typical Works in ADCO's Fields. (Package "C" - BuHasa/ Huwaila/ Bida Al Qemzan Fields)

No.	Performance Indicators	PROJECT 7067		
		Month	YTD-2017	PTD
1	Total number of employees	229		
2	Man-hours worked	63,720	926,457	2,479,928
3	Fatalities (Death)	00	00	00
4	Fatal Accident Rate (FAR)	00	00	00
5	Permanent Total Disabilities	00	00	00
6	Lost Workday Cases (LWDC)	00	00	00
7	Total Employees Trained	210	3267	11853
8	Total Training Hours	315	5217	16665
9	First Aid Cases	00	00	00
10	Near Misses	00	02	06
11	Hazards (Unsafe Act)	05	11	246
12	HSE Meetings	01	12	48
13	HSE Inspections	03	36	136
14	Emergency Exercises	01	10	28
15	Number of Vehicles	32		
16	Vehicle Kilometer Driven	100,169	1,308,034	5,004,726

Project: Construction of Flow lines & Wellhead Installation of Typical Works in ADCO's Field (Package "A" - SE Abu Dhabi (ASAB, Sahil, Shah, Qusahwira & Mender Fields))

No.	Performance Indicators	PROJECT 7071		
		Month	YTD-2017	PTD
1	Total number of employees	246		
2	Man-hours worked	64,300	2,68,320	2,038,236
3	Fatalities (Death)	00	00	00
4	Fatal Accident Rate (FAR)	00	00	00
5	Permanent Total Disabilities	00	00	00
6	Lost Workday Cases (LWDC)	00	00	00
7	Total Employees Trained	314	1203	5606
8	Total Training Hours(Average)	122	533	5188
9	First Aid Cases	00	00	00
10	Near Misses	00	06	113
11	Hazards (Unsafe Act)	76	202	202
12	HSE Meetings	02	08	64
13	HSE Inspections	08	24	149
14	Emergency Exercises	00	01	14
15	Number of Vehicles	29		
16	Vehicle Kilometer Driven	98 966	393,596	3,111,031

CORPORATE HSE KPI'S FOR 2017

Sl. No.	OVERALL HSE KEY PERFORMANCE INDICATORS	ANNUAL TARGET	ACTUAL for 2017			
			Q1	Q2	Q3	Q4
1	Frequency Rate of Lost Time Injuries - F.R.I	0.6	0	0	0	0
2	Severity rate of injuries	0	0	0	0	0
3	Fatal Injuries/ Fatal Accidents	0	0	0	0	0
4	High Profile Tours (per Project)	12	3	3	3	3
5	Frequency Rate of Vehicle Accidents (FRVA)	0	0	0	0	0
6	HSE Mandatory Trainings for Staff/Workers	100%	100%	100%	100%	100%
7	Property Damage Accidents	0	0	0	0	0
8	Client's / Public's Property Damage Accidents	0	0	0	0	0
9	Near Miss Reporting (0.2%)	100%	100%	100%	100%	100%
10	Corporate HSE Audits per Project	4	1	1	1	1
11	HSE Campaigns	4	1	1	1	1
12	HSE Inspections per Camp	4	1	1	1	1
13	Emergency Drills per Camp	2	0	1	0	1
14	HSE Inspection on working Sites per Project	12	3	3	3	3
15	Corporate HSE Review Meetings	2	0	1	0	1
16	Project HSE Committee Meetings per Project	8	2	2	2	2
17	CHSE Audits on Head Office. (OHSAS 18001/ISO 14001 Standards)	2	0	1	0	1



One of the evaluating and measuring of performance tools is the Key Performance Indicators (KPI's). Galfar has identified the KPI's as per the attached list which are evaluated on quarterly basis during CHSE Internal Audits.

KPIs are applicable to all the ongoing projects to improve the overall HSE Performance. Responsibility lies with each and every individual to understand and be a part of these positive HSE initiatives.

HSE Focal points in each project monitor the KPI on weekly and monthly basis and submit monthly reports to Client and CHSE.



