

Introduction to Occupational Health

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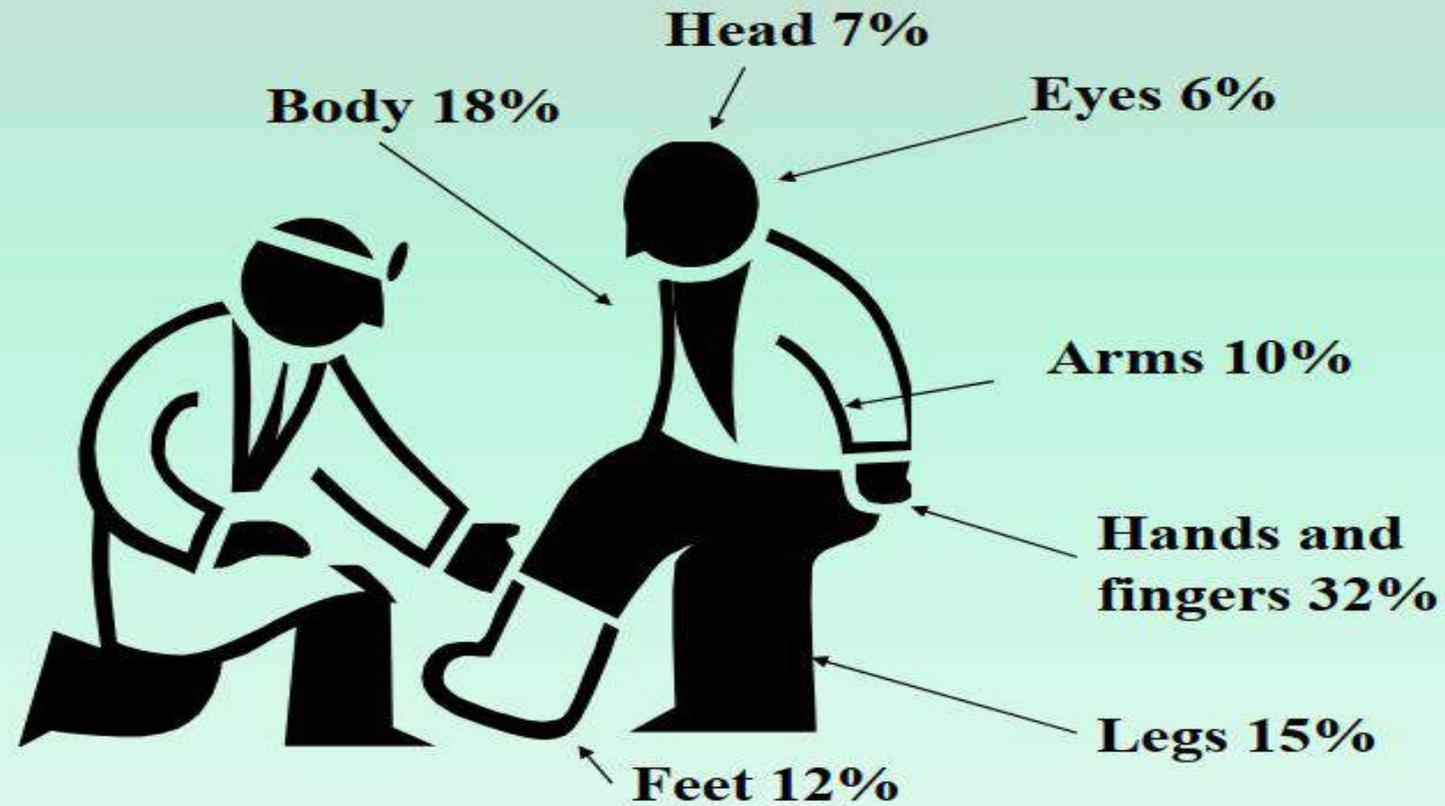
Introduction

