

Occupational Health

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Outline

- Introduction to Occupational Health
- Work environment – general issues
- Work environment – specific issues
- How can we help?
- Q & A

Introduction to Occupational Health

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What is an occupation?

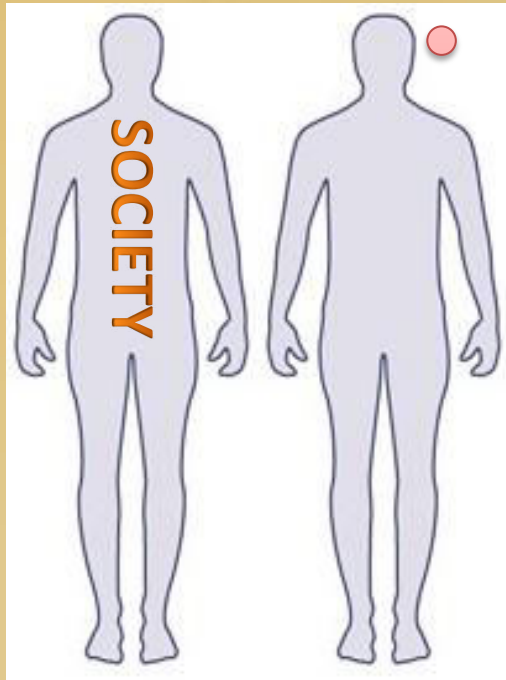
- The basic premise of an occupation is a type of work or job that may be found in a number of different types of work or industries.
- Occupations **focus on positions that require skills that may be used in a number of different work settings**, allowing the individual with that skill set to move with relative ease from one industry to another as the need arises.

What is health?

"a state of complete **physical, mental,** and **social** well-being and not merely the absence of disease or infirmity"

World Health Organization (1984)

Defining wellbeing for Physical | Mental | Social

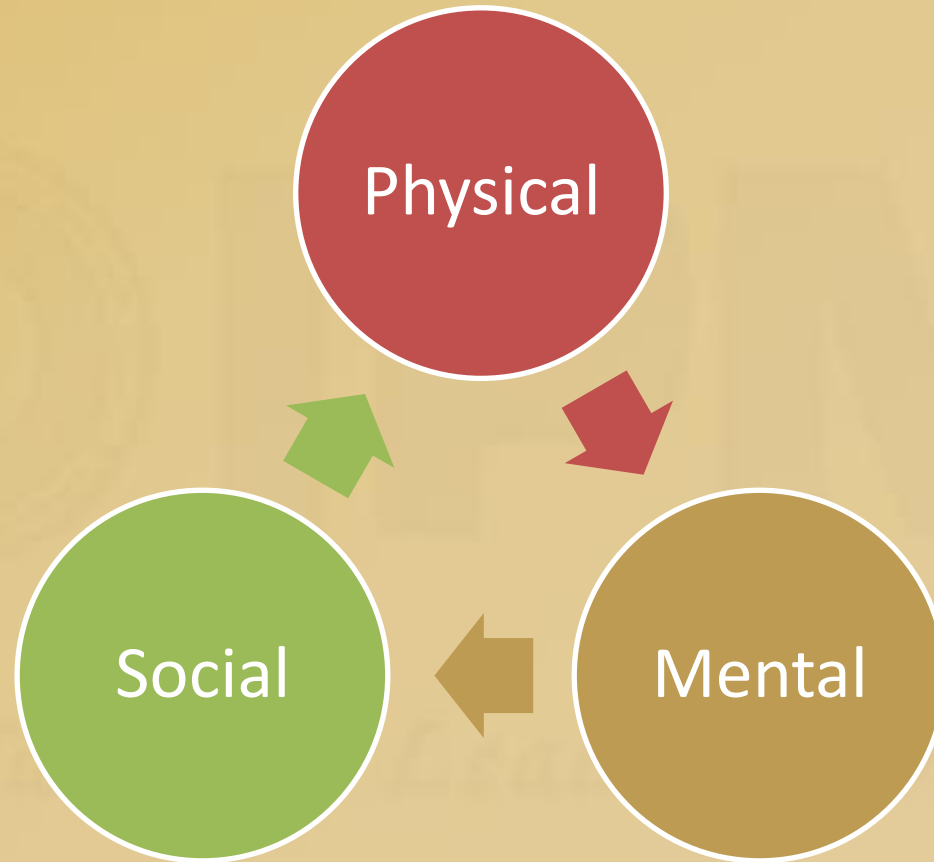


Is the
mind OK?

Is the interaction
with society OK?

Is the body OK?

Defining wellbeing for Physical | Mental | Social



What is occupational health?