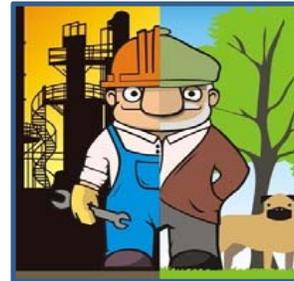
SAFETY QUIZ ISSUE 34: WINNER

PICTURE SLOGAN ISSUE 34: WINNER



Do you know the basics of warehouse safety? Test your knowledge and see how your perceptions stack up against the experts. Use this as a learning tool to improve your safety performance on the job!

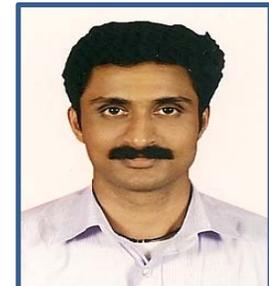
- T F 1. You should drive forklifts backwards down a decline if possible to reduce the chances of a load slipping and falling.
- T F 2. As long as you are careful, it is okay to stand between a dock and a trailer.
- T F 3. Cuts, bruises, pinch-point injuries, scalds and burns are all injuries you could receive from a conveyor belt.
- T F 4. Warehousing is a dangerous industry because the large amount of bulk material being stored could easily ignite.
- T F 5. The best ergonomic practice for warehouses is to lift items only when necessary.
- T F 6. If the personal protective equipment (PPE) your employer provides for you is uncomfortable, it is OK not to wear it.
- T F 7. Smoking and horseplay are allowed in the warehouse if they are done in an open area away from materials, debris and clutter.
- T F 8. When handling materials, you should always place heavier loads on lower or middle shelves.
- 9. Which of the following is NOT a hazard in the warehouse?
 - a) Hazardous materials
 - b) Powered industrial trucks
 - c) Conveyor belts
 - d) Sloppy housekeeping
 - e) ALL OF THE ABOVE are warehouse workplace hazards



WORKING SAFETY MAY GET OLD,
BUT SODO THOSEWHO PRACTICE IT.



SUMESH



ARUN B



SAFETY QUIZ FOR ISSUE 35

PICTURE SLOGAN FOR ISSUE 35

Encircle the correct answer.

1. When lifting heavy objects you should:
 - a) Keep your arms extended so the object is away from your body at all times
 - b) Keep one hand free at all times
 - c) Keep your back slightly bent at all times
 - d) Make sure that your leg muscles, not your back muscles, do the lifting
2. Which of the following rules contributes to a safe, accident-free work environment?
 - a) Take adequate time.
 - b) Correct unsafe conditions immediately or report it to a supervisor.
 - c) Do it safely the first time.
 - d) All of the above.
3. Which of the following is not a guideline for safe lifting?
 - a) Do not lift any item that you cannot get your arms around or that you cannot see over when carrying.
 - b) Bend slightly at the knees and hips but do not stoop
 - c) Lift with the leg muscles.
 - d) Keep the object away from the body.
4. What is the Universal Emergency number?
 - a) 911
 - b) 000
 - c) 999
 - d) 112
5. What is PPE?
 - a) Personal Protective Equipment
 - b) Private Personal Equipment
 - c) Protective Public Equipment
 - d) All of the above.



PARTICIPATE AND WIN EXCITING PRIZES

Send your Caption for Picture of the Month. We will select the Best Safety Caption and mention the name of the person in the next HSE Newsletter issue.



Send your Safety Quiz Answers. We will select the Winner and mention the name of the person in the next HSE Newsletter issue with right answers.

ratheeshrl@galfaremirates.com

SAFE MAN/ SAFER DRIVER OF THE MONTH (OCTOBER 2017 TO DECEMBER 2017)

Project 7071:
Construction of Flowlines & Wellhead Installation of Typical Works in ADCO's Field (Package "A" - SE Abu Dhabi (ASAB, Sahil, Shah, Qusahwira & Mender Fields))