- **ILO estimates > 2.3 million fatalities every year due to occupational accidents and work-related diseases.**
- **It is also estimated that > 337 million workers sustain injuries and >160 million cases of work-related diseases.**
- **Many accidents at work go unreported and most occupational diseases go undiagnosed**
- **It is estimated to cost countries 4% of GDP**

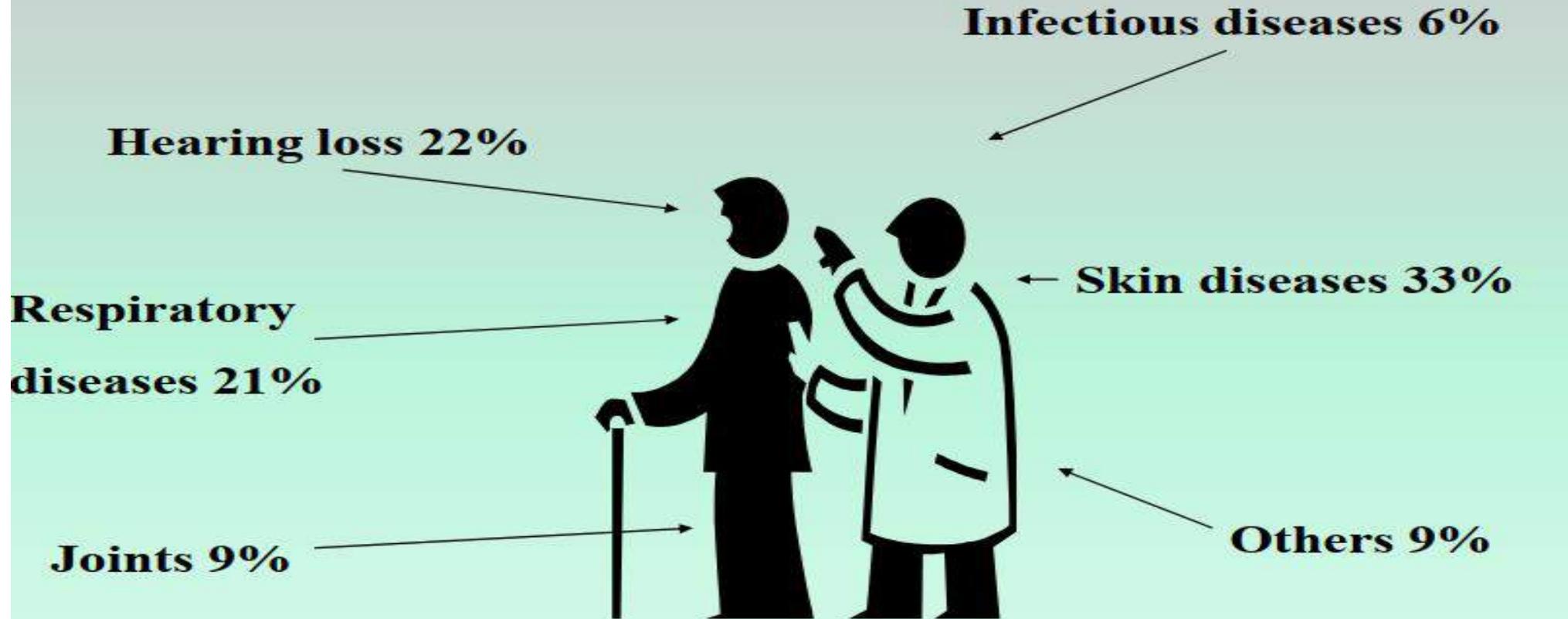
TYPICAL WORKPLACE INJURIES AND DISEASES

The Ministry/Department of Labour is expected to compile and collate data such as:

Injuries



Occupational diseases



AT PRESENT THERE IS LIMITED DATA IN THE REGION

WHAT IS OCCUPATIONAL SAFETY AND HEALTH?

According to the ILO and WHO, it is:

- the promotion and maintenance of the highest degree of physical, mental and social well-being of all workers;
- the prevention of adverse effects on health caused by the working conditions;
- the protection of workers from health risks at work;
- the placing and maintenance of workers in occupational environments adapted to his/her physical and mental needs
- the adaptation of work to humans.