- **Wikipedia** - a cross-disciplinary area concerned with protecting the **safety, health** and **welfare** of people engaged in work or employment
- **World Health Organization** - is the promotion and maintenance of the highest degree of **physical, mental** and **social** well-being of workers in all occupations by **preventing** departures from health, **controlling** risks and the **adaptation** of work to people, and people to their jobs.

The aims of occupational health

- **Promote** physical, mental & social well being.
- **Maintain** physical, mental & social well being.
- **Prevent** health problems in the work place.
- **Protect** workers from factors adverse to health
- **Workplace** should be in physical and mental **sync**
- The **work** itself should be in physical & mental **sync**

General issues



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General Considerations

- Nutrition
- Hygiene
- Sleep
- Vision
- Mobility



General Considerations

- **Nutrition**
- Hygiene
- Sleep
- Vision
- Mobility

~ 2030 kcal

Canteen

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General Considerations

- Nutrition
- Hygiene
- Sleep
- Vision
- Mobility

Washing

Smell

**Preparation
of Food**

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General Considerations

- Nutrition
- Hygiene
- **Sleep**
- Vision
- Mobility

~ 7 – 8 Hours

Overtime

Salary Scale

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General Considerations

- Nutrition
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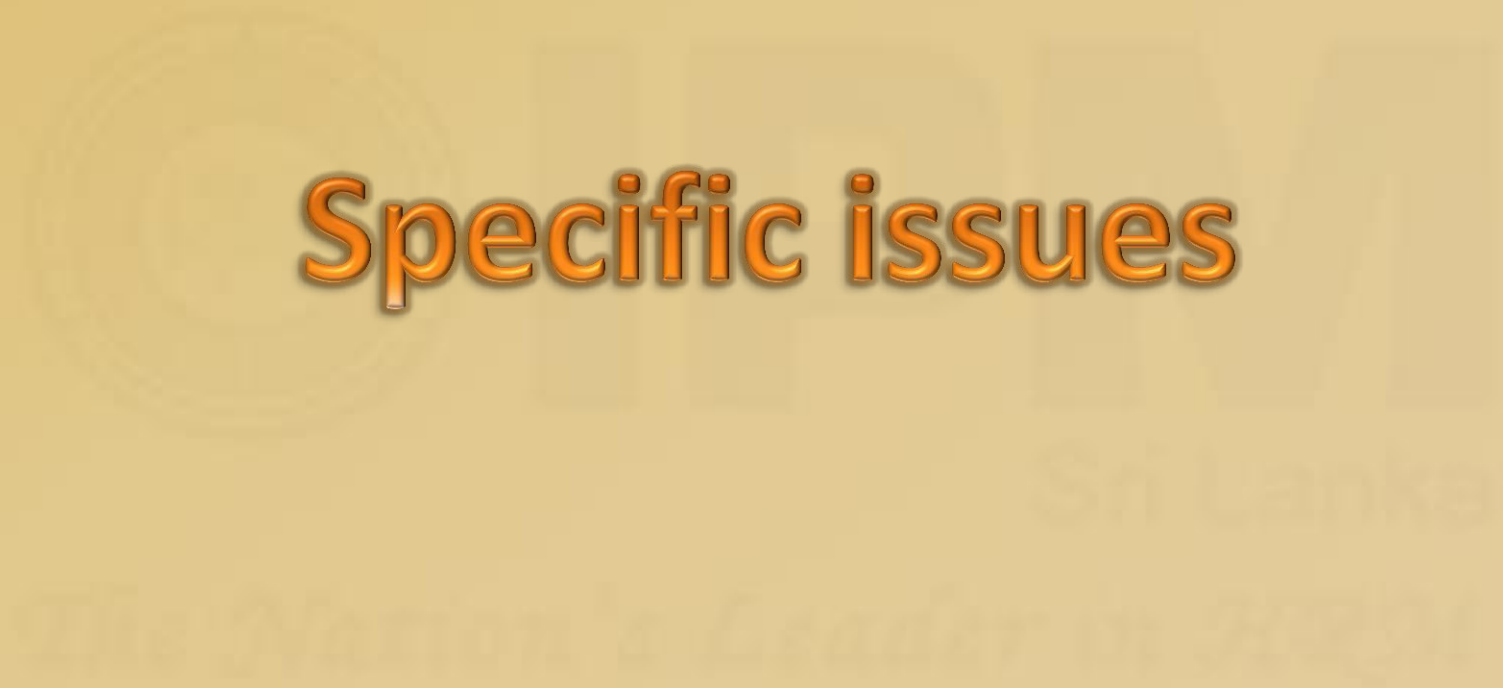
Disabilities

Deformities

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Specific issues



What is occupational disease?