SI No	NAME	GEC NO	DESIGNATION	AWARD	MONTH
1	Mr. AKBAR PEEDIYEAK	276040	L/D	Safe Driver	October : 2017
2	Mr. JAN MIR HAJI	275654	HIAB OPERATOR	Safe Operator	October : 2017
3	Mr. SUKANT BARIK	271799	HELPER-CIVIL	Safe Man	October : 2017
4	Mr. MUNNA BISWAL	276462	HELPER-MECH.	Safe Man	October : 2017
5	Mr. RAJENDRA SINGH	276176	BUS DRIVER	Safe Driver	November : 2017
6	Mr. SAHIB SINGH	275776	OPERATOR	Safe Operator	November : 2017
7	Mr. SATISH BIRAJDAR	275973	HELPER-CIVIL	Safe Man	November : 2017
8	Mr. MANGESH SINGH	275296	PIPE FITTER	Safe Man	November : 2017
9	Mr. TILLA KHAN	270633	OPERATOR	Safe Operator	December: 2017
10	Mr. FAIZAL M	271242	L/D	Safe Driver	December: 2017
11	Mr. JITENDER KUMAR	273355	RIGGER	Safe Man	December: 2017
12	Mr. GOPAL ROY	271940	CARPENTER	Safe Man	December: 2017



SAFE MAN/ SAFER DRIVER OF THE MONTH (OCTOBER 2017 TO DECEMBER 2017)

Project 7067:
CONSTRUCTION OF FLOW LINES & WELLHEAD INSTALLATION OF TYPICAL WORKS IN ADCO'S FIELDS
(PACKAGE "C" BUHASA/HUWAILA/BIDA AL QEMZAN FIELDS)

SI No	NAME	GEC NO	DESIGNATION	AWARD	MONTH
1	Siba Nayak	275426	Mech. Helper	Safe Man	October : 2017
2	Hari Bandhu Sahoo	271932	Mason	Safe Man	October : 2017
3	Navas	272176	L/D	Safe Driver	October : 2017
4	Harpal Singh	276217	Low bed H/D	Safe Driver	October : 2017
5	Nandaman	273934	Electrician	Safe Man	November : 2017
6	Harasa Bisoi	273339	Mason	Safe Man	November : 2017
7	Yahya Khan	275463	H/D Driver	Safe Driver	November : 2017
8	Abdul Fatah	275532	Driver-LD	Safe Driver	November : 2017
9	Nallu Gadai	273497	Carpenter	Safe Man	December: 2017
10	Pooja Gupta	273579	Rigger	Safe Man	December: 2017
11	Aziz ur Rahman	275658	H/D Driver	Safe Driver	December: 2017
12	Manjit Singh	276246	Equipment Operator	Safe Operator	December: 2017



EMERGENCY DRILL IN HAMEEM CAMP BY CIVIL DEFENSE AUTHORITY



EMERGENCY DRILL IN HABSHAN CAMP



EXERCISE SCENARIO:

On 13th December 2017 at 15:42 hrs a Fire Evacuation drill was conducted in the Galfar Habshan Camp. The fire was simulated outside recreation room as planned; the person who noticed the fire immediately raised the fire alarm and informed ERC & EC. Emergency siren sounded at 15:42 hrs and emergency response team was alerted. The first person reported at 15:42:35 at the Assembly point and the last person at 15:49:41 hrs. Fire wardens reported back to assembly point at 15:49:45 hrs after directing all personnel within the caravans and camp premises to assembly point and confirmed that no one was left.

After head counting, Sr. SE-Galfar explained on the drill scenario and the Camp Fire Fighting Team demonstrated firefighting using Fire Hydrant and Hose Reel Hose.

Evaluators from ADNOC onshore briefed on the observations and recommendations for improvement.

'All clear' command given by Emergency Response Commander at 16:12 hrs.

RESOURCES USED:

- | | |
|-------------------------------|--|
| 1. Fire Alarm | 5. Fire Hydrant |
| 2. Emergency Siren | 6. Hose Reel Hose |
| 3. Ambulance | 7. Fire Water Pump |
| 4. Public Address (PA) System | 8. Stretcher, AED & First Aid Arrangements |

EXERCISE OBJECTIVES:

- To evaluate the effectiveness of the emergency response systems and procedures.
- To evaluate the emergency response by Galfar Habshan Camp residents during a Fire Evacuation.