WHAT TYPE OF HAZARDS ARE FOUND AT WORK?

Mechanical (machines, layout,
housekeeping etc)

Physical (noise, vibration, light,
temperature, radiation, etc)

Chemical (dusts,
fumes, vapours etc)

Ergonomic
(Sitting, standing, lifting etc)

Biological (bacteria,
viruses etc)

Psycho-social (stress etc)



Mechanical Hazards

Sources:

- machines and machine parts;
- transport, aisles;
- floors, platforms;
- ladders and other means of access; and
- poor housekeeping.

Effects:

- cuts, wound, loss of fingers, hands, etc.
- bruises, sprains, fractures and, in extreme cases, death

Poor Housekeeping



Poor Housekeeping



**POOR HOUSEKEEPING
ON BUILDING SITES
AND INADEQUATE
FOOTWEAR =
INJURY AND POSSIBLE
INFECTION.**

Good Housekeeping



- **A neat and tidy workplace is also a more productive workplace.**
- **It is also safer and healthier**



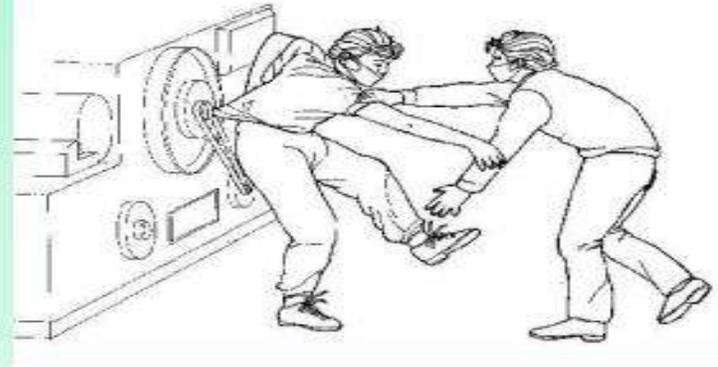
Poor Machine Guarding



Poor Machine Guarding



**YOU MAY LOSE YOUR
FINGERS.**



**IT IS ALL TOO EASY TO GET
CAUGHT IN THE GEAR.**

Effective Guarding



Physical Hazards

Noise and Vibration

Effects:

- temporary and permanent hearing loss
- vibration disease (eg VWF).

Electricity

Effects:

- burns, electric shock and death

Physical Hazards

Temperature

Effects:

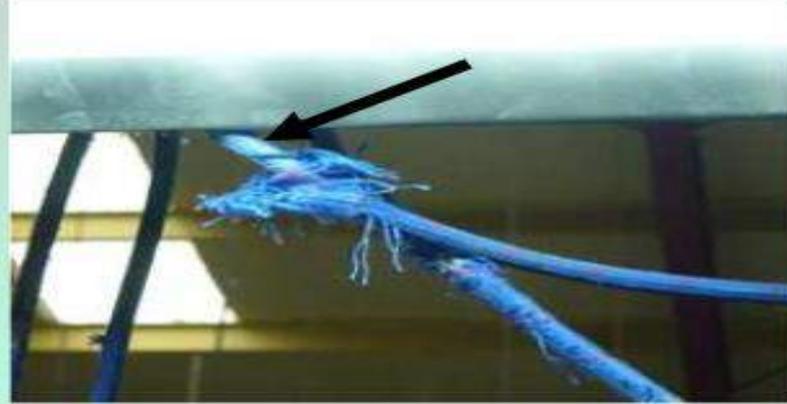
- heat stress: cramps, exhaustion and stroke.

Lighting

Effects:

- glare and eye strain
- fatigue (and accidents)

Poor Electrical Safety



Lighting



Adequate lighting is required for close work

Chemical Hazards

Chemicals have a whole range of effects on workers ranging from irritation and burns of the skin to genetic disorders and cancer.



Chemical Hazards



Chemical Hazards



THIS WORKER IS USING CAUSTIC SODA.