“occupational diseases as any disease contracted as a result of an exposure to risk factors arising from work activities.”

The Protocol of 2002 to the Occupational Safety and Health Convention, 1981 (No.155), ILO

What is an occupational accident?

- An **unexpected** and **unplanned** occurrence, including acts of violence, arising **out of or in connection with work** which results in one or more workers incurring a personal injury, disease or death;
- as occupational accidents are to be considered **travel, transport or road traffic accidents in which workers are injured and which arise out of or in the course of work**, i.e. while engaged in an economic activity, or at work, or carrying on the business of the employer;

How important is it globally?

- Occupational risk factors:
 - Chemical risk factors: **100,000 (Carcinogens:400)**
 - Biological agents: **200**
 - Physical factors: **50**
 - Adverse ergonomic conditions: **20**
 - Allergens: **3000**
- Workers affected by occupational accidents or disease: **2,200,000**
- Incidents of occupational accidents: **270,000,000**
- Incidents of occupational disease: **160,000,000**

International Labor Organization

List of communicable diseases

1. via Exposure

- Chemical
- Physical
- Biological

2. by Target organ system

- Respiratory diseases
- Skin diseases
- Musculoskeletal diseases
- Mental & behavioral disorders

3. Occupational cancer

4. Other diseases

Via Exposure - Chemical

- Arsenic
 - **Industries:** Wood preservation, Glass production
 - **Transmission:** Air, water, food
 - **Presentation:** Vitamin A deficiency, blindness, headaches, confusion, drowsiness

Via Exposure - Chemical

- Mercury
 - **Industries:** Medical, Bulbs, Batteries, Explosives
 - **Transmission:** Air, water, food
 - **Presentation:** Tingling sensation in skin, pinkish skin, excessive sweating

Via Exposure - Chemical

- Lead
 - **Industries:** Lead miners, paint, plumbing, plastic
 - **Transmission:** Air, water, food, soil
 - **Presentation:** Pale, constipation, metallic taste in mouth

Via Exposure - Chemical

- Pesticides
 - **Industries:** Agriculture, Domestics, Factory
 - **Transmission:** Air, food, soil
 - **Presentation:** Difficulty breathing, salivation, multiple presentations

Via Exposure - Physical

- Noise
- Vibration
- Radiation
- Extreme temperature

Via Exposure - Biological

- HIV | Hepatitis
 - **Industries:** Medical
 - **Transmission:** Blood
 - **Presentation:** Following a cut injury at work
- Tetanus
- Tuberculosis

Via Exposure - Chemical

- Rubber industry
 - **Exposure:** Chemicals
 - **Diseases:** Lung cancer, Bladder cancer
- Tea industry
 - **Exposure:** Tea fluff
 - **Diseases:** Chronic bronchitis, Asthma

by Target organ system – Respiratory System

- Pneumoconiosis
 - **Industries:** Glass, Asbestos, Coal, Cotton
 - **Transmission:** Air
 - **Presentation:** Difficulty breathing
- Asthma due to work allergens

by Target organ system – Skin

- Skin allergies
 - **Industries:** Exposure to allergy forming chemicals
 - **Transmission:** Skin
 - **Presentation:** Itching, redness
- Vitiligo



by Target organ system – Musculoskeletal System

- Problems of posture
- Problems of weight
- Problems of pressure
- Problems of exertion

by Target organ system – Mental & Behavioral Disorders

- Post-traumatic stress disorder
 - **Industries:** Any industry with exposure to physical or psychological trauma (Military)
 - **Presentation:** Flashbacks, nightmares, insomnia

Occupational cancer

- Asbestos
 - **Types of cancer:** Lung
- Wood dust
 - **Types of cancer:** Lung
- Coal
 - **Types of cancer:** Lung



Our role

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- **Workplace** should be in physical and mental **sync**
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Our role

- **Promote** physical, mental & social well being.

Books

Leaflets

Posters

**Guest
Speakers**

Workshops

Competitions

**Promote
fitness**

**Staff
Functions**

Our role

- **Maintain** physical, mental & social well being.

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**Staff
Functions**

Our role

- **Prevent** health problems in the work place.

Ergonomics

Equipment

**Maintenance
of Equipment**

Ventilation

Lighting

Overtime

Our role

- **Protect** workers from factors adverse to health

**Protective
gear**

**↓ shifts in ↑
risk areas**

Our role

- **Workplace** should be in physical and mental **sync**
- The **work** itself should be in physical & mental **sync**

**Employee
survey**

**Requirement
analysis**

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