NEW FLEET IN GALFAR PLANT AND EQUIPMENT



MAKE: MAN (4 X 4)

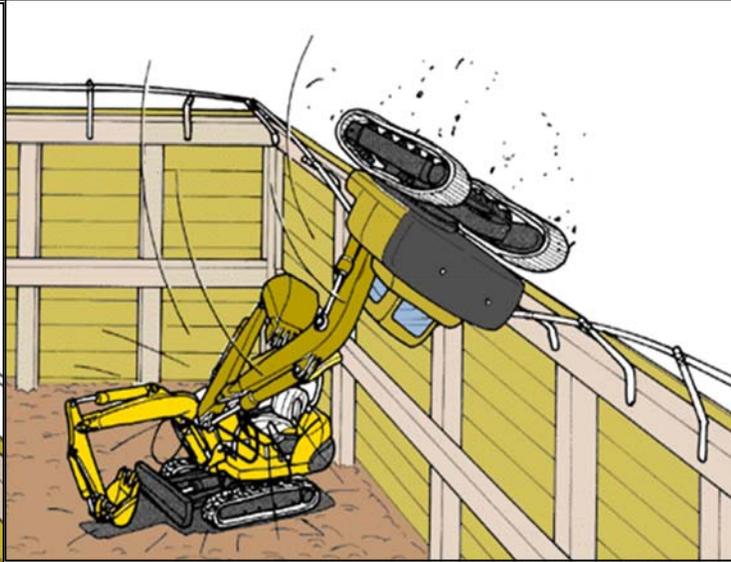
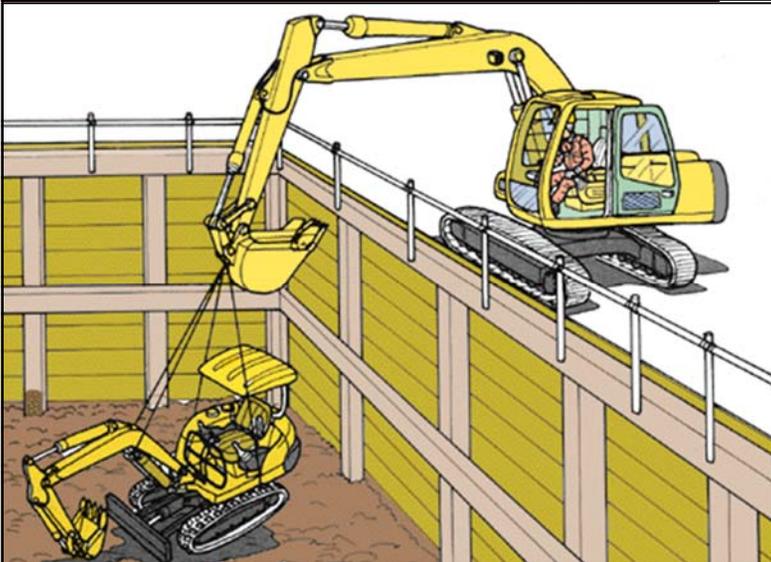
MODEL: 2017

First Model in U.A.E



Safety Alert

ANY ACCIDENT FORESEEN IN THIS FRAME?



A hydraulic excavator was employed in an underground construction work. Workers are trying to pull it up with another hydraulic excavator. The former weighs 2.7 tons and the latter 11.5 tons.

Now what accident do you anticipate from this picture?

This is the accident resulted!

The larger hydraulic excavator lifted up the small one and tried to swing, when the former lost balance all of sudden and fell off the ground. The lifting operator jumped out of the machine to escape the danger in vain. He was killed, sandwiched between the fallen machine and the wall.

TIPS FOR PREVENTING SIMILAR ACCIDENTS

- ☑ If an object weighing over 1 ton is to be lifted up, be sure to use a crane, not a hydraulic excavator.
- ☑ When lifting up an object under 1 ton using a hydraulic excavator, observe the instructions set forth in the Article 164 of Ordinance on Industrial Safety and Health Law.

SAFETY ALERT
COMMITTED TO ZERO HARM

SAFETY ALERT
COMMITTED TO ZERO HARM

कैसे करें डायबिटीज कंट्रोल ?



