

Finance Minister Highlights Bahrain’s Development Efforts



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His Excellency Shaikh Salman bin Khalifa Al Khalifa, Minister of Finance and National Economy, received Her Excellency Dr. Rania Abdel Moneim Al-Mashat, UN Under-Secretary-General and Executive Secretary of the United Nations Economic and Social Commission for Western Asia (ESCWA), during her visit to the Kingdom of Bahrain. The Minister affirmed Bahrain’s commitment to advancing development efforts in support of the Sustainable Development Goals and in line with the visions and

aspirations of His Majesty King Hamad bin Isa Al Khalifa, and the directives of His Royal Highness Prince Salman bin Hamad Al Khalifa, Crown Prince and Prime Minister. He also highlighted Bahrain’s continued efforts to strengthen cooperation and coordination with international institutions and organisations, benefiting from the exchange of expertise, experience and knowledge to support development objectives. The meeting reviewed areas of common interest and cooperation and explored opportunities to further strengthen coordination to achieve shared goals and aspirations.

200 Work Accidents and Four Deaths Reported Since January

Authorities highlight reporting deadlines, disability assessments and compensation rights during labour safety workshop

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Rehab Mohammad

Bahrain recorded 200 work-related accidents and four deaths between January and August this year, according to figures presented during a labour safety workshop. The figures were announced at a workshop organised by the Labour Training and Awareness Committee of the Free Federation of Bahrain Trade Unions under the title “Reporting Work Accidents and Injuries and Determining Disability Rates and Compensation.” The event was attended by 35 workers and trainees. The workshop featured Zahra Hashem from the Occupational Safety and Health Inspection Department at the Ministry of Labour, Dr. Wafa Al Jowder, Deputy Head of the Medical Committees at the Ministry of Health, and Zainab Isa, Senior Insurance Benefits Specialist at the Social Insurance Organization. The speakers stressed the importance of reporting workplace injuries within the legally specified deadlines to protect workers’ rights to medical treatment and compensation.

Reporting deadlines

- 24 hours: Deaths and serious injuries
 - 10 days: Work-related diseases
 - 15 days: Injuries causing seven consecutive days of absence
- Disability assessment**
- Depending on the injury, assessment can take 6 months to 2 years
 - Head and major nerve injuries may require up to 2 years

Compensation Guide

- No disability: No disability compensation
- 1%-29% disability: One-time compensation
- 30% or more: Work-injury disability pension
- 20% disability: BD3,456 in the example provided
- 40% disability: BD192 monthly pension in the example provided

Four deaths recorded Hashem said the Ministry of Labour recorded 200 work accidents and four deaths from January to August. She said accident reports are received from several sources, including the Ministry of Interior,

the Social Insurance Organization and injured workers. She stressed that reporting accidents helps identify their causes, prevent similar incidents and ensure injured workers receive the treatment and compensation to which they are entitled.

Employers are also required to report injuries to the relevant authorities within the prescribed deadlines and complete the necessary documentation to ensure the injury is officially registered and the worker’s insurance rights are protected.



“Disability is assessed only after the medical condition stabilises.”
- DR. WAFAL JOWDER



“Reporting an accident helps prevent similar incidents.”
ZAHRA HASHEM



“Serious work injuries remain a concern.”
- ZAINAB ISA

Al Ramli Fire Probe Intensifies After Four Deaths

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Public Prosecution has launched an investigation into the deadly apartment fire in Al Ramli that claimed the lives of four members of the same family on August 18, as authorities work to establish the circumstances and cause of the blaze. The Northern Governorate Chief Prosecutor said the Public Prosecution immediately began its investigation after receiving a report from the Northern Governorate Police Directorate. Crime Scene investigators and a forensic doctor were assigned to conduct technical and medical examinations. A preliminary examination found that the victims died from suffocation. Prosecutors visited the fire scene and conducted the necessary inspection before exam-



Officials visit the Al Ramli building after the deadly fire.



ining the bodies at Salmaniya Medical Complex. The bodies were later ordered to be handed over to their families. Meanwhile, Civil Defence was tasked with preparing a technical report on the cause of the fire, while investigators were instructed to complete all necessary procedures. The apartment remains under precautionary custody as

the investigation continues. The investigation aims to determine the fire’s circumstances, details and cause, with further legal action to be taken based on the findings and technical reports. Senior officials also inspected the building following HRH Crown Prince and Prime Minister Prince Salman bin Hamad Al Khalifa’s directive for an expedited investigation.

Don’t Ignore the Sirens

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The first time a siren sounds, people are likely to react immediately. But as warnings become more frequent, some may begin to treat them as routine, continuing their activities or even going outside to see what is happening. Colonel Osama Bahar of the Interior Ministry warned against this growing sense of familiarity, stressing that repeated exposure to warning sounds should not reduce people’s response to potential danger. He explained that psychology and sociology use several terms to describe this behaviour, referring to a decline in sensitivity and a weaker response to a recurring problem. In simple terms, people can become accustomed to something that initially caused concern.



“Don’t let familiarity put you at risk.”
- COLONEL OSAMA BAHAR

For Bahrain, however, the priority remains personal safety, he stressed. The warnings are issued to protect the public, and residents should follow them every time they hear a siren. If a siren sounds, people should not go outside. The same applies when the sound of an interception is heard. Colonel Bahar also stressed the importance of choosing an appropriate safe location. Being indoors does not necessarily mean being protected, he said, warning people against going onto rooftops or remaining in exposed areas. The message is clear: familiarity with repeated warnings should never lead to complacency. When a siren sounds, residents should stay indoors and move to a safe, sheltered location.

Rutab season is here: How many can you actually eat?

Seasonal fruit offers fibre and essential nutrients, but portion size matters because of its natural sugar content

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Hasan Barakat

Rutab season is here, and with the sweet fruit appearing on tables and in shops, it can be easy to keep eating more than intended. Licensed dietitian Hawra Al Radhi said portion size is important, particularly because rutab are naturally high in sugar despite offering a range of nutritional benefits. A single rutab contains roughly 20 to 28 calories, depending on the

variety. Khalas contains around 20 to 23 calories per piece, while sukkari has about 23 to 26 and barhi around 25 to 28. For healthy adults without medical conditions, Al Radhi recommends around five to seven rutab a day as part of a balanced diet. The same general range can apply during pregnancy for women



Hawra Al Radhi, Licensed dietitian

without gestational diabetes. However, pregnant women should monitor their blood sugar levels and pay closer attention to portion sizes, particularly later in pregnancy. For children, two to four rutab a day is considered a reasonable amount. The fruit can also provide a healthier alternative to sweets and highly processed snacks.

People experiencing constipation may have around four to eight rutab a day, although Al Radhi stressed that this is only a general guide and the appropriate amount depends on the cause of constipation and the individual’s overall diet. For people with diabetes, the recommended portion is considerably smaller. Al Radhi advises limiting intake to one or two rutab a day and counting the carbohydrates as part of their usual dietary plan.

How you eat them matters

Al Radhi recommends eating rutab alongside a source of protein or fibre. This can slow digestion and help reduce a rapid rise in blood sugar compared with eating a large portion of the fruit on its own. A few pieces can comfortably fit into a balanced diet. The challenge comes when a healthy seasonal fruit becomes something eaten almost unnoticed, with the number of pieces quickly adding up.