<p>CAUTION CONTAINS ASBESTOS FIBERS AVOID CREATING DUST BREATHING ASBESTOS DUST MAY IMPAIRER SERIOUSLY YOUR HEALTH THE DANGER IS GREATER FOR SMOKERS</p>	<p>CUIDADO CONTIENE FIBRAS DE AMIANTO EVITE A GENERACION DE POLVOS RESPIRAR POLVOS DE AMIANTO PUEDE PREJUDICAR GRAVEMENTE SU SALUD O PERIGO EMAGOR PARA OS FUMANTES</p>
<p>ОСТОРОЖНО СОДЕРЖИТ АСБЕСТОВЫЕ ВОЛОКНА ИЗБЕЖАЙТЕ АСБЕСТОВОЙ ПЫЛИ ДЫХАНИЕ АСБЕСТОВОЙ ПЫЛИ ОУГРОЖАЕТ ВАШЕ ЗДОРОВЬЕ ОПАСНОСТЬ БОЛЬШЕ ВЫРАЖЕНА КУРЯЩИМИ</p>	<p>PELIGRO CONTIENE FIBRAS DE ASBESTO EVITE PRODUCCION POLVO GRAN RIESGO DE CANCER Y ENFERMEDAD PULMONAR</p>

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Chemical Hazards



CHEMICALS LEAKING INTO THE WATER SUPPLY.



THIS IS INCORRECT PPE. THE APPROPRIATE RESPIRATORS WITH CARTRIDGES MUST BE USED, AND MUST BE WORN CORRECTLY AND COVER BOTH NOSE AND MOUTH.



IF PPE IS USED IT MUST BE OF THE CORRECT TYPE AND BE WORN CORRECTLY.

Ergonomic Hazards

Sources:

- badly designed machinery, mechanical devices and tools;
- improper seating and workstation design;
- poorly designed work practices, and awkward postures;
- repetitive motions; and
- workers having to contend with heavy weights, and high forces.

Effects:

- fatigue;
- Repetitive Strain Injuries (RSI) and Musculoskeletal Disorders (MSD); and
- back problems especially of the lower back

Ergonomic Hazards



Standing all day on concrete floors causes fatigue –



the workers are provided with matting.

Ergonomic Hazards



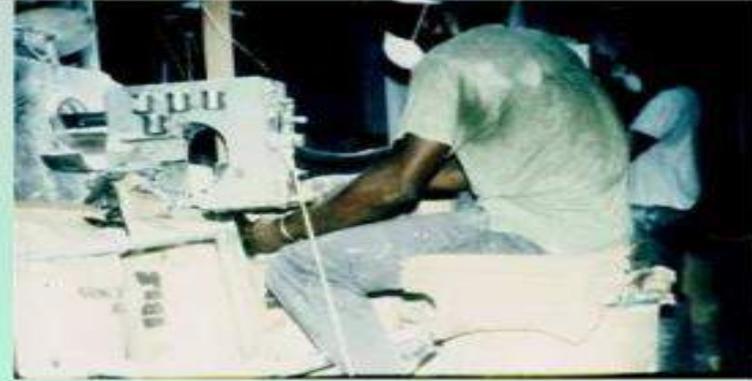
Workers should be provided with seating of the appropriate size and with lower back support.



Ergonomic Hazards



NO LOWER BACK SUPPORT



IMPROVISED SEATING



A FOOT BAR IS LESS FATIGUING

Psycho-social Hazards

Sources:

- quality of work (boring/monotonous work etc.)
- social/human relations at work; and
- off-the-job problems, eg. marital/family issues.

Effects:

- stress
- discomfort and irritability
- mental disease

Psycho-social Hazards



Stress at work can affect workers, families and friends.

REMEMBER - AT WORK YOU SHOULD BE:



PROMOTION

PREVENTION

PROTECTION

**A HEALTHY AND SAFE WORKER IS A MORE
PRODUCTIVE WORKER!**

THANK YOU