डायबिटीज जिसे मधुमेह भी कहा जाता है एक गंभीर बीमारी है जिसे धीमी मौत (साइलेंट किलर) भी कहा जाता है।

संसार भर में मधुमेह रोगियों की संख्या तेजी से बढ़ रही है विशेष रूप से भारत में। इस बीमारी में रक्त में ग्लूकोज का स्तर सामान्य से अधिक बढ़ जाता है तथा रक्त की कोशिकाएं इस शर्करा को उपयोग नहीं कर पाती। यदि यह ग्लूकोज का बढ़ा हुआ लेवल खून में लगातार बना रहे तो शरीर के अंग प्रत्यंगों को नुकसान पहुँचाना शुरू कर देता है।

डायबिटीज के कारण (Causes of Diabetes) -

खान पान एवं लाइफ स्टाइल की गलत आदतें जैसे मधुर एवं भारी भोजन का अधिक सेवन करना, चाय, दूध आदि में चीनी का ज्यादा सेवन, कोल्ड ड्रिंक्स एवं अन्य सॉफ्ट ड्रिंक्स अधिक पीना, शारीरिक परिश्रम ना करना, मोटापा, तनाव, धूम्रपान, तम्बाकू, आनुवंशिकता आदि डायबिटीज के प्रमुख कारण हैं।

डायबिटीज के लक्षण (Diabetes Symptoms)-

बार बार पेशाब लगना, प्यास ज्यादा लगना, भूख ज्यादा लगना, बिना काम करे भी थकान होना, शरीर में कहीं घाव होने पर जल्दी ठीक ना होना तथा त्वचा का बार बार इन्फेक्शन होना। ये सब डायबिटीज के लक्षण हैं।

यदि इनमे से कुछ लक्षण यदि लगातार दिखाई दें तो खून में शुगर की जाँच अवश्य करवानी चाहिए यह जाँच बहुत सामान्य और सस्ती होती है जो छोटी छोटी लैब्स में आसानी से हो जाती है इसके लिए शुगर का शक होने पर दिन में किसी भी समय (ब्लड शुगर- रैंडम) जाँच करवाई जा सकती है या बार-बार जरूरत पड़े तो जाँच करने की मशीन घर पर लायी जा सकती है जो ज्यादा महँगी नहीं होती।

डायबिटीज रोग के उपद्रव (Complications of Diabetes) -

यदि मधुमेह रोग का समय पर पता ना चले या पता चलने पर भी खान पान तथा जीवन शैली में लगातार लापरवाही की जाये और समुचित चिकित्सा ना की जाये तो खून में सामान्य से अधिक बढ़ा हुआ शुगर का लेवल शरीर के अनेक अंगों जैसे गुर्दे (Kidney), हृदय (Heart), धमनियाँ (Arteries) आँखें (Eyes) त्वचा (Skin) तथा नाड़ी तंत्र (Nervous System) को नुकसान पहुँचाना शुरू कर देता है और जब तक रोगी संभलता है तब तक बहुत देर हो चुकी होती है।

डायबिटीज की चिकित्सा-

1. खान पान में सुधार करें-चीनी (sugar) एवं अन्य मीठे पदार्थों का सेवन कम से कम करें या ना करें, चोकर युक्त आटा, हरी सब्जियां ज्यादा खाएं, मीठे फलों को छोड़ कर अन्य फल खाएं, एक बार में ज्यादा खाने की बजाय भोजन को छोटे छोटे अंतराल में लें, घी तेल से बनी एवं तली भुनी चीजें जैसे- समोसे, कचौड़ी, पूड़ी, परांठे आदि का सेवन कम से कम करें, गेहूँ, जौ एवं चने को मिला कर बनाई हुई यानि मिस्सी रोटी शुगर की बीमारी में बहुत फायदेमंद होती है।

शारीरिक रूप से सक्रिय रहे -

नित्य व्यायाम करना, योग प्राणायाम का नियमित अभ्यास करना, सुबह शाम चहल कदमी (Morning Evening walk) करना मधुमेह रोग में शुगर कंट्रोल करने के लिए बहुत लाभदायक है तथा मोटापा नियंत्रण में रहता है जो की डायबिटीज का महत्वपूर्ण कारण है।

कैसे करें डायबिटीज कंट्रोल ?

3. तनाव (Tension, Anxiety Stress) से बचें -

मधुमेह रोग में तनाव की भूमिका बहुत महत्वपूर्ण होती है तनाव से बचने की पूरी कोशिश करें। स्ट्रेस या तनाव के कारणों को आपसी बात चीत से हल करें, योगा, प्राणायाम, ध्यान तथा सुबह शाम घूमने से स्ट्रेस कंट्रोल करने में सहायता मिलती है।

4. घरेलू उपाय

आयुर्वेद की कुछ जड़ी बूटियां मधुमेह रोग में बहुत उपयोगी हैं इनका सेवन डायबिटीज में बहुत लम्बे समय से किया जा रहा है आधुनिक चिकित्सा विज्ञान भी डायबिटीज में इनकी उपयोगिता सिद्ध कर चुका है।

दाना मेथी -

दाना मेथी मधुमेह में बहुत उपयोगी है इसके लिए एक या दो चम्मच दाना मेथी को एक गिलास पानी में रात में भिगो देते है सुबह मेथी को चबा चबा कर खा लेते हैं तथा मेथी के पानी को पी लेते हैं या मेथी का चूर्ण या सब्जी बनाकर भी सेवन कर सकते हैं।

करेला -

करेला भी डायबिटीज के लिए अति महत्पूर्ण है इसके लिए करेले का जूस अकेले या आंवले के जूस में मिला कर 100-125 ml की मात्रा में सुबह शाम भूखे पेट लें साथ ही करेले की सब्जी बनाकर या चूर्ण के रूप में भी सेवन कर सकते हैं।

जामुन -

जामुन का फल खाने में जितना स्वादिष्ट और रुचिकारक होता है उतना ही शुगर की तकलीफ में लाभदायक होता है इसके लिए जामुन के सीजन में जामुन के फल खाए जा सकते हैं तथा सीजन ना होने पर जामुन की गुठली का चूर्ण सुबह शाम भूखे पेट पानी से ले सकते हैं।

विजयसार -

विजयसार को ना केवल आयुर्वेद बल्कि आधुनिक चिकित्सा विज्ञान भी डायबिटीज में बहुत उपयोगी मानता है इसके लिए विजयसार की लकड़ी से बने गिलास में रात में पानी भर कर रख दिया जाता है सुबह भूखे पेट इस पानी को पी लिया जाता है विजयसार की लकड़ी में पाये जाने वाले तत्व रक्त में इन्सुलिन के स्राव को बढ़ाने में सहायता करते हैं।

मधुमेह नाशक पाउडर -

इसके लिए गिलोय, गुड़मार, कुटकी, बिल्व पत्र, जामुन की गुठली, हरड़, चिरायता, आंवला, काली जीरी, तेज पत्र, बहेड़ा नीम पत्र एवं अन्य जड़ी बूटियों को एक निश्चित अनुपात में लेकर पाउडर बनाया जाता है जो की डायबिटीज में बहुत फायदेमंद साबित होता है। उपरोक्त उपाय जरूरत के अनुसार उपयोग करने चाहियें, खून में शुगर का लेवल कम ना हो जाये इसलिए समय समय पर शुगर चैक करते रहना चाहिए।

5. औषधियां-

यदि खून में शुगर की मात्रा ज्यादा बढ़ी हुई नहीं हो तो उपरोक्त उपायों से आराम अवश्य मिलता है किन्तु यदि खून में शुगर लेवल ज्यादा हो तो चिकित्सक की राय अवश्य लेनी चाहिए, इसके लिए एलोपैथी में इन्सुलिन के इंजेक्शन तथा मुख से सेवन करने वाली गोलियों आदि का प्रयोग किया जाता है तथा आयुर्वेद में बसंत कुसुमाकर रस, शिलाजत्वादि वटी, चन्द्र प्रभा वटी, शुद्ध शिलाजीत तथा अन्य अनेक दवाओं का प्रयोग किया जाता है ये दवाइयाँ डायबिटीज में बहुत फायदेमंद होती हैं लेकिन इन्हे चिकित्सक की राय से ही सेवन करना चाहिए



JOIN US!

